

*Celebrating 40 Years*

DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging

VOLUME XXVII, ISSUE 6

A newsletter for D.C. Seniors

June 2016



## EXECUTIVE DIRECTOR'S MESSAGE

*By Laura Newland  
Executive Director, D.C. Office on Aging*

Happy summer! Every June, the District of Columbia celebrates Gay Pride, and the Capital Pride Alliance hosts two weeks of events that include the Capital Pride Festival and Parade. The DC Office on Aging (DCOA) is proud (get it?) and excited to participate in both of the main Pride events and celebrate the LGBT community with the rest of the District.

The generation that established DC's first Pride celebration in 1972 is now part of our aging community, and DCOA is committed to better understanding the needs of our LGBTQ seniors in the District and making sure that the hard-fought gains to allow people to live freely and openly don't go away when they age.

Nearly 11 percent of District residents identify as lesbian, gay, bisexual, transgender or queer (LGBTQ) — the highest in the country. No other state comes close. Vermont comes in second, with 6 percent of its residents identifying as LGBTQ.

This June, the DC LGBTQ community has a lot to celebrate: government workers no longer have to fear being fired for being gay or even just suspected of being gay, for one. And last year, the Supreme Court recognized marriage as a fundamental right for everyone. But Pride Month is also an opportunity to shine a light on the host of unique challenges still facing LGBTQ people in the District, particularly as they age.

We know that family and social connections are the key to aging well — relationships are what allow all of us, regardless of age, to live full, meaningful lives. But LGBTQ seniors are statistically less likely to

have a support system that would allow them to age in place. They're twice as likely to live alone, twice as likely to be single, and much less likely to have children than their non-LGBTQ counterparts.

So how can we do a better job of meeting the needs of LGBTQ seniors in our city? Being visible supporters (like in Capital Pride events) is a good start.

But we're committed to real work, too. Earlier this year, Mayor Bowser signed legislation passed by the Council requiring LGBTQ cultural competency training for all health professionals who see patients in a clinical setting. This is a striking commitment to making sure that people can receive healthcare, and that partners/spouses can be a part of healthcare decisions, regardless of how people identify.

So DCOA has partnered with Whitman Walker Health to provide mandatory LGBTQ competency trainings for our Senior Service Network (Network) and for DCOA staff over the next several months. Most of our Network and DCOA staff aren't considered health professionals, but we all interact with seniors as part of our jobs. This training won't just be for our front-line staff — executives and managers will be required to attend as well, because we know that leadership with LGBTQ competency is critical.

These are the easy things that we can do. But to create a true community — one in which all seniors are respected and valued — we'll need your input, advice and commitment. How can we better meet the needs of the LGBTQ community, and all un-

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## Age-Friendly Businesses Recognized

On Thursday, May 19, Mayor Muriel Bowser, with Deputy Mayor for Health and Human Services Brenda Donald, Ward 4 Councilmember Brandon Todd, and private sector leaders, celebrated Older Americans Month by recognizing the work of 32 businesses that provide exceptional service to older adults. These businesses were officially designated 'Age-Friendly' by the Washington, D.C. Economic Partnership. Eleven others were designated last year.

The Age-Friendly Business initiative is led by private sector leaders, including Mario Acosta-Velez, director of Verizon's State Government Affairs for the Mid-Atlantic Region and Age-Friendly DC Task Force member. Businesses qualify for the designation by exhibiting a total of 10 best practices across four categories: personnel, physical facility, products and services, and print and Web materials. Businesses can apply for the designation or be nominated by DC residents.

Those interested in applying to be designated as an Age-Friendly Business can apply at [www.surveymonkey.com/r/AFBusiness](http://www.surveymonkey.com/r/AFBusiness). Residents can also nominate their favorite local business that exhibits age-friendly best practices at [www.surveymonkey.com/r/AFNom](http://www.surveymonkey.com/r/AFNom).

### Age-Friendly Businesses

#### All N' 1 Medical Supplies & Treasures, LLC

5119 Nannie Helen Burroughs Ave. NE, Suite A

#### Annie's Ace Hardware

1240 Upshur St. NW

#### ArtJamz

1728 Connecticut Ave. NW

#### Balance Gym - Glover Park

2121 Wisconsin Ave. NW

#### Bene' Millinery & Bridal Supplies

6217 3rd St. NW

#### Busboys and Poets – 4 locations

14th & V, 2021 14th St. NW

5th & K, 1025 5th St. NW

Brookland, 625 Monroe St. NE

Takoma, 235 Carroll St. NW

#### Capitol Living LLC

804 E St. NE

#### C.A.T. Walk Boutique

1000 H St. NE

#### Center for Nonprofit Advancement

1666 K St. NW #440

#### Crystal Insurance Agency

1805 Belmont Rd. NW, Suite 105

#### CVS Pharmacy

110 Carroll St. NW

#### DC Dragons Martial Arts Training Center

1731 Rhode Island Ave. NE

#### Denny's

4445 Benning Rd. NE

#### Ethio USA Tours

1380 Monroe St. NW, #626

#### Forest Hills of DC

4901 Connecticut Ave. NW

#### Georgetown Long & Foster Real Estate

1680 Wisconsin Ave. NW

#### Institutional Dental Care, Inc.

3100 20th St. NE

#### Lawrence Executive Alliance of Professionals

1111 23rd St. NW, Suite 2G

#### Ledo's Pizza

7435 Georgia Ave. NW

#### Mint Dental

329 Rhode Island Ave. NE, Suite A

#### Mr. & Mrs. Snider Real Estate

5815 4th St. NW

#### Pepco

701 9th St. NW

#### Plush Beauty Box

3617 12th St. NE

#### Renee by Boddie's Unisex Salon

3505 Georgia Ave. NW

#### Rockland's Barbeque and Grilling Company

2418 Wisconsin Ave. NW

#### Rorschach Theater

1333 H St. NE

#### Safeway

6500 Piney Branch Rd. NW

See **AGE-FRIENDLY**, page 34



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



# Annual Salute to Centenarians

Mayor Muriel Bowser honored 22 centenarians at the 30th Annual Salute to District of Columbia Centenarians. Eleanor Valentine, a poet and college professor, was the oldest honoree present at the luncheon. She will celebrate her 108th birthday in October.

Foster Grandparent and longtime volunteer Virginia McLaurin also attended the event. The only male honoree was Reuben Simmons, who worked for the U.S. Department of Agriculture and the Peace Corps, working in agriculture and economic

justice and providing assistance to other countries, including Libya, Vietnam, India and Bangladesh.

Honorees received medallions to commemorate their longevity. Mayor Bowser was on hand to greet the centenarians, and each honoree present

was given a medallion to celebrate their milestone. There are estimated to be more than 300 centenarians in the District, and the oldest registered with the Office on Aging is Ward 4 resident Betsy Stanford, who was born in 1903.



Mayor Bowser greets the 22 honorees and their guests at the 30th Annual Salute to DC Centenarians.



Executive Director Laura Newland and DC Commission on Aging Chairperson Romaine Thomas with Centenarian Velma Martin, 102.



Ann Reeside, a member of the Women's Army Corps.

## Ms. Senior D.C. Pageant 2016 AGING WITH STYLE



Sunday, June 26, 2016  
2:30 p.m.

University of the District of Columbia  
4200 Connecticut Avenue, NW, Building 46, Main Auditorium  
Washington, D.C. 20008

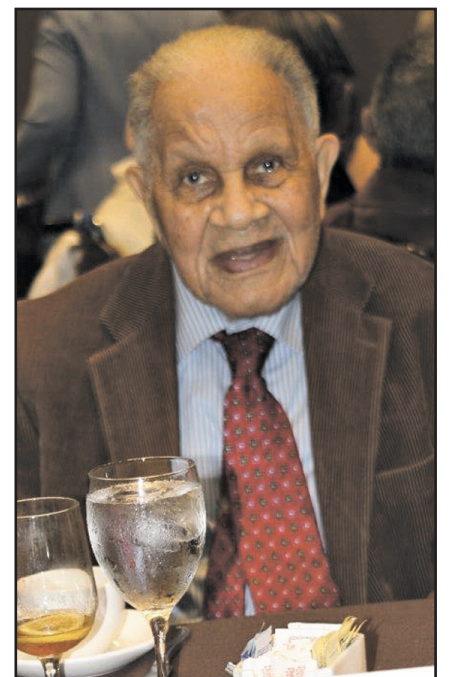
Donation \$20.00 (proceeds will support Ms. Senior DC and her court's travel to the Ms. Senior America Pageant in Atlantic City October 18-21, 2016)

Witness the selection of Ms. Senior D.C. as women age 60 and older compete for the title. Contestants will be judged on presentations of their philosophy of life, talent, evening gown, and their personal interview with the judges.

Presented by the D.C. Office on Aging, the Senior Service Network and the D.C. Seniors Cameo Club  
Visit [www.dcoa.dc.gov](http://www.dcoa.dc.gov) or call 202-724-5622



Youngest Centenarian present Estelle Harrison, 100, with Ms. Senior D.C. Wendy Bridges.



The only male centenarian at the event, Reuben Simmons.

## Director's message

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deserved seniors in the District?

When Mayor Bowser asked me to lead this agency, I knew that I agreed to a big job. What I didn't know was that I'd find a new family. I've had the pleasure of meeting many of you through our work together, and I've been surprised and humbled by how welcoming you've been. My personal life hasn't mattered to you. What mat-

ters is that I see you, and that my top priority every day is making sure you know that you matter — to this agency, the larger community, and to the District.

How can we embrace every senior and welcome them as warmly as you've welcomed me?

I believe that when we do this — when we uplift everyone and exclude no one — that we can make the District of Columbia the best place in the world for seniors to live. Just as they are.





# Older Americans Month Events



East River Family Strengthening Collaborative Senior Prom



Ward 8 Senior Fashion Show at the Petey Greene Center



## Seabury Honors Romaine Thomas



Seabury Resources for Aging CEO Deborah Royster and Seabury Board President Gerry Perez flank honoree Romaine Thomas.

Seabury Resources for Aging recently held its gala, where it awarded Romaine Thomas the Leadership in Aging Award. The Chairperson of the D.C. Commission on Aging and a Ward 5 resident, she spent most of her life dedicated to the community as an educator and through community service.

For more than 25 years, Chairperson Thomas served as the principal of John Henry Ketchum Elementary School. During her tenure she was awarded the National Distinguished Principal's award by the U.S. Secre-

tary of Education for her service.

In the community, she served as president of the Woodbridge Civic Association and the 2nd Vice President of the District of Columbia's Federation of Civic Associations, Inc. Mrs. Thomas also served as the first D.C. Democratic Convention Chairwoman, and was a delegate in 2012 to the Democratic National Convention. She has also served as the President of the Executive Council of D.C.'s AARP.

Congratulations to Chairperson Thomas!

PHOTOGRAPH BY JANET GELB

## June is Men's Health Month!

Call a senior wellness center near you to find out what great activities are being held this month, and plan to participate. Share the information with the older males in your community, and help them take a step towards leading a healthier lifestyle.

**Bernice Fonteneau Senior Wellness Center**  
3531 Georgia Ave. NW • 202-727-0338  
**Hattie Holmes Senior Wellness Center**  
324 Kennedy St. NW • 202-269-6170  
**Model Cities Senior Wellness Center**  
1901 Evarts St. NE • 202-635-1900

**Hayes Senior Wellness Center**  
500 K St. NE • 202-727-0357  
**Washington Seniors Wellness Center**  
3001 Alabama Ave. SE • 202-581-9355  
**Congress Heights Senior Wellness Center**  
3500 Martin Luther King, Jr. Ave. SE  
• 202-563-7225

## June is Brain Awareness Month

According to the Alzheimer's Association, more than 5 million Americans are living with Alzheimer's disease. The association also estimates that the disease is the sixth-leading cause of death in the country, and more people die from the disease than those that die from breast and prostate cancer combined.

Figures like these are startling, and the toll that providing care takes on the families and caregivers, as well as the money that this nation spends on care for those with

Alzheimer's, is even more startling.

The Office on Aging has great programs to assist residents with Alzheimer's Disease and Related Dementias (ADRD), including Saturday Respite, Money Management Program and Club Memory. There are also various adult day care programs that operate daily, and allow working caregivers options for care of their loved ones while they work. Visit our website at [www.dcoa.dc.gov](http://www.dcoa.dc.gov) or call 202-724-5626 to find out more.



# Community Calendar

## June 2016

### 4th • 11 a.m. to 4 p.m.

The 27th Annual Glover Park Day will be held at the Guy Mason Recreation Center, 3600 Calvert St. NW. To learn more, call 202-727-7736.

### 7th and 21st • noon

Join the DC Caregivers Online Chat at Noon on June 7 to discuss "Caregiving for someone with PTSD." On June 21, the topic will be "Tips and techniques for dealing with stress." Visit <http://dcoa.dc.gov/page/caregiver-chat> at noon, or visit at your convenience and hit replay to see the chat. For more information, contact [linda.irizarry@dc.gov](mailto:linda.irizarry@dc.gov) or call 202-535-1442.

### 11th • 10 a.m. to 4 p.m.

The Hospital for Sick Children will hold its June Fair and Family & Community Health Expo. The address is 1731 Bunker Hill Rd. NE. For more information, contact Cecil Doggette at 202-580-6485 or [cdoggette@hscsn.org](mailto:cdoggette@hscsn.org).

### 11th • 10 a.m. to 3 p.m.

The 8th Annual D.C. Housing Expo & Home Show will be held at the Washington Convention Center, 801 Mt. Vernon Pl. For more information, see <http://dhcd.dc.gov/node/1147421>.

### 11th • 10 a.m. to noon

A brain health conference will be held at the D.C. Baptist Convention, 1628 16th St. NW. Parking is available in the garage. To register, call 202-265-1626.

### 13th and 20th • 11:30 a.m.

Seabury Resources for Aging Ward 5 presents a program on AARP legal counseling. It will be held on May 13 at Vicksburg nutrition site, 3005 Bladensburg Rd. NE. On May 20, it will be presented at North Capitol @ Plymouth nutrition site, 5233 N. Capitol St. NW. For more information, call Norma Hardie at 202-529-8701.

### 14th • 2 to 4 p.m.

Take part in a session about how the D.C. Office of the Attorney General (OAG) helps District residents. There

will be a panel discussion with OAG attorneys and investigators led by Tony Towns, community outreach director for the OAG, and Lateefah Williams, attorney advisor, Community Outreach Division. They will talk about housing code enforcement, including how the OAG investigates housing code violations and holds landlords accountable for their actions. They will also warn about telemarketing scams and explain how to file a complaint. They will describe how the OAG Neighborhood Services Section works closely with the Police Department to assist crime victims. There will be plenty of time for questions and answers about how the OAG can help District residents. It will take place at Iona Senior Services, 4125 Albemarle St. NW. Registration is appreciated. Call 202-895-9448.

### 16th • 10 a.m. to noon

Train to become a DCOA Ambassador, an initiative to train community residents about the programs and services offered by the D.C. Office on Aging and its Senior Service Network. The ambassadors serve as points of contact for distributing information about the programs and services available to seniors, people living with disabilities, and care-

givers in their wards and communities. To register, call 202-724-5622 or email [Darlene.nowlin@dc.gov](mailto:Darlene.nowlin@dc.gov).

### 16th • 11:30 a.m.

United Healthcare will present a workshop on preventing hypertension. It will be held at Fort Lincoln I nutrition site, 2855 Bladensburg Rd. NE. For more information, call Norma Hardie at 202-529-8701.

### 18th • 10 a.m. to 3 p.m.

The 2016 Community Day will take place at the Greater Fellowship Baptist Church, located in the 3800 block of 9th St. SE. Contact Gwen Brighthaupt at 202-561-5594 for more information.

### 18th • noon to 4 p.m.

The 22nd Annual North Michigan Park Family & Fun Day will take place at the North Michigan Park Recreation Center, 1333 Emerson St. NE. Contact Grace Lewis at 202-526-7696 for more information.

### 22nd • 11 a.m.

United Healthcare will lead a workshop on prostate cancer prevention at Kibar nutrition site, 1519 4th St. NW. For more information, call Norma Hardie at 202-529-8701.

## Age-friendly

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### Secondi

1702 Connecticut Ave. NW

### Smith & Sons LLC

1801 Clydesdale Pl. NW, Suite 710

### Solar City

840 First St. NE

### Stoddard Baptist Nursing Home

1818 Newton St. NW

### Taurus Renovation Consultants, Inc.

1341 H St. NE

### Total Healthcare Solutions

38 Porter St. NE

### Total Relaxation Store

3124 12th St. NE

### Union Town Bar & Grill

2200 Martin Luther King, Jr. Ave. SE

### University Professional and Continuing Education Association

1 Dupont Circle

### Washington Center for Aging Services

2601 18th St. NE

### Verizon

1300 I St. NW, Suite 400 West

### Yoga Heights

3506 Georgia Ave. NW

### Zekes Coffee of DC

2300 Rhode Island Ave. NE

## SPOTLIGHT ON AGING

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on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

**The Office on Aging is in partnership with the District of Columbia Recycling Program.**



- BenefitsCheckUp® screens for more than 2,000 public and private benefits programs, from all 50 states and the District of Columbia.
- BenefitsCheckUp® screens for programs that can help with the cost of prescription drugs, heating bills, housing and rent, food, legal services, medical costs, in-home services, tax relief, Veterans benefits, employment, and volunteer opportunities.
- Screenings are confidential. Users are not required to enter their name, address, phone number, or any other personally identifiable information.
- Reports can be printed that describe each benefit a person has been found potentially eligible for, including information on where to apply locally and documentation required.
- More than 1,400 downloadable application forms are available for benefits programs. Users can also apply online for the Medicare Prescription Drug Coverage (Part D) Low Income Subsidy (LIS/Extra Help).

**Visit [www.BenefitsCheckUp.org/dcoa](http://www.BenefitsCheckUp.org/dcoa) to find out what benefits you may be eligible to receive.**