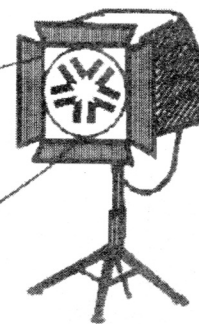


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXIV, ISSUE 10

A newsletter for D.C. Seniors

October 2013



EXECUTIVE DIRECTOR'S MESSAGE

*By John M. Thompson,
Ph.D., FAAMA*

In this month's edition of "Spotlight on Aging" I would like to provide you with an update on the District's effort in creating an Age-Friendly Washington, D.C. by 2017. The age-friendly campaign was established by the World Health Organization (WHO) and in the United States, WHO has partnered with AARP to identify cities that are willing to transform into an age-friendly community. We are very fortunate that Mayor Vincent C. Gray has committed our great city into becoming an age-friendly city.

On Saturday, Sept. 21, Mayor Gray hosted the D.C. Age-Friendly City Forum to update the public on the District's progress to date. I had the pleasure to present the progress report to approximately 250 people at the Howard Theatre and will share it here with you. Our age-friendly city journey began in October 2012 when Mayor Gray hosted a press conference to announce the District's New Community Living strategic plan. The purpose of this plan is to ensure that the District of Columbia Office on Aging's customers have access to adequate and affordable home and community-based services (HCBS) that promote active, productive living, wellness, socialization and intergenerational programs.

However, the expectation does not stop at HCBS, as we all, regardless of age, depend on more than HCBS to survive and maintain a quality life. Through one of the goals to become an age-friendly city, the District of Columbia will examine eight domains as identified by WHO. They include outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services.

The District incorporated two additional domains: emergency preparedness and resilience, and elder abuse, neglect and fraud. As you can see, every domain impacts a senior in some type of way, and our job as the District government is to improve these domains in such a way that it adds value to a senior's quality of living in the District of Columbia. As I mentioned in my presentation on Sept. 21, it is our goal to lower the stress level of seniors. For example, I frequently receive complaints from seniors that certain traffic lights change very quickly, not allowing seniors sufficient time in crossing the street. Through an age-friendly city movement, it is the District's job to work with all interested

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Model Cities Luau



Model Cities hosted a luau featuring Bun Chin "Ihiani" Tann, instructor for the hula dance class and the Hula Belles. Stacie Thweatt, director of Model Cities, and Ms. Senior D.C. Nancy A. Berry pose with some of the participants.

The Model Cities Hula Belles perform a hula dance for participants at the Model Cities Senior Wellness Center.



10 Important Points about the New Health Law

By Richard Sorian

Older Americans between the ages of 50 and 64 have been especially vulnerable to the deficiencies in the current health insurance system. According to AARP, more than 8.9 million adults age 50 to 64 were uninsured in 2010, an increase of 3.7 million since 2000.

People in that age group tend to have much higher health care expenses. In 2007, one-third of older adults spent 10 percent or more of their income on health insurance and care.

Older Americans also have more health prob-

lems. More than 70 percent of 50- to 64-year-olds report having been diagnosed with one or more chronic health conditions, and nearly half have two or more chronic conditions.

Finally, older adults have a tougher time getting private health insurance. In 2009, according to America's Health Insurance Plans, nearly 29 percent of applicants age 50 to 64 were denied coverage.

The Affordable Care Act — also known as

See **NEW HEALTH LAW**, page 36



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Director's message

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stakeholders to address this one of many issues that could be easily resolved to promote a safe environment.

According to the World Health Organization's age-friendly city roadmap, cities have the first two years to focus on data collection and analysis, development of the Age-Friendly City Task Force, and the establishment of its strategic/action plan. Years 3-5 are focused on the implementation of the plan, evaluation of progress, and making any adjustments to improve the

overall quality of the city's efforts. On May 10th of this year, the Mayor hosted his Second Annual Senior Symposium, which was the District's first large effort in collecting data from nearly 500 participants on their perspectives of the age-friendliness of Washington, D.C.

Based on the results, we learned that seniors face numerous barriers to full participation in city life. They include affordability; feeling fearful of crime and scams; uneven distribution of resources to certain neighborhoods, especially grocery stores; walking challenges; and multi-level housing, which is not fit for aging. Let me add that the

District government has held subsequent community meetings to collect data from seniors who did not attend the May 10 symposium and also collected data at the Sept. 21 forum.

In October and November, the Mayor's Age-Friendly City Task Force and 10 Committee Groups, representing the 10 domains, will meet and establish the initiatives that will help shape the D.C. Age-Friendly City by 2017 Strategic Plan. The plan will be completed by the spring of 2014, at which time it will be presented to Mayor Gray. I am hopeful that the plan will serve as the blue print in making

our city more age-friendly and that the District will sustain its efforts by institutionalizing the practice into every facet of the government, businesses, and in community living. Through our efforts, I am confident that by 2017, the World Health Organization will recognize Washington, D.C. as a WHO Age-Friendly City.

If you know of a group of seniors, family caregivers, and advocates who would like to share ideas on creating this age-friendly Washington, D.C., please contact us at 202-724-5622. We welcome the opportunity to facilitate a meeting with you!

New health law

From page 35

Obamacare — makes significant improvements in the ability of people 50-to-64 to get and keep quality health insurance including:

1. Nobody can be turned down for health insurance because of a pre-existing medical condition. Nor can they be charged higher premiums.

2. Insurance companies cannot place annual or lifetime limits on benefits.

3. Every health insurance plan must cover a package of essential health benefits that includes doctor visits, hospital stays, prescription drugs, lab

tests, rehabilitation care, mental health and substance abuse treatment, and preventive screenings and tests.

4. Recommended preventive tests — including mammograms and other cancer screenings — must be covered with no out-of-pocket costs for the patient.

5. Health insurance premiums for older adults can be no more than three times as much as for young adults (current rates can be five times higher or more).

6. People who are uninsured or are currently buying their own insurance will be able to shop for coverage in new state-based insurance marketplaces where insurers will compete for their business.

7. Based on their income, many

older adults will be eligible for a tax credit that reduces the cost of their health insurance. Individuals with incomes of up to \$45,960 and couples earning up to \$62,040 will be eligible for this help.

8. Out-of-pocket spending will be limited, and people with modest incomes will be eligible for help paying those costs.

9. For people with very low income, Medicaid coverage will be available in many states at no cost.

10. If you already have employer-sponsored health insurance, there will be no major changes to your coverage other than new protections.

Richard Sorian is the D.C. Health Benefit Exchange's Communications Director.

Legal Assistance for District's Seniors

DCOA provides funding annually to the Legal Counsel for the Elderly (LCE) in support of LCE's program areas assisting seniors 60 years of age and older. LCE educates older District of Columbia residents on their legal rights and provides individual legal representation on discrete legal problems through our Lead Agencies as well as at seven neighborhood self-help offices; it engages in systemic advocacy assisting large segments of the D.C. older population including predatory lending cases, systemic improvements to the real property tax system, and residents transitioning from long-term care facilities back into the com-

munity. LCE also advocates legislation before the Council of the District of Columbia on issues that affect the quality of life of senior residents of the District.

Legal Counsel for the Elderly works with DCOA on various policy and legal issues, including efforts made by DCOA to address the real property tax issue. DCOA has modified its intake processes to include information concerning payment of real property taxes, and will also remind clients of the need to make semi-annual tax payments.

If you are in need of Legal Counsel for the Elderly services, D.C. residents may call the LCE free 24-hour hotline at 202-434-2170.

SPOTLIGHT ON AGING

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The D.C. Office on Aging does not discriminate against anyone based 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.

JOB OPENING:
Public Health Nutritionist

Position: **Public Health Nutritionist**
Position Grade: **CS-0630-12**
Salary Range: **\$64,375 - \$82,357**
Number of Vacancies: **One (1)**

Opening Date: **September 13, 2013**
Closing Date: **December 16, 2013**

Agency: **D.C. Office on Aging**

Announcement Number: **23259**

Brief Description of Duties

This position is located within the District of Columbia Office on Aging (DCOA), Resource Allocation. The Public Health Nutritionist position is responsible for the management and oversight of funded grants and contracts awarded to community based organizations and vendors; provides high-level expertise; management oversight; participates in briefings and meetings. Provides subject matter expertise or functional area expertise in performing technical tasks. Assists in the process of identifying funding priorities, grants and contracts, prepares financial justification and develops project selection and evaluation criteria. Provides counsel and advice to grantee agencies' management and project staff in a variety of program management resource allocation policy and planning issues and problems.

Serves as the resource person regarding nutrition for the elderly; serves in a coordinating role for all areas related to nutrition programs, food services, and delivery contractors. Designs and uses appropriate instruments for generating data that best describes operational activities; analyzes requests, correspondence and accounts in a timely manner to prevent potential grantee cash-flow and or as needed, determines appropriate solutions for issues; coordinates the preparation of internal reports through gathering, analyzing and summarizing data and information from assigned grantee agencies.

Prepares presentation materials for program and fiscal management reports; works with and trains grantees in grant conditions, reporting and documentation requirements along with Client Service Tracking and Recording System (CSTARS) navigation and training; assists with the preparation of a variety of reports covering budget status, forecast reports, and other management reports.

Selective Placement Factors:

1. Discuss your experience and professional knowledge of the theories, principles and practices of nutrition, specifically nutritional needs for the elderly to provide information and advice on various nutritional programs.
2. Describe your experience preparing a Solicitation Bid Proposal for Food Service Contracts and your participation in the selection process.

To apply for this position, or to find additional available positions, please visit: www.dchr.dc.gov.



Prepared by:

DC Office on Aging • 500 K Street, NE • Washington, DC 20002 (202) 724-5626 • <http://dcoa.dc.gov/>

Community Calendar

October events

6th • 3:30 p.m.

The Choraleers will present the group's annual concert at St. John Christian Methodist Church, 2801 Stanton Rd. SE. For more information about this free concert, call 202- 581-9355

8th • 11:30 a.m.

Seabury Aging Services presents a program for Breast Cancer Awareness Day at all Ward 5 nutrition sites. Call Vivian Grayton at 202-529-8701 for more information.

9th • 6:30 to 8 p.m.

Iona Senior Services and Brighton Gardens of Friendship Heights will sponsor a free program on the Affordable Care Act and older adults with information presented by AARP Maryland's Christy Page. Refreshments begin at 6:30 p.m., and the program starts at 7 p.m. at Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase, Md. To register, email registration@iona.org, or call 202-895-9448.

15th • 11:30 a.m.

Learn about symptoms and treatment for depression at Seabury Aging Services' program for Depression Awareness Day at all Ward 5 nutrition sites. Call Vivian Grayton at 202-529-8701 for more information.

17th • 10 a.m. to 2 p.m.

The D.C. Retired Teachers Association will meet in an event that includes flu vaccines, vision screening, HIV outreach and outreach by the Howard University Dental School. The keynote speaker will be John M. Thompson, executive director of the D.C. Office on Aging. The event takes place at the Nineteenth Street Baptist Church, 4606 16th St. NW.

19th • noon to 4 p.m.

The District of Columbia Office on Aging will sponsor a Community Health and Wellness Fair at Redeeming Love Christian Center, 4611 Nannie Helen Burroughs Ave. NE. The fair includes flu vaccines and health screenings. For more information, contact Emmanuel Fields at 240-305-0710.

24th • 11:30 a.m.

Seabury Aging Services presents a program for Mental Health Day at all Ward 5 nutrition sites. Call Vivian Grayton at 202-529-8701 for more information.

24th • 6:30 to 8 p.m.

Is it time to make a move? Moving to a senior community makes sense for many older adults, but the decision-making process can be overwhelming. Donna Tanner, an Iona social worker, discusses how to know if moving is the right choice, where and when an older adult should move, and how to have

family conversations about moving. Refreshments at this free presentation begin at 6:30 p.m., and the program starts at 7 p.m. at Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase, Md. To register, email registration@iona.org, or call 202-895-9448.

Early November event

6th • 6:30 to 8 p.m.

Iona Senior Services and Brighton Gardens of Friendship Heights present a free seminar called "Anger, Aging and Caregiving" for older adults who are struggling with feelings of anger about aging, and for family members who are frustrated, overwhelmed, or just plain furious about their caregiving situation. Learn about ways to cope and communicate from Iona social worker Bill Amt. Refreshments at this free presentation begin at 6:30 p.m., and the program starts at 7 p.m. at Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase, Md. To register, email registration@iona.org, or call 202-895-9448.

Ongoing

10 a.m. to 2 p.m. • Monday to Friday

Seabury's Ward 5 Aging Services emergency food pantry is open to Ward 5 residents 60 and older. Food is distributed on a case-by-case basis at 2900 Newton St. NE. For more information, call Vivian Grayton at 202-529-8701.

October is Breast Cancer Awareness Month

What is Breast Cancer?

Breast cancer occurs when abnormal cells in the breast grow out of control. Untreated, breast cancer can cause serious illness and even death.

How is breast cancer found?

Breast cancers can be found during a series of tests performed by health care professionals. Generally, a provider will do a clinical breast examination followed by a mammogram. Further tests may be done if anything abnormal is found.

What is a clinical breast examination?

Your healthcare provider will perform a clinical breast examination in his or her office. This exam is usually done every year during your physical examination. Women should have their breasts examined once a year.

What is a mammogram?

A mammogram is a special picture of the breast. To take the picture your health care provider will place your breast between two X-ray plates. For less than a minute there may be a little discomfort as image is captured. The X-ray from the mammogram does not cause cancer.

Key Points

- Women age 40 and older should have mammograms every one to two years.
- Women who are at higher than average risk of breast cancer should talk with their healthcare providers about whether to have mammograms before age 40 and how often to have them.

Project WISH

The District provides free breast and cervical cancer screening and diagnostic follow-up for eligible women through Project Women Into Staying Healthy (WISH). Project WISH also provides patient navigation, transportation assistance, and cancer education to all women enrolled in the project.

Who is eligible for project WISH?

District of Columbia women who are uninsured and underinsured and between the ages of 21 and 64 are eligible for Project WISH. Call (202) 442-5900 for more information.

For all D.C. Residents

For more information about free prevention, screening, and health services, please call the CCCP at (202) 442-9170



DCOA Lead Agencies

As of Oct. 1, the following agencies are leading services for District residents age 60 and older and persons with disabilities age 18 and older citywide.

Terrific, Inc.

Ward 1

Terrific, Inc.

Ward 2

Iona Senior Services

Ward 3

Terrific, Inc.

Ward 4

Seabury Ward 5 Aging Services

Ward 5

Seabury Aging Services

Ward 6

East River Family Strengthening Collaborative

Ward 7

Family Matters of Greater Washington

Ward 8

For more information, contact the Office on Aging Information and Assistance at 202-724-5626.

Fun and Informative Age-Friendly D.C. Forum

The Howard Theatre was alive with enthusiasm for the age-friendly D.C. initiative. On Sept. 21, a beautiful Saturday morning, More than 200 participants came from every District of Columbia ward because of their commitment to age in place. Those present wanted to be there to find out more about D.C.'s commitment to the World Health Organization to make D.C. age-friendlier, joining other cities and jurisdictions around the globe.

After 80 volunteers from George Washington University, Howard University, AARP and D.C.'s First Responders welcomed participants with morning beverages and continental breakfast, master of ceremony Deputy Mayor Beatriz Otero thanked all present for taking the time to hear an update on city activities and share their opinions. She invited AARP-D.C. Senior State Director Louis Davis to accept a round of applause for bringing the worldwide Age-Friendly City initiative to the attention of D.C.'s elected officials before introducing Mayor Vincent C. Gray.

The Mayor reminisced with the crowd about the fine entertainers whose voices and bands were heard in the historic Howard Theatre, then noted, "Age-friendly D.C. represents an un-matched opportunity to reinvent our city for the next generations and ourselves."

Interspersed with much applause, the Mayor pointed to age-friendly groundwork underway. He cited the work of the D.C. Office of Planning, whose director Harriet Tregoning was in the audience. Collaboratively with the other city departments D.C. has improved walkability and access to public buildings. Play D.C. has renovated nearly half the playgrounds in the city for adults and children to work out and exercise their imaginations, making them inclusive of all, regardless of their abilities. Libraries have been modernized. Taxicab safety and convenience have been addressed. Affordable housing options have expanded. More than 7,000 District residents have been provided assistance with their job search.

Mayor Gray announced that the Age-Friendly D.C. Task Force will be co-chaired by Deputy Mayor Beatriz "BB" Otero and George Washington University president Steven Knapp. Together with 24 non-government leaders and D.C. officials, an Age-Friendly D.C. by 2017 Strategic Plan will be developed by early 2014.

Deputy Mayor Otero introduced John Thompson, Ph.D., D.C. Office on Aging executive director, who described why the World Health Organization initiated



Mayor Gray addresses more than 200 residents who attended the Age-Friendly D.C. Forum to begin the discussion on how the District could become more age-friendly.

the Age-Friendly City initiative and the requirements to become an Age-Friendly City. He reviewed the domains, areas of inquiry, D.C. is examining and around which Age-Friendly D.C. Task Force will build the Age-Friendly D.C. by 2017 Strategic Plan with the solutions obtained by listening to D.C. residents and those who work with older adults. The domains are:

- Outdoor Spaces and Buildings - accessibility to and availability of safe recreational facilities.
- Transportation - safe and affordable modes of private and public transportation.
- Housing - wide range of housing options for older residents, aging in place, and other home modification programs.
- Social Participation - access to leisure and cultural activities and opportunities for older residents to participate in social and civic engagement with their peers and younger people.
- Respect and Social Inclusion - programs to support and promote ethnic and cultural diversity, along with programs to encourage multigenerational interaction and dialogue.
- Civic Participation and Employment - promotion of paid work and volunteer activities for older residents and opportunities to engage in formulation of policies relevant to their lives.
- Communication and Information - promotion of and access to the use of technology to keep older residents connected to their community and friends and family, both near and far.
- Community Support and Health Services - access to homecare services, clinics, and programs to promote wellness and active aging.

- Emergency Preparedness and Response, a D.C. focus - information, education and training to ensure the safety, wellness, and readiness of seniors in emergency situations.

- Elder Abuse, Neglect, and Fraud, a D.C. focus - prevention and prosecution of financial exploitation, neglect, and physical, sexual, and emotional abuse of seniors.

Dr. Thompson explained to the audience that the last two domains were added to address specific concerns related to District residents that required attention to help the District move toward becoming more age-friendlier.

Participants had the opportunity to vote on 10 questions, regarding solutions to issues in each domain. Familiar music often heard in The Howard Theatre played in the background as voting devices used to register opinions.

For example:

- 50% of participants who hailed from every ward in the city have lived in D.C. for 30 or more years
- While English was the first language of most, more than 10% listed Spanish or another language as their first language
- Over one-third chose affordability as the most important way to improve housing, but one-third selected "ability to age in place" and not have to go to a nursing home
- More than half cited transportation and the importance of finding out about activities, while less than 20% showed an interest in more senior-only programs
- Over 80% want to have easier access (better wheelchair and visual access) to be included in city policy decisions and to participate in activities

with persons of all ages

- 45% of participants want to see incentives for employers to hire qualified older adults, while another 31% want additional retraining opportunities to update knowledge and skills

- More than half want to stay in touch with access to free or low cost cell phone, cable and internet plans, and 25% want computer training for older adults (general computer use, Internet, email, Skype, etc.)

- Regarding healthcare, one-third want to be sure there will be in-home health care options, while other participants split their votes — 20% to understand Obamacare and the new D.C. Health Link Benefits Exchange. Another 19% focused on how to stay healthy, but 17% would like programs to reduce medication expenses.

- Regarding disaster preparation and resilience, nearly half want assistance with preparing for emergencies, with supplies and training and one-third want to be connected to a support network in emergencies

- As for elder abuse, neglect and fraud, most want to be educated to identify bad situations; another 28% chose harsher penalties as the best solution.

Much was learned, but not yet fully processed from the notes participants wrote about issues and possible solutions to consider for each Age-Friendly D.C. area of inquiry.

Community Consultations with small groups of D.C. residents are ongoing in many languages. Please contact Gail Kohn, Age-Friendly D.C. Coordinator, 202-727-2736, gail.kohn@D.C..gov if you and a group want to bring your thoughts and ideas forward.