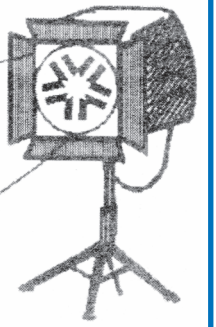


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 8

A newsletter for D.C. Seniors

August 2017



EXECUTIVE DIRECTOR'S MESSAGE

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

I hope everyone is enjoying the summer. It's definitely my favorite time of year. There's something about the season that brings back memories of my childhood spent with my grandparents: playing in their backyard, watching my grandpa tinkering in his garage, playing cards with my grandma, sneaking hard candies from the candy jar, pulling endless weeds for a couple of bucks, and eating concord grapes straight off the vine. I can still feel my grandpa's handlebar mustache on my cheek when I hugged him, and my grandma's soft cheek and faint smell that I can only describe as "what she smelled like."

Last month, I took a trip back home to celebrate my parents' 45th wedding anniversary. My anniversary gift to them was a set of Adirondack chairs I built myself.

My grandfather was a carpenter, and my dad and my brothers are very handy. We say sometimes that we get things done the Newland way — meaning it's not always pretty, it's probably not conventional, and it's certainly not perfect, but it's functional and done.

Growing up on a small farm, I was ready to be done with all things that required getting my hands dirty by the time I got to college. I can still look at a hay field and get flashbacks of pieces of hay poking everywhere, sweating in the high summer heat, and then sweating some more in barns with little air circulation.

So I moved to one city and then another, building a life where I spent most of my summers in buildings that have the air conditioning on too cold. One day, looking for a coffee table, I thought to myself, "maybe I could make something nicer than what I can afford to buy?" And the thought alone made me think of my grandpa who could make and fix anything (or it seemed like it, anyway). My grandpa passed away, but he seemed to be with me when I made my very first coffee table (the Newland way, of course).

I decided to make the chairs for my parents although I had not touched my

tools in a very long time. It was as much a gift of my time as anything else. And I think I wanted to remind them, and myself, that no matter where I live, I carry their gifts, and their parents' gifts, with me.

I'm still discovering what my grandparents mean to me, years after they passed away. Just their presence in my life gave me direction, helped me develop life skills, and taught me empathy at a young age.

These connections are not just important within our families, they are the foundation of our communities. What older generations provide goes beyond the skills, knowledge and experiences they share. Sometimes, simply being present has an impact that can't be measured in figures and data. Our older adults teach us how to be human, whether they are relatives, friends, neighbors or teachers.

I talk a lot about what makes a community and how can government support community. We know that supporting seniors is key to ensuring that our communities are strong and resilient. That's why the D.C. Office on Aging is so focused on programs that support our older residents as they continue living in their own homes and communities.

Our network of 20 community-based organizations, including Lead Agencies in every ward, are driven by the same common goal of keeping our seniors active, healthy and engaged in their communities. For as long as we can provide services that will help you remain at home, we know the entire community benefits, and we are doing our part in improving the quality of life for all ages.

It's your lifetime of experience, your presence, and your values that are the cornerstones of community. This summer, I encourage you to spend more time building these bonds and connecting with our younger generations. And give us a call at 202-724-5626 to learn more about DCOA programs.

Be well and remember — aging is living!

Honoring Aging Advocates

Councilmember Kenyan McDuffie presented Council of the District of Columbia Resolutions in July to retired District of Columbia Office on Aging (DCOA) employee Courtney B. Williams and athlete Bernie Gibson.

Williams, who retired from DCOA after 27 years as a community planner, still works in the aging community and volunteers as the chairperson of the Ward 5 Mini-Commission on Aging, among many volunteer projects. Williams also worked with MedStar on outreach for its Breast Cancer Awareness Campaign, and currently is involved with the colon cancer awareness campaign.

The other recipient, Bernie Gibson,

who recently celebrated his 82nd birthday, has shared his love of fitness and sports with the young and old of the Ft. Lincoln community. He also has more medals than you can count from the D.C. Senior Games, the National Senior Games, and the National Veterans Golden Age Games. His most recent medals were from the National Veterans Golden Age Games in Biloxi, Miss., where he was awarded a Gold medal for table top tennis in the 80-to-84 age group, and two bronze medals in shot put and discus throw.

Congratulations to both Ward 5 seniors, who continue to make a difference in their communities.



Bernie Gibson is surrounded by residents of the Ward 5 community and participants from his exercise class as he is presented the council resolution by Ward 5 Councilmember Kenyan McDuffie.



As Councilmember Kenyan McDuffie makes the resolution presentation to Courtney Williams, they are joined by (l to r) Brenda Turner, former Ward 5 ANC Bob King, D.C. Commission Chair Romaine Thomas, Mrs. Williams, ANC Ward 5 Robert Looper, former DCOA Executive Director E. Veronica Pace, Commissioner Carolyn Nicholas and Center Director Stacie Mack.

Support and Compensation for Caregivers

If you or someone you know takes care of a loved one who is sick, then you are a caregiver.

D.C. Caregiver's Institute (DCCI) supports caregivers who care for someone 60 and older. DCCI is a comprehensive resource for caregivers residing in the Dis-

trict of Columbia.

We reimburse caregivers for health-related expenses of up to \$150 per month, provide a monthly telephone support group, and offer counseling provided by licensed social workers.

To join the program, call (202) 464-1513.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

August events

1st, 15th, 29th • Noon

Join the D.C. Caregivers online chat at noon to discuss “Summer Travel Plans for Caregivers” on Aug. 1; “The Only Child Caregiver’s Career” on Aug. 15, and “Huntington’s Disease: A Caregiver’s Guide” on Aug. 29. To participate, 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 or call 202-535-1442.

1st • 4 to 8 p.m.

Join D.C. police, residents, businesses and neighborhood organizations in celebrating “National Night Out,” a community-wide event of block parties, candlelight vigils and athletic events to heighten crime awareness. The kickoff event is located at King Green Leaf Recreation Center at 201 N St. SW. For more information, contact Alice Thompson at (202) 535-1321.

3rd, 10th, 14th, 18th • 6 to 8 p.m.

Attend a Safer, Stronger DC Community Partnership event on a number of dates and locations this month. In collaboration with the Metropolitan Police Department and other local partners, residents throughout the District are invited out for a day of celebration in their communities in an event to dispel violence, improve community relations, and encourage citizens to live peacefully. Music, food and games will be available at each event. The local government, the community, health and non-profit agencies will also offer relevant services to our District residents. On Aug. 3, the event will take place at Woodland Terrace, located at 2311 Aigner Pl. SE.; Aug. 10 at Lincoln Heights, 5017 Banks Pl. NE.; Aug. 14 at 2026 Maryland Ave. NE; and Aug. 18 at 4450 G St. SE. For more information, contact Cameron.shields2@dc.gov.

5th • 11 a.m. to 3 p.m.

Israel Baptist Church Health Ministry, S.T.E.M Ministry and Unity Health

Care present a Community Health Fair and Family Fun Day at 1251 Saratoga Ave. NE. For more information, contact Alice Thompson at (202) 535-1321.

8th, 10th, 22nd, 24th • 11 a.m. to noon

Adult Protective Services presents a talk on the importance of reporting allegations of abuse, neglect, self-neglect and financial exploitation, with several date and location options: on Tuesday, Aug. 8 at Delta Towers 1400 Florida Ave. NE; on Thursday, Aug. 10 at Fort Lincoln 1, 3400 Banneker Dr. NE; on Tuesday, Aug. 22 at The Petersburg, 3298 Fort Lincoln Dr. NE; and on Thursday, Aug. 24 at The Vicksburg, 3005 Bladensburg Rd. NE. For more information, contact Tinya Lacey at (202) 529-8701.

8th, 16th, 23rd • 11 a.m. to 1 p.m.

Seabury Resources offers a talk on District healthcare, with three dates and locations: on Tuesday Aug. 8 at The Vicksburg, 3005 Bladensburg Rd. NE, on Wednesday, Aug. 16 at Fort Lincoln I, 3400 Banneker Dr. NE; and on Wednesday, Aug. 23 at North Capitol @ Plymouth, 5233 N. Capitol St. NE. For more information, contact Tinya Lacey at (202) 529-8701.

9th, 10th, 22nd • 11 a.m. to 1 p.m.

Seabury Resources presents a talk on the Department of Human Rights, with three dates and locations: on Wednesday, Aug. 9 at Edgewood Terrace, 635 Edgewood S. NE; on Thursday, Aug. 10 at Green Valley Apartments, 2412 Franklin St. NE.; and on Tuesday, Aug. 22 at The Vicksburg, 3005 Bladensburg Rd. For more information, contact Tinya Lacey at (202) 529-8701.

9th • 11:30 a.m. to 1:30 p.m.

WETA TV presents the film *Washington in the '70s* at the Anacostia Museum, 1901 Fort Pl SE. The free event includes lunch and a discussion. Reserve your place by calling (202) 633-4875.

10th • noon to 1:30 p.m.

Iona offers a lunchtime support group

for family caregivers at Iona, located at 4125 Albemarle St NW. Registration is required. For more information, call (202) 895-9448.

11th • 11 a.m. to noon

Iona and the Parkinson’s Disease Foundation of the National Capital Area offer a support group for people who suffer from Parkinson’s. This is not intended for caregivers. Iona is located at 4125 Albemarle St NW. Registration is required. For more information, call (202) 895-9448.

12th • 9 a.m. to noon

Attend a talk on “Aging in Place” at St. Mark’s Episcopal Church in Capitol Hill, located at 301 A St. SE. For more information, contact Alice Thompson at (202) 535-1321.

12th • 10 a.m. to 4 p.m.

The Nineteenth Street Baptist Church Block Party will take place at 4606 16th St. NW. For more information, email Chrisc726@hotmail.com.

17th • 10 a.m.

Want to make a difference in your community? Train to become a DCOA Ambassador with the Office on Aging. Learn information about our programs and services for persons age 60 and older and adults with disabilities and their caregivers, and help us connect to persons that need our help. For more information or to register, call (202) 724-5626 or visit dcoa.dc.gov.

17th • 10:30 a.m. to noon

Seabury Resources offers a diabetes self-management workshop at Fort Lincoln I, located at 3400 Banneker Dr. NE. For more information, contact Tinya Lacey at (202) 529-8701.

18th, 24th, 29th • 11 a.m. to noon

Seabury Resources offers a talk on their Solid Waste Management Education and Enforcement Program, called SWEEP, with three date and location options: on Friday, Aug. 18 at Green Valley Apartments, 2412 Franklin St. NE; on Thursday, Aug. 24 at Edgewood Terrace, 625 Edgewood St. NE; and on Tuesday, Aug. 29 at Green Valley Apartments, 2412

Franklin St. NE. For more information, contact Tinya Lacey at (202) 529-8701.

21st • 11 a.m. to 2 p.m.

There will be a mini health and resource fair at 930 Farragut St. NW, which is open to residents in the immediate area. For more information, contact Alice Thompson at (202) 535-1321.

26th • 1 to 8 p.m.

The third annual Parkwood Place Back to School event will take place at the 1400 Block of Parkwood Pl. NW. For more information, contact Ernest Johnson at (202) 882-9790.

26th • Noon to 6 p.m.

The 17th St. Festival will take place between the 1500 and 1600 block of 17th St., spanning from P St. to R St. For more information, contact Alice Thompson at (202) 535-1321.

30th • 11 a.m. to 2 p.m.

The D.C. Office on Aging presents the second annual Paul Laurence Dunbar Senior Apartments Health and Resource Fair at 2001 15th St. NW. For more information, contact Alice Thompson at (202) 535-1321.

30th • 6 p.m.

The D.C. Office of the Tenant Advocate is holding a Renters 101 training session at the Office of the Tenant Advocate, the Reeves Center, 2000 14th St. NW. Topics will include leases, rent increases, rent control, evictions, housing code problems, reasonable accommodations and security deposits. The classes can also be useful to current and future landlords. RSVP to OTA at (202) 719-6560 or email delores.anderson@dc.gov.

Ongoing

Mondays • 1:45 to 3:15 p.m.

Join a yoga class led by Judy Silberman on Mondays. Improve body awareness, strength, balance and posture; chairs are available. The class costs \$13 per class and takes place at Iona, 4125 Albemarle St NW. For more information, contact Darryl Simpson at (202) 895-0238.

SPOTLIGHT ON AGING

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500 K St. N.E.,
Washington, D.C. 20002
202-724-5626
www.dcoa.dc.gov

Executive Director

Laura Newland

Editor

Darlene Nowlin

Photographer

Selma Dillard

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

Brain Game Winners

The D.C. Brain Games has winners! Last month, citywide finalists competed for the trophy.

D.C. Brain Games is a city-wide trivia competition to promote brain health and aging. Altogether, 65 District seniors competed on 19 teams within their wards, answering questions covering D.C. trivia, history, music, sports, and health and wellness.

Winning teams advanced for the opportunity to represent their ward in the District-wide championship round.

During the final round, the Terrific Intellects, the Ward 2 Old Aces, and Ward 6 Cere-

brals competed, and Ward 6 was victorious! The Terrific Intellects came in second, and the Ward Two Old Aces won third. Honorable mention went to the Downtown Cluster’s Geriatric Day Care Center. These finalist teams are to be commended for their skills.

The games commenced in May in honor of Older Americans Month, and the winners were crowned in June, during the Mayor’s Sixth Annual Senior Symposium, to commemorate Alzheimer’s and Brain Health Awareness Month.

D.C. Brain Games promote healthy aging, socialization and increased awareness around brain health.