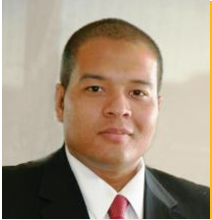


Spotlight on Community Living

Wednesday, October 2, 2013

Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers

Vol 1, No 12



Executive Director's Message

*John M. Thompson, Ph.D., FAAMA
D.C. Office on Aging*

In this month's edition of the **Spotlight on Community Living**, I would like to provide you with an update on the District's effort in creating an Age-Friendly Washington, DC 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, September 21, 2013, Mayor Gray hosted the DC 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 of 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

friendly city movement, it is the District's job to work with all interested 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,

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 10th symposium and also collected data at the September 21st 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 DC 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, DC 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, DC, please contact us at 202-724-5622. We welcome the opportunity to facilitate a meeting with you! ~



Mayor Vincent C. Gray addressed more than 200 attendees at the Age-Friendly DC Forum at the Howard Theatre. During his remarks he announced Beatriz "BB" Otero, Deputy Mayor for Health and Human Services and George Washington University President Steven Knapp as co-chairs for the Age-Friendly DC Task Force.

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 September 21st, it is our goal to lower the stress level of seniors. For example, I frequently receive complaints from seniors that certain traffic lights are very quick, which do not allow seniors sufficient time in crossing the street. Through an age-

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, DC. Based on the results, we learned that seniors face numerous barriers to full participation in city life. They include affordability; feeling fearful

FUTURE AGE-FRIENDLY DC DISCUSSIONS

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

WRAP-UP OF THE AGE-FRIENDLY DC FORUM HELD AT THE HOWARD THEATRE ON SEPTEMBER 21

Forum Participants used electronic devices to answer questions

- 50% of participants who hailed from every ward in the city have lived in DC 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 1/3 chose affordability as the most important way to improve housing, but another 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% want incentives for employers to hire qualified older adults, while 31% want training opportunities to update knowledge and skills
- More than 1/2 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.)

(continued on next page)





COMMUNITY EVENTS CALENDAR

OCTOBER

6th • 3:30p

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 • 11:30a

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 8p

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.

12th • 9:30a-3:30p Join hundreds of District residents at Creating Community Solutions DC at the Washington Convention Center, 801 Mount Vernon Place, NW. This conversation will educate residents about important mental health issues –

especially those that impact youth – and help to foster collaboration and coordination among local service providers, associations, schools, community organizations and government agencies. Lunch and refreshments will be served.

15th • 11:30 am

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.

Noon

D.C. Caregivers Online Chat at Noon. Learn tips to make your caregiving easier. Find resources that are available to assist. Ask questions. Log on to www.dcoa.dc.gov and join the live web chat. For more information, email linda.irizzary@dc.gov or call 202-535-1442.

17th • 10a to 2p

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 4p

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.

22nd • 9:30 – 11a

YOU'RE INVITED TO AN EDUCATIONAL FORUM: WHO GETS THE HOUSE? The District of Columbia recently passed a new law that allows the transfer of title of real property upon death without probate. Legal Counsel for the Elderly invites you to an Education Forum about this new estate planning tool with presentations by Tina Nelson, LCE Managing Attorney and Ida Williams, DC Recorder of Deeds. Continental breakfast included. Please RSVP by October 15 to mpastore@aarp.org.

24th • 11:30a

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 8p

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.

29th • Noon

D.C. Caregivers Online Chat at Noon. Learn tips to make your caregiving easier. Find resources that are available to assist. Ask questions. Log on to www.dcoa.dc.gov and join the live web chat. For more information, email linda.irizzary@dc.gov or call 202-535-1442.

The D.C. Department of Human Resources has posted the following job announcement for DC Office on Aging: Public Health Nutritionist - Vacancy Announcement No. 23259. To apply for the Public Health Nutritionist position: Click on the link below for the DC Department of Human Resources website. www.dchr.dc.gov.

OCTOBER IS BREAST CANCER AWARENESS MONTH

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

Key Points

- Women age 40 and older should have mammograms every 1 to 2 years.
- Women who are at higher than average risk of breast cancer should talk with their health care 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 DC RESIDENTS For more information about free prevention, screening, and health services please call the CCCP at (202) 442-9170.

WRAP-UP OF THE AGE-FRIENDLY DC FORUM HELD AT THE HOWARD THEATRE ON SEPTEMBER 21 (cont'd)

- Regarding health care a third want to be sure there will be in-home health care options, while other participants split their votes--20% want to understand Obama care and the new DC Health Link Benefits Exchange. Another 19% focused on how to stay healthy, but 17% would like to programs to reduce medication expenses.
- Regarding disaster preparation and resilience, nearly half want assistance with preparing for emergencies with supplies and training and another 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.

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 community. 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.

NEW FISCAL YEAR

As of October 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.

SPOTLIGHT ON COMMUNITY LIVING

Spotlight on Community Living is published by the External Affairs and Communications unit of the D.C. Office on Aging. Advertising contained in the Current is not endorsed by the D.C. Office on Aging or by the publisher. The D.C. Office on Aging is responsible for developing and carrying out a comprehensive and coordinated system of health, nutrition, education, employment, training, and social services for the District's elderly population, who are 60 years of age and older. The Office on Aging also administers the Aging and Disability Resource Center, a one-stop shop resource center, designed to assist seniors, persons with disabilities 18 years of age and older and family caregivers navigate the long-term services and supports system.

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 Executive Director

In accordance with the D.C. Human Rights Act of 1977, as amended, D.C. Official Code Section §§2-1401.01 et seq., (Act), the D.C. Office on Aging does not discriminate on the basis of actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, matriculation, political affiliation, genetic information, disability, source of income, or 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 subject to disciplinary action.