

DISTRICT OF COLUMBIA OFFICE ON AGING NEWS



Spotlight on Community Living

Wednesday, September 4, 2013 *Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers* Vol 1, No 11



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 share some news about DC Office on Aging's (DCOA) partnership with DC Public Schools (DCPS) to establish an intergenerational program. This partnership unites awesome and caring seniors with energetic and bright children enrolled in DCPS's Early Childhood Program. This partnership started in January 2013 at Langdon Education Campus in Ward 5. At Langdon, we were able to recruit senior volunteers to work with three and four year old students. Activities included seniors reading to the children and the children reading to the seniors, seniors serving children lunch and snacks, and simply providing them with quality time that is absent in some children's homes. Based on my conversation with the senior volunteers, they found their experience to be a productive and rewarding one. It was an opportunity for them to give back.

I trust that this provides you with a snapshot of the endless opportunities to influence the life of a child in the classroom. Other seniors have shared ideas about starting a gardening program involving the children. If you have a green thumb and would like to share your experience,

I believe that we can pair you with eager, young children with whom you can spend time as a mentor and broaden their horizons. I know from personal experience that when my daughter was three years old, I exposed her to art of gardening and now, she enjoys planting flowers and picking weeds out of the flower bed.

Gardening may not be your forte, but you may have an interest in exposing children to the arts, history, or some other area of interest. This is your golden opportunity to share wisdom, give back in a very meaningful way, and observe how the students benefit from the interaction. I trust that through your efforts, children will be better prepared for kindergarten as they build strength in reading and interacting with people of all ages.

As students have gone back to school on Monday, August 26, 2013, I am excited to announce that DCOA/DCPS's Intergenerational Program now includes five schools! If you are interested in working with Early Childhood students, I encourage you to contact Tony Moreno at 202-535-1372 or tony.moreno@dc.gov to get information about how to start the registration and training process. ~



Mayor Vincent C. Gray asked citizens to join him for a DC Rally for Statehood and Determination and march to the Lincoln Memorial for the 50th Anniversary March on Washington Commemoration. Seniors answered the call and assisted with making signs



and attending the historic event. Pictured above, chair of the D.C. Commission on Aging Chairperson Romaine Thomas

BECOMING AN AGE-FRIENDLY CITY:

Moving to Action

Age-Friendly
DC

Event: Age-Friendly DC Senior Forum

Place: The Howard Theatre
620 T Street, NW
Washington, DC 20001

Date: Saturday, September 21, 2013

Time: 9:30 - 11:30 am

RSVP: Register online: www.dcoa.dc.gov
or call (202) 724-5622

For more information, call (202) 741-5875

Light refreshments will be served.
Transportation will be provided from select DCOA senior wellness centers and sites.

Please visit www.dcoa.dc.gov for locations and pick-up times.

Together we can make the District of Columbia a friendlier place for all ages



Government of the District of Columbia
Vincent C. Gray, Mayor



The New York
Academy of Medicine

Office of the
Deputy Mayor
for Health &
Human Services





COMMUNITY EVENTS CALENDAR

SEPTEMBER EVENTS

4th • 10 am to 2 pm

Learn more about healthy living at the Langston/Carver Health Fair. Call Vivian Grayton at 202-529-8701 for the location and further information.

6th • 10 am to 2 pm

Ward 5 seniors are invited to "Seabury Ward 5 Community Day – Unleash the Power of Movement" at the North Michigan Park Recreation Center, 1333 Emerson St. NE. Make a reservation by calling Vivian Grayton at 202-529-8701

10th • 2 to 4 pm

The next part of Iona Senior Service's Livable DC Series is "Prepare to overcome everyday challenges and thrive" with Marlene Berlin, pedestrian safety advocate; Becca Smokowicz, Housing Counseling Services; and Bob Pohlman, Coalition for Nonprofit Housing and Economic Development. This free seminar takes place at Iona, 4125 Albemarle St. NW. To register, call 202-895-9448 or go to <http://iona.org/education-and-events/online-registration-for-free-events.html>.

12th • 10 am to 12 pm

The DC Office on Aging (DCOA) Ambassador Program is a free interactive, member-based program designed to reach out to older adults and their caregivers to help them learn about the services and resources available to them through DCOA. If you are interested in expanding your network and educating older adults about the services and resources available to them, take part in the next ambassador training workshop to learn about all of the programs and services that DCOA offers to the community and how you can become an Ambassador. Call 202-724-5622 to register today.

12th • 2 pm

Art Cart: Saving the Legacy is a research project to assist elder artists in documenting their artwork. Join former Iona artists in residence with other program artists in a free panel discussion moderated by Patricia Dubroof, director of the gallery at Iona. Visit the website to see images of the artists' work: www.artsandcultureresearch.org/ac-artists1. The program takes place at Iona, 4125 Albemarle St. NW. To register, call 202-895-9448 or go to <http://iona.org/education-and-events/online-registration-for-free-events.html>.

18th • 9 am to 4 pm

The AARP Driver Safety course, geared for ages 50 and up, will be held at the Washington Senior Wellness Center, 3001 Alabama Ave. SE. A certificate will be given at completion of course. The cost is \$12 for AARP members; \$14 for non-members. Registration is required. Call 202-575-7711.

18th • 10am-3pm

DCOA will partner with the Nineteenth Street Baptist Church Health Ministry, Zion Baptist Church and Zion Baptist Senior Day Program to present a Community Health and Wellness Fair at 4606 16th Street, NW. The event will feature Flu Vaccines, health screenings, legal counseling and information and resources from government partners, utilities and senior resources.

18th • 11:30 am

The Delta Towers Senior Nutrition Site will hold a financial fraud seminar. It will be held at 1400 Florida Ave., NE. Call Vivian Grayton at 202-529-8701 for more information.

24th and 25th •

12:30 to 4:30 pm

Learn proven safety strategies to maintain your confidence behind the wheel at this AARP driver safety course. It will be held at the Hattie Holmes Senior Center, 324 Kennedy St. NW. The cost is \$12 for AARP members; \$14 for non-members. Space is limited, so register by calling 202-291-6170.

26th • 10am -3pm

Vida Senior Center will host a Health Fair at 1842 Calvert Street, NW. Stop by to receive information on health and wellness and receive health screenings. Call 202-483-5800 for more information.

**NATIONAL
GRANDPARENTS DAY**
September 8th

EARLY OCTOBER EVENT

6th • 3:30 pm

The Choraleers will present its annual concert at St. John Christian Methodist Church, 2801 Stanton Rd. SE.

FREE FALL RISK SCREENS

**Monday September 23rd
10:00 AM-2:00 PM**

Free Fall Risk Screening open to all DC Seniors. Have healthcare professionals check your balance, strength, vision and medications to help prevent falls!

Appointments required. Please contact one of the following sites to make your appointment.

Ward 2. Contact Kenyatta Hazlewood
George Washington University Hospital
900 23rd St NW
Washington DC 20037
(202) 715-4210
kenyatta.hazlewood@gwu-hospital.com

Ward 4. Contact Teresa Moore
Hattie Holmes Senior Wellness Center
324 Kennedy Street, NW
Washington, DC 20011
(202) 291-6170

Ward 6. Contact Sherrel Briscoe
Hayes Senior Wellness Center
500 K Street, NE
Washington, DC 20002
(202) 727-0357

Ward 8. Contact Sherry Compton
Congress Heights Senior Wellness Center
3500 Martin Luther King, Jr. Avenue, SE
Washington, DC 20032
(202) 563-7725

Check website at www.fallsfreedc.org for details. Email info@fallsfreedc.org.

SPOTLIGHT ON COMMUNITY LIVING

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**500 K Street, NE, Washington, D.C. 20002
202-724-5622 • www.dcoa.dc.gov**

John M. Thompson, Ph.D., FAAMA
Executive Director

In accordance with the D.C. Human Rights Act of 1977, as amended, D.C. Official Code Section §52-1401.01 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.

"Seniors are YOU ready?"



Smart911 means better service for you and your loved ones

**Join us for
Onsite
Registration
in your area**

9/5 1:00 pm Bernice Fonteneau Senior Wellness Center, 3531 Georgia Avenue, NW
9/11 10:45 am Congress Heights Senior Wellness Center, 3500 MLK, Jr. Ave., SE
9/12 11:30 am Washington Seniors Wellness Center, 3001 Alabama Avenue, SE
9/13 10:00 am Kennedy Recreation Center, 1401 7th Street, NW
9/17 12:30 pm St. Albans, 3001 Wisconsin Avenue, NW
9/18 1:00 pm Model Cities Senior Wellness Center, 1901 Evans Street, NE
9/24 10:00 am Hattie Holmes Senior Wellness Center, 324 Kennedy Street, NW
9/30 10:00 am Hayes Senior Wellness Center, 500 K Street, NE

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Office of Unified Communications
It is 100% Private and Secure.

Give emergency responders the information they need to help you



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The trusted source of critical data on 9-1-1 callers



Office of Unified
Communications



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