



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 1

A newsletter for D.C. Seniors

January 2010



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

Happy New Year! We say good bye to "Ought-Nine" and we begin the double digit years.

We look forward to a great year filled with new opportunities, fiscal challenges and improved programs and services for our older residents. We encourage you in the new year to continue using the numerous programs and services offered by the Office on Aging and the Aging and Disability Resource Center (DCOA/ADRC) that will promote health, longevity and support to age in place.

On December 9th, more than 3,000 people attended the 12th Annual Senior Holiday Celebration at the D.C. Armory presented by Mayor Adrian M. Fenty, the D.C. Office on Aging and the Senior Service Network. This year's event was another record-setting celebration of attendees, volunteers, exhibitors and vendors, guests, elected officials and performers. The U.S. Assistant Secretary for Aging, Ms. Kathy Greenlee, was one of the guest in attendance.

I hope all who attended thought it was a great event, and that you benefitted from all that was offered. For those of you who missed the event, please see the photos that are included in this issue.

Once again, we are planning for the future by developing the District's 2010-2012 State Aging Plan. A draft of the plan will be available on our Web site at www.dcoa.dc.gov or by calling or coming by the Office on Aging, 441 Fourth St., N.W., Suite 900 South, 202-724-5626. We ask again for your input as we finalize our submission.

The plan with your input represents how programs and services in the District of Columbia will be structured in the future to meet your priorities and needs. A questionnaire has also been developed and will be disseminated to get your input on the State Aging Plan. The short questionnaire will be available at our Web site, and distributed throughout the District and at town meetings that will be scheduled in the future. You may also request a copy of the questionnaire by phone.

In March, you will begin receiving your 2010 Census forms. We hope that you will take 10 minutes to answer 10 questions so that the District will receive federal monies to support programs and services for all District residents. Please encourage others to do the same so that every person is counted.

The 2010 Census is confidential and will not be shared with anyone, not even other local or federal agencies. Please be honest, count all persons in your household, and do your part to ensure that we have a count that represents a true and accurate population for the District. Make 2010 count!

Seniors Prepare For Winter Emergencies

Preparing for emergencies during the cold weather season is very important to older persons. As you get older, your body becomes less able to respond to long exposure to the cold.

Seniors should be mindful that hypothermia can be fatal. Hypothermia is a condition of below-normal body temperature — typically 95 degrees Fahrenheit or under. Hypothermia may occur in anyone who is exposed to severe cold without enough protection. Symptoms include a low temperature, sluggishness, slurred speech, slow breathing and confusion.

To avoid being the victim of hypothermia, dress warmly even when indoors, eat enough food, and stay as active as possible. Because hypothermia may start while you are sleeping, keep warm in bed by wearing enough clothing and using blankets.

Neighbors and friends should check on each other and exchange emergency information that includes family members to contact, information about your primary doctor, and other important information.

This winter, think smart and prepare yourself for cold weather, icy conditions, and circumstances where going out might not be possible. Start storing canned foods and non-perishable items as well as bottled water and other items to sustain you until you can get out again. Make sure you include a non-electric can opener and those items that you can

eat without warming in case of power loss.

Also during the cold season, don't wait to the last minute to refill prescriptions — fill them a week in advance just in case weather and icy conditions make it unsafe to venture out.

During the snow season, keep your shovel on a porch or inside so it is easy to get to and you won't have to go down un-shoveled steps or an un-shoveled walkway to get to the shed or other place where shovels are often stored.

During extreme cold always keep your heat on so that pipes don't freeze up. Please try to keep your heat set on 65 degrees or higher. These protective measures will help you endure the coldest weather and keep you safe.

In case of a power outage, keep a battery operated lamp or flashlight in a safe place. Candles can be dangerous, but if you must use them, remember to keep them secure and away from flammable objects. Do not leave burning candles unattended.

Remember to keep additional, fresh batteries in case power is not restored right away. Check to see if your neighbors are also experiencing a power outage. If you are the only one, call PEPCO (see number on chart).

If a power outage occurs in your area, use a battery-powered radio to stay informed. In the District of Columbia, the following stations are designated as Emergency Alerting System (EAS) radio stations: WTOP 1500 AM, WMAL 630 AM, WRC 570 AM and WKYS 93.9 FM.

Clip out and place on your refrigerator



EMERGENCY NUMBERS

D.C. OFFICE ON AGING 202-724-5626

The Information and Assistance Office can link you with needed services. Open Monday through Friday, 8:15 a.m. to 4:45 p.m.

DEPARTMENT OF PUBLIC WORKS ENERGY OFFICE HOTLINE 202-673-6700

Available Monday through Friday, 8:30 a.m. to 4:30 p.m. for information and assistance with utilities.

D.C. EMERGENCY MANAGEMENT AGENCY 202-727-6161

Provides information about shelters, blankets, heaters, oil, and a health clinic nearest you. Open 24 hours, 7 days a week.

HYPOTHERMIA HOTLINE 202-399-7093, 1-800-535-7252

Provides information on emergency transportation, shelters and cold weather information. Open 24 hours, 7 days a week.

POTOMAC ELECTRIC POWER COMPANY (PEPCO) 202-833-7500

WASHINGTON GAS 703-750-1000



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ADRIAN M. FENTY, MAYOR

Community Calendar

January activities

5th • 1 p.m.

The Downtown Clusters' Hard-of-Hearing Program will toast the New Year. The event will be held at 2451 Good Hope Rd., S.E. Refreshments will be provided. To RSVP, contact Margaret Forbin at 202-610-6103.

9th and 23rd • 9 a.m.

Arthur Capper Senior Center will offer an exercise class every other Wednesday this month. The chair-based exercise class will take place from 9 a.m. to 10 a.m. on Jan. 9 and 23. The senior center is located at 900 5th St., S.E. There is no charge, but participants must fill out an application. For more information, contact Wanda Flibbons at 202-889-3850.

15th • 11 a.m.

Episcopal Senior Ministries will host a presentation on "Medicare and You" at Ft. Lincoln Senior Village III's Senior Center, 3298 Ft. Lincoln Dr., N.E. The event is free, but reservations are required. For more information and to RSVP, contact Vivian Grayton at 202-529-8701.

19th • 11:30 a.m.

Learn how to reduce daily stress and find happiness at Episcopal Senior Ministries' "Thinking My Way to Happiness" seminar. The event will be held at Ft. Lincoln Senior Village II's Senior

Center at 3005 Bladensburg Rd., N.E. For more information and to RSVP, contact Vivian Grayton at 202-529-8701.

21st • 1:30 p.m.

IONA Senior Services urges you to make the right decisions when it comes to your health at its workshop, "Take Charge, Age Well." It will be led by Tina McCloud, a certified yoga instructor, who will instruct participants how to do gentle, but effective exercises to improve flexibility and muscle tone. The session, which will be held at 4125 Albe-marle St., N.W., is free and open to the public. Registration is required. For more information, call 202-895-9448.

22nd • noon

Bring your lunch and get into some arts and crafts with IONA Senior Services' new artist-in-residence, Rose Mosner. The art session will take place from noon to 1:30 p.m. at 4125 Albe-marle St., N.W. Supplies will be provided at no charge. Registration is required. For more information and to register, call 202-895-9448.

30th • 11 a.m.

On the fourth Saturday of each month, the Alzheimer's support group of the Genevieve N. Johnson Senior Center meets at 11 a.m. The group, for family members and caregivers, convenes at 4817 Blagden Avenue, N.W. Attendees are asked to RSVP. For more information, call 202-723-8537.

Ongoing

Mondays, Wednesdays • 5:30 p.m.

Join Model Cities Wellness Center for a low-impact cardio class on Mondays and Wednesdays starting Jan. 4. The free classes are from 5:30 to 6:30 p.m. at 1901 Evarts St., N.E. Participants must fill out a health evaluation form prior to the class. For more information, contact Monica Carroll at 202-635-1900.

Tuesdays 10 a.m., Thursdays 11 a.m.

A fitness instructor will lead seniors in a session of sitting exercises that will address physical issues such as arthritis. The free classes will take place at Barney Senior Center, 504 Kennedy St., N.W., on Tuesdays at 10 a.m. and Thursdays at 11 a.m. No registration is necessary. For more information, contact James Thompson at 202-939-9020.

Early February event

Feb. 6 • 12:15 p.m.

Model Cities Senior Wellness will host an excursion on Feb. 6 to see the Alvin Ailey American Dance Theater performance at the Kennedy Center. Showtime is at 1:30 p.m. and buses will depart from 1901 Evarts St., N.E., at 12:15 p.m. Tickets are \$73.15. For more information and to make reservations, call Monica Carroll at 202-635-1900.

Reduce Bills With Utility Discounts

The Utility Discount Programs of the District Dept. of the Environment (DDOE) help low-income District residents reduce their utility costs. To qualify, your utility bills must be in your own name, and you must meet income guidelines established by the U.S. Department of Health and Human Services.

If you're eligible, you could receive discounts of:

- Up to \$240 per year on your electric bills (\$102 per year if you don't have electric heat).
- Up to \$189 per year on your gas bills.
- Up to \$276 per year on your water and sewer bills.
- Up to 50 percent off the cost of installing a single phone line.
- Local phone service for \$3 per month (\$1 per month for seniors over the age of 64).

To apply:

Call 311 to schedule an appointment.

Fill out an application (available at the DDOE Energy Office in the Frank Reeves Center, 2000 14th Street, N.W., Third Floor).

Take your completed application to the Reeves Center, Second Floor. Our staff will determine if you're eligible.

Complete a short program that will show you how to save energy in your home.

Go to the Third Floor to finish the processing of your application.

Household Size	Maximum Annual Income
1	\$16,245
2	\$21,855
3	\$27,465
4	\$33,075
5	\$38,685
6	\$44,295
7	\$49,905
8	\$55,515

National Glaucoma Awareness Month

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

Glaucoma is the leading cause of preventable blindness. Everyone, from infants to seniors, is vulnerable. Moreover, among African-American and Hispanic populations, glaucoma is the leading cause of blindness.

The most common type of glaucoma — primary open angle glaucoma — is hereditary. So if you do have glaucoma, don't keep it a secret. Let your family members know they are at increased risk.

What is glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. In the most common form, there are virtually no symptoms. For this reason, experts estimate that half the people with glaucoma don't know they have it.

Vision loss begins with peripheral or side

vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

Glaucoma is not curable, and vision lost cannot be regained. However, with medication and/or surgery, it is possible to halt further loss of vision. Since glaucoma is a chronic condition, it must be monitored for life.

Diagnosis is the first step to preserving your vision. So, the best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Medicare beneficiaries over 65 are eligible for an annual dilated eye exam if they are at high risk. This includes people with diabetes, family history of glaucoma, or African-Americans over 50. Many nonprofit organizations also provide free screenings at various times of the year.

Transportation Service

WEHTS Medical Transportation service — for the elderly requiring life-sustaining appointments. Call your lead agency in advance to activate the service:

Barney Neighborhood House Senior Program
Wards 1 & 4
202-939-9020

Episcopal Senior Ministries
Ward 5
202-529-8701

East of the River Family Strengthening Collaborative
Ward 7
202-534-4880

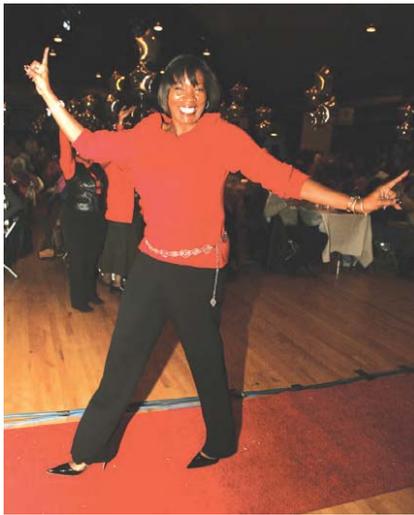
Emmaus Services for the Aging
Ward 2
202-745-1200
IONA Senior Services
Ward 3 and parts of Ward 2
202-966-1055

South Washington West of the River Family Strengthening Collaborative
Ward 6
202-202-608-1340

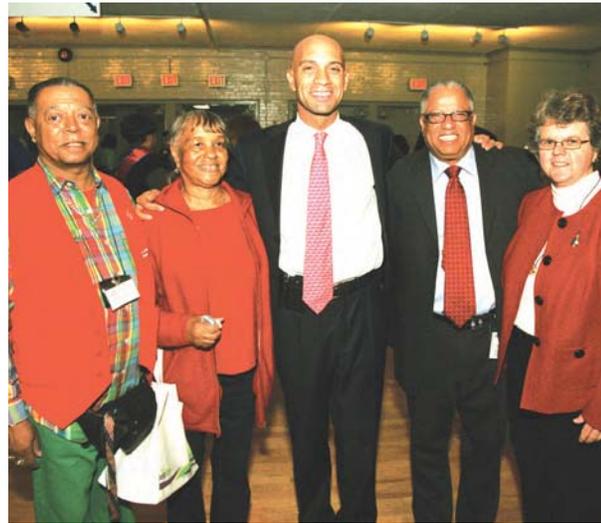
Downtown Cluster's Aging Services
Ward 8
202-610-6103

D.C. OFFICE ON AGING NEWSLETTER

Annual Holiday Celebration 2009



The first African American cheerleader for the Washington Redskins modeled during a fashion show.



Mayor Fenty, D.C. Office on Aging Executive Director Dr. Clarence Brown, and U.S. Assistant Secretary for Aging Kathleen Greenlee pose with seniors during the event.



Lisa Bryant, project director for East of the River, the lead agency serving Ward 7, and seniors participated in the fashion show during the Annual Holiday Celebration.



"HIV/AIDS Affects all Ages," a quilt constructed by the Congress Heights Senior Wellness Center for AIDS Awareness Day, was on display at the event.



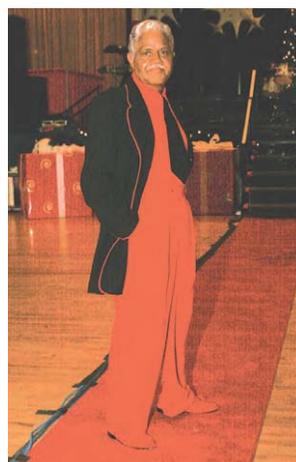
Mayor Adrian M. Fenty poses with seniors during the event.



Jacqueline Arguelles, chairperson of the D.C. Commission on Aging, walks the red carpet during the fashion show.



Deputy Director Donna Dunston (left) presents the winner of the gift box wrapping contest to Episcopal Senior Ministries Project Director Dawn Quattlebaum.



Male model Bill Madison participates in the show.



Dr. Brown joined by Ms. Senior D.C. and Miss District of Columbia USA.

D.C. OFFICE ON AGING NEWSLETTER



Episcopal Senior Ministries nutritionist Allison Valle on the red carpet.



Councilmembers Marion Barry and Yvette Alexander, representing Ward 8 and Ward 7 respectively, greet seniors at the event.



Council Chairman Vincent Gray and Councilmembers Alexander, Barry and Harry Thomas Jr. present Glynn Jackson with a Council Resolution for his work in the District. Jackson presented the fashion show during the event.



Saxophonist Sharon Thomas and her band, the Sharon Thomas Experience, perform for the audience.

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.

10 QUESTIONS MINUTES

TO DEFINE WHO WE ARE AS A NATION

The Census: A Snapshot

- ▲ **What:** The census is a count of everyone residing in the United States.
- ▲ **Who:** All U.S. residents must be counted—both citizens and non citizens.
- ▲ **When:** You will receive your questionnaire in March 2010 either by U.S. mail or hand delivery. Some people in remote areas will be counted in person.
- ▲ **Why:** The U.S. Constitution requires a national census once every 10 years to count the population and determine the number of seats each state will have in the U.S. House of Representatives.
- ▲ **How:** Households should complete and mail back their questionnaires upon receipt. Households that do not respond may receive a replacement questionnaire in early April. Census takers will visit households that do not return questionnaires to take a count in person.

A Complete Count: The Importance of Census Data

- ▲ Every year, the federal government allocates more than \$400 billion to states and communities based, in part, on census data.
- ▲ Census data are used to determine locations for retail stores, schools, hospitals, new housing developments and other community facilities.
- ▲ Census data determine boundaries for state and local legislative and congressional districts.

2010 Census Questionnaire: Easy, Important and Safe

- ▲ With only 10 questions, the 2010 Census questionnaire takes approximately 10 minutes to complete. Households are asked to provide key demographic information, including: whether a housing unit is rented or owned; the address of the residence; and the names, genders, ages and races of others living in the household.
- ▲ By law, the Census Bureau cannot share an individual's responses with anyone, including other federal agencies and law enforcement entities.

United States
Census 2010

CENSUS HISTORY

The first census took place in 1790 to determine the number of seats each state would have in the U.S. House of Representatives. The census also was created to gain a better understanding of where people lived and to establish patterns of settlement as the nation grew.

ABOUT THE CENSUS BUREAU

The Census Bureau was established in 1902. Today, in addition to administering the census of population and housing, the Census Bureau conducts more than 200 annual surveys, including the American Community Survey, the Current Population Survey and economic censuses every five years.



We move forward when you send it back.