



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 2

A newsletter for D.C. Seniors

February 2010



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

All states are required to submit a State Plan on Aging to the U.S. Administration on Aging under the Older Americans' Act as a requirement for federal funds. The District's Aging Plan for 2011-2013 must be submitted by Mayor Adrian M. Fenty in July and outlines how the District will spend more than \$6 million in federal funds for various home and community-based programs, such as congregate and home-delivered meals, caregivers' services, medical and adult day care transportation, senior wellness centers, in-home care and many others. The Office on Aging has been asking District residents, caregivers and seniors for their input and participation in developing the plan since 2009, and held several ward-based town meetings with the support of the Commission on Aging, mini-commissions, service providers and other stakeholders to get citizen input. A working draft of the State Aging Plan has been completed and is now available for all District residents to comment on.

A copy of the draft plan can be obtained online at <http://dcoa.dc.gov>, or a copy can be requested by calling 202-724-5622. A short survey questionnaire has also been developed to elicit input from all stakeholders and District residents and is online, will be distributed throughout the District, and can be requested by calling the Office on Aging. The Mayor and the Office on Aging need to know what your concerns and priorities are for older District residents so they can be addressed in the District's Aging Plan. We look forward to hearing from you about the plan.

The 2010 Census is extremely important for all District residents. We need all our seniors in the District to be counted, and the Office on Aging will be working very hard with other partners to make this happen. The Office on Aging will assist any seniors who need help in answering the 10 questions and will be working with the local Census Office to train seniors to assist other seniors in completing the 10-minute form. Please look for your form in the mail, fill it out and be counted. District funds received from the U.S. Administration on Aging are based in part on the number of older persons counted by the Census. Let's make sure all seniors are counted! Please see this issue of the "Spotlight on Aging" for more information on the 2010 Census.

The U.S. Department of Health and

Human Services, D.C. AARP, and the Office on Aging held a H1N1 Flu Clinic on National Influenza Vaccination Day at the four senior wellness centers. People 65 years and older are now encouraged to seek vaccination against 2009 H1N1. It's more readily available, and all are encouraged to get vaccinated. This vaccine is the best way to protect against the 2009 H1N1 pandemic virus. I am proud to announce that I received my H1N1 vaccination at Congress Heights, along with Assistant Secretary for Aging Kathy Greenlee, during senior vaccination day. It's not too late for you to get yours too. Call 311 for more information.

February 5 is National Wear Red Day to bring attention to the No. 1 killer of American women: cardiovascular disease — the cause of one in every three female deaths. While it is estimated that 1 in 30 women die of cancer, simply stated, more women die of heart disease than cancer. Since 1985, more women have died of heart disease per year than men. Men and women can lower their risk of heart disease if they avoid tobacco, become physically active, eat healthy foods, avoid excessive alcohol, have regular checkups, control stress, control cholesterol, blood pressure and blood sugar, maintain a healthy weight, and drink eight glasses of water daily. A good start to beginning to live a healthier lifestyle is to join an Office on Aging-sponsored senior program. See this issue to find out about the warning signs of heart attacks and strokes and to find out more about programs to help you. Or call our Information and Assistance Unit at 202-724-5626.

Recently, the District lost an invaluable and dedicated member of the Commission on Aging, Mary Gardiner Jones, Esq., who represented residents of Ward 2. During her long tenure on the Commission, she was a strong advocate and voice for mental health issues and was the first female commissioner of the Federal Trade Commission. It was my personal and professional pleasure to have known and worked with Commissioner Jones for more than 10 years. As we say farewell to Commissioner Jones, we also welcome a new Commissioner, Gene Coffey, who was recently appointed by Mayor Fenty to represent Ward 3 seniors.

Happy Valentine's Day and Black History Month!

Senior Vaccination Day



On Senior Vaccination Day at Congress Heights Senior Wellness Center, Executive Director Clarence Brown (center) is joined by Nicole Lurie, U.S. Assistant Secretary for Preparedness and Response, HHS; Angela Diggs, director, Congress Heights Senior Wellness Center; Kathy Greenlee, U.S. Assistant Secretary for Aging, HHS, and Denise Rolark Barnes, president of AARP D.C.



Health and Human Services Assistant Secretary for Aging Kathy Greenlee and Dr. Clarence Brown both received their H1N1 shots on Senior Vaccination Day. Greenlee and Brown encourage senior citizens to get their H1N1 vaccine. It's the best way to prevent the virus.



African Americans and the U.S. Coast Guard Special Black History Month Events at the U.S. Navy Memorial

Presented in cooperation with U.S. Coast Guard Historian's Office

WHAT: Illustrated lecture and film screenings honoring the service of African Americans in the U.S. Coast Guard

WHEN: Weds, Feb. 10, noon

WHERE: Arleigh & Roberta Burke Theater
United States Navy Memorial
Naval Heritage Center
701 Pennsylvania Avenue, NW
Washington, DC 20004
www.navymemorial.org

COST: Free and open to the public. Only 250 seats available. Reservations suggested.

CONTACT: 202-380-0710.

This special Black History Month program honors the distinguished contributions African Americans have made to the nation while serving in the U.S. Coast Guard and its predecessor services — the US Revenue Cutter Service, U.S. Lighthouse Service and the U.S. Life Saving Service.

Program includes:

- Introduction by RADM Stephen W. Rochon, USCG (Ret), Director of the Executive Residence and White House Chief Usher
- Illustrated lecture on African-Americans in the Coast Guard by Dr. William Thiesen, USCG Atlantic Area Historian
- Screening of "The Odyssey of Captain Healy" a documentary on "Hell Roaring Mike Healy." Born a slave, he rose to become a famed officer in the Revenue Cutter Service and a legend in the history of Alaska.
- Preview screening of a portion of the new documentary, "The Rescue Men: The Story of the Pea Island Surfmens," on the heroic 1896 rescue of all hands aboard the schooner E.S. Newman by the only all-black lifesaving crew in American History, U.S. Lifesaving Station Pea Island, North Carolina.
- Display of Coast Guard artworks highlighting the contributions of African Americans

Other Black History Month Events at the Navy Memorial:

- Screenings of "The Odyssey of Captain Healy" all month long in the Burke Theater
- Display of art works honoring the service of African Americans in the Coast Guard
- Feb 4: First Day of Issue ceremony of U.S. Postal Service stamps honoring "Distinguished Sailors," including African American hero of the Pearl Harbor attack, Doris "Dorie" Miller
- Feb 23: Authors on Deck — noon-time presentation on Bluejackets & Contrabands: African-Americans and the Union Navy by Barbara Tomblin
- Feb 23: Researching African-American Service in the Union Navy by Constance Brooks
- Display of John Charles Roach's painting of the famed World War II destroyer escort USS Mason (DE-529), the first U.S. Navy ship to have an African American crew.

Grandparents Honored



President Barack Obama recently invited a group of African-American grandparents and grandchildren in the Oval Office to mark Martin Luther King, Jr. Day, which he called a "day to reflect on the extraordinary contributions that ordinary citizens can make." Joseph and Mable Harvey, 105 and 102, were among the guests. The two have been married more than 80 years. Happy Valentine's Day to the Harveys!

Comment on State Plan on Aging

The Office on Aging is seeking public comment on the draft District of Columbia State Plan on Aging for Fiscal Years 2011-2013 as required under the Older Americans Act (P-L 109-365) as amended in 2006. The District of Columbia is required to submit a State Plan on Aging in order to receive federal dollars (currently over \$6 million) under the Older Americans Act. As the State and Area Agency on Aging under D.C. Law 1-24, the Office on Aging is responsible for developing and administering the State Plan on Aging in accordance with all requirements of the Act, and is primarily responsible for the coordination of all state activities related to the purposes of the Act, i.e., the development of comprehensive and coordinated community-based systems for the delivery of supportive services, including multipurpose senior centers and nutrition services, and to serve as the effective and visible advocate for the elderly in the State.

The plan serves as a blueprint on how the Office on Aging will spend the funds for the next three years. The goals of the plan are to: (1) increase health and social supports for older residents to enable them to stay in their own home longer; (2) through education, outreach and ad-

vocacy, empower older persons and stakeholders to make more informed decisions about services that impact quality of life and long-term care outcomes; and (3) expand programs and improve coordination, enhance services and outreach to older persons and older persons with disabilities, who are vulnerable and at-risk concerning safety and health access issues.

In addition, in order to provide the District's older residents, caregivers and other stakeholders with an opportunity to express their views on the current services, future needs and priorities, a questionnaire is being distributed throughout the city. To get a copy of the questionnaire, access it online at <http://dcoa.dc.gov> or contact Anne Williams at 202-741-5887 or anne.williams@dc.gov.

The Draft State Plan on Aging is available for review online at <http://dcoa.dc.gov>. If you have any questions or comments, or to request a copy of the State Plan, please contact by phone, e-mail or fax Mr. Courtney Williams at 202-727-8370, courtney.williams@dc.gov, FAX (202) 741-5885. Comments on the Draft State Plan on Aging may be mailed to: D.C. Office on Aging, 441 Fourth St., N.W., Suite 900 South, Washington, D.C. 20001 by March 31st.

D.C. OFFICE ON AGING NEWSLETTER

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath with or without chest discomfort.

- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most com-

mon heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car.

EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

New Program Provides Assistance for Hazardous Tree Removal

DDOT Will Assist Qualified Homeowners

District homeowners who cannot afford to remove or trim hazardous trees on their property may now qualify for financial assistance under a new program offered by the District Department of Transportation (DDOT).

Through the Income Contingent Program for Hazardous Tree Removal, DDOT's Urban Forestry Administration (UFA) will provide tree removal services free of charge for property owners who meet the criteria.

"With limited income, it can be difficult for homeowners to address haz-

ardous tree situations that threaten property and people," said John Thomas, DDOT's Chief Forester. "This law provides the means to get those potentially dangerous issues taken care of."

A law passed last year by the D.C. Council authorized UFA to use up to 15 percent of the District's Tree Fund for this new program. The Tree Fund is generated through private donations, permitting fees, and penalties related to the DC Tree Bill.

For additional information about this free service, contact UFA at 202-671-5133 or visit ufa.ddot.dc.gov.

Seniors Count for Census 2010

Why is it important for all District residents, including seniors, to participate in the 2010 census?

Every year, more than \$300 billion in federal funds are awarded to states and communities based on census data. A complete and accurate count of all residents ensures the District will receive the funding and services it is entitled to.

This allocation helps city agencies like the Office on Aging to fund crucial programs and services, such as in-home support services, transportation, counseling, meal programs, social services, legal assistance, housing, energy assistance, Medicaid, tax relief, recreation services, human services, health promotion and disease prevention, etc.

The 2010 Census form is just 10 questions, such as:

- Name
- Sex
- Age
- Date of birth
- Hispanic origin
- Race
- Household relationship
- If you own or rent

The census DOES NOT ask about the legal status of respondents or their Social Security numbers.

The U.S. Postal Service will deliver the initial mailing in mid-March 2010. Once you get your form in the mail, fill it in and mail it back by April 1 in the postage-paid envelope provided.

If you need help in filling out the form, Census Assistance Questionnaire Centers will be set up at selected senior centers and other locations throughout the city to assist you in completing the form.



Begin living a healthier lifestyle by becoming more active.
Start participating in senior programs in your area.
Call the lead agency serving you:

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

Emmaus Services for the Aging
Ward 2
202-745-1200

IONA Senior Services
Ward 3
202-966-1055

Episcopal Senior Services
Ward 5
202-529-8701

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

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

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

Or contact a wellness program near you to begin an exercise program that fits your needs and abilities, including chair exercise, aerobics, tai chi, weight and strength training and much more.

Congress Heights Senior
Wellness Center
3500 Martin Luther King, Jr.,
Avenue, S.E.
202-563-7225

Hattie Holmes Senior
Wellness Center
324 Kennedy Street, N.W.
202-291-6170

Model Cities Senior
Wellness Center
1901 Everts Street, N.E.
202-635-1900

Washington Seniors Wellness Center
3001 Alabama Avenue, S.E.
202-581-9355

Or call Bodywise Senior Program
202-274-6697

Get a Census Job

Seniors, help your community and get paid as a member of the 2010 Census Team

- Get paid weekly
- Earn good pay
- Receive paid training
- Work flexible hours
- Receive reimbursement for authorized mileage and other work-related expenses
- Help your community have a successful 2010 census

Available positions:

- Census Taker • Crew leaders • Crew Leader Assistants
- Recruiting Assistants • Census Clerks

Apply today!

More information, including a practice test, is available at www.2010censusjobs.gov or call the toll-free jobs line: 1-866-861-2010; FedRelay: 1-800-877-8339 TTY



Community Calendar

February

5th, 12th, 19th and 26th+

IONA Senior Services and AARP provide free legal counsel to seniors every Friday by appointment. In February, the service will be available on the 5th, 12th, 19th and 26th. A paralegal will answer legal questions, complete claims reports, write consumer complaint letters, check for benefits and much more. IONA is located at 4125 Albermarle St., N.W. For more information or to make an appointment, call 202-895-9448.

10th • 10 a.m. to 2 p.m.

Join KEEN seniors program and the East River Family Strengthening Collaborative for a Valentine's Day and Black History Month luncheon at Hughes Memorial United Methodist Church, 53rd and Ames Streets, N.E. Watch a dance performance by the KEEN Frisky Steppers, enter a Valentine basket raffle, and listen to music by Ron V of Magic 102.3. RSVP to Robin Gantt at 202-534-4880.

11th • 5 p.m.

IONA Senior Services hosts a Meet the Artist Reception featuring artist-in-residence Rose Mosner and special guest artist, Kathleen Williams. The free event will take place at 4125 Albermarle St., N.W. For more information, call 202-895-9448.

12th • 10 a.m. to 2 p.m.

Episcopal Senior Ministries will host a Valentine's Day party at the Teamster's Union Hall, located at 3100 Ames Place, N.E. A meal will be served, and the party will feature giveaways, line dancing, music and poetry. There is no cost for the event, but an RSVP is required. Contact Vivian Grayton at 202-529-8701 for more information.

13th • 11:30 a.m. to 1 p.m.

The East River Family Strengthening Collaborative Weekend Nutrition Seniors Program will host a free Valentine's Day Celebration at 3001 Alabama Ave., S.E. For more information, call 202-581-9355.

18th • 10 a.m.

Emmaus Services for the Aging celebrates Black History Month with its free "Portrait of Me" event. Participants are asked to bring in a picture of themselves and talk about their lives. The idea is that along with highlighting prominent African Americans like Dr. Martin Luther King, this event recognizes everyday African American people. Refreshments will be served. No reservations necessary. For more information, contact Connie Samuels at 202-745-1200.

25th • 10 a.m.

Join Model Cities Senior Wellness Center's Black History event at 10 a.m. The free event will include speakers, an art display and more. For more information, contact Monica Carroll at 202-635-1900.

26th • 10 a.m.

The Dwelling Place Senior Center will host a Mardi Gras Potluck. The free event will be held at Dwelling Place Senior Center (Bailey Room in the basement of St. Francis Xavier Church), 2812 Pennsylvania Ave., S.E., and will include live entertainment, dancing, and more. For more information, call Cheridan Young or Denise Stoney at 202-581-8000, ext. 108 or 101.

27th • 11 a.m.

Genevieve N. Johnson Senior Center will hold its monthly Alzheimer's Support Group meeting. The group will meet at 4817 Blagden Ave., N.W. There is no fee for participating, but an RSVP is required. Call Holly Seigal at 202-723-8537 for more information and to register.

April event

21st • 11 a.m.

Sign up now to explore the legacy of local jazz legend Duke Ellington at the Arena Stage's presentation of Sophisticated Ladies. Model Cities Senior Wellness Center, located at 1901 Evarts St., N.E., will host a bus trip that will leave at 11 a.m. on Wednesday, April 21. Snacks will be provided. Tickets are \$42, and reservations must be made by Tuesday, Feb. 23. For more information and to purchase tickets, contact Monica

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.



We're looking for Ms. Senior D.C. 2010.
Maybe you know her...

- ◆ She is a woman 60 years of age or older who lives in the District of Columbia
- ◆ She inspires others with her enthusiasm
- ◆ She is poised, charming and articulate
- ◆ Her positive philosophy of life reflects her inner beauty
- ◆ She is an active, vital member of her community
- ◆ Blessed with a special talent, she defies the myths of aging



If you know her, make sure she is entered as a contestant in the Ms. Senior D.C. 2010 Pageant. She could represent our city in the Ms. Senior America Pageant. Contact the Ms. Senior D.C. Planning Committee Chairperson, Gwen Coleman at 202-289-1510 x1170/1171.



Government of the District of Columbia
Adrian M. Fenty, Mayor