



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVI, ISSUE 2

A newsletter for D.C. Seniors

February 2011



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

The D.C. Office on Aging and the Aging and Disability Resource Center (DCOA/ADRC) have officially leased both District-owned nursing home facilities. On Dec. 14, 2010, the Office on Aging and Department of Real Estate Services (DRES) entered a long-term ground lease with the Vital Management Team (VMT) to operate and manage the JB Johnson Nursing Center (JB Johnson). VMT managed this nursing facility for the past two decades and was the firm selected to operate it for the next 20 years.

Additionally, this past summer, the District executed a lease with Stoddard Baptist Foundation for its other nursing facility, Washington Center for Aging Services (WCAS), as unanimously approved by the Council and Mayor. Stoddard Baptist Foundation also owns and manages Stoddard Baptist Nursing Home here in the District.

Both VMT and Stoddard responded to the District's solicitation to lease the two facilities and were selected through a competitive bidding process. Congratulations to VMT and Stoddard Baptist Foundation!

Although the District continues to own both JB Johnson and WCAS, the two facilities are no longer under a management contract with DCOA, in which we paid the contractor to manage the facilities and funded all capital improvements and renovations. The management firm (tenant) will now pay the District rent and fund the capital improvements themselves.

These are just two major differences between the lease and contract that illustrate the benefits to the District. With this change, DCOA's oversight responsibilities will be limited. However, we will continue to be a key stakeholder and voice for our fellow seniors and residents at both facilities.

The nursing homes changes resulted in: additional revenue for the District, support for keeping the Office on Aging budget from reductions in program services for FY 2010 and FY 2011, and enhancements in medical transportation services.

As this agency moves forward during this century under the new leadership of Mayor Vincent Gray, I look forward to finding more innovative ways to ensure that the more than 100,000 residents age 60 and older have access to the necessary programs and services that help them remain in their homes for as long as possible.

Don't forget, February is Heart Health Month. Begin this month by being good to your heart. Ask your doctor if it is safe to begin exercising at one of our senior wellness centers or senior nutrition program sites.

Begin eating right. Call the DCOA lead agency in your Ward and ask about getting nutrition counseling or the nearest nutrition site you may begin attending. At home, cut fat and salt from your diet and begin portion control. These simple steps can start you on your way to a healthy life style. For more information about programs to help, call our Information and Assistance Unit at 202-724-5626.

Celebrate Black History Month with the Administration on Aging with the program "Our History, Our Health" on Wednesday, February 16, at 11 a.m. at the Hattie Holmes Senior Wellness Center, 324 Kennedy St., N.W. For more information, call 202-201-6170.

Happy Valentine's Day!

Inaugural Ball



Top: Ward 7 resident Vivian McClain, 105, posed with Dr. Brown and Commissioner on Aging Samuel McCoy during Mayor Vincent C. Gray's Inaugural Ball. An estimated 11,000 persons at the ball, including many seniors, took advantage of free tickets available during the inaugural festivities to celebrate the swearing in of Mayor Gray. During his speech, the Mayor publicly thanked seniors for helping him get elected.

Ms. Senior D.C.



Would you like to represent the seniors of the District as Ms. Senior District of Columbia? Applications are now available for District residents age 60 and older who are interested in entering the Ms. Senior D.C. Pageant 2011. Call 202-289-1510 x1171 or 202-724-5626 for more information.

NCBA Estates



The Samuel J. Simmons NCBA Estates, a 175-unit senior affordable housing community, is undergoing renovations to upgrade the residential units and to improve the building inside and out, including major systems repairs and the addition of a walking trail. To commemorate the renovations, the National Caucus and Center on Black Aged hosted a wall breaking. Pictured from left to right are Harry D. Sewell, executive director, D.C. Housing Finance Agency; Jim Graham, Ward 1 councilmember; Dr. Clarence Brown, executive director Office on Aging; and Joan McKinley-Shelton, board of directors vice chair of the NCBA Housing Management Corporation.



D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

February events

5th • 11 a.m. to 1:30 p.m.

The Weekend Nutrition Program will host a Super Bowl party at the Washington Senior Wellness Center, 3001 Alabama Ave., S.E. Call Evelyn Minor, director, for reservations at 202-581-9355.

11th • 10 a.m. to 2 p.m.

Seabury Ward 5 Aging Services hosts a Valentine's Day party at the Teamsters Union Hall, 3100 Ames Place, N.E.. For more information, call Vivian Grayton at 202-529-8701.

11th • 8:30 a.m. to noon

Volunteer with other Washington Seniors Wellness Center members to help out at Food and Friends, an organization that provides meals for people with life-challenging illnesses. Meet at Food and Friends, 219 Riggs Rd., N.E. For more information, call 202-581-WELL (9355).

12th • 11 to 1:30 p.m.

The Weekend Nutrition Program will celebrate Valentine's Day with "Karaoke King" Mr. Hall at the Washington Senior Wellness Center, 3001 Alabama Ave., S.E. Call Evelyn Minor, director, for reservations at 202-581-9355.

14th • 10 a.m. to 1:30 p.m.

The Deaf and Hard of Hearing Senior Program will host a Valentine's Day party at 114 Wayne Place, S.E. Contact Margaret Forbin, director, for reservations at 202-562-1041.

17th • 11 a.m.

The DMV and the Office on Aging have joined forces to educate senior residents on how to access more than 30 online services and find out more about special services for seniors. DMV staff will be on hand to provide technical assistance. The Director of the DMV will also be available to answer questions. At the Congress Heights Senior Wellness Center, 3500 Martin Luther King Jr., Ave., S.E. To request interpreter services, contact 202-727-8370 five days before the event.

17th • 5 to 8 p.m.

Meet IONA Senior Service's new artist in residence, printmaker Liz Wolf, at a reception, along with special guest artist sculptor Hermann Burger, 88, a participant in IONA's Day Health, Wellness and Art Center. IONA is located at 4125 Albemarle St., N.W. For more information, call 202-895-9448 or e-mail info@iona.org.

18th • 10 a.m. to 2 p.m.

Take a trip to the Frederick Douglass Museum with the Washington Seniors Wellness Center, 3100 Alabama Ave., S.E. For more information, call 202-581-WELL (9355).

23rd • 11:30 a.m. to 1 p.m.

The Washington Seniors Wellness Center's Men's Initiative will hold an event "Passing It On: An Intergenerational Discussion About Relationships" at 3100 Alabama Ave., S.E. For more information, call 202-581-WELL (9355).

26th • 10 a.m. to 1 p.m.

Get help with your taxes and other financial issues and forms at the Eleanor Holmes Norton Tax and Financial Services Fair for D.C. Residents. It will be held at the Walter E. Washington Convention Center, 801 Mount Vernon Place, N.W., Rooms 143-152. Other services that will be offered on that day include FAFSA form help, housing and mortgage counseling, credit counseling and more. For more information, call 202-225-8050.

March events

3rd • 10 to 11:30 a.m.

Starting March 3, IONA will hold memory loss support groups for individuals diagnosed with memory loss, as well as their families and friends. The groups will be held the first Thursday of each month. The fee is \$15 per person per session, and limited scholarships are available. You must pre-register for the group by calling 202-895-9448. IONA is located at 4125 Albemarle St., N.W.

7th • 10 to 11 a.m.

Attend a five-part memory fitness workshop on Mondays starting March 7. Gain valuable information, resources and techniques to keep your memory sharp. Topics will include normal and abnormal memory changes, health habits to support good memory, managing stress, brain games and other brain fitness strategies. This group is not intended for individuals who have a medical diagnosis of memory impairment, such as mild cognitive impairment or dementia. The fee is \$60, and limited scholarships are available. You must pre-register for the group by calling 202-895-9448. IONA is located at 4125 Albemarle St., N.W.

Community Emergency Response Team (CERT) Training

Free emergency preparedness training will be taught by first responders. Share with family, friends and community! The course includes fire safety, disaster triage, light search and rescue, terrorism awareness, and structured response.

The CERT training will be held at 441 Fourth St., N.W., 11th Floor Conference Suites from Monday through Friday, Feb. 21 to 25, 6 to 9 p.m. To register or for more information, visit www.serve.dc.gov or e-mail Shirley.Hall@dc.gov.

D.C. Dept. of Health Has New Official Address

The D.C. Department of Health's main building, previously known as 825 North Capitol St., N.E., has changed its address to 899 North Capitol St., N.E. The United States Postal Service will continue to deliver mail addressed to 825 North Capitol for a short period of time in order to ensure that mail and packages are not lost in the change.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national ori-

gin, 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.

Aging Service Providers by Ward

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

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

IONA Senior Services
Ward 3
202-966-1055

Seabury Ward 5 Aging Services
Ward 5
202-529-8701

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

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

Access Housing Inc. Senior Program
Ward 8
202-562-6860