



DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXVIII, ISSUE 2

A newsletter for D.C. Seniors

February 2012



## EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John M. Thompson

In this issue of "Spotlight on Aging" we will focus on "staying connected." This is fitting because of several events this month that will help our residents maintain a strong connection with the District of Columbia government. Additionally, I would like to introduce a new resource on our agency website and close with a reflection on our roundtable meetings across the District.

Mayor Vincent C. Gray will host the "One City Summit" on Saturday, Feb. 11 from 9:30 a.m. to 4 p.m. at the Walter E. Washington Convention Center. This is an excellent opportunity for seniors, persons with disabilities and family caregivers to attend a forum for frank and open conversation about what needs to be done to actualize the "One City" slogan in Washington, DC.

Mayor Gray defines One City as "the recognition that all District residents, no matter their differences, are bound together by a common destiny and a shared desire to make the city even better for the people who live here." The Mayor, his cabinet and other top District government officials will be present all day to hear from you. It is important that your neighbors and others at the table include your thoughts about affordable housing, transportation, aging in place, and living with dignity as persons with disabilities or independent citizens of this great city we call home. This is your chance to discuss these issues and others that matter most to you. To register, visit [www.onecitysummit@dc.gov](http://www.onecitysummit@dc.gov) or call us at 202-724-5626.

On Feb. 15 from 9 a.m. to noon at the D.C. Office on Aging (DCOA), we will host the first ever Ambassador Program Training Workshop. The purpose of the DCOA Ambassador Program is to empower residents interested in identifying more seniors, persons with disabilities, and family caregivers in the District of Columbia in need of service.

Our goal is to ensure that no one "falls through the cracks" because of a lack of knowledge. Therefore, through our training workshop, we will educate participants about the programs and services offered through DCOA and encourage them to direct constituents, who may benefit from our services, to our office. If you are interested in being an ambassador, please contact us today at 202-724-5622 to enroll in the workshop.

In addition, we are introducing a new valuable resource on our website, [www.dcoa.dc.gov](http://www.dcoa.dc.gov). In last month's edition of "Spotlight on Aging," I mentioned that we all have a role to play in crime prevention in our neighborhoods. To help all of us, we have worked closely with Assistant Chief Diane Groomes of the Metropolitan Police Department and her team to introduce a new section on our website entitled, "Safety and Crime Prevention."

Topics featured on our website include consumer protection, and information on the latest schemes and swindles by con artists. We will also begin posting information about crimes against seniors and "Be on the Look Out" alerts so that we can help to make our community a safer place for all of us. I believe that this new resource will ensure that you are connected with the most current information in our effort to "take a bite out of crime."

In closing, I would like to thank the executives and staff at DCOA, the Senior Service Network, the Department of General Services, Metropolitan Police Department, and the Department of Parks and Recreation for working collaboratively with me as we connected with our seniors and other stakeholders at the roundtable meetings with the Executive Director.

As a result of our meetings, we have improved food quality at our senior nutrition sites, enhanced public safety at one senior wellness center, programming at another senior wellness center, and enhanced transportation service for our seniors. To schedule a roundtable meeting at your site, please contact the Office on Aging by calling 202-724-5622.

## Washington Seniors Wellness Center



Commissioner on Aging Elfrida Foy, D.C. Office on Aging Executive Director John Thompson, Ph.D., Ms. Senior D.C. 1992 Doris Thomas, and Washington Seniors Wellness Center Ward 7 Director Elise T. Nicholls are pictured at a holiday event for the wellness center. Washington Seniors Wellness Center is the oldest wellness center for seniors in the District.

## Model Cities Wellness Center



Model Cities Senior Wellness Center recently celebrated the 100th birthday of one of its oldest participants, Flora Mitchell. Happy Birthday, Ms. Mitchell! We hope that you will participate in the activities at the wellness center for many more years. If you know of someone who is 100 years of age or older, please contact the Office on Aging so that they may be honored by Mayor Vincent C. Gray at the annual celebration. Call 202-724-5626 to register.

## District Issues Notice of Funding Availability

Funds are available to operate a newly constructed senior facility in Ward 6

The Office on Aging has released a notice of funding availability (NOFA) for nonprofit and for profit entities to apply for grant funds to operate a newly constructed senior wellness center for residents age 60 and older in the District of Columbia.

Senior wellness centers promote healthy lifestyles, sound nutrition, exercise and general wellness among the aging population in the District.

This grant seeks an organization to operate

the new Hayes Senior Wellness Center in Ward 6. For fiscal year 2012, there is a total of \$170,555 contingently available for the senior wellness center grant. Funds have been provided to the Office on Aging through federal and District appropriated funding.

The Senior Wellness Center NOFA is available for review on the DCOA website at [www.dcoa.dc.gov](http://www.dcoa.dc.gov). The grant application deadline is Wednesday, Feb. 28 at 5 p.m. For more information or to receive an invitation for the webinar, email DCOA at [executive@dc.gov](mailto:executive@dc.gov).



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

# Community Calendar

## February events

### 7th • 11 a.m.

Attend Low Vision Awareness Day events at Ward 5 nutrition sites. For locations and more information, call Vivian Grayton at 202-529-8701.

### 10th • 5 to 8 p.m.

Meet Iona's Winter 2012 artist in residence, printmaker and painter George Smith-Shomari, and special guest artists Varda Avnisan and Jill Tanenbaum, both glass artisans, all of whom have artworks on exhibit in the Iona Gallery through May 7. The event is free and features live music and refreshments sponsored by the Washington Home and Community Hospices. The reception will take place at Iona, one block from the Tenleytown Metro, at 4125 Albemarle St., N.W. For more information, call Patricia Dubroof, gallery director, at 202-895-9407.

### 14th • 10 a.m. to 2 p.m.

Keen Seniors Program presents a Valentine's Day luncheon and dance at Hughes Memorial United Methodist Church, 53rd and Ames Streets, N.E. Music by DJ Ron V. To register for this free event, sign up with your site manager or contact Robin Gantt, recreational activity outreach coordinator, by Feb. 9 at 202-534-4880, ext. 110.

### 14th • noon

Join Seabury Resources for Aging's Lunch & Learn series for Healthy Heart Day on Valentine's Day at Ward 5 nutrition sites. For locations and more information, call Vivian Grayton at 202-529-8701.

### 16th • 10 a.m. to 2 p.m.

Attend Barney Neighborhood House's black history celebration at Lamond Recreation Center, 20 Tuckerman St., N.E. The event will include a skit titled "A Seat at the Table." For more information, call 202-939-9031.

### 17th • 7 to 11 p.m.

The Downtown Cluster's Geriatric Day Care Center presents a pre-Mardi Gras celebration at the Xi Omega Center, 4411 14th St., N.W. The \$30 contribution includes a light meal and beverages. There will be line and hand dancing. Call 202-347-7527 for tickets and reservations.

### 22nd • 11 a.m.

Attend a free physician-led educational seminar about post-shingles nerve pain at YMCA National Capital, 1711 Rhode Island Ave., N.W. Refreshments will be served following the seminar. To enroll, call Sandi Hunter at 202-862-9622, ext. 3109 or go to [www.PostShinglesNervePainSeminar.com](http://www.PostShinglesNervePainSeminar.com).

### 23rd • 11 a.m.

Get your blood pressure checked at the Center for the Blind and Visually Impaired at Israel Baptist Church, 1251 Saratoga Ave., N.E. For more information, call Vivian Grayton at 202-529-8701.

## Heart Disease Prevention after 60

The prevention prescription in your 60s is the same as it's always been — healthy diet and exercise. But with all of the information that is flooding the media, it's hard to know exactly what to do to stay healthy.

The answer may be simpler than you thought. Listen to your body and talk to your doctor. The more risk factors you can keep under control, the less likely you are to have a future heart attack.

A great place to start is establishing a baseline of your current heart health. What are the chances that you will develop heart disease in the next ten years? Get your estimated risk now with the Go

Red Heart CheckUp at [www.GoRedForWomen.org](http://www.GoRedForWomen.org).

### Track Your Numbers

Heart360 is a convenient and secure location for you to track and manage your heart health online. Learn more at [www.heart360.org](http://www.heart360.org).

### Know your Numbers

Knowing the numbers that impact your heart is an important step toward healthy living. Get a quick overview of the numbers you need to know and your goals using the chart below. Be sure to talk to your doctor to see how your current numbers measure up.

### Don't smoke

Smoking is the most preventable cause of death in the U.S. It can put you at risk for heart disease, stroke and several other diseases. If you smoke, stop. If you don't, don't start. It isn't worth it.

### Drink in Moderation

Before you drink, think about the effects it can have on your health. Alcohol can add calories to your diet and make you gain weight. And if you drink too much alcohol, your blood pressure can go up and in some cases cause heart failure and lead to a stroke. Keep in mind that, for women, moderate drinking is no more than one drink per day.

One drink is defined as: 1-1/2 fluid ounces (fl oz) of 80-proof spirits (such as bourbon, scotch, vodka, gin, etc.), 1 fl oz of 100-proof spirits, 4 fl oz of wine, 12 fl oz of beer.

For more information, visit [www.heart.org](http://www.heart.org) for tools to help you determine your risk, manage your lifestyle changes, and obtain valuable information.

Begin taking steps toward a healthier, more active lifestyle by joining a senior wellness center near you. No costly contracts or memberships. Consult your doctor and give them a call.



## Options Counseling

Options Counseling provides individuals, family members and/or significant others with support in their decisions to determine appropriate choices. During this process, a written plan for receiving community resources is developed based on an individual's needs, preferences, values, and circumstances. This services is available regardless of income or financial assets. The ADRC Options Counselor also provides clients with:

- A "live" voice that listens and understands the client's needs
- Respectful and truthful guidance
- Knowledgeable & responsive staff
- Thoughtful client follow-up, including a consumer satisfaction survey

Contact us for more information about counseling services or to make an appointment!

**DC ADRC**  
DISTRICT OF COLUMBIA GOVERNMENT  
AGING AND DISABILITY RESOURCE CENTER  
500 K Street, NE  
Washington, DC 20002  
(202) 724-5626 • [www.adrc.dc.gov](http://www.adrc.dc.gov)

| Factor                   | Goal  |
|--------------------------|---|
| Total Cholesterol        | LDL cholesterol goals vary  |
| LDL ("Bad") Cholesterol  | Less than 100 mg/dL<br>Optimal<br><br>100 to 129 mg/dL<br>Near Optimal/Above Optimal<br><br>130 to 159 mg/dL<br>Borderline High<br><br>160 to 189 mg/dL<br>High<br><br>190 mg/dL and above<br>Very High |
| HDL ("Good") Cholesterol | 50 mg/dL or higher  |
| Triglycerides            | Less than 150 mg/dL   |
| Blood Pressure           | Less than 120/80 mmHg   |
| Fasting Glucose          | Less than 100 mg/dL   |
| Body Mass Index (BMI)    | Less than 25 Kg/m <sup>2</sup>  |
| Waist Circumference      | Less than 35 inches   |
| Exercise                 | Minimum of 30 minutes most days, if not all days, of the week   |

### Ward One

Bernice Fonteneau Senior Wellness Center  
3531 Georgia Ave., N.W.  
202-727-3390

### Ward Four

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

### Ward Five

Model Cities Senior Wellness Center  
1901 Evarts St., N.E.  
202-635-1900

### Ward Six

Hayes Senior Wellness Center  
500 K St., N.E.  
Coming Soon!

### Ward Seven

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

### Ward Eight

Congress Heights Senior Wellness Center  
2500 Martin Luther King, Jr. Ave., S.E.  
202-563-7225

## Program Helps People Leave Nursing Homes

Who said you have to live in a nursing home until you leave this earth? Thanks to the Money Follows the Person (MFP) program, former facility resident Woodrow Wilson Jackson, Sr. has a new lease on life in his own apartment.

"This program... I am at a loss for words. I think it is very good," said Jackson, who is 94.

Jackson became a resident of a Southeast Washington nursing home after a knee replacement left him unable to walk. That was nearly 10 years ago, and Jackson had wanted to leave the facility, which had rules he found hard to follow, almost as long.

He missed his community and his church, and he wasn't able to use a heating pad for his rheumatoid arthritis. These and a few other reasons made nursing home living difficult for Jackson.

Jacqueline Gould, Money Follows the Person transition coordinator for the Department of Health Care Finance (DHCF), began working on his case. The staff at the nursing home alerted her to Jackson, a good candidate for transitioning back into the community.

"This is a person-centered program, and the client wanted to leave the nursing home and live in the community. The client had the right to direct his Medicaid dollars to home care services versus living in the nursing home," Gould said.

Jackson had lived on his own for many years after his wife died. The retired carpenter and veteran was unable to

climb ladders as he once did.

His ability to live on his own and his connection to VA services helped in the decision to transition him. His children live in the South and he has a niece and nephew in the area, but Personal Care Aid services help him remain in the community.

"This gentleman asks his aid to make sure they lay out a shirt and tie every day. He is very conscientious about his appearance, even at 94, and I find that is amazing," Gould exclaimed.

Gould completed the necessary housing application through the D.C. Housing Authority, and the MFP program helped expedite the process according to Gould.

The MFP program and the wait for placement, "helped me realize more [reasons] to keep scuffling around," said Jackson, who has seen some improvement in his attempts at learning how to walk again.

Jackson spent Christmas in his own home for the first time in many years. In addition, the first Sunday he was back home he was able to return to his church. He receives weekly visits by Gould as she continues to manage his care, and both are happy to see each other.

Nursing home care is very expensive and often takes seniors away from the community they love. The MFP program just might make the difference in the lives of seniors placed prematurely in nursing homes.

Jackson's advice to seniors about nursing homes:



**Woodrow Wilson Jackson, Sr. looks very festive at the recent 14th Annual Mayor's Senior Holiday Celebration. "Wish I was able to get out there on the floor to dance. I recognized quite a bit of the music," Jackson said. Jackson said that even though he couldn't dance, he still had a great time at the celebration.**

"Don't go in one unless you have to."

Community services and resources like in-home support, homebound meals and transportation to life-sustaining medical appointments are available to District residents age 60 and older and may help delay permanent nursing home admission. To find out more about the Money Follows the Person program and other resources and services that are available, call 202-724-5626.

### Beware of Lottery Scams Targeting Older Residents

A new scam going around has taken millions of dollars from the elderly across the country. Here in the District, a local resident lost thousands trying to recoup millions promised in a Jamaican lottery scam. Scammers request that the "winners" send money in order to gain their winnings.

A word to the wise, if you win something, you should not have to pay anything in order to collect your prize. Be aware of these types of scams; many people have lost their life savings trying to collect their winnings. If you or someone you know is a victim of such a scam, contact:

Identity Theft and Fraud  
Reporting Procedures  
Financial Crimes and Fraud Unit  
300 Indiana Ave., N.W., Room 3019  
Washington, DC 20001

Call the Financial Crimes and Fraud Unit at 202-727-4159 or email [mpd.fraud-unit@dc.gov](mailto:mpd.fraud-unit@dc.gov)

unit@dc.gov to schedule an appointment to meet with a detective and discuss your case.

In addition to reporting the scam to the Financial Crimes and Fraud Unit, you can report the theft by calling 311 or by visiting your District police station to file the report.

The Metropolitan Police Department is committed to providing the best customer service possible. The Financial Crimes and Fraud Unit has established a list of guidelines for reporting identity theft and fraud crimes, which are investigated by the unit.

Being prepared when you report the scam helps reduce the stress and confusion that may arise after the theft. It will also help provide a clear direction for members of the department who are trying to assist you with your case.

Remember to bring all pertinent documentation related to the report you wish to file and have it with you when you arrive for the meeting.

### SPOTLIGHT ON AGING

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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.**



**Ms. Senior D.C. 2011  
Emma P. Ward**

We're looking for Ms. Senior D.C. 2012.  
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 2012 Ms. Senior D.C. Pageant. She may represent our city in the Ms. Senior America Pageant. Contact the Ms. Senior D.C. Planning Committee Chairperson, Gwen Coleman at 202-289-1510 x 1170/1171 to make sure she receives an application.



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

