



DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXVI, ISSUE 3

A newsletter for D.C. Seniors

March 2011



## INTERIM EXECUTIVE DIRECTOR'S MESSAGE

By Donna S. Dunston

You might recognize the new face in the photo to the left. It has been around the District's aging community for some time — first in Ward 7 at Project KEEN as a nutritionist, and later in Wards 1 and 4 at Barney Neighborhood House Senior Program as the project director.

I am Donna S. Dunston, and I served as Deputy Director here at the Office on Aging. As the office goes through transition, I will serve as the Interim Executive Director, and I am happy to serve the District residents age 60 and older, their caregivers and families, and the disabled age 18 and older.

We are all aware of the fiscal crises many cities are facing across the country. Unfortunately, the District is no different. Mayor Gray and the city as a whole have some very tough decisions ahead of us. All agencies, including those that provide life sustaining services, will have to face some cuts. The Mayor is asking residents to take a hard look and let us know where those cuts can be made. Contact us on our website at [www.dcoa.dc.gov](http://www.dcoa.dc.gov), by e-mail at [dcoa.dc.gov](mailto:dcoa.dc.gov), and by phone at 202-741-5888.

It is very fitting that my debut in "Spotlight" occurs during National Nutrition Month. This year we celebrate the theme Eat Right With Color. This theme recognizes the need to eat an assortment of colorful fruits, vegetables and starches that are loaded with fiber in order to improve your health. Fruits and vegetables in the green, orange, yellow and red hues are full of antioxidant potential and may help reduce risks to the heart, promote our immune system, and reduce cancer risk. Be creative in your meals and your choice of color in your diet. These steps can be an important start to living a healthier lifestyle.

Speaking of healthy lifestyles, we are pleased that the new Ward 1 Senior Wellness Center is now open at 3531 Georgia Ave., N.W. Stop by to see what it has to offer, or call 202-727-0338 for more information.

## Office on Aging Public Hearing

A public hearing on the Office on Aging will be held by the D.C. Council's Committee on Aging and Community Affairs, chaired by Councilmember Marion Barry. It will be held on March 3 at 10 a.m. and review the Office on Aging's performance for FY 2010 and FY 2011 to date.

It will be held at the Wilson Bldg, 1350 Pennsylvania Ave., N.W., Room 500 (Council Chambers).

Persons wishing to testify about the agency performance during these periods may contact Garret King, Committee on Aging and Community Affairs, at 202-741-0948 or e-mail [gking@dccouncil.us](mailto:gking@dccouncil.us).

To review the performance plan, go to [www.dcoa.dc.gov](http://www.dcoa.dc.gov). Then go to About DCOA and click on Publications.

## Lunar New Year Celebration Welcomes the Year of the Rabbit



Interim Executive Director Donna S. Dunston, Office of Asian and Pacific Islander Affairs Director Soohyun "Julie" Koo and Executive Director of Emmaus Services for the Aging Rev. Joseph K. Williams cut a ceremonial roasted pig during the celebration. Seniors celebrated with song, dance and the lion dance.



## EAT RIGHT WITH COLOR

The American Dietetics Association offers the following guidelines for eating right with color. When shopping and planning meals, use foods in the color palette below:

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- Fruits: avocado, apples, grapes, honeydew, kiwi and lime

- Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange and deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple

- Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

**Purple and blue** options may have antioxidant and anti-aging benefits and may help with

memory, urinary tract health and reduced cancer risk.

- Fruits: blackberries, blueberries, plums, raisins

- Vegetables: eggplant, purple cabbage, purple-fleshed potato

**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- Fruits: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon

- Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan and brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- Fruits: banana, brown pear, dates and white peaches

- Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn



## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## 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.

### 5th, 12th, 19th, 26th • 10 a.m. to 2 p.m.

In celebration of National Nutrition Month, the East River Family Strengthening Collaborative Weekend Nutrition Program presents a film festival, with films shown each Saturday in March. Nutritious snacks will be served. The films will be shown at the Washington Senior Wellness Center, 3001 Alabama Ave., S.E. Contact Program Director Evelyn Minor at 202-581-9355 for a film schedule.

### 7th • 10 to 11 a.m.

Attend a five-part memory fitness workshop at IONA 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.

### 11th • 12:30 to 3:30 p.m.

Join the Washington Senior Wellness Center for a Mardi Gras celebration with a parade of costumes. The center is located at 3001 Alabama Ave., S.E. Call 202-581-9355 for more information.

### 14th • 11:30 a.m. to 1 p.m.

The Dept. of Insurance, Securities and Banking will give a presentation on healthcare reform at the

Washington Senior Wellness Center, 3001 Alabama Ave., S.E. Call 202-581-9355 for more information.

### 22nd • 10 a.m. to 2 p.m.

Access Housing, Inc.'s Senior Services will celebrate National Nutrition Month with food demonstrations and information about local food and nutrition assistance programs. The event will take place at 4301 9th St., S.E. For reservations, call Evelyn Minor at 202-562-6867.

### 22nd, 29th and April 5th • 10 a.m. to noon

A free Senior Wellness Mini-Conference will be hosted by East River Family Strengthening Collaborative KEEN Seniors Program. Speakers and demonstrations will help you energize your mind, body and spirit. Each date includes different information. The conference will be held at 4058 Minnesota Ave., N.E. (adjacent to the Minnesota Avenue Metro station). Enter through the community room. For more information, contact Alia Manshio at 202-397-7300, ext. 246.

## History and Health Presentation

The U.S. Administration on Aging, in partnership with the D.C. Office on Aging, the National Caucus and Center on Black Aged, and the U.S. Centers for Medicare and Medicaid Services, presented "Your History, Your Health," a celebration for African American History Month at the Hattie Holmes Senior Wellness Center.

The Hattie Holmes Senior Wellness Center Voices of Inspiration sang Negro spirituals commemorating the history of African Americans and their struggles. Ms. Senior D.C. Sheila Poole also sang "Lift Every Voice and Sing," often referred to as the Negro National Anthem, first written as a poem by James Weldon Johnson, representing patriotism and hope for the future.

Office on Aging Interim Executive Director Donna S. Dunston introduced Assistant Secretary for Aging Kathy Greenlee to discuss her role as an advocate for senior citizens. She briefly addressed the health disparities of African Americans and encouraged those in attendance to continue to participate in federally funded programs, such as the wellness centers and congregate meal programs. She said she would do her part to ensure that they were available. Greenlee also stressed that participation in programs like those provided at Hattie Holmes Senior Wellness Center have a positive effect on the lifespan of their participants.

Chief of Staff for the Centers for Medicare and Medicaid Services Caya B. Lewis, MPH, talked about the history of African Americans and healthcare. The Hill-Burton Act of 1946 funded the construction of hospitals and allowed African Americans to be treated — but often in separate wings or floors.

Medicare was established in 1965 under President Lyndon B. Johnson and helped desegregate healthcare. Included in the new Medicare program were stipu-

lations that institutions receiving federal funds could not be segregated.

Now the Affordable Care Act will allow 32 million more Americans to be covered by health insurance. Persons covered by Medicare will receive preventive services, including mammograms and colonoscopies, with no out-of-pocket costs.

Other highlights include free annual wellness visits. Brand-name drugs will cost 50 percent less for many recipients. Lewis also encouraged persons to contact 1-800 MEDICARE if they were aware of fraud. She estimated that the changes to the Affordable Care Act will add 12 years to the Medicare fund.

Persons needing additional information about health insurance coverage and how the Affordable Care Act can benefit them may call the Health Insurance Counseling Project at 202-739-0668.



Interim Executive Director Donna S. Dunston, Hattie Holmes Senior Wellness Center Director Theresa Moore, Ms. Senior D.C. Sheila Poole, Assistant Secretary for Aging Kathy Greenlee, and Chief of Staff for the Centers for Medicare and Medicaid Services Caya B. Lewis are pictured at the African American History event "Your Health, Your History" at Hattie Holmes Senior Wellness Center.



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 x1329, x1330 or 202-724-5626 for more information.

## SPOTLIGHT ON AGING

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**The Office on Aging is in partnership with the District of Columbia Recycling Program.**