



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 3

A newsletter for D.C. Seniors

March 2012



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John M. Thompson

In this issue of "Spotlight on Aging," we will focus on "civic engagement." According to the American Psychological Association's website, civic engagement is "individual and collective actions designed to identify and address issues of public concern."

Examples of civic engagement in our senior community include a college student serving as a companion to a senior or one completing small home improvement repair jobs in the senior's home; a senior mentoring a young student; and a group of entrepreneurs, lawyers or other professionals assembling to serve lunch to seniors at the District of Columbia's Senior Summer Picnic or Senior Holiday Party.

The commonality of all of these activities is that they are in response to specific needs in the community, and volunteers play a key role in meeting those needs.

The D.C. Office on Aging's (DCOA) Ambassador Program was launched last month to create a safety net in the District to respond to the unmet needs of seniors, persons with disabilities, and family caregivers in the community. In our first workshop, our agency trained 59 participants on the programs and services offered by the agency. These participants are now considered DCOA's ambassadors and are encouraged to refer seniors, persons with disabilities, and family caregivers who need assistance with long-term services and supports and respite to our agency.

I applaud these newly selected ambassadors, who are promoting civic engagement in the District of Columbia. We look forward to your participation in our next training workshop! If you are interested, please contact our office for more information.

While we are still on the topic of civic engagement, I am excited to announce

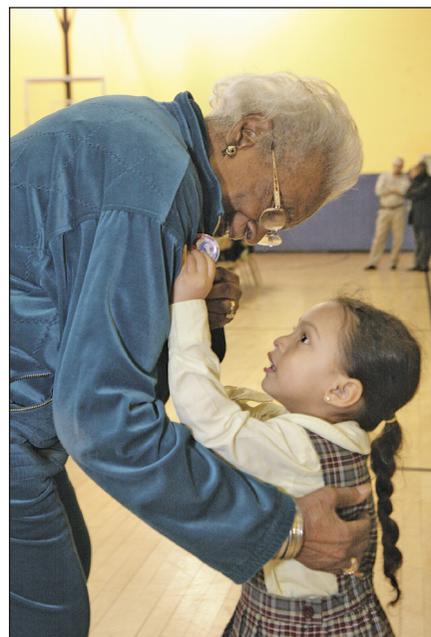
that we are looking to partner with Toastmasters to provide courses to District seniors on public speaking and to initiate a project to capture the oral history of our District seniors. What an awesome way for those who would like to develop or hone their public speaking skills to be a part of this opportunity that is just for our seniors!

The oral history project will ensure that we preserve the rich history of our seniors so that current generations and those to follow will always have an accurate account of a very special group of citizens in our nation's capital. I see this as a sustainable intergenerational program involving our seniors and youth in the community.

Intergenerational programs can have a direct link with civic engagement in the senior community. Such programs foster a greater connection and more positive interaction between generations. They truly enrich the lives of all who participate in them.

Speaking of intergenerational involvement, last month Adrian R. Reed, the agency's photographer, captured a photograph of former D.C. Office on Aging Commissioner Harriet Brockington

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Former D.C. Office on Aging Commissioner Harriet Brockington speaks with Chloe Jai, daughter of the Office on Aging's Executive Director Dr. John M. Thompson.

One City Summit



Nearly 2,000 residents attended the recent One City Summit to help build One City. Forty-one percent of those present were age 55 or older, and about half of those residents were over 65. Building one city means natives and longtime residents share benefits of a vibrant city, along with new residents.



We are looking for Ms. Senior D.C. 2012. If you know a District woman who is age 60 or older, active in her community, elegant, poised and talented, please make sure she is entered as a contestant in the next Ms. Senior D.C. Pageant. Call 202-724-5626 for an application or go to our website at www.dcoa.dc.gov.

Medicare Savings Program

The D.C. Medicare Savings Program can save you more than \$5,000 each year to cover Medicare expenses and prescription drug costs. You can qualify if you:

- Are a D.C. resident,
- Are eligible for Medicare, and
- Have monthly income below \$2,813 (\$3,803 if a couple). If you work, your income may be higher

Helpful facts:

- There is no cost to you.
- Any money you have in savings is not counted for this program.
- You may keep seeing your Medicare doctors.
- You will not have to pay monthly Medicare premiums.
- You will automatically get help paying for your prescriptions.
- You will have more money in your pocket for other expenses.

Call the Health Insurance Counseling Project (HICP) at 202-994-6272 if you would like an application or have questions.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Celebrating Black History Month and Valentine's Day



The Metropolitan Police Department (MPD) Youth Advisory Council celebrated Black History Month and Valentine's Day along with seniors at NCBA Estates. Seniors and members of MPD offered words of encouragement and inspiration at this intergenerational event. Dr. Thompson encouraged the youth to value education and its attainment as key to opening doors of success and achievement.



Mayor Vincent C. Gray greets seniors at the Hattie Holmes Senior Wellness Center Black History Program.



Herman and Thelma Lewis celebrate Valentine's Day after 59 years of marriage!



WHUR and FedEx partnered to present nearly 100 nursing home residents with floral bouquets and treat them to a nice event for Valentine's Day. Led by Jeff "Coach" Wims, a radio personality from WHUR, the seniors were treated to music, refreshments and dancing. Some residents shared memories as well. Dr. Thompson is pictured greeting the crowd. We thank WHUR and FedEx for thinking of Washington Center for Aging Services Nursing Home residents and providing this opportunity.

Black History Month Celebration

The Office on Aging and the Hattie Holmes Senior Wellness Center presented their second Black History Month Celebration on February 16. More than 150 seniors and guests attended the morning event under the theme Black Women in American History and Culture.

Mayor Vincent C. Gray was the keynote speaker and discussed local women past and present who have made a difference in the District of Columbia. He talked about community activist and advisory neighborhood commissioner Hattie Holmes, former councilmember and educator Charlene Drew Jarvis, missionary and community worker Nannie Helen Burroughs, civil

rights activist and National Council of Negro Woman president and co-founder Dorothy Height, educator and superintendent of schools Floretta McKenzie, musician and educator Roberta Flack, media mogul Cathy Hughes, and Congresswoman Eleanor Holmes Norton.

Ms. Senior D.C. Emma P. Ward performed a dramatic recitation of Harriet Tubman, and the Inspiration Voices choir of the Hattie Holmes Senior Wellness Center sang several Negro spirituals. Joy Holland, chief of staff for Councilmember Muriel Bowser, also brought greetings from the councilmember.

Director's message

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speaking with my daughter, Chloe Jai, at a North Michigan Park Civic Association meeting.

The picture shows a senior engaging with a child who is absolutely captivated by a President Obama button on the senior's clothing. The interaction certainly left both individuals with smiles on their faces and validates the importance of bringing these two generations together for more interaction. If you have ideas for establishing intergenerational programs,

please share them with us.

Civic engagement is a positive movement across the country. We have an opportunity to capitalize on the momentum in the District of Columbia. However, it takes sacrifice, passion, and a commitment to want to serve others, especially those who simply need a helping hand. I view civic engagement as a win-win situation for the giver and the receiver.

For the receiver, there is an unmet need that is being addressed. For the giver, it is the sense of accomplishment and a chance to simply do something good for someone.

Community Calendar

March events

9th, 16th, 23rd, 30th
11 a.m. to noon

In partnership with the Parkinson's Foundation of the National Capital Area, Iona Senior Services offers a support group for people with Parkinson's each Friday. A screening interview with the facilitator is required before joining. Iona is located at 4125 Albemarle St. NW. For more information, call 202-895-9448.

8th • 11 a.m.

Have your blood pressure checked at Fort Lincoln 1 Senior Nutrition Center, 2855 Bladensburg Rd. NE. For more information, call Vivian Grayton at 202-529-8701.

9th+ • noon to 1 p.m.

A new eight-week session of beginning Tai Chi classes starts at Iona Senior Services. Classes run from March 9 through April 27. Other Iona fitness classes, including yoga and Senior Fit, also begin the week of March 5. Classes are \$10 per session. Iona is located at 4125 Albemarle St. NW. For more information, call 202-895-9448.

12th • noon

Ward 5 Senior Nutrition sites will discuss kidney disease as part of the lunch and learn series. For more information, call Vivian Grayton at 202-529-8701.

Early April event

10th • 11 a.m.

Learn about elder abuse at a seminar at Fort Lincoln 1 Senior Nutrition Center, 2855 Bladensburg Rd. NE. For more information, call Vivian Grayton at 202-529-8701.

Caregivers Respite Escort Service for Transportation (CREST)

Need help getting your loved one to a medical appointment? The Caregivers Respite Escort Service for Transportation (CREST) is an enhanced transportation program tailored for seniors who are unable to travel to medical appointments alone.

The program provides an aide who may help the senior prepare for the trip, help the senior to and from the vehicle, accompany the senior in the vehicle, and provide assistance during the appointment.

The aide may also briefly help the senior upon returning home, and may carry reports to community service providers, family caregivers and others as appropriate.

Who is eligible for this service?

- Age 60 or older
- Resident of the District of Columbia,
- Must have cognitive or mobility impairment

Trips are limited to medical or other health care appointments within the Washington Beltway.

Aide service: There is no cost for the aide's service, but contributions are encouraged. The aide will leave an envelope with the senior. Aides do not collect money

Transportation fees: If your transportation is provided by Washington Elderly Handicapped Transportation Service (WEHTS), contributions are encouraged. If transportation is by taxi or Metro, the senior pays the required fare for themselves and the aide.

Availability of aides is limited. Trips are scheduled on a first-come, first-served basis. Escorts are available for appointments between 10 a.m. and 2 p.m.

For more information on the program, call Home Care Partners at 202-638-3169.

SPOTLIGHT ON AGING

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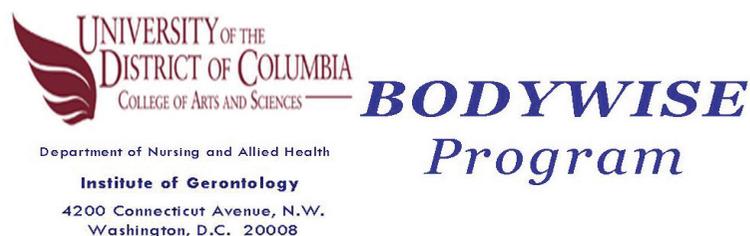
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sonal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

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.**



BODYWISE Exercises
Free for DC Residents "60" plus

YOGA • BOWLING • WATER AEROBICS
LOW-IMPACT AEROBICS • MOVEMENT AND CHAIR
STRETCH & WALK

For additional information please contact:

BODYWISE Office: (202) 274-6651
Fax: (202) 274-6605



Sponsored by the:



Looking For Seniors Fashion Models Women and Men



In honor of Olders American Month
Barney Neighborhood House in conjunction with
Brookland Senior Center
will be sponsoring a

Fashion/Talent Show and Luncheon
Friday May 18, 2012
19th Street Baptist Church
4606 16th Street NW
10am til 2pm

If you are interested in participating in this event please contact
James Thompson Activity Coordinator at 202-939-9031