



# DISTRICT OF COLUMBIA OFFICE ON AGING

## Spotlight On Aging



VOLUME XXVI, ISSUE 4

A newsletter for D.C. Seniors

April 2011



### INTERIM EXECUTIVE DIRECTOR'S MESSAGE

By Donna S. Dunston

Spring is here! Some begin spring with cleaning and others begin leading a healthier lifestyle, taking advantage of the extra hours of daylight and walking more.

Spring is also known as a time for renewal. Renew your promise to yourself to stay active and involved. Let's all shed the pounds gained through hibernation during the winter months and do more.

Our First Lady of the United States, Michelle Obama, has launched a campaign against childhood obesity called Let's Move, which encourages 60 minutes of activity each day. Share that goal with yourself. Remaining active should not just be for the young.

We encourage all residents age 60 and older who have been cleared by their medical doctor to join a wellness program in the city. We opened the Ward One Senior Wellness Center, located at 3531 Georgia Avenue, N.W., on Feb. 28. Take advantage of the centers and the wellness programs that are provided by the Office on Aging Senior Service Network.

The Office on Aging Senior Service Network has grant applications available. This is the agency responsible for directing community-based services for the elderly in each ward and operating grants for each of the six wellness centers in the city. If you know of a community-based organization or other entity that would be interested, please make sure they call 202-724-5622 or visit us on the Web at [www.dcoa.dc.gov](http://www.dcoa.dc.gov) to see the Request for Application (RFA). The deadline for submission is April 22.

The deadline for applications for the upcoming Ms. Senior D.C. Pageant is April 11. If you or someone you know are interested in applying, please make sure an application has been submitted. For more information, please contact 202-724-5626.

If you haven't already filed your taxes, it is not too late to do so. The filing deadline for D.C. and federal taxes this year has been extended until April 18 because of the Emancipation Day Holiday. If you need assistance with filing, call the Office on Aging at 202-724-5626 for available resources.

## Ward 1 Senior Wellness Center Opens



The Ward 1 Senior Wellness Center officially opened its doors on February 28, with an open house for new registrants and an orientation for enrolled members.

Activities began on March 1 with a weekly calendar of activities throughout the month. A monthly activity calendar will be available for the month of April.

Participants are excited about fitness activities, such as the walking club, chair aerobics, indoor beach volleyball and tennis, and line dancing, of course.

The nutrition program has offered a diabetes management class over a six-week period, nutrition education classes on cholesterol and heart disease,

and a breakfast food tasting and demonstration.

To round out the program and to ensure enhancement of the mind and spirit, along with the enhancement of the body, participants are engaged in brain games and puzzles, tai chi and Bible study.

Look for an exciting monthly calendar to include trips around the Washington, D.C. area and many speakers with health promotion and consumer information.

Tuesday, April 19 is nationally recognized as "Humor Day." We expect to have a humor therapist visit the center on that day. Come enjoy the many activities on the calendar, and laugh with us!

Call 202-727-0338 for more information.

### Office on Aging Senior Service Network Wellness Programs

- BODYWISE ..... 202-274-6697
- Congress Heights Senior Wellness Center .... 202-563-7225
- Hattie Holmes Senior Wellness Center ..... 202-291-6170
- Model Cities Senior Wellness Center ..... 202-635-1900
- Ward One Senior Wellness Center ..... 202-727-0338
- Washington Seniors Wellness Center ..... 202-581-9355



Local Grammy Award-nominated artist Chuck Brown stopped by the Deanwood Recreation Center and signed autographs for the seniors at the program. The Godfather of Go-Go was nominated this year for a Grammy for the song "LOVE," featuring Jill Scott with Marcus Miller and produced by Chucky Thompson. This marked the first Grammy nomination for Brown, who has performed locally for more than 40 years. The seniors at the recreation center received the artist with nothing but Love.



## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## April events

### 5th • 10:30 a.m.

Seabury Resources Senior Nutrition Sites will visit Macy's Cherry Blossom Show, held at the Metro Center store. For further information on the trip, contact Vivian Grayton at 202-529-8701.

### 7th • 11:30 a.m. to 1 p.m.

Attend the concert "Folk Music @ Its Best" with Bruce Hutton from the Performing Arts Society at the Washington Seniors Wellness Center, 3001 Alabama Ave., S.E. Call 202-581-9355 for more information.

### 9th • noon

Join the East River Weekend Nutrition Program to decorate eggs for the holiday and learn about egg safety. It will be held at 3001 Alabama Ave., S.E. Call Evelyn Minor, program director, at 202-581-9355 to reserve your spot.

### 19th

Seabury Resources will celebrate Volunteer Recognition Day at its nutrition centers and offices. The theme is "Thanks for All You Do". For information, call 202-529-8701.

### 19th • 11 a.m.

Ward 8 Nutrition Center seniors will be tested on their knowledge of egg safety and nutritional benefits of eating eggs. It will be held at Access Housing Services, 114 Wayne Pl., S.E. For more information, call Evelyn Minor at 202-562-6860.

### 29th • 10 a.m. to noon

East River Family Strengthening Collaborative KEEN Seniors Program is sponsoring a Ward 7 Senior Town Hall Meeting. Share your thoughts on the state of Ward 7 and learn about what the city has planned for the community. The meeting will be held at the New Macedonia Baptist Church, 4115 Alabama Ave., S.E. For more information, contact Alia Manshio at 202-397-7300, ext. 246.

### 29th • 10:30 a.m. to 1 p.m.

Washington Seniors Wellness Center will sponsor a lunch and poetic reading of *The 5th Inning* with poet E. Ethelbert Miller at 3001 Alabama Ave., S.E. Call 202-581-9355 for more information.

## May events

### 1st • 3:30 p.m.

Meet artist Gail Rebhan and view "A Cultural History of My Neighborhood," photo collages of historic and present day Tenleytown at Iona, 4125 Albemarle St., N.W. Call 202-895-9416 for more information about this free program.

### 13th • 9:30 a.m. to 4 p.m.

Washington Seniors Wellness Center presents its second annual Senior Awareness Workshop and Health Fair "Connecting the Communities." The center is located at 3001 Alabama Ave., S.E. Call 202-581-9355 for more information.

### 19th • 4 to 8 p.m.

KEEN Seniors Program presents, "East River Swing, A Celebration of Stars," a "senior prom" for Ward 7 older adults. Enjoy dinner, dancing and a hand dancing performance. The cost is \$15 (\$20 for caregivers). Advance tickets only. None will be sold at the door. To buy tickets, contact Robin Gantt at 202-534-4880, ext 110. The event will be held at St. Luke's Center, 5923 E. Capitol St., S.E.

## Enter the Connecting Generations Video Challenge

The U.S. Administration on Aging (AoA) announces the Connecting Generations Video Challenge in celebration of Older Americans Month 2011.

The challenge will bring together multiple generations to create videos featuring the roles our seniors play in connecting us all. Anyone can participate by joining an intergenerational team — including at least one person age 60 or older and one person younger than 60 — to produce a video.

In the videos, teams will share their perspectives on how older Americans maintain and strengthen connections in our communities. From videos about seniors using

technology to connect with others to older adults assisting in schools, any video that demonstrates what seniors are doing to maintain and strengthen community connections is a candidate for this contest.

The AoA will post contest entries online, where participants can view and comment on all the videos. A panel of judges will select the top 10

entries, and the general public will then vote for the winner from the finalists. Entries must be submitted by May 2.

To find out more or to enter the Connecting Generations Video Challenge, visit [www.olderamericansmonth.org](http://www.olderamericansmonth.org).



## 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.**

## America I AM: The African American Imprint Seniors Day



Walmart, the title sponsor of the *America I AM: The African American Imprint* exhibition, has partnered with the National Council on Aging (NCOA), the D.C. Office on Aging, the National Hispanic Council on Aging, and the National Caucus and Center on Black Aged (NCBA), to host Seniors Day at the National Geographic Museum.

*America I AM* is a four-year touring museum exhibition that celebrates nearly 500 years of African-American contributions to this country.

Adults ages 50 and over in the Wash-

ington, D.C. area will receive free access to experience this one-of-a-kind exhibition on April 21 from 9 a.m. to 5 p.m. Complimentary lunch will be included in the day's festivities.

To register for Seniors Day or to learn more about this event, contact Gina Hill at the National Council on Aging at 202-479-6970 or [gina.hill@ncoa.org](mailto:gina.hill@ncoa.org).

Walmart is also offering specially-priced tickets for the public at select Walmart stores in the Washington, D.C. area: \$10 for adults and \$5 for children. The discounted prices are 17 percent off standard ticket prices.

## D.C. Residents 60 and older are invited

Join us for lunch and activities at **Dupont Park Adventist Senior Apartments**  
896 Southern Ave., S.E.

**Serving mid-day meal**  
**Monday thru Friday 10 a.m. to 2 p.m.**

Enjoy a nutritious, hot lunch with your neighbors and new friends or old.

**For more information, call 202-562-1363**

