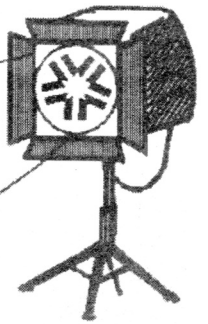


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXIV, ISSUE 5

A newsletter for D.C. Seniors

May 2013



## EXECUTIVE DIRECTOR'S MESSAGE

*By John M. Thompson,  
Ph.D., FAAMA*

In this month's edition of "Spotlight on Aging," I would like to discuss hospital discharge planning. This is a very important topic for patients and their family members and friends who are seeking home and community-based services for them upon discharge from a hospital. This topic "hits home" for me as my twin brother, James, was recently in a hospital.

Last month, James, who is an assistant principal at a middle school in Columbia, S.C., traveled to Lansing, Mich. to recruit new teachers for his school district. After arriving at Lansing Capital Region International Airport, a hotel shuttle service (which will remain nameless) transported James to the hotel. En route to the hotel, the driver failed to stop at a red light and collided with a vehicle. James sustained a concussion, lacerated chin, three broken ribs, a punctured lung, sprained ankle, and a lacerated knee from the collision.

It was very unfortunate that James was involved in the collision, and for him to be in an unfamiliar place added to my family's distress. We wanted James home as quickly as possible! In our attempt to communicate with James, we learned that it was very difficult speaking with him because he was heavily sedated with pain medication.

To further complicate matters, we were not in communication with his healthcare providers, who could have answered many of our questions concerning his condition, the expected length of hospital stay, and his treatment plan post discharge. It was a long 72 hours of searching for answers!

After three days, James was discharged from the hospital, and the doctor advised him to stay at a hotel for a week. The rationale was that because of the high altitudes in an airplane, it was unsafe for him to fly as he could experience a collapsed lung. However, the attending physician in Michigan told him that he should be able to fly in one week.

I spoke with two excellent physicians, Dr. Saul Levin and Dr. Brian Amy

with the District of Columbia Department of Health. They advised that James should not fly even after a week, as it takes at least a month or so for his lung to heal from the injury. (This is why it is so important to obtain second and third opinions!)

As I reflect on James's experience, I see that we have a very fragmented healthcare system that is not so user friendly to an average person.

The physicians and other healthcare providers delivered high quality patient care during James's stay in the hospital. However, the fragmentation became evident upon discharge, when James became the coordinator of his own care.

He must now take the initiative to see his primary care physician in South Carolina, who will assist him with getting additional healthcare services, such as rehabilitation and occupational therapy.

Unlike James, seniors and persons with disabilities who lack insurance coverage experience an even more fragmented system. Even those seniors and persons with disabilities who do not know how to access services upon discharge from a hospital are left to their own devices to figure it out.

Hospital patients and their family and friends should not have to struggle with planning their discharge experience. The District of Columbia Office on Aging (DCOA) can assist patients through advocacy and assistance with accessing home and community-based services upon discharge from the hospital.

DCOA's Hospital Discharge Planning Program started in 2009 as a pilot project with five partnering hospitals, and expanded its partnership by 2011 to include 12 hospitals. These hospitals, including family and friends, can refer patients to DCOA for enrollment in the Hospital Discharge Planning Program.

In fully implementing this program, DCOA has also fostered relationships with numerous community-based service providers to meet the holistic needs of

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**Executive Director John M. Thompson, Ph.D., poses with newlyweds Memory and Geraldine Griffin. Memory Griffin, 90, and Geraldine Griffin, 89, were married on June 30, 2012. Mr. Griffin, a native of Fairmont, N.C., said this is his first marriage. Residents of Ward 1, the two met at the Shiloh Baptist Church Senior Program.**



**The Capital City Links announced the 2013 Sage Senior awardees at its annual Alice Bowie Coleman Senior Citizens Luncheon. Executive Director John Thompson is pictured with honoree Bernard Gibson, chapter president Claudia McKoin and honoree Selma Dillard. The third honoree, Ellen Odellas Van Edwards, is not pictured. The award recipients were honored for their passion for public service, actively sharing their talents, making a difference, and because they serve as role models of vibrant and purposeful living.**

## The Mayor's Age-Friendly CITY Senior Symposium

Hosted by the District of Columbia Office on Aging

**Friday, May 10, 2013**

**8:00 am - 4:30 pm**

**Omni Shoreham Hotel  
2500 Calvert Street, NW  
Washington, DC 20008**

Mayor Vincent C. Gray is committed to making the District of Columbia an Age-Friendly City with an inclusive and accessible urban environment that encourages active and healthy living. Join us to discuss and offer your input on a variety of relevant topics that will help make the District of Columbia a more age-friendly city.

Seniors, family members, caregivers, providers, advocates, and community stakeholders are invited to attend this symposium.

**Register online at [www.dcoa.dc.gov](http://www.dcoa.dc.gov).**

**For more information, call (202) 724-5626.**

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



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR



# Salute to D.C. Centenarians

Mayor Vincent C. Gray greeted 25 centenarians who were honored at the 27th Annual Salute to DC Centenarians, held Tuesday, April 9 at the Washington Plaza Hotel. Each of the honorees was presented with a medallion to celebrate their 100 or more years of living. The oldest honoree present was Elizabeth Lee, who is 106 years old. Daisy Bivins, also 106, cut the ceremo-

nial birthday cake on behalf of the honorees. The luncheon featured the reading of short biographical sketches of each honoree, read by the Master of Ceremonies Jerry Phillips. Honorees included a concert pianist, a corporal of the Women's Army Corps and several government workers and teachers. The guests were treated to music

from a live band and tunes from a barbershop quartet. The Office on Aging registered nearly 200 residents who were age 100 or older; many of the residents have remained in private homes. The event was presented by the D.C. Office on Aging and Family Matters of Greater Washington. To view photos from the event, visit the DCOA website at [www.dcoa.dc.gov](http://www.dcoa.dc.gov).



Elizabeth Lee - 106



Daisy Bivens - 106



Alyce Dixon - 105



Claricia Cummings - 104



Eleanor Valentine - 104



Mabel Harvey - 104



Lonnie Quick - 103



Mary Parsons - 103



Minnie Carter - 103



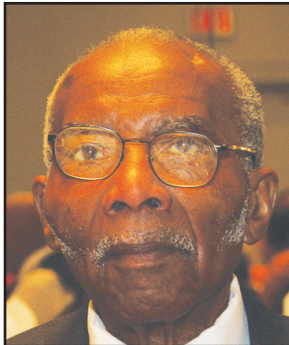
Rozalia Simmons - 103



Alma Matthews - 102



Mary Whitman - 102



Rayfield Griffin - 102



Aline Miles - 101



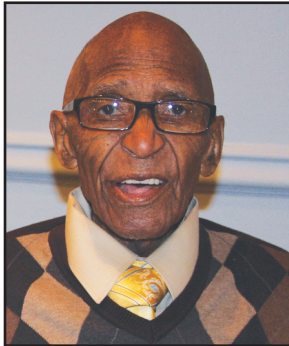
Flora Mitchell - 101



Geneva Perry - 101



George Boggess - 101



Kelso Stewart - 101



Lois Showell - 101



Marie Johnson - 101



Carletha West - 100



Mary Meyer - 100



Milton Scandrett - 100



Rosa Rutledge - 100



Theresa Johnson - 100



# Community Calendar

## May events

### 6th and 13th • 6 to 7:30 p.m.

Iona Senior Services and the Alzheimer's Association present "Living with Late Stage Alzheimer's for Caregivers." Topics covered include communication, physical changes, changes in the caregiver's role, legal plans and end-of-life issues. Registration is required. Call 202-895-9448. Iona is located at 4125 Albemarle St. NW.

### 7th and 21st • 12:30 to 2 p.m.

Join Iona Senior Services' new caregiver support group for spouses and partners. The group is for people who provide care and support to their spouse or partner who has a chronic or acute illness. You'll be able to share your experiences, get support, learn caregiver tips and connect with helpful resources. The group meets the first and third Tuesdays of each month. There is no fee, but donations are appreciated. Call 202-895-9448 and press 4 to register. Iona is located at 4125 Albemarle St. NW.

### 8th • 11 a.m. to 1 p.m.

Join Gail Snider, information and referral specialist at the Columbia Lighthouse for the Blind, as she shares her

journey with vision loss through her multimedia arts endeavors. The event takes place at the Martin Luther King, Jr. Memorial Library Access Services Division, Room 215, 901 G St. NW. To reserve lunch, call 202-727-2142.

### 9th • 10 a.m. to 4 p.m.

"Enhancing the Health and Safety of Older Americans" at Washington Seniors Wellness Center will feature a workshop and health fair. Registration will begin at 9 a.m. The Wellness Center is located at 3001 Alabama Ave. SE. For more information, call the ERFSC KEEN Seniors Program at 202-534-4880.

### 9th, 16th and 23rd • 11 a.m.

Ft. Lincoln 1 Senior Nutrition Site will host a diabetes education seminar series presented by Providence Hospital. It will take place at 2855 Bladensburg Rd. NE. Contact Vivian Grayton at 202-529-8701 for more information.

### 17th • 5 to 8 p.m.

The annual meeting of the East River Family Strengthening Collaborative, Inc. will be held at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-397-7300.

### 22nd • 11 a.m.

View the video "An Age for Justice," about elder abuse and neglect, at the Ft. Lincoln 3 Senior Nutrition Site, 3298 Ft. Lincoln Dr. NE. Contact Vivian Grayton at 202-529-8701 for more information.

### 23rd • 4 to 8 p.m.

The East River Family Strengthening Collaborative, Inc. KEEN Seniors Program presents "The East River Swing: A Ward 7 Prom for Seniors." For more information and tickets, contact Robin Gantt or Chicquita Bryant at 202-534-4880.

## Ongoing

Seabury's Ward 5 Aging Services emergency food pantry is open from 10 a.m. to 2 p.m. Monday through Friday. Food is free to Ward 5 residents 60 and older on a case-by-case basis. The food pantry is located at 2900 Newton St. NE. Contact Vivian Grayton at 202-529-8701 for more information.



## Executive director

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the patient, as the patient transitions back into the community during post-hospitalization.

The following provides a snapshot of the Hospital Discharge Planning process.

**Pre-discharge:** The Transition Care Specialist reviews referrals from the hospital, and schedules a time to meet with the patient and/or his caregivers in the hospital or at DCOA to identify unmet needs and coordinate services prior to discharge. The Transition Care Specialist often participates in the interdisciplinary team within the hospital.

**Post-discharge:** The Transition Care Specialist contacts the patient within 48 hours fol-

lowing discharge to conduct a re-assessment and identify any new needs. Most post-discharge communication is via telephone, but in some cases may consist of a home visit.

**Follow-up:** The Transition Care Specialist follows up with the patient 30 days following discharge to discuss and address any emerging needs, coordinate any additional needed community-based services, and conduct a quality assurance survey.

If you or someone you know is going into a hospital for a planned surgery or is in an emergency situation, do not hesitate to contact DCOA at 202-724-5622. Our Transition Care Specialist looks forward in assisting with bringing your loved one home and securing the necessary resources for a successful recovery.

## 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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al origin, 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.**

## Consumer Alert

### CITY AGENCY INFORMS CONSUMERS ABOUT WATER LINE COVERAGE

The District of Columbia Department of Insurance, Securities and Banking (DISB) advises residents to be careful of solicitations to buy coverage for repairs on the water lines that run between the main city water lines and their homes. DISB suggests that D.C. residents:

- Read the service contract very carefully and make sure you understand it, especially the exclusions. DO NOT purchase over the phone without seeing everything in writing.

- Go over your homeowner's insurance policy to make sure it doesn't already provide this coverage. Contact your insurance company or agent and ask how the coverage would work with your policy.

- Make sure the company has a reasonable cancellation policy in case you change your mind about purchasing the coverage.

- Check that the company selling this optional coverage is accredited

with the Better Business Bureau.

Local authorities and consumers across the country have expressed concerns about deceptive solicitations for this product that make it seem like the solicitation comes from a local utility or government, or that leads people to believe the coverage is mandatory. Water line coverage is not required by the District of Columbia or any local utility.

One company mailing solicitations to District residents has, without admitting guilt, settled deceptive marketing allegations with authorities in Georgia, Kentucky, Ohio and Massachusetts.

Finally, these contracts are not insurance products regulated by the Department of Insurance, Securities and Banking. If you have questions or complaints about these solicitations, please call the District of Columbia's Office of the Attorney General's consumer protection hotline at (202) 442-9828 or the Department of Consumer and Regulatory Affairs at (202) 442-4400.