



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 6

A newsletter for D.C. Seniors

June 2010



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

It was great seeing so many of you at the Older Washingtonians Month activities across the city. Older residents demonstrated that they knew how to “Age Strong! Live Long!” I thank our senior service network and agencies for keeping you engaged during Older Washingtonians Month and throughout the year.

Also during May, I was privileged to salute the volunteers at the 30th Anniversary of the University of the District of Columbia's Senior Companion/Respite Aide Program Luncheon and the IONA Super Senior Day. Each event honored extraordinary senior volunteers who spend several hours weekly volunteering across the city.

Hopefully, I was able to share some words to inspire them to continue their service. Congratulations to our many and wonderful volunteers, and thank you again for your commitment to others.

During the month of June, we celebrate our men with Father's Day and Men's Health Week. Our men traditionally have not taken the time to visit the doctor regularly, don't eat nine fruit and vegetables daily, or practice living a healthy lifestyle. This can lead to undetected diseases and premature death.

Encourage the men in your lives to get regular checkups with their doctor and join a wellness center or become active in a senior program in your neighborhood. I just celebrated a birthday and plan to celebrate many more. See more information inside this issue to help you celebrate a lifetime of healthy living.

If you find it harder to get around and transportation to necessary appointments becomes a task, call the Office on Aging/Aging and Disability Resource Center for help with your transportation needs. Call 202-724-5626 for more information.



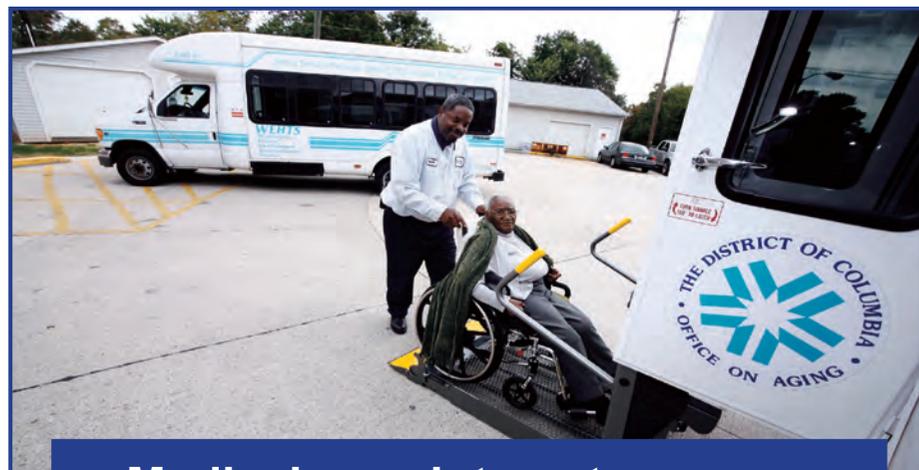
Dr. Clarence Brown, executive director, D.C. Office on Aging, helps with bingo during the Golden Luncheon presented by the United Medical Center. More than 200 seniors received information, played games and danced during the annual event for seniors in Wards 6, 7 and 8.



Councilmember Muriel Bowser hosted her Annual State of Ward Four Senior Address at the Hattie Holmes Senior Wellness Center. More than 250 seniors visited the various exhibitors, which had great information and giveaways, and received an update on what is happening in their Ward from the councilmember. The annual event was sponsored by TD Bank, Comcast and Washington Gas.

Are you a person with a DISABILITY living in the District?

If you are age 18 and older, let **DC Office on Aging / Aging and Disability Resource Center** help you select the best option for your local transportation needs.



- Medical appointments
- Business appointments
- Personal business and more!

DC Office on Aging
Aging and Disability Resource Center
(202) 724-5626 or TTY (202) 724-8925

Citywide 311

www.adrc.dc.gov



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ADRIAN M. FENTY, MAYOR

Community Calendar

June events

June 8th • 7:30 a.m. to 9 p.m.

Take a trip to Atlantic City Resorts Casino. The bus leaves from the Hattie Holmes Senior Wellness Center, 324 Kennedy St, N.W. The cost is \$45 and should be paid by Friday, June 4. Participants will receive \$20 back in vouchers for use at the casino. To register, call 202-291-6170.

June 9th • 10 a.m. to 2 p.m.

Celebrate summer with a senior picnic at Kenilworth Parkside Recreation Center, 4300 Anacostia Ave., N.E. The event will feature live music, entertainment, games, free health screenings, lunch and more. For more information, call the Department of Recreation at 202-664-7153 or the D.C. Office on Aging at 202-724-5626.

June 15th • 10:30 to 11:45 a.m.

IONA Senior Services Artist in Residence Melanie Grishman will offer a hands-on workshop for participants of the Adult Day Health, Wellness and Arts Center. She will help participants use fabrics to create works of art. IONA is located at 4125 Albemarle St., N.W. For more information, call 202-895-9448.

June 17th • 5 to 7 p.m.

IONA is hosting a "Meet the Artists" reception. Melanie Grisham, a fiber artist, Chuck Baxter, a sculptor, and Anne Becker, IONA's poet in residence, will attend. Refreshments will be served. Contact Patricia Dubroof at pdubroof@iona.org or 202-895-9407 for more information.

June 18th • 7 a.m.

Seabury Ward 5 Aging Services will host an Atlantic City trip and fundraiser leaving at 7 a.m. on Friday, June 18. The cost is \$35, due by June 9. Call Vivian Grayton at 202-529-8701 for reservations.

June 11th and 25th • 6 to 8 p.m.

The Washington Seniors Wellness Center, 3001 Alabama Ave., S.E., invites seniors to a free jazz extravaganza. DJ Ron V, formerly of MAGIC 102.3, will host. The event is alcohol- and drug-free. For more information, contact Renee Woodard-Few at 202-581-9355.

June 25th • 10 a.m. • 6 p.m.

Barney Senior Program will take a trip to Hollywood Casino in Port Deposit, Md. The trip costs \$30. Upon arrival, participants will be given a \$30 gambling voucher and \$5 toward the cost of lunch. Call James Thompson at 202-939-9020 by June 18 to register.

June 25th • 10 a.m.

The Hattie Holmes Senior Wellness Center will host a Family Fun Day/Open House from 10 a.m. to 2 p.m. There will be games for the kids, vendors, and presentations held throughout the day. Advance registration is not required. The center is located at 324 Kennedy St., N.W. For more information, call 202-291-6170.

June 26th • 11 a.m.

An Alzheimer's support group meets at 11 a.m. every fourth Saturday of the month at Genevieve N. Johnson Senior Center, 4817 Blagden Ave., N.W. Contact Stephanie Saunders at 202-723-8537 for more information.

Ongoing

Weekdays • 10 a.m. to 2 p.m.

Downtown Clusters Senior Center for the Deaf and Hard of Hearing is recruiting new members. New members can join for fun daily enrichment activities, including learning sign language. Visit the senior center at 2451 Good Hope Rd., S.E., Monday through Friday from 10 a.m. to 2 p.m. For more information, call Margaret Forbin or Jerald J. Creer at 202-610-6103.



Annual Senior Picnic Fest

Adrian M. Fenty Mayor
DPR DC DEPARTMENT OF PARKS AND RECREATION
Pfizer
THE DISTRICT OF COLUMBIA OFFICE ON AGING

**Wednesday
June 9, 2010**
10:00am – 2:00pm
Ages: 55 and up
Kenilworth-Parkside Recreation Center
4300 Anacostia Ave., NE

The Annual Senior Picnic will provide food, fun, entertainment and fellowship for District of Columbia senior citizens.

For more information, please call Jennifer Hamilton at (202) 664-7153
dpr.dc.gov Senior Services

National Men's Health Week



is celebrated each year as
the week leading up to and including Father's Day
June 14 to 20

Men's Health Week was first recognized in the United States. The National Men's Health Week Act was passed by Congress in 1994 and signed into law by President Clinton, becoming Public Law 103-264 on May 31, 1994.

Goal of Men's Health Week

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Recognizing and preventing men's health problems is not just a man's issue.

Encourage a senior male friend or relative to visit one or more of our senior wellness centers to participate in an activity or begin leading a healthy lifestyle.

Congress Heights Senior Wellness Center
3500 Martin Luther King Jr. Ave., S.E.
202-563-7225

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

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

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

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.