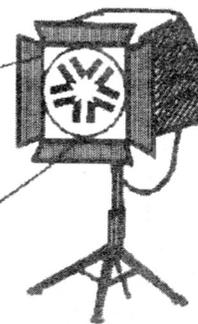


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 6

A newsletter for D.C. Seniors

June 2012



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John M. Thompson

The theme of last month's issue of "Spotlight on Aging" was "Never Too Old to Play." In this month's issue, the theme is "Never Too Old to Learn." In this message, I will highlight the academic journey and accomplishments of Mary Goodwin, pastor of Church Without Walls Outreach Ministries and evangelist of Rhema Christian Center Church in Ward 5. Pastor Goodwin represents a growing number of seniors who know that, when it comes to education, age is just a number.

Pastor Goodwin started college immediately after graduating from high school. However, after two years at the University of Maryland Eastern Shore, she got married and began focusing her attention on raising her two children, working, and being a faithful church member. As a mother with a full-time job with the District of Columbia government, she attended the District of Columbia Teacher's College and earned continuing education units from other institutions and eventually earned a paralegal certificate from Georgetown University.

After retiring from the District of Columbia government with 25 years of service, Pastor Goodwin had a vision about her calling in life, which was to be in ministry, and she has been preparing for this path through her academic journey. Pastor Goodwin, who is a senior, com-

pleted her bachelor's degree in psychology in 2008 from the University of Maryland University College and on May 12, she earned her master's degree in professional counseling from Liberty University. She is the second sibling in a family of 13 children to have earned her graduate degree!

Pastor Goodwin's academic journey is not over. She is now studying to earn her licensure in counseling and will pursue her Ph.D. in psychology in the fall. In the pursuit of this ultimate degree, she plans to counsel and help those with psychological and emotional issues. She believes that many of the issues that people in our society face could be resolved through counseling focused on "redirecting people to where they want to be" so that they "can live a better life."

Pastor Goodwin is truly a testament that seniors are never too old to learn. Her life's experiences and major role in church have shaped her path in life. Through her academic achievements, Pastor Goodwin will be able to touch so many people's lives through her service.

Are you retired and contemplating starting a new chapter in life? If so, here's some information about local institutions of higher learning that may spark your interest in learning.

- University of the District of Columbia's (UDC) Institute of Gerontology coordinates the Academy of Lifetime Learning (ALL). This academy is the university's learning in retirement program for persons who are 50 or older. ALL offers a variety of short-term cultural, social and educational experiences, such as lectures, seminars and interactive workshops. UDC also offers seniors

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Senior District Women to Compete for Title

Ms. Senior D.C. Emma P. Ward will crown Ms. Senior D.C. 2012 at the Ms. Senior D.C. Pageant to be held on Sunday, June 24 at 2:30 p.m., at the University of the District of Columbia, Main Auditorium, Building 46.

Nine District women age 60 and older will compete at the pageant for the title of Ms. Senior DC 2012.

Contestants will be judged by an independent panel of judges on their philosophy of life, their talent and evening gown presentations. Each of the contestants was also interviewed individually by the panel and the scores will be tallied with the scores from the competition. The judges are looking for the contestant that has inner beauty and elegance, is active in her community, and portrays her talent and style during the competition.

Ms. Senior America Debbie Carroll-Boyce will also be present at the event and perform for the audience. She represented the state of Texas in

last year's Ms. Senior America Pageant and competed among 33 contestants from across the country, including Ms. Senior D.C. Emma Ward.

The winner of the Ms. Senior D.C. Pageant 2012 will represent the District and her peers in the Ms. Senior America Pageant, which is planned for October in Atlantic City, NJ. Ms. Senior D.C. and her court will also represent their peers across the city at various events, senior centers and across the city.

The Ms. Senior D.C. Pageant is being presented by the D.C. Seniors Cameo Club, Family Matters of Greater Washington and the D.C. Office on Aging. A donation of \$20 is requested for tickets, and they may be purchased in advance or at the door. For more information, call 202-289-1510 x1171 or 202-724-5626. Proceeds from the event will send Ms. Senior D.C. and her court to the Ms. Senior America Pageant.



2012 Ms. Senior D.C. pageant contestants, pictured from left to right: Thomasena D. Allen, Kaye D. Henson, Mary McCoy, Sharon Burch, Brenda Woodland, Juanita Miller, Nancy Berry, Janie M. Connor. Not pictured: Earnestine Wiggins.



Don't Fall for Foreign Lottery Scams

In a foreign lottery, more than just the odds are against you. The fact is that no legitimate lottery requires you to pay fees or taxes upfront to collect winnings.

Many victims are older, live alone and may suffer from some cognitive impairment.

Criminals can use Voice over Internet Protocol (VoIP) to "spoof" caller ID, making a call appear to come from anywhere in the world, the United States, or even from a government agency.

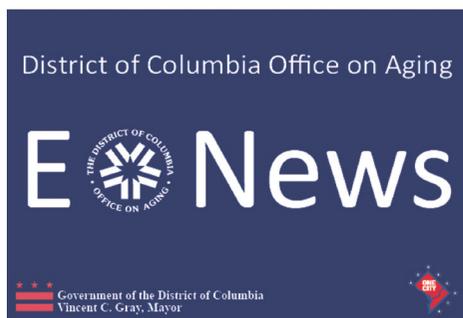
Victims sometimes bond with the criminals who are preying on them. Criminals take an active interest in their lives and often spend hours on the phone talking to

victims. This relationship can cause victims to continue to send money even after they've been advised that they're being scammed. They may even take steps to hide these payments and resist efforts to break off contact with the criminals.

People who enjoy entering sweepstakes, lotteries and games of chance may be at a higher risk for becoming victims. Criminals may purchase legitimate mailing lists to find victims.

Educate older relatives to the threat now. Plan how you will deal with these issues to protect them in the future.

To report foreign lottery fraud, call 1-877-876-2455.



The Office on Aging has launched a new email newsletter, DCOA E*News, to keep its stakeholders and service providers informed of news, information

and calendar items between issues of the "Spotlight on Aging Newsletter," which is included monthly in the *Beacon Newspaper*.

If you would like to sign up for upcoming issues or to see archived issues, visit www.dcoa.dc.gov and click on the DCOA E*News image on the website. You may also send an email to darlene.nowlin@dc.gov and request to be added to the list.

For more information, call the Office on Aging at 202-724-5622 or our Information and Assistance Unit at 202-724-5626.

National Men's Health Week

National Men's Health Week is celebrated each year during the week leading up to and including Father's Day. This year it is June 9-17.

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.

Senior Wellness Centers

Bernice Fonteneau Senior Wellness Center, 202-727-0338, 3531 Georgia Ave. NW (Ward 1)

Congress Heights Senior Wellness Center, 202-563-7225, 3500 Martin Luther King Jr. Ave. SE (Ward 8)

Hattie Holmes Senior Wellness Center, 202-291-6170, 324 Kennedy St. NW (Ward 4)

Hayes Senior Wellness Center, 202-727-0357, 500 K St. NE

Model Cities Senior Wellness Center, 202-635-1900, 1901 Evarts St., NE (Ward 5)

Washington Seniors Wellness Center, 202-581-9355, 3001 Alabama Ave. SE (Ward 7)



You can use SNAP/Food Stamps, WIC, and Senior FMNP at D.C. farmers markets!



SNAP/Food Stamps: More than 140,000 District residents benefit from the Supplemental Nutrition Assistance Program (formerly known as Food Stamps) each month. With SNAP, you can buy fresh produce, grains, meat, and dairy products at grocery stores, corner stores, and even farmers' markets. This year, over 20 farmers' markets in the District accept SNAP EBT (electronic benefit transfer) cards.

WIC: The Nutrition Program for Women, Infants, and Children is for children up to age 5 and women who are pregnant or breastfeeding. WIC provides vouchers for specific food items, including milk, eggs, cheese, infant formula, and fresh produce. With WIC, you can get \$30 in "Get Fresh" Farmers Market Nutrition Program checks to be used at farmers' markets throughout the District. You can also use WIC Cash-Value Checks for produce at farmers' markets. More than 20 markets accept "Get Fresh" checks and Cash-Value Checks.

Senior FMNP: District residents age 60 and over can be eligible for the Senior Farmers' Market Nutrition Program (FMNP) if they enroll in the Commodity Supplemental Food Program (CSFP), which provides food packages to seniors. The Senior FMNP provides \$30 worth of "Get Fresh" checks that can be used to buy fresh fruits and vegetables at more than 20 farmers' markets throughout the District.

Incentive Programs: This year, over 10 markets in the District offer "bonus dollars" when customers use their SNAP, "Get Fresh" WIC and Senior checks, and/or WIC Cash-Value Checks. Some markets match \$5, \$10 or more in purchases. For example, someone who redeems \$5 in benefits could receive up to \$10 worth of fresh, local food. Check with your local market for more information.

Eligibility and How to Apply:

| Program | SNAP | WIC / WIC FMNP | Senior FMNP |
|--|---|---|--|
| Eligibility | Gross income (before taxes) must be less than 130% of federal poverty level.* Must be a U.S. citizen or certain category of legal immigrant to be eligible. | Children from ages 0 to 5, and pregnant or breastfeeding mothers. Gross income (before taxes) must be less than 185% of federal poverty level. No citizenship requirements. | Must be age 60 or over and a D.C. resident. Gross income (before taxes) must be less than 130% of federal poverty level. |
| Where to apply Applications are available at these locations | Economic Security Administration (ESA). Call 202-698-3900 for office assignment and location. | WIC office or clinic. Call 202-442-9397 or 1-800-345-1WIC for locations. | Commodity Supplemental Food Program (CSFP) site. Call 202-724-5644 for locations. |
| What to bring | Photo identification, proof of address, social security card/proof of immigration status, proof of household income, proof of expenses. | Photo ID, proof of address, proof of family income, proof of pregnancy and/or birth record, shot records for children under 5, your children. | Photo identification/age verification, proof of address, social security card, proof of income. |

SNAP/FOOD STAMP and Senior FMNP Eligibility Levels October 2011 – September 2012

| People in Household | 130% of Federal Poverty Level Gross Monthly Income Limits | 130% of Federal Poverty Level Gross Annual Income Limits |
|------------------------|---|--|
| 1 | \$1,180 | \$14,160 |
| 2 | 1,594 | 19,128 |
| 3 | 2,008 | 24,096 |
| 4 | 2,422 | 29,064 |
| 5 | 2,836 | 34,032 |
| 6 | 3,249 | 38,400 |
| 7 | 3,663 | 43,956 |
| 8 | 4,077 | 48,924 |
| Each additional person | add 414 | add 4,968 |

*Note: Due to new SNAP program rules, households may have higher gross incomes (up to or in some cases, above 200% of federal poverty level) and still receive benefits. Generally, the lower a household's income, the more they will receive in benefits. A household's exact benefit level will be determined when they apply.

WIC Eligibility Levels July 2011-June 2012

| People in Household | 185% of Federal Poverty Level Gross Monthly Income Limits | 185% of Federal Poverty Level Gross Annual Income Limits |
|------------------------|---|--|
| 1 | \$1,679 | \$20,147 |
| 2 | 2,268 | 27,214 |
| 3 | 2,857 | 34,281 |
| 4 | 3,446 | 41,348 |
| 5 | 4,035 | 48,415 |
| 6 | 4,624 | 55,482 |
| 7 | 5,213 | 62,549 |
| 8 | 5,802 | 69,616 |
| Each additional person | add 589 | add 7,067 |

Those participating in Medicaid, DC Healthy Families, Free School Lunch Program, Temporary Assistance for Needy Families (TANF), or the SNAP program automatically qualify for WIC.

For a list of D.C. farmers markets and more information about other food resources, visit the D.C. Food Finder at www.dcfoodfinder.org or call the Hunger Lifeline at 202-639-9770.



Questions or need assistance?
Contact D.C. Hunger Solutions at (202) 986-2200 or email info@dchunger.org

Updated April 2012

Community Calendar

June events

7th • 11 a.m.

A seminar on men's health will be part of the Ward 5 Senior Nutrition Centers' lunch and learn series. Call Vivian Grayton at 202-529-8701 for locations.

7th • 1 to 4 p.m.

Listen to the cool sounds of the Todd Marcus Quintet at a "jazz on the patio" event at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-581-9355.

13th • 11:30 a.m. to 12:30 p.m.

The Ziva Flamenco Dance Group will perform at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-581-9355.

15th • 5 to 8 p.m.

Meet Iona Senior Service's artists in residence at a free reception featuring live music and refreshments. Artists Jenne Glover, a multimedia painter, and David Brinkman, who creates handmade woven baskets, will talk about their work. The event takes place at 4125 Albemarle St. NW. For more information, call 202-895-9448.

19th • 11 a.m.

Edgewood Terrace Senior Nutrition Center will hold a seminar about elder abuse. The center is located at 635 Edgewood St. NE. For more information, call Vivian Grayton at 202-529-8701.

21st • 10 a.m. to 1:30 p.m.

The Center for the Blind and Visually Impaired will have an arts and crafts day at Israel Baptist Church, 1251 Saratoga Ave. NE. For more information, call Gloria Duckett at 202-269-9576.

22nd • 8:30 a.m. to 4:30 p.m.

The DC Office on Aging Elder Abuse Prevention Committee presents an all-day workshop on "The Financial Exploitation of our Elder and Vulnerable Populations" at the Catholic University of America Columbus School of Law, 3600 John McCormack Rd. NE. Registration is free, but seating is limited. Lunch will be provided. The workshop is approved for 6 CE contact hours for social workers (\$15 fee for CEU certificate). To register, email name, agency, position, telephone number and email address to fdruy@familymattersdc.org. Enter "Registration for Financial Exploitation Training" in the subject line of the email.

23rd • 1 to 5 p.m.

KEEN Seniors Program's Sassy Sewing Seniors will host its annual fashion show and luncheon at the

Ward Memorial AME Church, 241 42nd St. NE. Tickets are \$20 per person. For more information, contact Robin Gantt, Recreation Activity Outreach Coordinator, at 202-534-4880, ext. 110.

29th • 5 to 8 p.m.

During Caribbean Cultural Heritage Month, the Washington Seniors Wellness Center presents the Second Annual Celebration of Connecting Cultures. The center is located at 3001 Alabama Ave. SE. For more information, call 202-581-9355.

Ongoing events

Mondays

Seniors age 60 and older who live in Ward 5 and are in need of legal advice can speak with a lawyer on Mondays through a program sponsored by Seabury Resources for Aging. Call 202-529-8701 for more information.

Monday through Friday 10 a.m. to 2 p.m.

The Seabury Ward 5 Aging Services Emergency Food Pantry is open to Ward 5 residents age 60 and older at 2900 Newton St. NE. Food is distributed on a case-by-case basis. For more information, call Vivian Grayton at 202-529-8701.

Director's Message

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the ability to audit classes or pay reduced tuition for continuing education.

• American University's Osher Lifelong Learning Institute (OLLI) is an association of, by, and for people in the Washington, D.C. area who wish to continue to study and learn. OLLI offers fall and spring semester classes

that each run from 8 to 10 weeks. For a membership fee, participants may take up to three study groups that run during the day for just under two hours a week.

Please contact the Office on Aging's Lisa Bryant at 202-741-5875 for more information about any of these programs or to learn about the Veterans Educational Assistance Program. I look forward to learning about your success story!

Aging and HIV/AIDS Meeting Held

Silent Partners, Inc., a non-profit organization funded by the D.C. Department of Health, held a one-day conference to reach and empower advocates and representatives from the aging and AIDS service networks on "making the connection to seniors about HIV/AIDS." Nearly 100 persons attended this special training for providers and advocates, representatives from the senior wellness centers, lead agencies, church ministries, advocates and HIV service providers.

The event was held at the Temple of Praise Church, located in Ward 8 of Washington, D.C., which is an area with a high HIV population that is underserved and hard to reach.

The D.C. Department of Health spoke of its partnership with the Office on Aging and others in a workgroup that has developed posters, brochures, peer to peer training curriculum and other educational materials. In the future, they plan to fund senior service providers to conduct educational training for seniors as well as peer training at senior centers,

churches and housing developments.

The facts as outlined by the Department of Health at the conference were:

- The number of older adults affected/infected by the epidemic is growing. 20% of new infections were persons over 50 in the city.

- The number of persons living with HIV is approaching 50% of the total.

- There needs to be at least minimum competencies in outreach and conducting street outreach targeting seniors.

The key presenter for the event was Carmi Washington Flood, chief, Office of Faith Based and Community Partnerships, Maryland Dept. of Health and Mental Hygiene Infectious Disease and Environmental Health Administration, whose session engaged the attendees in a lively discussion and a skit on the myths and realities of educating and reaching out to seniors.

For more information, contact Courtney Williams, community planner, DCOA, at 202-727-8370.

SPOTLIGHT ON AGING

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