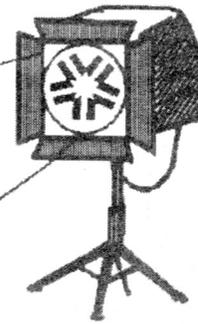


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 7

A newsletter for D.C. Seniors

July 2012



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John M. Thompson

The theme of the past two issues of "Spotlight on Aging" was "Never Too Old to..." I believe that you get the point that we can complete this phrase with any verb. There are no limitations to what seniors can do as they continue to age in the community.

In this month's issue, the theme is "Never Too Old to Exercise." In this issue, I will highlight an exercise program coordinated by the four-time gold medalist Senior Olympian Bernard Gibson, as well as two of several programs that operate in our Senior Wellness Centers that help seniors build physical strength and endurance while keeping them socially active.

For nine years, Mr. Gibson, who will celebrate his 77th birthday on July 18, has volunteered his time two days a week facilitating a strength training class for seniors at the Veterans' Home. Four years ago, he incorporated a two-day strength training class for the seniors in his Ft. Lincoln community in Ward 5. His youngest exercise participant is approximately 40 years old and has a disability, and his oldest participants are 100 years of age! He has two centenarians in his exercise program!

You won't find weights, strength training bands or exercise machines in Mr. Gibson's classes. You won't even find an exercise mat, but you will find plenty of water bottles. It sounds like common sense to have water bottles, as you want seniors and persons with disabilities to remain hydrated during their exercises. However, the water bottles are more than just for hydration purposes; the water bottles are the weights!

Mr. Gibson's seniors use the 16.9 fluid ounce water bottles for building strength in their hands, arms and back. The other piece of "equipment" that you will find in Mr. Gibson's class is chairs. Chairs are used to perform strength training exercises that isolate the legs, abdomen and back.

For those in wheelchairs, Mr. Gibson

gives them balance exercises as a first step to regain the ability to walk. He even provides massages to improve blood circulation. Did I mention that you'll need your towel, as you will sweat when you strength train with Mr. Senior Olympian!

Beyond Mr. Gibson's program, I would like to inform you that the D.C. Office on Aging has six Senior Wellness Centers throughout the District of Columbia, with the sixth one opening its doors by August 1 in Ward 6. Membership at our wellness centers is free, and seniors can take advantage of a number of strength training and cardio programs and, as a bonus, enjoy the fellowship of other seniors who are interested in living vibrant and productive lives in the community.

While we're discussing our Senior Wellness Centers, I would like to highlight some of our programs. At the Ward 7 Washington Seniors' Wellness Center, seniors can take advantage of evening workout programs two days a week. At the Ward 5 Model Cities Senior Wellness Center, senior women can participate with the Model Cities Steppers or the M.C. Steppers. The M.C. Steppers practice dance routines, which keep them fit, and perform across the District of Columbia at different DC Office on Aging-sponsored events.

Seniors, as you can see from the examples in this message, you are "Never Too Old to Exercise." Exercise can help you prevent or manage a variety of health problems such as stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

Please contact our office at 202-724-5622 to get more information on any of our six DC Office on Aging's Senior Wellness Centers. However, please check with your doctor before beginning a new exercise program, especially if you have any health concerns.

I look forward to meeting you at one of our Senior Wellness Centers!



COMMUNITY MEETINGS: *Senior Needs Assessment Initial Data Collection*

D.C. Office on Aging will present findings from the latest needs assessment to community stakeholders.

Friday, July 6, 2012 at 9:45 a.m.

Congress Heights Senior Wellness Center
3500 Martin Luther King Jr. Avenue, SE
Washington, D.C. 20032

and

Friday, July 13, 2012 at 9:30 a.m.

Hattie Holmes Senior Wellness Center
324 Kennedy Street, NW
Washington, D.C. 20011

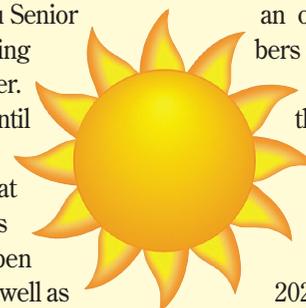
For more information call

(202) 724-5622

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

Extended Summer Hours at Wellness Center

The Bernice Fonteneau Senior Wellness Center is extending its hours for the summer. The center will be open until 6:30 p.m. on Thursdays until August. During that time, it will offer fitness classes, and have an open gym and computer lab, as well as



an open billiard room. Members can also socialize and play board games and cards if they choose.

The center is located at 3531 Georgia Ave NW. For more information, call the center at 202-727-0338.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

The District Selects Elegant Lady

Ms. Senior D.C. will represent her peers in the upcoming Ms. Senior America Pageant

The District recently crowned the new Ms. Senior District of Columbia, Mary L. McCoy, age 61. McCoy, a resident of Ward 8, competed against seven of her peers and was awarded "Best Talent" for her Zumba/Folk Dance to "Let Your Mind Go Back" by Sheba Potts Wright.

The retired federal employee recited her philosophy of life and presented in the evening gown competition in a coral one-shoulder gown with a left leg, front split. She was escorted by her son Eric during the evening gown competition. McCoy also was awarded "Best Salesperson" for her ad and ticket sales for the event.

McCoy was crowned by Ms. Senior D.C. Emma P. Ward and received her sash from Ms. Senior America Debbie Carroll-Boyce from Texas. Carroll-



Ms. Senior D.C. pageant contestants and guests, pictured from left to right, are: Brenda Woodland; Thomasena Allen, Ms. Congeniality; Kaye D. Henson; Earnestine Wiggins, Second Runner-Up and Best Evening Gown; Ms. Senior America Debbie Boyce-Carroll; Ms. Senior D.C. Mary L. McCoy; Ms. Senior D.C. 2011 Emma P. Ward; First Runner-Up Nancy A. Berry; Janie M. Connor; and Sharon H. Burch. Behind the contestants are the gentlemen who escorted them through the evening gown segment of the contest.

tenarian and still active in his business.

Nancy A. Berry, a 64-year-old retired educator, was awarded First Runner-up and "Best Interview." During the competition she portrayed Dorothy and danced to "Ease on Down the Road" from *The Wiz*. She also wore coral in the evening gown competition in a gown with a fitted bodice adorned on the front and back with sparkling stones. As part of the interview process, the judges ask a series of questions so that the contestants may share their life experiences and examples of community service.

Ward 4 resident Earnestine Wiggins captured Second Runner-Up and "Best Evening Gown." Wiggins sang with emotion, wearing a wedding gown, "All I Could Do Is Cry," by Etta James.

Her winning gown was an ivory-colored floor length gown decorated with crystals and a mermaid hem.

Ms. Congeniality was awarded to Thomasena Allen, who played "The Ritual Fire Dance" by Manuel De Falla on the piano during the talent segment. Each of the contestants voted for the person they felt should receive the award.

The theme for this year's pageant was "Taking It to The Streets." The MC Steppers, a senior dance group, performed during the opening with the contestants, as Ward danced and portrayed Michael Jackson.

The dancers acted out the *West Side Story* theme to Michael Jackson's "Bad," depicting some of the violence of today's streets and the crime involving some of our youth. The opening ended with Janet Jackson's "Control," which is what many believe is necessary in order to end some of the nega-

tive behavior that is occurring across the country.

The D.C. Seniors Cameo Club presented two Roosevelt High School students, Aaron Johnson and Miguel Parada, with monetary scholarships to assist them with their education costs. For the past several years, the club has worked with the D.C. Public Schools system to identify youth for consideration. This is the first year that two recipients received funds, and the first year that a male was chosen.

The Ms. Senior D.C. Pageant is held to select the person who will represent the District of Columbia in the Ms. Senior America Pageant and compete among women from across the country for the title. The national pageant will be held October 7-12 in Atlantic City, NJ.

Each contestant is judged on her elegance, inner beauty and poise as she is interviewed by the judges, recites her philosophy of life, and presents her tal-



First Runner-up and Best Interview, Nancy A. Berry

Boyce greeted the audience and performed her talent during the event. Carroll-Boyce, a retired educator and current top-selling Realtor in Texas, has been traveling across the country sharing her story with others. Among other things, she shared that her boss is a cen-



Best Talent winner, Mary L. McCoy



Best Evening Gown winner, Earnestine Wiggins

ent and evening gown. The pageant is presented by the D.C. Seniors Cameo Club, Family Matters of Greater Washington and the D.C. Office on Aging.

Know Your Options Campaign

The D.C. Office on Aging recently launched the "Know Your Options, Decide Your Future" campaign through the Washington Metropolitan Area Transit Authority (Metro). As part of the campaign, the "Know Your Options" ads can be seen throughout the Metro bus and rail system.

The campaign is funded by an Options Counseling grant through the U.S. Administration on Aging. The grant primarily focuses on diverting seniors from nursing homes through awareness of services that are available to help them remain in their homes. Successful counseling may limit the number of new nursing admissions, saving the District of Columbia a minimum of \$1 million in one year through Medicaid reimbursement.

For more information or to find out about services available to assist seniors, call 202-724-5626.

KNOW YOUR OPTIONS DECIDE YOUR FUTURE

Long-Term Care Counseling and Services for Seniors (60+) and People with Disabilities (18+)

- Live Options Counselors
- Respectful & Honest Advice
- Available to DC residents regardless of Income



DC OFFICE ON AGING
Aging and Disability Resource Center

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

202-724-5626 • adrc.dc.gov

Community Calendar

July events

3rd • 11 a.m. to 3 p.m.

Join Barney Neighborhood House for a Ward 4 Independence Day celebration at the Lamond Recreation Center, 20 Tuckerman St. NE. For more information, contact James Thompson, activities coordinator, at 202-939-9031.

10th • 11:30 a.m.

Attend a program titled "Medical Identity Information Seminar" at the Green Valley Senior Nutrition Center, 2412 Franklin St. NE. For more information, call Vivian Grayton at 202-529-8701.

10th • 2 to 3:30 p.m.

Learn about community-based long-term health-care in a workshop presented by Iona Senior Services. Speakers include Judy Levey, a long-term care advocate, and Marla Lahat, executive director of

Home Care Partners, as well as members of AARP's ombudsman program. The workshop will be held at the Tenleytown Library, 4450 Wisconsin Ave. NW. For more information, call 202-895-9425.

11th • 10 a.m. to 3 p.m.

Take an AARP driver safety class at the Washington Seniors Wellness Center. Bring a lunch. The class costs \$5. The center is located at 3001 Alabama Ave. SE. For more information, call 202-581-9355.

19th • 11:30 a.m. to 1 p.m.

The Washington Seniors Wellness Center, in partnership with the D.C. Office on Aging and the Dept. of Energy, will offer a "Going Green" workshop. The center is located at 3001 Alabama Ave. SE. For more information, call 202-581-9355.

25th • 1 to 2:30 p.m.

The Department of Insurance, Securities and Banking will conduct a financial fraud awareness

presentation at the Bernice Elizabeth Fonteneau Wellness Center, 3531 Georgia Ave. NW. Call the center at 202-727-0338 for more information.

27th • 4 to 5:30 p.m.

Sandra Y. Johnson and her sextet will play jazz, blues and oldies at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-581-9355.

Early August event

1st • 11 a.m. to 12:30 p.m.

The Department of Insurance, Securities and Banking will be conducting a Financial Fraud Awareness presentation at Hattie Holmes Senior Wellness Center, 324 Kennedy St. NW. Call the center at 202-291-6170 for more information.

Stay Cool During Summer Heat

Tips to prevent heat exposure:

- Drink plenty of fluids (not hot)
- Avoid hot, heavy meals
- Avoid strenuous outdoor activities
- If outdoors, stay in the shade, use an umbrella, wear a hat and loose-fitting clothing
- Avoid alcoholic beverages
- Spend the hottest part of the day (i.e., 10 a.m. to 2 p.m.) in an air conditioned area if you can

The following are warning signs of overexposure to heat:

- High body temperature
- Rapid breathing
- Dry, hot skin or heavy sweating
- Headache
- Weakness or fatigue
- Dizziness or periods of faintness
- Anxiety and listlessness
- Severe muscle pain in the arms and legs
- Unconsciousness

Should these symptoms occur, the following steps should be taken:

- Stay calm

- Call a doctor, ambulance or 911
- Lay victim on his/her back
- Loosen or remove as much clothing as possible
- Offer victim sips of water
- Fan the victim slowly

To avoid the summer heat and sun, participate in a senior program in your area. Make sure you leave before the sun reaches it's hottest. Before 10 a.m. is a great time to conduct business on days weather forecasters say the air quality is in the un-healthy range (or Code Red).

Location of public cooling centers:

Call 311

Office on Aging for Senior cooling sites: 202-724-5626

Seniors needing fans and energy cost assistance:

202-673-6750

Hyperthermia Hotline for homeless and persons at risk:

202-399-7093

For more information, call the Office on Aging at 202-724-5626.

Metro Fare Hikes

Beginning this month, Metro fares and parking fees have increased. In addition, the surcharge for using a paper fare card instead of a SmarTrip card increased by \$1 per trip on MetroRail. For more information, visit wmata.com or call 202-637-7000 (TTY 202-638-3780) or 202-638-3780. For SmarTrip customer service, call 1-888-762-7874.

Here is a summary of fare changes:

Metrorail Fares

- Off peak fares: \$1.70 - \$3.50 (Senior/Disabled: \$1.05 - \$2.85)
- Peak fare: \$2.10 - \$5.75 (Senior/Disabled: \$1.05 - \$2.85)
- The peak-of-the-peak surcharge (20¢ per trip) has been eliminated.
- A \$1 surcharge will be applied to each trip taken using a paper farecard (Senior/Disabled: 50¢ surcharge). To avoid this surcharge, customers are encouraged to use a SmarTrip card.
- New SmarTrip dispensers have been installed at the following stations: Rosslyn, Dupont Circle, Farragut West, Foggy Bottom, Reagan National Airport, Vienna, Gallery Place, Smithsonian and Union Station.

Passes

- 1-day Metrorail Pass (valid at any time) available on SmarTrip or paper farecard: \$14
- 7-day Metrorail Fast Pass available on SmarTrip only: \$57.50
- 28-day Metrorail Fast Pass available on SmarTrip only: \$230
- 7-Day Metrorail Short Trip Pass available on paper farecard only: \$35

Other Metrorail Fares

- Transit Link Card on MARC/VRE: \$108

- Transit Link Card on MTA: \$166

Metrobus Fares

- Regular routes with SmarTrip: \$1.60, with cash: \$1.80
- Express Routes with SmarTrip: \$3.65, with cash: \$4
- Airport Routes: \$6
- 7-Day Regional Pass: \$16
- Senior/Disabled bus fares/passes are half of the above prices.

DC Student Fares

For students, there will be no change in the costs of DC student passes and tokens. (Note: While the actual costs of these products are increasing, the District of Columbia has elected to pay the difference in price so students pay the same rate as they do today.)

Transfers

There is no change to the transfer policy. You receive a 50 cent discount when transferring from rail to bus or bus to rail within two hours of your first trip. You may transfer from a regular bus to another regular bus for free. The transfer discounts to other bus service providers varies. You must use a SmarTrip card to receive the transfer discount. When using a pass or paying with cash, transfer discounts are not given.

MetroAccess

MetroAccess fares are 2 times the fare for the fastest bus or rail trip at the time a customer travels. MetroAccess fares will continue to be capped at \$7.

Parking

New fees range from \$3.50 to \$5, depending on the jurisdiction. Monthly reserved parking fees range from \$45 to \$65.

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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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.

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Recycling Program.**