



DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXVIII, ISSUE 8

A newsletter for D.C. Seniors

August 2012



## EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John M. Thompson

This issue of "Spotlight on Aging" is about bridging the gap between seniors and technology. It is a timely topic as many people are using technology, such as smartphones to text messages to family and friends, and computers to produce documents, surf the Internet and send e-mails.

However, I have personally witnessed many seniors who are not connected with the technology age and display a lack interest in learning how to use technology to simplify their lives.

For many years, my parents were included in the number of seniors who simply were not interested in using technology. As I reflect on my parents' situation, it is apparent that change was difficult for them, as it is for many people. Moreover, the daunting task of having to learn a new process was overwhelming for my parents.

However, my mother, a native of Thailand, became excited about a computer and the Internet after realizing the technology would enable her to view Thai television network programs and local news via the Internet. Since discovering that she could connect with her native country, my mother has become an avid Internet user!

She has also inspired my father by purchasing an electronic tablet, a device a little smaller than a laptop computer, which allows him to read the Bible in its many translations or read the local newspaper while listening to his favorite gospel music. All it took was a little inspiration and someone to give them instruction and confidence that they too could benefit from a connection with the technology age.

If you are reluctant about finding your connection to this technologically savvy world, I understand your feelings all too well. However, be encouraged and allow yourself the opportunity of being enlightened.

The computer and Internet can provide seniors with many resources to challenge and exercise your minds, from games such as Sudoku, word puzzles and chess, to researching information about Medicare Part D prescription drug coverage, the best doctors, and social programs that may be of interest.

I encourage our District seniors to contact the D.C. Office on Aging at 202-724-5622 to learn about and enroll in computer classes held at our local Senior Wellness Centers. Our programs are tailored to your learning needs and provide individualized attention at your own pace. I encourage you to attend one of these courses to begin and/or continue your journey into the world of technology.

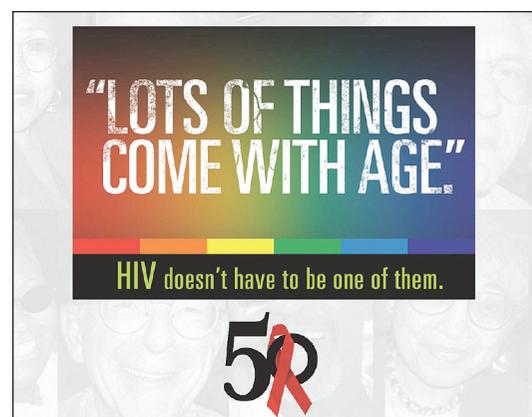
## Event Highlights City's Involvement with HIV and Older Adults

As part of the 19th International AIDS Conference held in Washington, D.C., a partnership of local and national organizations in the HIV & Aging movement held a networking reception at the PEW Conference Center. The event provided an opportunity to highlight the work being done in the District of Columbia to educate and offer preventive measures to stop the spread of HIV in the older community.

Mayor Vincent C. Gray attended the event and spoke, applauding the efforts of the Health Department and the Office on Aging

in working together to prevent the spread of HIV. In addition, local and national advocates and partners were recognized for their efforts to prevent HIV. Seniors who appeared in the advertisement campaign served as hostesses for the event.

The D.C. Health Department along with the Office on Aging are part of a workgroup on HIV and Aging that is developing educational materials targeting older adults. The campaign utilizes transit and other public spaces and targets older adults.



## Public Notice of Funding Availability

The Government of the District of Columbia, Office on Aging, is soliciting applications from qualified applicants to operate the Commodity Supplemental Food Program and the Senior Farmers Market Nutrition Program.

The successful organization will be responsible for providing federal commodity foods and nutrition education services to pregnant and post-partum women, children under the age of six (exclusive of WIC recipients) and seniors age 60 and older. In DC, about 93 percent of participants are senior citizens.

Non-profit organizations with places of

business within the physical boundaries of the District of Columbia are eligible to apply. The deadline for submission of applications is Friday, August 17, 2012 at 4 p.m.

Applications can be obtained from the D.C. Office on Aging, 500 K St., NE, Washington, DC 20002. The RFA is also available on the Office on Aging's website, [www.dcoa.dc.gov](http://www.dcoa.dc.gov) and on the Office of Partnerships and Grants Development's website, [www.opgs.dc.gov](http://www.opgs.dc.gov).

For additional information, contact Brenda Turner, Program and Grants Manager, at 202-724-5622 or [brenda.turner@dc.gov](mailto:brenda.turner@dc.gov).



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

## Affordable Care Act Scams

It's enough to make you sick. No sooner had the U.S. Supreme Court ruled on the Affordable Care Act than scam artists began working the phones.

Claiming to be from the government, they're saying that under the Affordable Care Act, they need to verify some information. For example, they might have the routing number of the person's bank, and then use that information to get the person to reveal the entire account number. Other times, they have asked for credit card numbers, Social Security numbers, Medicare ID or other personal information.

The Federal Trade Commission, the nation's consumer protection agency, cautions you not to give out personal or financial information in response to unsolicited phone calls, emails, or knocks on your door. Scam artists want your information to commit identity theft, charge your existing credit

cards, debit your checking account, open new credit card, checking, or savings accounts, write fraudulent checks or take out loans in your name.

If you get a call from someone who claims to be from the government and who asks for your personal information, hang up. It's a scam. The government and legitimate organizations with which you do business have the information they need and will not ask you for it. Then, file a complaint at [ftc.gov](http://ftc.gov) or call toll-free, 1-877-FTC-HELP. Watch a new video, "How to File a Complaint," at [www.ftc.gov/video](http://www.ftc.gov/video) to learn more.

If you think your identity's been stolen, visit [ftc.gov/idtheft](http://ftc.gov/idtheft) or call 1-877-ID-THEFT. You also can file a complaint with your state Attorney General.

For more information about the federal health care law, visit [www.HealthCare.gov](http://www.HealthCare.gov).

## Lightning Safety Awareness

### When Thunder Roars, Go Indoors!

Summer is the peak season for one of the nation's deadliest weather phenomena — lightning. But don't be fooled, lightning strikes year round. In the U.S., an average of 54 people are reported killed each year by lightning. Hundreds of people are permanently injured each year.

People struck by lightning suffer from a variety of long-term, debilitating symptoms, including memory loss, attention deficits, sleep disorders, chronic pain, numbness, dizziness, stiffness in joints, irritability, fatigue, weakness, muscle spasms, depression, and more.

*NO PLACE outside is safe* when thunderstorms are in the area!

- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, immediately move to safe shelter.
- Safe shelter is a substantial building or inside an enclosed, metal-topped vehicle.
- Stay in safe shelter at least 30 minutes after you hear the last clap of thunder.

If, however, you are caught outside with no safe shelter anywhere nearby, the following actions may reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- NEVER lie flat on the ground
- NEVER use a tree for shelter
- NEVER use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)

When Indoors:

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.



## Don't Fall for Charity Scams

Everyone receives requests from charities seeking donations. Sometimes they arrive through the mail. Though most of these solicitations for charitable contributions are legitimate appeals for a good cause, some are phony and many target seniors.

Don't let swindlers take advantage of your good will. Before making a donation, follow these tips to avoid charity fraud:

- Be suspicious of charities that accept only cash.
- Always make out your check or money order to the organization to

which you want to donate money, not to an individual.

- Before giving, ask for written information — including the charity's name, address and phone number — especially if you are unfamiliar with the organization.

The U.S. Postal Inspection Service is committed to protecting citizens from all types of mail fraud. If you believe you've been victimized by a scam involving the U.S. Mail, you can get help by calling Postal Inspectors at 1-877-876-2455 or by reporting suspected fraud online at [www.postalinspectors.uspis.gov](http://www.postalinspectors.uspis.gov).

## Register Today for Smart911

Smart911 is a **free** national service provided to you by your local 9-1-1 agency, the Office of Unified Communications (OUC).

Take 10-15 minutes to create a Safety Profile for your household, which includes the vital personal and medical information you would want response teams to have in the event of an emergency (including cell and work numbers). Then if you dial 9-1-1, your profile is immediately available, allowing call takers and first responders to assist you faster and more effectively.

While Smart911 is for **EVERYONE**, we especially encourage fami-

lies with special needs to register. By including information about your family's medical issues — like heart conditions, stroke history, allergies, children with special needs, seniors with mobility issues or dementia — we can help to ensure that Emergency Medical Services (EMS) will arrive with the appropriate equipment and information to help. If you or your family member cannot effectively communicate with 9-1-1, vital medical information is already available to first responders.

Smart911 is 100% private and secure. To create your Safety Profile visit [www.smart911.com](http://www.smart911.com).



Nearly 50 family caregivers and providers recently attended the D.C. Lifespan Respite Summit convened by the Office on Aging Lifespan Respite Program through a grant from the Administration on Aging. Participants shared personal caregiving stories from across the lifespan. Breakout sessions were convened to discuss resources, share challenges and barriers, and find out more about unmet needs. Participants were also asked to provide ideas for a working plan of sustainability. For more information on the Lifespan Respite Program, call 202-535-1422.

# Community Calendar

## August events

### 7th • 11:30 a.m.

Learn about elder abuse at a seminar at the Israel Baptist Church Senior Nutrition site, 1251 Saratoga Ave. NE. For more information, call Vivian Grayton at 202-529-8701.

### 8th • 11:30 a.m.

The Washington Seniors Wellness Center will host a panel discussion on financial fraud presented by the Department of Insurance, Securities and Banking (DISB). The wellness center is located at 3001 Alabama Ave. SE. For more information, call 202-581-9355.

### 9th • 10 a.m. to 1 p.m.

The KEEN Seniors program will take part in the second annual Food Moves program, an intergenerational healthy eating and movement event. There will be a variety of activities to promote healthy nutrition and fitness practices, as well as games, food demonstrations and performances. The free event will take place at Benning Park Recreation Center, 5100 Southern Ave. SE. For more information, contact the KEEN Seniors Program at 202-534-4880.

### 9th and 16th • 11 a.m.

Find out about alternative providers for gas and electric service at two programs. On Aug. 9, the seminar

will be held at the Center for the Blind & Visually Impaired, located at Israel Baptist Church, 1251 Saratoga Ave. NE. On Aug. 16, the program will be at the Green Valley Senior Nutrition Site, 2412 Franklin St. NE. For more information, call Vivian Grayton at 202-529-8701.

### 11th • 11 a.m. to 4 p.m.

The event titled "Health Fair: the State of Church and Health" is sponsored by the Ambassador Baptist Church Health Ministry in conjunction with Live Well D.C. to offer information and tools to help the church and community make healthier choices that would lead to a better quality of life. Get information about reducing stress, exercise, eating healthy, stopping smoking and more. The free fair will be held at 1412 Minnesota Ave. SE, Washington, D.C.

### 13th

Seabury Resources for Aging continues its healthy living series with a presentation on skin cancer at all of its nutrition sites. Call Vivian Grayton at 202-529-8701 for times and locations.

### 14th • 2 to 3:30 p.m.

Iona will hold an Aging in Community Advocacy Workshop entitled "Choices in Community: Access and Equity Housing Rights." Speakers at this workshop about fair housing include Barbara Cline, an advocate for equitable and affordable housing, and Sadie

Healy, special projects coordinator with the Equal Rights Center. The workshop will be held at the Tenleytown Library, second floor large meeting room, 4450 Wisconsin Ave. NW. To reserve your spot, call Lylie Fisher at 202-895-9425 or email [lfisher@iona.org](mailto:lfisher@iona.org).

### 15th 9 a.m. to 6 p.m.

Take a trip to Harrington Casino in Delaware with the East River Family Strengthening Collaborative and KEEN Seniors Program. The cost of the trip is \$30 with a \$15 rebate. Light refreshments will be served en route. Contact Robin Gantt or Chicquita Bryant at 202-534-4880 for tickets.

### 20th • 10 a.m. to 1:30 p.m.

A lunch and learn program about cataracts will be held at the Ft. Lincoln II Nutrition Center, 3001 Bladensburg Rd. NE. For more information, call Vivian Grayton at 202-529-8701.

### 27th to 31st

The D.C. Dept. of Parks and Recreation 2012 Senior Fun Camp will be held August 27-31 at Camp Riverview in Scotland, Md. Get away and have fun, with spiritual meditation, exercise and fitness, jewelry making, arts and crafts, fiber art, hand/line dancing, bingo and much more. The fee for D.C. residents is \$65 per person; non-residents are \$75 per person. For more information, call Jennifer Hamilton at 202-664-7153.

## Ambassadors Wanted

The D.C. Office on Aging is looking for persons to assist in spreading the word about programs and services that are available to assist D.C. residents age 18 and older living with disabilities, persons age 60 and older, and family caregivers of the elderly and the disabled. To find out how you can train for this very important role in the community, call 202-724-5622 for more information or email [dcoa.communications@dc.gov](mailto:dcoa.communications@dc.gov).

## 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.**

## Wellness Centers Extend Hours

D.C. seniors can enjoy extended hours this summer and year round at several of the District's senior wellness centers across the city.

Extended hours allow more individuals the opportunity to use the state-of-the-art facilities and participate in programs designed to keep them healthy in mind, body and spirit. Skip the costly gym memberships and become a member of a senior wellness center today!

### Extended Summer Hours:

**Bernice Fonteneau Senior Wellness Center (Ward 1)**  
3531 Georgia Ave. NW  
Thursdays until 6:30 p.m. with open gym, computer lab and other activities available.

Call 202-727-0338 for more information.

**Hattie Holmes Senior Wellness Center (Ward 4)**  
324 Kennedy St. NE

Alternate Tuesdays until 6 p.m., with fitness class, computer lab, billiards and other activities available

Call 202-291-6170 for more information.

### Year-Round Extended Hours:

**Congress Heights Senior Wellness Center (Ward 8)**  
3500 Martin Luther King, Jr. Ave, SE

Tuesdays & Thursdays, 5-8 p.m.,  
Open gym from 5-8 p.m. and Fitness class from 6-7 p.m.

Call 202-562-7225 for more information.

**Model Cities Senior Wellness Center (Ward 5)**

1901 Everts Street, NE  
Mondays & Wednesdays, 5:30-6:30 p.m. for fitness class  
Happy Hour every fourth Friday 5:30-8:30 p.m.

Call 202-635-1900 for more information.

**Washington Seniors Wellness Center (Ward 7)**

3001 Alabama Ave. SE  
Monday & Wednesdays, 5-7 p.m. for fitness class only.

Saturday, 10 a.m.-noon., weekend nutrition program.

Call 202-581-9355 for more information.