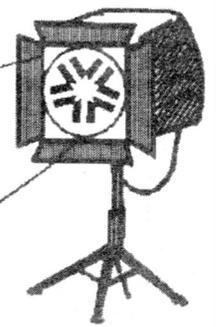


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVI, ISSUE 11

A newsletter for D.C. Seniors

November 2011



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John M. Thompson

During the month of October, which is nationally celebrated as Residents' Rights Month, I had the pleasure of participating in an event to commemorate the observance. To honor National Residents' Rights Month, the District of Columbia Long-Term Care Ombudsman Program co-hosted a luncheon at Carroll Manor Nursing and Rehabilitation Center.

The program also sponsored an arts and crafts contest for long-term care residents, and the winners were announced at the luncheon. This year's theme: "Welcome Home: Creating Connections Between Residents and the Community." Congratulations to first place winner: The Residences at Thomas Circle, second place: Deanwood Rehabilitation and Wellness Center, and third place: The Methodist Home.

What I take away from this event is the need to ensure that the residents continue to be connected to the community through a buddy system or with The Girlfriends, a group that works out of Carroll Manor and the Washington Center for Aging Services. This group pairs residents who do not have many visitors and who desire to interact with someone from outside the facility. The Girlfriends and similar groups play an integral role in the lives of vulnerable residents.

I would like to encourage each of you who can to visit persons in nursing homes, whether through a structured group or on your own. The time that you spend with them may be the only time that they receive company. As the holiday season approaches, visiting those residing in nursing homes or those who are homebound is very important. Let's show the holiday spirit in reaching out to our seniors and persons with disabilities!

Informal caregivers

November is the time of year that family caregivers are acknowledged across the country. National Family Caregivers Month is designated as a time to thank, support, educate and celebrate more than 50 million family caregivers nationally who provide an estimated \$306 billion in unpaid caregiving services. According to the Family Caregiver Alliance, the District has nearly 60,000 informal caregivers who provide \$640 million worth of informal care.

This observance is in honor of the many formal and informal caregivers who help seniors remain in their homes. Caregivers allow the frail elderly to continue living in their homes, delaying costly institutionalization, which drains family income, as well as city budgets through Medicaid reimbursement.

Informal caregivers provide dedicated service to senior citizens, children and persons with disabilities each day. The typical caregiver in the United States is a 46-year-old-female who has some college education, works, and spends more than 20 hours per week providing unpaid care to her mother. On a daily basis, caregivers deal with stress, the impact that caregiving has on family and leisure activities, constraints on their career/work, financial hardship, and unmet needs for help.

The Office on Aging and its Senior Service Network provide a variety of services to assist caregivers with their responsibilities. The award-winning D.C. Caregivers' Institute is also available to provide caregiver support, financial assistance and respite. To find out more, look inside this month's issue of "Spotlight" for more information.

Ms. Senior America Pageant



Members of the 2011 Queen's Court include, left to right: Ms. California Norma Morein, 3rd runner-up; Ms. Colorado Karen Taylor, 1st runner-up; Ms. Texas Debbie Carroll-Boyce, winner; Ms. Pennsylvania Nannette Swanson, 2nd runner-up; and Ms Georgia Cherilynn Parisv, 4th runner-up.



Ms. Senior D.C. Emma Ward poses with Ms. Senior America Pageant winner Debbie Carroll-Boyce after she was crowned Ms. Senior America at the annual contest. Boyce and Ward were among 34 ladies from across the country who competed for the title. Ms. Senior America performed a ballet piece and sang Bette Midler's "Stuff Like That There."

D.C. Office on Aging Relocates



The D.C. Office on Aging (DCOA) and the Aging and Disability Resource Center (ADRC) have relocated to 500 K St., N.E. Located on the corner of 5th and K Streets in the former Hayes School, the new DCOA Headquarters is a few blocks from the New York Avenue and Union Station Metro Stations on the Red Line. For more information or to access services and resources for persons 18 and older with a disability and all District residents age 60 and older, call 202-724-5626. District residents age 55 and older may also call 202-724-3662 for assistance with employment and training.

National Residents' Rights Month



Dr. John Thompson, executive director of the D.C. Office on Aging, observed National Residents' Rights Month at Carroll Manor with nursing home residents from facilities across the city. The luncheon also announced the winners of an arts and crafts contest that depicted the theme "Welcome Home: Creating Connections Between Residents and the Community."



D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

November events

4th, 11th, 18th • 9 a.m. to 5 p.m.

Paralegal Ebonee Avery with AARP Legal Counsel for the Elderly's Self Help Office is available by appointment at Iona Senior Services every Friday to assist seniors with answers to legal questions, complete a claims report, write a consumer complaint letter, check for benefits and more. Call Iona at 202-895-9448 for more information. Iona is located at 4125 Albemarle St., N.W.

10th • 11:30 a.m.

Seabury Resources for Aging will hold a salute to veterans at Ward 5 Senior Nutrition Centers. For a location near you, call Vivian Grayton at 202-529-8701.

10th • 6 to 9 p.m.

The D.C. Caregivers' Institute will hold a National Family Caregivers Month celebration reception at Vermont Ave. Baptist Church, 1630 Vermont Ave., N.W. The event includes a comedy show, massages, dinner and caregiver of the year award announcement. The event is free, but you must RSVP by calling 202-464-1513. Space is limited, so call today.

16th • 9 a.m. to 6 p.m.

Travel to Harrington Casino in Delaware with the KEEN Seniors Program. The trip costs \$30, but you will receive \$15 in rebates. Light refreshments will be served in route. Call Robin Gantt at 202-534-4880, ext. 110 for more information.

27th • 3 p.m.

The Choraleers of the ERFSC/Washington Senior Wellness Center will present their fall musical concert at St. John's CME Church, 2801 Stanton Rd., S.E. A freewill offering is appreciated. For more information, call 202-581-9355.

Early December events

7th • 11:30 a.m.

Attend a lunch-and-learn session about diabetes at Ward 5 Senior Nutrition Centers. For a location near you, call Vivian Grayton at 202-529-8701.

9th • 10 a.m. to 2 p.m.

Join in a Ward 4 holiday celebration at Barney Neighborhood House. The event will take place at the 19th Street Baptist Church, 4606 16th St., N.W. Call James Thompson at 202-939-9031 for more information.

District of Columbia Caregivers' Institute

The District of Columbia Caregivers' Institute (DCCI) is a resource funded by the District of Columbia Office on Aging. The purpose of the Caregivers' Institute is to support unpaid caregivers residing in the District of Columbia who have primary responsibility for older, vulnerable D.C. residents.

The District of Columbia Caregivers' Institute strives to be a one-stop, centralized resource to help caregivers make critical decisions, develop and implement a Caregiving Support Plan, advocate for themselves and the older person, and participate in activities designed for personal rejuvenation.

With support, training and assistance, many caregivers are better able to care for themselves as well as the older person that they help.

Program Eligibility Criteria

To enroll in the District of Columbia Caregivers' Institute, you **MUST** meet the following program requirements:

You must be a D.C. resident providing uncompensated care for an elder (60 and older) who is also a D.C. resident. Caregiving must create a financial burden for you. In addition, you must meet **two of five** eligibility criteria as a caregiver:

1. You care for an elder who needs help because of physical or mental limitations.
2. The elder you care for has low to moderate income.
3. You are experiencing stress related to caregiving.

4. You need support to assist with caregiving.

5. To avoid moving into a nursing home or assisted living facility, the elder needs you.

If you meet at least two of the above requirements, call 202-464-1513 to be placed on the waiting list.

Practical Tips

Depending upon your elder's care needs, it may be difficult to find time for yourself, but here are some tips from DCCI to consider:

- Don't feel guilty about taking a break.
- Get help. Use services like adult day care or home health.
- Send others to the doctor with the elder after the initial meeting.
- Sleep when the elder sleeps.
- Schedule "me" time and mark it on your calendar.
- Start taking respite (breaks) in short intervals and gradually build up the time away. Realize that respite is not an option; it's a necessity.
- Although it may be preferable to have someone stay with the elder at all times, it may not be realistic. Make sure elders are safe and comfortable if you have to leave them alone for short periods.
- Tell a trusted neighbor that your elder is alone so you can be contacted in case of an emergency.
- Train other family members, neighbors or friends to take care of the elder.
- Recognize that you can't do it alone.

D.C. Public Service Commission Will Convene Public Hearings for Pepco's Request for a \$42.1 Million Rate Increase

Those who wish to testify at the community hearings for Pepco's Formal Case No. 1087 should contact the Commission Secretary at 202-626-5100 by close of business three business days prior to the date of the hearing.

Representatives of organizations will be permitted a maximum of five minutes for oral presentations. Individuals will be permitted a maximum of three minutes for oral presentations.

If an organization or an individual is unable to offer comments at the community hearings, written statements may be submitted to:

Public Service Commission of the District of Columbia

1333 H St., N.W., Suite 200, West Tower
Washington, DC 20005

For more information, contact 202-727-3071.

Community hearings will take place as follows:

Ward 1

Columbia Heights Recreation Center
1480 Girard St., N.W.

Monday, Nov. 21, 11 a.m.

Ward 2

D.C. Public Service Commission, Hearing Room

1333 H Street, N.W., 7th Floor East Tower

Wednesday, Nov. 9, 11 a.m.

Ward 3

Chevy Chase Recreation Center
5601 Connecticut Ave, NW

Friday, Nov. 18, 11 a.m.

Ward 4

Emery Recreation Center
5801 Georgia Ave., N.W.

Wednesday, Nov. 9, 6:30 p.m.

Ward 5

Bethesda Baptist Church

1808 Capitol Ave., N.E.

Monday, Nov. 21, 6:30 p.m.

Ward 6

King Greenleaf Recreation Center
201 N St., S.W.

Tuesday, Nov. 22, 10 a.m.

Ward 7

Deanwood Recreation Center
1350 49th St., N.E.

Saturday, Nov. 19, 11 a.m.

Ward 8

Thurgood Marshall Public Charter School

2427 Martin Luther King, Jr. Ave., S.E.

Tuesday, Nov. 8, 6 p.m.

SPOTLIGHT ON AGING

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race,

color, religion, national 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.

Online Caregiver Respite Tool

A new online tool allows caregivers to search for services based on their needs. The Lifespan Respite Programs is happy to announce that D.C. respite providers are now listed on the National Respite Locator Service, <http://archrespite.org/respitelocator>. Respite providers interested in being listed through the National Respite Locator Service should enter their information. District caregivers can find services that are available to them.