

Celebrating 40 Years

DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging

VOLUME XXVII, ISSUE 2

A newsletter for D.C. Seniors

February 2016



ACTING EXECUTIVE DIRECTOR'S MESSAGE

*By Laura Newland
Acting Executive Director, D.C. Office on Aging*

We survived Winter Storm Jonas! More than 20 inches of snow fell in the District, but we didn't let that stop us from making sure seniors and people with disabilities were safe. This was my first emergency event as Acting Executive Director of the D.C. Office on Aging, and I am proud to be a part of such a strong, committed District government team that is so responsive to those who need us the most.

Before the storm, the Bowser Administration prepared extensively to minimize the disruption to the District. Under Mayor Bowser's leadership, the District's Homeland Security and Emergency Management Agency (HSEMA) worked around the clock to coordinate the District's emergency response across District agencies, including the D.C. Office on Aging.

DCOA relies on its sister agencies to do our work effectively, and this storm was no different. Prior to the storm, DCOA helped advertise the services of the D.C. Resident Snow Team coordinated by Serve D.C., which deployed hundreds of volunteers after the storm to shovel sidewalks for District seniors and people with disabilities.

During the storm, 311 and the Office of Unified Communications fielded thousands of calls from District residents, and were able to route them to the appropriate agencies as needed. DCOA received several calls about heating and food access concerns, and I'm proud to say that our agency stepped up to the challenge and assisted as needed.

When we were concerned about whether or not our vehicles would be able to navigate the streets to deliver meals to seniors who are enrolled in our home-delivered meals program, HSEMA immediately connected with the Office of Contracting and Procurement to help us get an emergency contract in place that would allow us to maintain continuity of services.

The Department of Public Works (DPW) also worked with us to ensure that we could access streets for people who needed transportation to life-sustaining medical appoint-

ments. DPW worked tirelessly to make sure our most vulnerable seniors and people with disabilities had uninterrupted emergency transportation services.

When there were concerns about home health aides leaving early, or not being able to get to the homes of seniors and people with disabilities who rely on assistance for daily activities, we worked closely with the Department of Health Care Finance (DHCF), which ensured that all of their contracting home health agencies had emergency plans and followed through in providing the services that District residents who are most at risk need.

Mayor Bowser coordinated a city-wide effort, #DCDigOut, to ensure streets were cleared as quickly as possible, and after the snow finally stopped, she continued to encourage residents to clear sidewalks to accommodate wheelchairs and strollers.

We're proud to say that the District was the first local government in the District/Maryland/Virginia area to dig out and open its doors — Mayor Bowser knows that many people rely on District government being open to receive much-needed services. Not everyone needed it, but for those who did, it was worth it for us at DCOA to dig out and make our way in.

Through all of this, I was in constant touch with the Deputy Mayor for Health and Human Services, Brenda Donald, to ensure DCOA had everything we needed to take care of our seniors and people with disabilities.

All of this coordination is just a glimpse of the coordination it took to weather Winter Storm Jonas. I want to personally thank my sister agencies, essential and emergency personnel, volunteers, National Guard and Mayor Bowser for helping us ensure the health and safety of District seniors and disabled residents. I've seen enough snow this winter, but I know that if we get another storm, we'll be ready to be there for our District residents, just like we were during Winter Storm Jonas.

Helping Homeless Women

The Retired and Senior Volunteer Program and members of the D.C. Seniors Cameo Club participated in a Martin Luther King, Jr. "Day of Service" at New Endeavors by Women (NEW), a home for homeless women in the District.

The groups performed for the women with inspirational dance, poetry and song, and provided them with words of encouragements and gifts. Both the participants and the groups themselves benefitted from the interaction.

NEW transforms lives by providing housing, fostering the development of life skills, and promoting education and employment to end the cycle of homelessness.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

Heart attacks in women undertreated, experts say



By American Heart Association News

Heart attacks in women can have different causes and risks than in men, according to a new scientific statement. But most concerning to experts is that women are being undertreated.

Nearly 50,000 women died from heart attacks in 2014, according to the National Center for Health Statistics at the Centers for Disease Control and Prevention (CDC). Heart attacks occur when arteries that supply blood to the heart become partially or totally blocked, reducing blood flow and damaging the heart muscle.

The new statement from the American Heart Association is its first to address heart attacks in women.

Plaque, the gunky substance that clogs arteries and contributes to blood clots, forms differently in some women, said Laxmi Mehta, M.D., the statement's lead author and director of the women's cardiovascular health program at the Ohio State University Medical Center in Columbus.

In certain women, especially younger ones, the plaque doesn't bulge as much into the artery, making it less conspicuous and more difficult for doctors to diagnose on routine tests. But it can still form

a blood clot and lead to a heart attack.

Stents may not be as effective in treating this type of less-obstructive plaque, according to the statement. Alternative treatments — such as suctioning out a clot or delivering clot-busting medication directly to it — require more research, the authors said.

Even after a heart attack, women without significant obstructions in their arteries may not receive the medications and treatments they need, Mehta said.

Some other differences between men and women include:

- During a heart attack, women and men often feel chest pain, but women may experience uncommon symptoms such as back, arm, neck or jaw pain, or have nausea, weakness and a sense of dread.

- Women wait longer to get treated — the median delay is about 54 hours in women and 16 hours in men.

- Both sexes share heart attack risk factors, but Type 2 diabetes and high blood pressure are more potent for women.

- Women who sur-

vive a heart attack are more likely to have complications in the hospital such as shock, bleeding or heart failure. Mehta said some physicians do not follow medical guidelines, and some women do not take prescribed medications or participate in cardiac rehabilitation, which can result in long-term complications.

- Depressed women have a 50 percent higher risk of heart attack. It's unclear how depression raises risk, but Mehta said depressed patients are more likely to not follow a healthy lifestyle.

The statement also addresses racial differences among women. Black women, for example, have more heart attacks than whites and are less likely to be referred for cardiac catheteriza-

tions or bypass surgery — important treatments for restoring blood flow to coronary arteries.

Plus, black and Hispanic women are more likely to have heart-related risk factors such as diabetes, obesity and high blood pressure.

More research is needed to better understand heart attacks in women, Mehta said. Women represent only about one in five participants in cardiovascular disease clinical trials, according to the statement. Considerable knowledge gaps remain, and poor outcomes for women “likely reflect both bias and biology,” the authors said.

“Research is power,” said Mehta. “It's the only way for us to better understand heart attacks in women.”

2016 Saturday Respite Program

Program Overview

The D.C. Office on Aging (DCOA) is happy to announce DCOA's Saturday Respite program dates for 2016! This program gives a 4-hour break to caregivers of individuals with Alzheimer's disease, and related disorders. Participants engage in interactive stimulating activities promoting social interaction. Please see scheduled program dates, program site, contact information, and hours of operation below.

Program Operation Dates

January 2, 2016	June 11, 2016
January 9, 2016	June 25, 2016
January 23, 2016	July 9, 2016
February 6, 2016	July 23, 2016
February 20, 2016	August 6, 2016
March 5, 2016	August 20, 2016
March 19, 2016	September 3, 2016
March 26, 2016	September 17, 2016
April 2, 2016	
April 16, 2016	
April 30, 2016	
May 14, 2016	
May 28, 2016	



Program Coordinator:

Aisha Bailey
Email: aisha.bailey@dc.gov
Phone: (202) 341-5883

LOCATION AND TIME:

WASHINGTON SENIORS WELLNESS CENTER

3001 ALABAMA AVENUE, SE
WASHINGTON, DC 20020

RESPITE PROGRAM: 10AM - 2PM

ENROLLMENT ELIGIBILITY:

- ◆ AGE 60 YEARS OR OLDER
- ◆ LOW TO MODERATE INCOME
- ◆ HAS MILD TO MODERATE DEMENTIA AND/OR MEMORY LOSS
- ◆ D.C. RESIDENT (PRIORITY GIVEN TO RESIDENTS OF WARDS 7 OR 8)
- ◆ NEEDS MINIMAL ASSISTANCE WITH PROMPTING AND/OR CUEING

For questions or to make a referral, please contact DCOA's Aging and Disability Resource Center at: (202) 724-5626. We look forward to hearing from you!



Dry AMD Research Initiatives 2016

Macular Degeneration Awareness Month is celebrated in February, and education is the very first, and arguably the most important, step in fighting this disease. “Dry” age-related macular degeneration (AMD) affects 80 to 90 percent of people with AMD.

Celebrate “Macular Degeneration Awareness Month” with Emily Chew, M.D., lead investigator at the National Eye Institute of the landmark AREDS2 Vitamin Study, as she discusses current dry AMD research initiatives to protect existing sight. Everyone is welcome!

Light refreshments and validated garage parking adjacent to the Sibley Medical Building are included at this free event,

presented in partnership with the Prevention of Blindness Society of Metropolitan Washington and Sibley Senior Association.

Guest Speaker:

Emily Chew, M.D., National Eye Institute at National Institutes of Health

Deputy Director, Epidemiology/Clinical Applications and Deputy Clinical Director, NEI/NIH

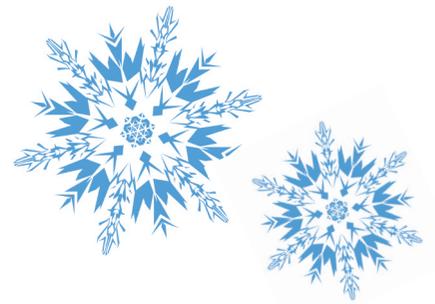
Sunday, Feb. 28

1:30 to 3 p.m.

Sibley Medical Building, Conference Room 2
5215 Loughboro Road NW, Washington, DC

For more information and to register, call Sibley Senior Association at 202-364-7602.

Snow Safety Tips



Shoveling Safely

Are you elderly or disabled and need help shoveling snow? Call 311 for help from the Mayor's Resident Snow Team.

Clear snow and ice from sidewalks and steps next to your home and/or business. DC law requires residents to remove snow from sidewalks and steps within eight hours of daylight after the snow stops.

Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack — a major cause of death during the winter.

Give yourself a break. Take frequent rest breaks during shoveling so you don't overstress your heart. Pay attention to how your body feels during those breaks.

Don't eat a heavy meal prior or soon after shoveling. Eating a large meal can put an extra load on your heart.

Use a small shovel or consider a snow thrower. The act of lifting heavy snow can raise blood pressure acutely during the lift. It is safer to lift smaller amounts more times, than to lug a few huge shovelfuls of snow. When possible, simply push the snow.

Learn the heart attack warning signs and listen to your body, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save

lives — maybe your own. Don't wait more than five minutes to call 9-1-1.

Don't drink alcoholic beverages before or immediately after shoveling. Alcohol may increase a person's sensation of warmth, and may cause them to underestimate the extra strain their body is under in the cold.

Winter Storm Tips for Pedestrians

- Dress properly for the weather, including a hat, scarf, coat, gloves, socks and water-resistant shoes or boots.

- Walk slowly and carefully.

- When walking at night, wear outer clothing that contrasts with the white snow.

- When walking during the day, wear sunglasses to protect your eyes from glare.

- Give yourself plenty of time to get where you are going.

Tips to Prevent Cold-Related Illness

The best way to prevent hypothermia and frostbite is to stay inside. If you must go outside, here are some tips to stay warm and frostbite-free:

- Wear layers of loose, warm clothes; wool is best.

- Wear mittens (they are better than gloves), a hat that covers your ears, and well-fitting, waterproof boots.

- If you are outside, cover your mouth to protect your lungs from the extreme cold. Do your best to stay

out of the wind.

- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.

- Do not put dry feet and socks into wet boots. If dry boots are not available, put on clean, dry socks, then slip a plastic grocery or trash bag over socks before placing feet into wet boots.

- Don't drink alcohol or caffeinated beverages or smoke cigarettes.

- Avoid taking the young and old outside in extreme cold. They are most susceptible to the cold.

Supplies You Should Have Before a Snow Storm:

- NOAA Weather Radio or battery-powered or hand-crank radio to receive weather reports and emergency information.

- Flashlight and extra batteries.

- Extra food and water. High-energy food, such as dried fruit or candy, and food requiring no cooking or refrigeration are best.

- Special supplies (such as medications) for seniors, family members with disabilities, infants, young children and pets.

- First-aid supplies.

- Emergency heating source, such as a fireplace, wood stove, space heater, etc.

- At least a three-day supply of water (one gallon per person per day). Store in sealed, unbreakable containers.

- A three-to-five-day supply of non-perishable canned food and a non-electric can opener.

- Working fire extinguisher and smoke detector.

- Change batteries in all your equipment at least once a year. An easy way to remember is to do it when you turn your clocks back in the fall.

- Have rock salt to melt ice on walkways.

- Snow shovels and other snow removal equipment.



Snow shoveling tips

The National Safety Council recommends the following tips to shovel safely:

1. Do not shovel after eating or while smoking.
2. Take it slow and stretch out before you begin.
3. Shovel only fresh, powdery snow; it's lighter.
4. Push the snow rather than lifting it.
5. If you do lift it, use a small shovel or only partially fill the shovel.
6. Lift with your legs, not your back.
7. Do not work to the point of exhaustion.
8. Don't pick up the shovel without a doctor's permission if you have a history of heart disease. If you feel tightness in the chest or dizziness, stop immediately.



Community Calendar

February

2nd • 6:30 p.m.

Iona Senior Services presents "Opera Gems" in collaboration with Washington Concert Opera (WCO). Led by WCO co-founder Peter Russell, join an engaging and insightful lecture on Donizetti's *La Favorite* and the French grand opera tradition. Tickets are \$10 (refreshments included). Iona is located at 4125 Albemarle St. NW. Call 202-895-9407 to reserve your seat.

3rd • 6 to 8 p.m.

Iona hosts a workshop titled "Health and Fitness: Developing Healthy Habits," facilitated by physical therapist Dr. Jason Dring. There is a suggested donation of \$10. Iona is located at 4125 Albemarle St. NW. RSVP to community@iona.org.

5th • noon to 2 p.m.

LeadingAge presents a free lunch & learn workshop, "What is Mixed Media?" There will be a discussion and a collage project by four artists. Bring your own lunch. It will take place at 2519 Connecticut Ave. NW. For more information, call 202-895-9407.

6th • 10:30 a.m. to noon

The nondenominational Christian group D.C. Women Aglow will meet at Providence Hospital, 1150 Varnum St. NE. For more information, contact Alice Thompson at 202 535-1321.

6th and 13th • 11 a.m. to 2 p.m.

The Senior Sensations Life Skills Course will be held at the Community Church of Washington, D.C., 1610 T St. SE. For more information, contact Alice Thompson at 202-535-1321.

8th • 10 a.m. to 2 p.m.

Alpha Kappa Alpha, Xi Omega Chapter presents Ward 4 Go Red Day for Heart Health at 4411 14th St. NW. For more information, contact Alice Thompson at 202-535-1321.

9th and 17th • 12:30 to 2 p.m.

Iona's Lunch & Learn program will be held on Feb. 9 and 17. Feb. 9 features printmaker Lila Oliver Asher, artist in residence. Special guest artist Maureen Moore, who makes jewelry, will speak on Feb. 17. Receive a free boxed lunch and hear about the artistic process, tour the gallery and more. Iona is located at 4125 Albemarle St. NW. RSVP to 202-895-9407.

10th • noon to 2 p.m.

The D.C. Office on Aging will make a brief presentation at a meeting of the Washington Highlands AARP Chapter. It will take place at Covenant Baptist Church, 3845 S. Capitol St. SW. For more information, contact Alice Thompson at 202-535-1321.

10th • 6 to 8 p.m.

Iona presents a workshop titled "Keep It All Square, Down There: Pelvic Floor and Sexual Health for Women," facilitated by Medstar physical therapist Lauren Wohl. There is a suggested donation of \$10. Iona is located at 4125 Albemarle St. NW. RSVP to community@iona.org.

12th • 12:30 to 2:30 p.m.

Registered dietitian/licensed nutritionist Rose Clifford presents "Healthy Food Demonstration: What's on the Menu for 2016?" at Iona, 4125 Albemarle St. NW. There is a suggested donation of \$10. RSVP to community@iona.org.

16th • 11:30 a.m.

Seabury Resources for Aging is holding a town hall meeting at Gettysburg (Ft. Lincoln I), 2855 Bladensburg Rd. NE. For more information, call Norma Hardie at 202-529-8701.

17th • 10:30 a.m.

There will be a Ward 5 Mini Commission meeting at the Seabury Ward 5 Office, 2900 Newton St. NE. For more information, call Norma Hardie at 202-529-8701.

17th, 18th, 23rd and 24th • 11 a.m.

Seabury Resources for Aging presents "Senior Financial Fraud Prevention: Money Smart for Older Adults" on four dates. On Feb. 17 it will be held at the Vicksburg Apartments (Ft. Lincoln IV), 3005 Bladensburg Rd. NE; on Feb. 18 it will be at Petersburg Apartments (Ft. Lincoln III), 3298 Bladensburg Rd. NE; on Feb. 23 the program will take place at Senior Village 1 (Ft. Lincoln II), 3001 Bladensburg Rd. NE; and on Feb. 24 it will be held at Gettysburg Apartments (Ft. Lincoln I), 2855 Bladensburg Rd. NE. For more information, call Norma Hardie at 202-529-8701.

17th • 6 to 8 p.m.

The Take Charge/Age Well Academy at Iona presents "Cyber Security: Tips and Tricks to Stay Protected," facilitated by Pam Holland of TechMoxie.com. Iona is located at 4125 Albemarle St. NW. There is a suggested donation of \$10. RSVP to community@iona.org.

22nd • 12:15 p.m.

Bruce Rathbun of AARP's Legal Services for Older Adults will make a presentation at Petersburg (Ft. Lincoln III), 3298 Bladensburg Rd. NE. For more information, call Norma Hardie at 202-529-8701.

24 • 10:30 a.m.

The Model Cities Senior Wellness Center, located at 1901 Evarts St. NE, will present "African American Clowns and Comedians." Take a look at these forms of entertainment in history. For more information, call Monica Carroll at 202-635-1900.

25th • 10:30 a.m.

A black history celebration will be held at the Center for the Blind and Visually Impaired, 2900 Newton St. NE. For more information, call Norma Hardie at 202-529-8701.

25th • 7 to 8:30 p.m.

At a Neighborhood Advisory Committee (ANC) meeting held by Commissioner Theresa Jones, there will be a brief presentation by the D.C. Office on Aging. The meeting will be held at Hadley Hospital, 4611 Martin Luther King, Jr. Ave. SE. For more information, contact Alice Thompson at 202-535-1321.

26th • 12:30 to 2:30 p.m.

Iona's Director of Community Engagement Lylie Fisher presents the program, "Put Your Skills to Good Use: Finding Engaging Volunteer Opportunities." There is a suggested donation of \$10. Iona is located at 4125 Albemarle St. NW. RSVP to community@iona.org.

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.

Join Congress Heights Senior Wellness Center

Begin living a healthier lifestyle by becoming more active. Start participating in a wellness program near you, and begin an exercise program that fits your needs and abilities — whether chair exercise, aerobics, tai chi, weight and strength training, and much more.

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