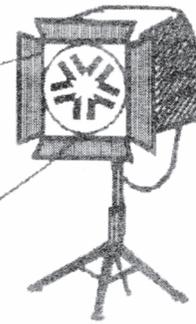


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 5

A newsletter for D.C. Seniors

May 2017



EXECUTIVE DIRECTOR'S MESSAGE

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

Happy Older American's Month! We at the D.C. Office on Aging are proud to celebrate how our older residents are redefining aging every day. You're proving that aging does not mean getting old; it means living your best life every day! Take a look at our community calendar for Older American's Month celebrations happening throughout the District.

Last month, I had the pleasure to present Mayor Muriel Bowser's fiscal year 2018 budget, "DC Values in Action, a Roadmap to Inclusive Prosperity," and the investments made to support seniors, people with disabilities and caregivers. To view the full testimony, visit: www.dcoa.dc.gov.

With an increase of nearly 11 percent over this fiscal year, DCOA's proposed budget will enable the agency to continue to combat isolation, promote wellness, support aging in place, invest wisely and listen to the community. These are our D.C. values, and I'm proud to say that the Mayor's budget exemplifies these values in action.

Combating Isolation: The FY 18 budget will ensure seniors and people with disabilities most at risk of isolation have access to social, health, and wellness activities with an additional \$459,000 invested to expand transportation services to Senior Wellness Centers. The budget will also enable us to continue to host events to celebrate District seniors, including the Centenarian Salute, Ms. Senior D.C., the Senior Symposium and the Mayor's Annual Holiday Celebration.

Promoting Wellness: Thanks to the Mayor's \$350,000 investment toward senior wellness, we will be

supporting additional senior activities in Department of Parks and Recreation (DPR) sites through the Senior Fit & Well program. We will also be piloting a Virtual Senior Wellness Center in wards that do not currently house brick-and-mortar sites. We are looking forward to working with our community partners, advocates and providers to develop this model, and hope to expand it in all eight wards after learning what works.

Supporting Aging in Place: We will continue the successful Safe at Home program with \$3 million allocated in our baseline budget. Through this program, we are serving nearly 600 residents, installing preventative adaptations such as bathtub cuts, chair lifts and furniture risers, enabling them to continue living safely in their own homes as they age. In addition, \$300,000 will be committed to senior villages. We will be looking for input from the community on how we can best support the senior village model as an effective and sustainable community-driven solution for aging in place.

Investing Wisely: We will continue to make smart spending decisions and ensure that our local dollars are invested effectively, our programs are meeting the changing needs of our community, and that we are accountable and transparent with our funds. This means that when we make decisions, no matter how small, our decisions are driven by the answer to one question: What's best for the community we serve?

Listening: Our most important

See **DIRECTOR'S MESSAGE**, page 31

Community Calendar

May events

4th • 10 a.m. to 2 p.m.

Washington Senior Wellness Center presents the East of the River Older Americans Health and Safety Fair. The center is located at 3001 Alabama Ave. SE. For more information, call Alice A. Thompson at 202-535-1321.

4th, 18th and 25th • 10:30 a.m. to noon

There will be a diabetes self-management workshop at the Center for the Blind and Visually Impaired, 2900 Newton St. NE. For more information, call Tinya Lacey, community planner/outreach coordinator, at 202-529-8701

8th, 15th and 22nd • noon

Make an appointment to meet with Bruce Rathbun of AARP Legal Services for Older Adults at the Center for the Blind and Visually Impaired, 2900 Newton St. NE. For more information, call Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

10th • 7 to 9 p.m.

The D.C. Office on Aging will provide information on its resources and services at the Human Rights Campaign Equality Center, 1460 Rhode Island Ave. NW. For more information, call Alice A. Thompson at 202-535-1321.

11th • 10 a.m. to 2 p.m.

Enjoy a "Community Senior Day Out" at North Michigan Park, 1333 Emerson St. NE. The event is free for Ward 5 residents age 60 and older. For more information, call Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

11th • 10:30 a.m.

Visit the Amish Market on Brown Station Road in Upper Marlboro, Md., with the congregate meal program of the Washington Senior Wellness Center, 3001 Alabama Ave. SE. To learn more, call 202-581-9355

12th • 10:30 a.m. to 1:30 p.m.

The 5th Annual CPDC and Emmaus Aging in Community Health and Wellness Fair will be held at the R.I.S.E. Demon-

stration Center, 2730 Martin Luther King Jr. Ave. SE. It is supported by the D.C. Office on Aging. To learn more, contact Dr. Katrina Polk at 202-885-9575.

18th • 10:30 a.m. to 2:30 p.m.

The D.C. Office on Aging will support the first annual Robert L. Walker House Older Americans Month "Age Out Loud" celebration. It will be held at 2201 Savannah St. SE. For more information, call Alice A. Thompson at 202-535-1321.

18th • 5 to 9 p.m.

Take a whirl around the dance floor at the annual Ward 7 Prom for Seniors. This year's theme is "Sparkling Night — the Roaring '20s." There will be dinner, dancing and a special guest. The event is held in celebration of Older Americans Month by the East River Family Strengthening Collaborative. Music will be played by WPFW DJ Nate D. Skate. For more information, call Robin Gantt at 202-534-4880, ext. 110 or Chicquita Bryant, at ext. 125.

19th • 10:30 a.m. to 2 p.m.

Terrific, Inc. holds its Older Americans Month celebration with the theme "Age Out Loud." It will be at the Nineteenth Street Baptist Church, 4606 16th St. NW. For more information, call Alice A. Thompson at 202-535-1321.

20th • 1 to 3:30 p.m.

The Shrine of the Blessed Sacrament Catholic Church will hold its First Annual Resource Fair, sponsored by D.C. Office on Aging. The fair will be at 3630 Quesda St. NW. Contact Pat Kavanaugh at 202-449-3987 to learn more.

26th • 2 to 3:45 p.m.

Chevy Chase House presents its First Annual Resource Fair at 5420 Connecticut Ave. NW. Learn more by calling Morgan or Vicki at 202-686-5504

31st • 10 a.m. to 2 p.m.

Model Cities Senior Wellness Center holds its Older Americans Month celebration with the theme "Age Out Loud." It will be at 1901 Everts St. NE. For more information, call Alice A. Thompson at 202-535-1321.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

May is Older Americans Month

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice — one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are

working longer, trying new things and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others.

What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017



Happy Older Americans Month! DC older adults are "Aging Out Loud!" They are advocating for themselves and making their voices heard, volunteering in their communities, performing for their peers and others in the community, and making a difference overall.

Director's message

From page 30

value is listening to the community — not just when decisions need to be made, but every day. How else can we answer the question of what's best for the community we serve, if we don't listen? We need seniors and people with disabilities to drive the conversation on what it means to age well in this city. And we

need to be adaptable and open to change, when necessary. We will continue advocating on behalf of our community, working closely with our sister agencies to ensure that your voices are amplified and your needs are appropriately addressed.

These are our D.C. values, and these are the values that make D.C. the best city in the world to age! We're proud of the work we've done, and we're especially proud of what we can accomplish together with these shared values.

Join in the Brain Games

The DC Brain Games is a city-wide trivia competition — inspired by Tennessee's Senior Brain Games — to promote brain health and aging. The Games will commence in May in honor of Older Americans Month, and continue through June, which is Alzheimer's and Brain

Health Awareness Month.

If you would like to sign up to be on a team, or if you would like to register your team of three to four people to participate in the Brain Games competition, contact your Lead Agency or Senior Wellness Center director.

SPOTLIGHT ON AGING

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The Office on Aging is in partnership with the District of Columbia Recycling Program.



SAVE THE DATE

9TH ANNUAL DC HOUSING EXPO & HOME SHOW
Saturday June 24, 2017 | 10 am - 3 pm
Walter E. Washington Convention Center

This ONE STOP SHOP offers resources for homeowners, homebuyers, small businesses, tenants and landlords.

JUST FOR SENIORS: Workshops promoting healthy, active and independent lifestyles.

★ **FREE Credit Reports and Credit Counseling**

Sponsored by DC Department of Housing and Community Development and Greater Washington Urban League

For details call 202-442-7200 or visit dhcd.dc.gov/2017expo.

