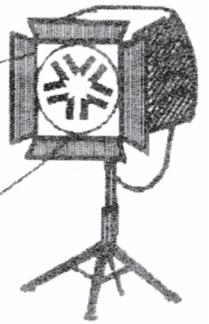




DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXVI, ISSUE 6

A newsletter for D.C. Seniors

June 2015



## EXECUTIVE DIRECTOR'S MESSAGE

By John M. Thompson, Ph.D., CPM, FAAMA

It has been an extraordinary privilege and honor to serve the District of Columbia seniors, persons living with disabilities, and family caregivers since assuming my position as executive director of the Office on Aging in 2011. In addition to helping the District's citizens, it is a blessing to meet so many wonderful people. One person that has been truly a delight is Ms. Sue Barnes, a resident of Ward 5 and a senior Olympian.

Sue Barnes was born in St. Louis, Missouri on November 18, 1927. She attended Stowe Teacher's College, LeMoyne College, and Howard University where she pledged Zeta Phi Beta in 1948. After college, Ms. Barnes was hired by the U.S. Corps of Engineers as a geodetic technician. A geodetic technician examines the measurement and representation of the Earth, including its gravitational field, in a three-dimensional time-varying space. She also examined geodynamical phenomena such as crustal motion, tides, and polar motion.

As you can see, Ms. Barnes is a very intelligent person! While at the Corps of Engineers, her employer paid for her to complete cartographic school, which eventually led to promotions and a 31.5 year career with the agency, when she retired in 1982. However, retirement did not lead to Ms. Barnes just sitting back and allowing time to pass by her.

In 1987, at the age of 60, she became a running enthusiast. She said she was inspired to take up this sport because people were beating her in tennis. In 1989, she returned to her birthplace of St. Louis to represent Washington, D.C. as a senior Olympian, where she competed in track and field.

In addition to being so physically fit, Ms. Barnes is a great woman of wisdom who dedicates her time with so many organizations. Some of these organizations include Ward 5 Mini- Commission on Aging, George Washington University's Health Insurance Counseling Project, Seabury Advisory Board, and Brooklyn Post Office Advisory Board. Additionally,

she has served as a fitness instructor at Trinity College and at Fort Davis Recreation Center for a number of years.

In addition to giving her time to large organizations, she also spends one-on-one time helping people. In fact, I happen to be one of those individuals! Ms. Barnes has taken on the role of being my physical trainer and life coach, as she frequently advises me on how to find the proper work-life balance by being more physically active and eating right.



Her guidance, passion for helping others, and wisdom have been such a tremendous blessing in my life. As a result of Ms. Barnes' coaching, I began exercising daily by walking and/or riding a bicycle.

My purpose in spotlighting Ms. Barnes is to demonstrate to other seniors that you have so much talent to share with the younger generation. We are ready to learn from you!

Whether you are interested in working with returning citizens or students at D.C. Public Schools, I am confident that we have a great opportunity for you. We are flexible about your time commitment and just encourage you to be engaged in your community, as it keeps you mentally stimulated and vibrant.

Please call us at 202-724-5622 to learn about our intergenerational programs and other volunteer opportunities.

## Ms. Senior D.C. Pageant



Witness the selection of Ms. Senior D.C. 2015 as District women 60 years of age or older compete for the title. Judging is based on a personal interview, philosophy of life, evening gown and talent presentations.

**"The Women in The Mirror"**  
**Sunday, June 28 • 2:30 p.m.**

**University of the District of Columbia**  
**4200 Connecticut Avenue, NW, Building 46**  
*Fee for parking in UDC Garage, street parking available*

**Donation: \$20**

**For ticket information contact:**  
**Daisy J. Savage, 202-829-0423**  
**Margaret Winston, 202-562-1291**

Presented by the D.C. Office on Aging and the Senior Service Network DC Seniors Cameo Club



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

## D.C. OFFICE ON AGING NEWSLETTER

# New Brain Health Campaign

The D.C. Office on Aging is launching its D.C. Brain Health Campaign in partnership with the Alzheimer's Association and memory screeners throughout the District of Columbia. This campaign comes at the perfect time, as June is also Alzheimer's and Brain Awareness Month.

Be on the lookout for DCOA's Brain Health Day Tour, to take place at each of its Senior Wellness Centers throughout the District. Brain Health Day events will include seminars addressing the 10 warning signs of Alzheimer's Disease and the importance of a healthy brain. Events will also include free memory screenings,

giveaways and prizes.

Additionally, DCOA will be providing tips and resources on social media to help you understand and navigate Alzheimer's Disease and Related Disorders (ADRD), and intensifying its efforts to implement the District's Alzheimer's State Plan.

For dates and times of each Brain Health Day, see box on this page. For a list of DCOA's dementia specific programming, contact DC Office on Aging at 202-724-5626.

To review the District's Alzheimer's State Plan, check out the DCOA website at <http://dcoa.dc.gov/publication/district-columbia-state-plan-alzheimers-disease-2014-2019>.

# June is Men's Health Month!

Anchored by a Congressional health education program, Men's Health Month is celebrated across the country to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives healthcare providers, public policy makers, the media and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Visit or call a wellness center to see how you can participate!

## Bernice Fonteneau Senior Wellness Center (Ward 1)

3531 Georgia Ave. NW • 202-727-0338

## Hattie Holmes Senior Wellness Center (Ward 4)

324 Kennedy St. NW • 202-269-6170

## Model Cities Senior Wellness Center (Ward 5)

1901 Evart St. NE • 202-635-1900

## Hayes Senior Wellness Center (Ward 6)

500 K St. NE • 202-727-0357

## Washington Seniors Wellness Center (Ward 7)

3001 Alabama Ave. SE • 202-581-9355

## Congress Heights Senior Wellness Center (Ward 8)

3500 Martin Luther King, Jr. Ave. SE • 202-563-7225

## DC Brain Health Campaign



## DC Brain Health Day Tour

- ◆ Workshops on the importance of Brain Health, 10 warning signs
- ◆ FREE Memory Screenings
- ◆ Prizes and Giveaways!

Date/Time: Tuesday **May 26th** \* 10:30 a.m.—1:00 p.m.  
Location: Hattie Holmes Senior Wellness Center (Ward 4)  
324 Kennedy Street, NW \* Washington, DC 20011

Date/Time: Thursday **June 4th** \* 1:30 p.m.—4:00 p.m.  
Location: Model Cities Senior Wellness Center (Ward 5)  
1901 Evarts Street, NE \* Washington, DC 20018

Date/Time: Tuesday **June 9th** \* 1:30 p.m.—4:00 p.m.  
Location: Bernice Fonteneau Senior Wellness Center (Ward 1)  
3531 Georgia Avenue, NW \* Washington, DC 20010

Date/Time: Tuesday **June 16th** \* 10:30 a.m.—1:00 p.m.  
Location: Congress Heights Senior Wellness Center (Ward 8)  
3500 Martin Luther King, Jr. Avenue, SE \* Washington, DC 20032

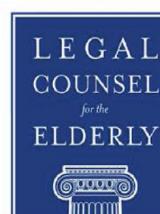
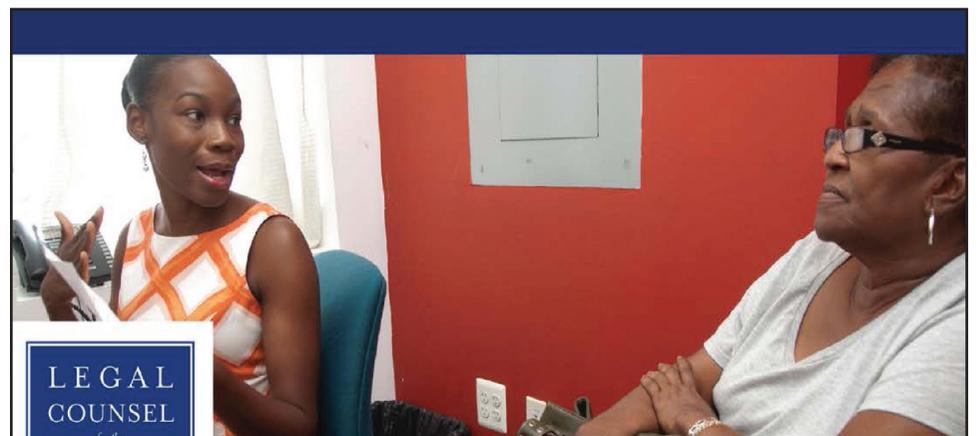
Date/Time: Tuesday **June 23rd** \* 12:00 p.m.—2:30 p.m.  
Location: Hayes Senior Wellness Center (Ward 6)  
500 K Street, NE \* Washington, DC 20002

Date/Time: Thursday **June 25th** \* 1:30 p.m.—4:00 p.m.  
Location: Washington Seniors Wellness Center (Ward 7)  
3001 Alabama Avenue, SE \* Washington, DC 20020

#DCBrainHealth

\*June is Alzheimer's & Brain Awareness Month\*

For more information, please contact DC Office on Aging at : (202) 724-5626



## FREE LEGAL SERVICES TO DC RESIDENTS 60+

### FIVE CONVENIENT LOCATIONS!

**Emmaus Services for the Aging**  
1426 9<sup>th</sup> Street, NW  
Open Tuesdays & Fridays

**Bread for the City**  
1640 Good Hope Road, SE  
Open Mondays

**Israel Baptist Church**  
1251 Saratoga Avenue, NE  
Open Wednesdays & Thursdays

**Iona Senior Services**  
4125 Albemarle Street, NW  
Open Fridays

**Capital View Baptist Church**  
5201 Ames Street, NE  
Open Tuesdays

Our **Self Help Office** can show you how to:

- Get answers to legal questions
- Complete a small claims complaint
- Write a consumer complaint letter
- Check for benefits
- Ask for DC services
- Contact an attorney
- And do so much more!

**Call for an Appointment!**

# 202-434-2094

Legal Counsel for the Elderly is affiliated with AARP.

Part of the Senior Service Network Supported by the DC Office on Aging.



alzheimer's association  
National Capital Area Chapter



# Age-Friendly DC Livability Survey

Are you a DC resident 60 or older? Do you want to share your opinion on how age-friendly DC is? Questions in this survey were derived from a World Health Organization age-friendly indicator project that DC took part in along with 14 other cities across the globe. If you have any questions as you go through this survey, please call 202-727-7973 and ask to speak to an Age-Friendly DC staff member.

Thank you for your feedback and assistance in helping transform DC into an age-friendly city.

**Please fill out the survey below and either drop off the entire page at any branch of the DC public library or mail it to: Age-Friendly DC, Office of the Deputy Mayor (HHS), 1350 Pennsylvania Ave. NW, Suite 223, Washington, DC 20004. Or you may complete the survey online at: <https://www.surveymonkey.com/r/AFDCLivability>**

## 1. What type of housing do you live in?

- Single-family  
 Multi-family  
 Other (please specify): \_\_\_\_\_

## 2. Could you enter your house in a wheelchair without assistance?

- Yes  No

## 3. How many individuals, besides yourself, live in your household?

If you live alone, put 0

\_\_\_\_\_

## 4. Do you rent or own the place where you live?

- Rent  Own

## 5. Has your house been adapted, or can it be adapted, to facilitate aging at home?

- Yes  No

## 6. In your opinion, is housing in your neighborhood affordable?

- Yes  No

## 7. Is walking without assistance easy for you?

- Yes  No

## 8. In your opinion, how suitable is your neighborhood for walking, including for those who use wheelchairs and other mobility aids?

- 5 (very suitable)  
 4  
 3  
 2  
 1 (not at all suitable)

## 9. In your opinion, how accessible are public spaces and buildings in your community for all people, including those who have limitations in mobility, vision or hearing?

- 5 (very suitable)  
 4  
 3  
 2  
 1 (not at all suitable)

## 10. In your opinion, are public transportation stops too far from your home?

- Yes  No

## 11. How far are you willing/able to walk to reach a public transportation stop? (Can answer in distance or time)

\_\_\_\_\_

## 12. Please rate the level of accessibility of public transportation vehicles for all people, including those who have limitations in mobility, vision, hearing.

- 5 (very accessible)  
 4  
 3  
 2  
 1 (not at all accessible)

## 13. Do you feel respected and socially included in your community?

- Yes  No

## 14. Have you engaged in a volunteer activity at least once in the past month?

- Yes  No

## 15. What is your employment status?

- Employed full-time  
 Employed part-time, seeking full-time  
 Employed part-time, not seeking full-time  
 Not employed, seeking full-time  
 Not employed, seeking part-time  
 Not employed, not seeking employment

## 16. Do you have opportunities for paid employment?

- Yes  No

## 17. Over the past year, have you had enough income to meet your basic needs without public or private assistance?

- Yes  No

## 18. How do you typically find out about important health or safety information?

- Word of mouth  
 Print  
 Web  
 Radio  
 TV  
 Other (please specify): \_\_\_\_\_

## 19. Do you live in a household with Internet access at home?

- Yes  No

## 20. How do you access the Internet? (check all that apply)

- Home computer  
 Smart phone or tablet  
 Local library or community space  
 Other (please specify): \_\_\_\_\_

## 21. How do you use the Internet? (check all that apply)

- Emailing  
 Informational searches  
 Online shopping  
 Facebook or other social media  
 Sharing photos  
 Do not use  
 Other (please specify): \_\_\_\_\_

## 22. How easy is it for you to find local sources of information about your health concerns and service needs?

- 5 (Very easy)  
 4  
 3  
 2  
 1 (Very difficult)

## 23. Where do you find local sources of information about your health concerns and service needs (i.e., friends, family, government, publications, community centers, etc.)?

\_\_\_\_\_

## 24. Do you have any personal care or assistance needs?

- Yes  No

## 25. Are your personal care or assistance needs met in your home setting?

- Yes  No  N/A

## 26. How are your personal care and assistance needs met? (check all that apply)

- Private services  
 Government provided services  
 Volunteers  
 Friends  
 Family  
 N/A  
 Other (please specify): \_\_\_\_\_

## 27. How would you rate your overall quality of life?

- 5 (Very good)  
 4  
 3  
 2  
 1 (Very poor)

## 28. Do you have a disability tag or placard for your vehicle?

- Yes  No  I don't have a vehicle

## 29. If you answered yes to the previous question, are designated priority parking spaces adequately designed and available?

- Yes  No  N/A

## 30. Do you participate in group physical activities in your leisure time?

- Yes  No

## 31. Over the past year, were you enrolled or did you regularly attend any education or training sessions, either formal or non-formal?

- Yes  No

## 32. Are you involved in decision-making about important political, economic and social issues in your community?

- Yes  No

## 33. Have you participated in any social or cultural activities at least once in the past week?

- Yes  No

## 34. How safe do you feel in your neighborhood?

- 5 (Very safe)  
 4  
 3  
 2  
 1 (Not safe at all)

## 35. Do you have a neighbor or neighbors that you can rely on?

- Yes  No

## 36. What is your age?

\_\_\_\_\_

## 37. What is your gender?

- Male  
 Female  
 Transgender  
 Other (please specify): \_\_\_\_\_

## 38. Are you of Hispanic or Latino origin or heritage?

- Yes  No

## 39. What race do you identify with?

- American Indian and Alaska Native  
 Asian  
 Black or African-American  
 Native Hawaiian and Other Pacific Islander  
 White  
 Other (please specify): \_\_\_\_\_

## 40. What is your address? (optional)

\_\_\_\_\_

\_\_\_\_\_

## 41. What ward do you live in?

- 1  
 2  
 3  
 4  
 5  
 6  
 7  
 8  
 VA  
 MD  
 Don't know  
 Other (please specify): \_\_\_\_\_

## 42. What is your zip code?

\_\_\_\_\_

# Community Calendar

## June Events

### 2nd • 10:45 to 11:45 a.m.

Amanda Alleyne, RN, from MedStar Washington Hospital Center, will give a presentation titled "Healthy Heart" at North Capitol at Plymouth Nutrition Center, 5233 N. Capitol St. NE. For more information, contact Thelma Hines at 202-529-8701, ext. 222.

### 2nd • 1 to 3 p.m.

John M. Thompson, Ph.D., CPM, FAAMA, Executive Director of the District of Columbia Office on Aging will host a town hall meeting at the Bernice Elizabeth Fonteneau Senior Wellness Center, 3531 Georgia Ave. NW. For more information, contact Alice A. Thompson at 202-535-1321.

### 2nd, 3rd, 12th, 17th and 18th

A "Produce Plus Workshop" will be given by Dominique Hazzard, outreach specialist with DC Greens, at five nutrition centers:

- June 2, 11 a.m. to noon at Green Valley Apartments Nutrition Center, 2412 Franklin St. NE
  - June 3, 11 a.m. to noon at Kibar-Halal Nutrition Center, 1519 4th St. NW
  - June 12, 11 a.m. to noon at North Capitol at Plymouth Nutrition Center, 5233 N. Capitol St. NE
  - June 17, 11 a.m. to noon at Petersburg (Fort Lincoln 3), 3298 Fort Lincoln Dr. NE
  - June 18, 10:30 to 11:30 a.m. at the Center for the Blind and Visually Impaired, 2900 Newton St. NE
- For more information, contact Thelma Hines at 202-529-8701, ext. 222.

### 4th • 3:30 to 6:30 p.m.

There will be a housing event at the Office of Disability Rights at the Old Council Chambers, 441 4th St. NW. For more information, contact Alice A. Thompson at 202-535-1321.

### 5th • 11 a.m. to 1 p.m.

DCOA Executive Director John M. Thompson will host a town hall meeting at the Washington Senior Wellness Center, 3001 Alabama Ave. SE. For more information, contact Alice A. Thompson at 202-535-1321.

### 8th • 11 a.m. to 1 p.m.

DCOA Executive Director John M. Thompson will host a town hall meeting at the Vida Senior Centers at The Vida Senior Apartments, 1330 Missouri Ave., NW. For more information, contact Alice A. Thompson at 202-535-1321.

### 11th • 10 a.m. to 2 p.m.

Attend Senior Fest at Oxon Run Park, Wheeler Road & Valley Avenue SE. Contact Jennifer Hamilton at 202-664-7153 for more information.

### 15th • 12:30 to 2:30 p.m.

DCOA Executive Director John M. Thompson will host a town hall meeting at the Congress Heights Senior Wellness Center, 3500 Martin Luther King, Jr. Ave. SE. For more information, contact Alice A. Thompson at 202-535-1321.

### 16th • 10 a.m. to 2 p.m.

The 2nd Annual Senior Health Fair will be held at Vida Brightwood Nutrition Center, 1330 Missouri Ave. NE. For more information, call Rosa Rivas at 202-483-5800, ext. 109.

### 16th • 10:45 to 11:45 a.m.

Monica Veney, a community outreach specialist with the U.S. Department of Justice, will present a talk titled, "Senior Exploitation" at the Center for the Blind and Visually Impaired, 2900 Newton St. NE. For more information, contact Thelma Hines at 202-529-8701, ext. 222.

### 16th • 1 to 3 p.m.

DCOA Executive Director John M. Thompson will host a town hall meeting at the Hayes Senior Wellness Center, 500 K St. NE. For more information, contact Alice A. Thompson at 202-535-1321.

### 17th • 11 a.m. to 2 p.m.

DCOA Executive Director John M. Thompson will host a town hall meeting at the Vida Senior Center, 1842 Calvert St. NW. For more information, contact Alice A. Thompson at 202-535-1321.

### 17th • 2 to 4 p.m.

Attend a Seabury – Ward 5 Outreach & D.C. Hunger Solutions SNAP/Food Stamps Outreach event at the Rosedale Neighborhood Library, 1701 Gales St. NE. For more information, contact Thelma Hines at 202-529-8701, ext. 222.

### 18th • 10 a.m. to noon

The DC Office on Aging (DCOA) Ambassador Program is a FREE, interactive, member-based program designed to reach out to older adults and their caregivers to help them learn about the services and resources available to them

through DCOA. If you are interested in expanding your network and educating older adults about the services and resources available to them, join us for our next Ambassador Training Workshop to learn about all of the programs and services that DCOA offers to the community and how you can become an Ambassador. All workshops are held at DCOA Headquarters and include: an overview of Office on Aging programs and services, information on how to access resources, and guidance on your role as an advocate. Call to register to participate, 202-724-5622.

### 18th • 1 to 3 p.m.

DCOA Executive Director John M. Thompson will host a town hall meeting at Model Cities Senior Wellness Center, 1901 Everts St., NE. For more information, contact Alice A. Thompson at 202-535-1321.

### 23rd • 7 p.m.

Paula Stone will read her play *Kitchen Sink*, in which after a lifetime of cooking, a woman sells the contents of her kitchen in a yard sale. The reading takes place at Iona Senior Services, 4125 Albemarle St. NW. Admission is \$5. To reserve a seat, call Patricia Dubroof at 202-895-9407.

### 24th • 10 a.m. to 2 p.m.

Model Cities Senior Wellness Center will hold a Men's Health Day. The center is located at 1901 Everts Street NE. Contact Stacie Thweatt at 202-635-1900 for more information.

## Transport DC (formerly CAPS-DC)

Transport DC (formerly CAPS-DC) is a pilot program that provides alternative taxicab transportation to MetroAccess customers.

DC residents will receive transportation to and from healthcare appointments, and efficient, curb-to-curb taxicab or wheelchair accessible vehicle service, ensuring an improved transportation experience.

MetroAccess customers are encouraged to try the Transport DC service any time travel is needed to an eligible destination for dialysis treatment or health services. **Book your ride by calling 1-844-322-7732**

**One-hour service:** Flexibility to make a reservation one hour before a ride is needed.

**One stop pick-up and drop-off:** No need to share a ride or make multiple stops before reaching the destination.

**Choice of pick-up and drop-off location:** Trips can start/finish anywhere within the District of Columbia; eligible medical facility location must be either the pick-up or drop-off location.

**Companion rider:** Companions are welcome to accompany Transport DC participant at no additional charge.

**\$5 each one-way ride:** Each one-way trip is \$5, which can be paid by cash, credit card or debit card; for many customers, this is less than the MetroAccess fare.

**Priority wheelchair accessible taxicab use:** Priority use of wheelchair accessible vehicle is given to Transport DC participants.

**MetroAccess compatibility:** Transport DC drivers require participants' MetroAccess ID number at time of service. MetroAccess payment processes remain the same. Transport DC participation does not affect MetroAccess eligibility.

**Schedule your ride:** Call 1-844-322-7732  
**Ride Status:** Capitol Cab 202-398-0500; Yellow Cab 202-544-0911

**Your feedback is valuable:** For Transport DC program issues, contact Karl Muhammad at 202-645-4435 or karl.muhammad2@dc.gov. For eligibility issues, contact WMATA at 202-962-1100 or access@wmata.com.

## 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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gion, 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.**