



# Spotlight on Community Living

Wednesday, January 30, 2013 *Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers* Vol 1, No 4



## Executive Director's Message

*John M. Thompson, Ph.D., FAAMA  
D.C. Office on Aging*

In last month's issue of the **Spotlight on Community Living**, I highlighted our Ambassador Program and how we plan to offer opportunities for the Office on Aging Ambassadors to become involved in a meaningful way through volunteerism. In this month's issue, I will discuss the valuable role an ambassador can play in changing the lives of our District's seniors and persons with disabilities. I trust that by the end of this story, you will be convinced that you can make a difference and will be energized in partnering with the Office on Aging.

I have a cousin who suffered from a stroke and was in an intensive care unit for a short period of time until she was admitted into a nursing home for rehabilitation service for what was considered a short-term stay. However, two years later, she is still in a nursing home spending nearly \$7,000 of retirement money on institutional services. She desires to return home, but does not have family members in her immediate area advocating for her or just simply understanding how to get her home. Therefore, she remains in a nursing home and does not know how to begin the nursing home transition process.

After learning of her story and her desire to return home, I visited my cousin in late December and she explained her situation to me. As I listened to her, I learned that she was anxious to return to her residence where she has called "home" for over 50 years

raising her children, spending many holidays cooking and baking in her kitchen, and fellowshiping with family and friends by her fire place. She no longer felt that she should remain in a nursing home where she simply did not participate in the social activities offered at the facility. She explained to me that her days were spent looking out of the window of her single-occupancy room without any meaningful tasks.

Based on my visit to the nursing home, I immediately connected with the Options Counselor for the local Area Agency on Aging (similar to the work of the DC Office on Aging) in Fayetteville and explained my cousin's situation to her. In a matter of a week, the Options Counselor met with my cousin, reviewed her medical files, assessed my cousin, and offered her viable solutions in helping her to transition back home. This is exciting news for my cousin! I am hoping that she can return her home within the next 30 days.

You may know of someone in a similar situation as my cousin or someone in a hospital who needs home and community-based services upon discharge, or someone in his/her home who need services to remain in the community. If so, you can help as an Ambassador! My experience in working with my cousin has been an easy and rewarding one and I am confident that you will experience the same joy and excitement in helping

someone. Please contact us at 202-724-5622 to enroll into an Office on Aging Ambassador Training Program. ~

## LINKS INCORPORATED AWARD FOR SENIORS

The Capital City Chapter of the Links, Incorporated, a volunteer community service organization, has announced that it will accept nominations for its 2013 "Sage Senior Award" honoring Greater Washington Area seniors who are 70 years of age and older for outstanding community service contributions. For consideration, nominations must be received by February 27. For further information and to obtain nomination forms, please contact Link Stephanie Myers at 202-327-4301 or by email at: [rjmpub@earthlink.net](mailto:rjmpub@earthlink.net) ~

YOU ARE CORDIALLY INVITED TO THE

# STATE OF THE DISTRICT ADDRESS

TUESDAY, FEBRUARY 5, 2013

7:00 PM

SIXTH AND I HISTORIC SYNAGOGUE  
600 I STREET, NW



\*SEATING IS ON A FIRST COME BASIS\*

\*WHEEL CHAIR RAMP AND LIFT ON THE I STREET ENTRANCE\*

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
VINCENT C. GRAY, MAYOR



## DCOA PROVIDES OPTIONS COUNSELING

Options Counseling provides individuals, family members and/or significant others with support in their decisions to determine appropriate choices. During this process, a written plan for receiving community resources is developed based on an individual's needs, preferences, values, and circumstances. This services is available regardless of income or financial assets. The ADRC Options Counselor also provides clients with:

- A "live" voice that listens and understands the client's needs
- Respectful and truthful guidance
- Knowledgeable & responsive staff
- Thoughtful client follow-up, including a consumer satisfaction survey

If you are:

- In a nursing home
- In the hospital
- Or in your own home

Contact the D.C. Office on Aging Information and Assistance Line for more information about counseling services or to make an appointment 202-724-5626.

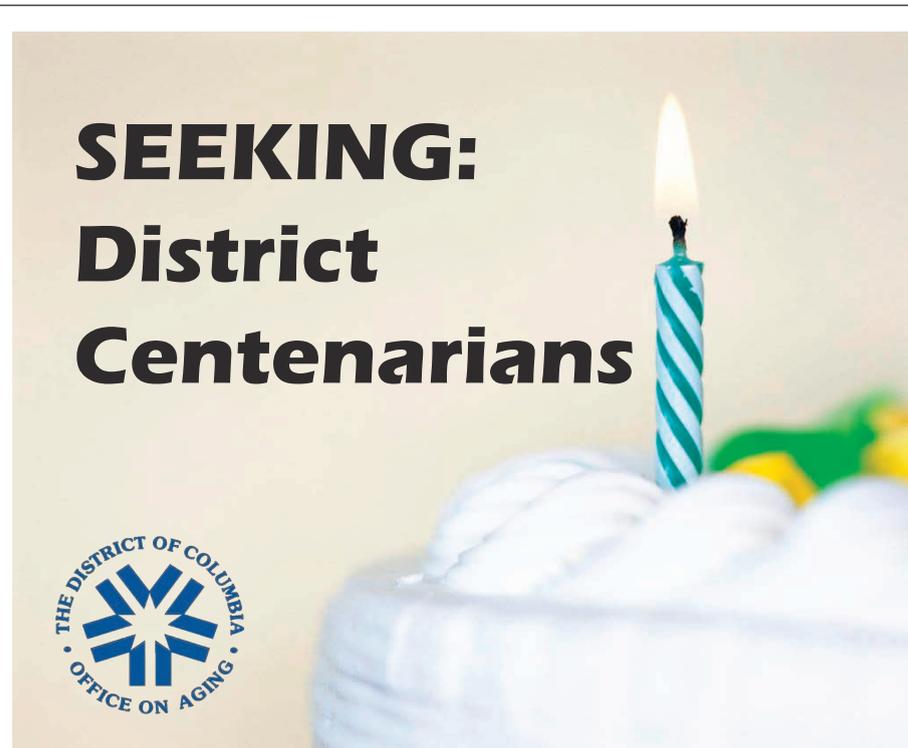
## HELPING SENIORS IN THE COMMUNITY

**Seniors** – do you need a bedroom painted, kitchen or bath? Do you need to replace damaged drywall, mend a wood fence or have small house repairs? If your answer is yes and you can afford to purchase the paint or building materials for any job that does not require a DCRA building permit, this is your lucky day!

The DC Office on Aging in collaboration with Youth Build Public Charter School has developed an intergenerational program to help seniors in the community. Youth Build is providing the labor to help seniors and older adults with disabilities to repair or paint their homes. If you are a resident and a senior living in one of the District of Columbia's eight wards, you qualify to get your home fixed at No Cost for the labor; all you need is pay for the materials. We will visit your home or apartment with the Youth Build Construction Manager to conduct a scope of work and provide you with a cost estimate for your material.

Youth Build Public Charter School offers on the job training programs; while helping the students to obtain their GED and learn a viable trade. The school will use their Workforce Construction team supervised by a professional project manager to improve your home. Visit their website [www.youthbuildpcs.org](http://www.youthbuildpcs.org) to know more about the school.

Reservations will be taken on a first come basis. To take advantage of this wonderful service, please contact the DC Office on Aging at 202-724-5626 or you can email: [dcoa@dc.gov](mailto:dcoa@dc.gov) to register and get started.~



The District is searching for **residents who are age 100 or older** to honor during an event planned for this spring. If you know of residents who have **celebrated their centennial birthday by March 30**, please call Darlene Nowlin or Courtney Williams at (202) 724-5626 or you may email: [dcoa.communications@dc.gov](mailto:dcoa.communications@dc.gov). When registering centenarians, please make sure you know the name, birth date and contact information for each individual.



Government of the District of Columbia  
Vincent C. Gray, Mayor



# COMMUNITY EVENTS CALENDAR

## FEBRUARY

**10th • 2-3:30pm**

"EYE HEART CONNECTION... INFO IS POWER"  
Andrew Adelson, M.D., ophthalmologist,  
Macular Degeneration Network, Sibley Memorial Hospital Medical Building, Room 2, 5215

Loughboro Road, NW, Washington, DC, (free parking in garage adjacent to the medical building). Presented by the PREVENTION OF BLINDNESS SOCIETY OF METROPOLITAN WASHINGTON co sponsored with Sibley Senior Association. For more information, please call 202-364-7602.

**12th • 11am-12:45pm**

THE PREVENTION OF BLINDNESS SOCIETY OF METROPOLITAN WASHINGTON presents, Low Vision Lunch & Learn, "Understanding the ABC's of Eyeglasses and Other Optical Aids," Rana Mady, M.D., MedStar Washington Hospital Center Eye Clinic, 110 Irving Street, NW, Washington, DC, (Bus circle entrance). Call for more info: 202-877-5329.

**13th • 11am-1pm**

LOW VISION INDEPENDENCE Through Arts & Culture, "With a Song in Your Heart Remembering Music!" Guest Speaker: Gloria Sussman will share her musical journey as she faced severe vision loss on her road to enhancing her independence. Co sponsored by DC Public Libraries, Adaptive Services Division, Martin Luther King, Jr. Library, 901 G Street NW, Room 215, Washington, DC. To register and reserve lunch, please call 202-727-2142.

**19th • 1-3pm**

IONA SENIOR SERVICES will present "Opera Gems," a six-week class presented in partnership with the Washington Concert Opera. The fee is \$60. Iona is located at 4125 Albemarle St. NW. To register, call 202-895-9448.

**20th • 10am**

THE HATTIE HOLMES SENIOR WELLNESS CENTER and the Office on Aging will present

a BLACK HISTORY MONTH CELEBRATION RECOGNIZING "Answer: At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington" at Hattie Holmes Senior Wellness Center, 324 Kennedy Street, NW. For more information, contact 202-291-6170.

## MARCH

**4th, 11th and 18th • 6-7:30pm**

IONA SENIOR SERVICES holds a class called "Living with Middle Stage Alzheimer's for Caregivers." The class is designed to provide caregivers with the knowledge, tools and strategies needed to cope. Iona is located at 4125 Albemarle St. NW. To register, call 202-895-9448.

## APRIL

**27th**

THE WASHINGTON SENIORS WELLNESS CENTER is sponsoring a nine-day, eight-night trip to Branson, Mo. from April 27 to May 5. The fee is \$739 per person double occupancy. The trip departs from the Wellness Center, 3001 Alabama Ave., SE, at 8 a.m. on April 17. For more information or to sign up, contact Helen Clarke at 202-581-9355.

## SPOTLIGHT ON COMMUNITY LIVING

*Spotlight on Community Living* is published by the External Affairs and Communications unit of the D.C. Office on Aging. Advertising contained in the Current is not endorsed by the D.C. Office on Aging or by the publisher. The D.C. Office on Aging is responsible for developing and carrying out a comprehensive and coordinated system of health, nutrition, education, employment, training, and social services for the District's elderly population, who are 60 years of age and older. The Office on Aging also administers the Aging and Disability Resource Center, a one-stop shop resource center, designed to assist seniors, persons with disabilities 18 years of age and older and family caregivers navigate the long-term services and supports system.

500 K Street, NE, Washington, D.C. 20002

202-724-5622 • [www.dcoa.dc.gov](http://www.dcoa.dc.gov)

John M. Thompson, Ph.D., FAAMA  
Executive Director

In accordance with the D.C. Human Rights Act of 1977, as amended, D.C. Official Code Section §§2-1401.01 et seq., (Act), the D.C. Office on Aging does not discriminate on the basis of actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, matriculation, political affiliation, genetic information, disability, source of income, or 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 subject to disciplinary action.