

DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 10

A newsletter for D.C. Seniors

October 2010



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

Congratulations. We have successfully made it to fiscal year 2011! Despite a fiscal year filled with budget and service delivery challenges, we have continued to be the primary agency available to provide home and community-based services to 100,869 senior residents in the District. In FY 2011, DCOA/ADRC will continue to strive to improve and meet the needs of District residents age 60 and older, persons with disabilities age 18 and older, and caregivers.

As you know, the Mayor, Councilmember Jim Graham, Commissioners, neighborhood residents and others cut the ribbon on the Ward One Senior Wellness Center at 3531 Georgia Ave., N.W. on Sept. 10. We have been busy registering participants and completing the work necessary to have the wellness center fully operational by mid-October. If you haven't done so already, stop by and see what the great new center has to offer.

Over the next few months at many of our program sites, we will be hosting several six-week Diabetes Self Management training programs. The training will be provided by the

21 trainees who completed the Diabetes Self Management Master-Training Program.

The program is made possible by funds from the American Recovery and Reinvestment Act for the Communities Putting Prevention to Work Initiative/Chronic Disease Self-Management Program.

The program is designed to give seniors the proper tools, knowledge and skills to better manage their diabetes, and enable them to build self-confidence to assume a major role in maintaining good health. Please contact the D.C. Office on Aging for additional information on dates and locations for the training.

Regular exercise and healthy eating habits can go a long way in the prevention of many diseases that affect the elderly. As part of our various services available to seniors, we have nutrition education, exercise, and health and wellness programs at our senior centers and senior wellness centers.

Please take advantage of all services that are available to District residents. Call 202-724-5626 or the Mayor's Citywide Call Center at 311 to access services in the city.

Ward 1 Senior Wellness Center Opens

Wellness has finally arrived for seniors in Ward 1 at the newly constructed Ward 1 Senior Wellness Center. Located at 3531 Georgia Ave., N.W., at

the corner of Georgia Avenue and Newton Place, N.W., the facility was constructed with environmentally friendly materials.



Mayor Adrian M. Fenty, Ward One Councilmember Jim Graham and Executive Director Clarence Brown are joined by Commissioners on Aging and other Ward 1 community leaders and seniors as the ribbon is cut on the Ward 1 Senior Wellness Center.

The 15,000 square foot center features the following:

- Nutrition counseling and teaching classrooms
- Intake room
- Health education seminar rooms
- Exercise and fitness area
- Massage room
- Computer training center

- Multipurpose rooms
- Offices for staff
- Rooftop terrace with walking space

The center promises to be three floors of activity for the mind, body and spirit. For more information on the Ward 1 Senior Wellness Center, call 202-727-0338.

Aging News

The recent report, "World Alzheimer Report 2010: The Global Economic Impact of Dementia" by Alzheimer's Disease International, revealed the global costs of dementia care as a staggering \$604 billion.

Fire Prevention Week October 3-9



"Beep-Beep —
A Sound You Can Live With"

Join residents at Robert Walls Senior Building, 4339 Bowen Rd., S.E., on Thursday, October 7 from 10 to 11 a.m. for more information, fire prevention tips, activities and giveaways. If you are in need of a smoke detector for your home, please call 202-373-3331 for more information.

Aging Service Providers in Your Area

Barney Neighborhood House Senior Program, Wards 1 and 4
202-939-9020

EMMAUS Services, Ward 2
202-745-1200

IONA Senior Services, Ward 3
202-966-1055

Seabury Ward 5 Aging Services, Ward 5
202-529-8701

South Washington West River, Ward 6
202-608-1340

East River Family Strengthening Collaborative, Ward 7
202-534-4880

Downtown Cluster's Aging Services, Ward 8
202-610-6103



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ADRIAN M. FENTY, MAYOR

Community Calendar

October events

8th • 6:30 to 10:30 p.m.

The Downtown Cluster's Geriatric Day Care Center, Inc. and Aging Services will celebrate its 34th anniversary with a gala dinner. Featuring live music, dancing, food and drinks, the dinner will be held at the Naval District Washington Catering and Conference Center, 1454 Parsons Ave., S.E. Contact the Center at 202-347-7527 for tickets to the event or additional information.

12th • 6:30 to 8 p.m.

Retirees and those planning retirement are invited to attend "Take Charge, Age Well," a practical workshop for people who are eager to remain active, engaged and connected. The seminar will be led by social worker Deb Rubenstein, director of IONA's consultation, care management and counseling services and Lylie Fisher, manager of IONA's volunteer program and a certified life coach. IONA is located at 4125 Albemarle St., N.W. Call 202-895-9479 for more information.

12th, 19th, 26th

11:30 a.m. to 1:30 p.m.

Diabetes classes are being offered by the Washington Seniors Wellness Center, 3100 Alabama Ave., S.E. The free classes are offered in partnership with the Delmarva Foundation. Contact program director Renee Few at 202-581-9355 for additional information.

15th • 5 to 8 p.m.

Come and enjoy cool art, hot jazz music, wine and hors d'oeuvres. A reception to meet photographer. Lee Goodwin and sculptor. Marilee Harris Shapiro will be held in the Gallery at IONA Senior Services, 4125 Albemarle St., N.W., one block from the Tenleytown Metro station on the Red Line. For more information, call 202-895-9448.

20th • 10 a.m. to 2 p.m.

Hattie Holmes Senior Wellness Center, 324 Kennedy St., N.W., is observing its third anniversary celebration and open house by offering exhibits, health screenings and flu shots. For additional information, contact Teresa Moore at 202-291-6170.

November event

11th • 9:30 a.m. to 6:30 p.m.

The East River Family Strengthening Collaborative, Inc. KEEN Seniors Program is planning a one-day fundraising trip to Hollywood Casino at Charlestown. Cost of the trip is \$30 per person, and participants will be given \$15 for slots play. Light refreshments will be served in route. Contact Robin Gantt for reservations at 202-534-4880, ext. 110.

Ongoing

Fitness instructor Rodney Jordan is back at the Washington Seniors Wellness Center, 3100 Alabama Ave., S.E., offering evening and weekend sessions for seniors who prefer to exercise at those times. A choice of three 40-minute sessions are scheduled for Monday and Wednesday evenings and Saturday mornings. For class times and additional information, contact Renee Few at 202-581-9355.

National Hispanic Heritage Month September 15th to October 15th

Theme: "Heritage, Diversity, Integrity and Honor: The Renewed Hope of America"

Vida Senior Centers will celebrate the end of National Hispanic Heritage Month and the construction of a new facility in the Brightwood section of Ward 4.

"We invite all of our friends — old and new — to join us in celebrating the new center and our anniversary, and to support the growing needs of D.C.'s multicultural low-income seniors," said Angel Luis Irene, executive director.

Vida's 41st anniversary reception

will be held Tuesday, October 26 from 6:30 to 9:30 p.m. at the Embassy of Finland in Northwest D.C. The embassy is an award-winning building known for its environmentally friendly, energy-saving features, many of which the new Vida Senior Centers will also feature.

Tickets must be purchased in advance. Ticket sales support the construction of the new Vida Senior Centers facility. To order tickets or for more information, visit www.vidaseniorcenters.org or call the event organizers at 571-312-2709.

SPOTLIGHT ON AGING

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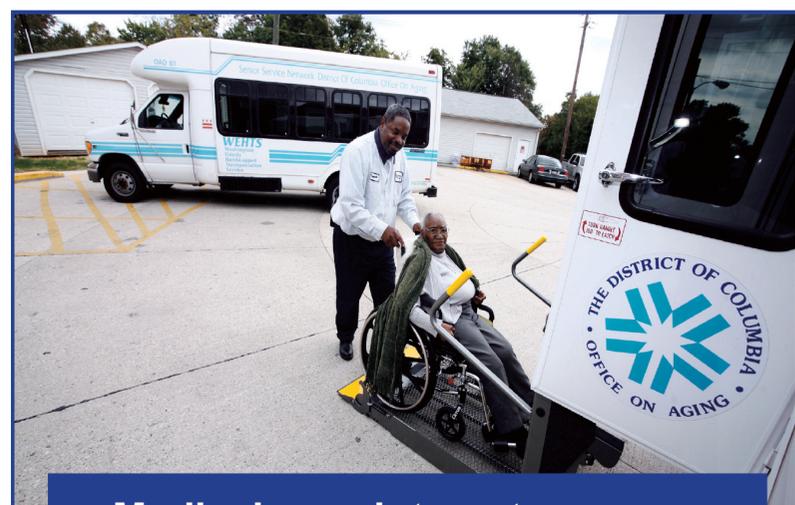
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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

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

Are you a person with a DISABILITY living in the District?

If you are age 18 and older, let **DCOA/ADRC** help you select the best option for your local transportation needs.



- Medical appointments
- Business appointments
- Personal business and more!

DCOA/Aging and Disability Resource Center

(202) 724-5626 or TTY (202) 724-8925

Citywide 311

www.adrc.dc.gov

