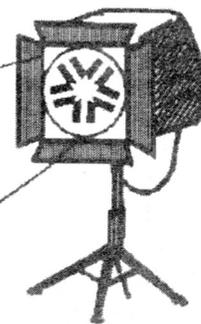


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXIV, ISSUE 3

A newsletter for D.C. Seniors

March 2013



## EXECUTIVE DIRECTOR'S MESSAGE

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

This month's edition of "Spotlight on Aging" is in memory and honor of Ms. Aidah Sabir-Jenkins. Sabir-Jenkins is the 94-year-old senior who was fatally struck by a pickup truck while walking in the crosswalk in the 2800 block of Georgia Avenue NW on Feb. 12.



In this edition, I would like to offer tips that could keep seniors, persons with disabilities and others safe. I am not just referring to crossing the street safely, but protecting yourself from other threats that could have life altering consequences.

### Fraud

The number of seniors is growing at a rapid rate, and they have become the prime target for con artists and thieves. According to the Federal Trade Commission, approximately 25 million Americans are victims of consumer fraud annually. Based on another statistic, it was revealed that fraudulent telemarketers direct anywhere from 56 to 80 percent of their calls at older Americans.

Although these are alarming statistics, you can protect yourself by using the following tips:

- If the offer seems too good to be true, you are probably correct. Ask the caller to send you the information in writing before making any hasty commitments.
- Avoid providing personal information, such as your Social Security number and credit card numbers, on the telephone or the Internet unless you initiated the contact or are using a secure Internet website.
- Do not let the pressure of a telemarketer force you to make an uncomfortable decision that you will regret later. Just simply inform the caller that you wish to end the call and hang up.

### Falls

When visiting seniors, see if you identify repeated bruises on their arms and hands, as it could be an indication of them falling. In some instances, it could be a sign of physical abuse. In either instance, please contact the Office on Aging so that we can offer options that could restore the safety of the senior.

We can assist with locating a falls prevention course, help the senior obtain a walker and/or physical therapy, make recommendations for a safer layout of their home furnishings, or even contact Adult Protective Service.

### Pedestrian Safety

Even though various jurisdictions have a law for motorists to yield to pedestrians in the crosswalk, we still hear about pedestrians being struck by motor vehicles. I

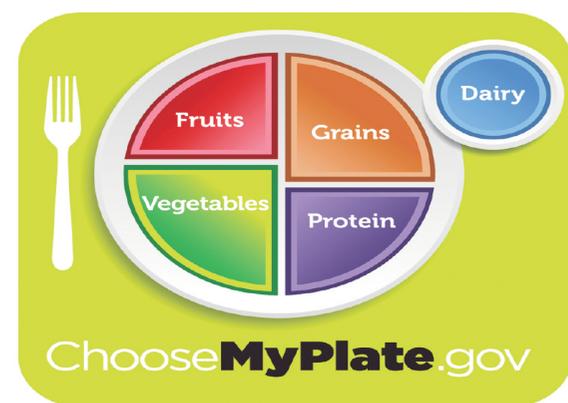
## March is National Nutrition Month Theme: Eat Right, Your Way, Every Day

Below are some of the tips that help consumers improve their eating habits:

- Enjoy your food, but eat less
- Avoid oversized portions
- Make half your plate fruits and vegetables
- Switch to fat free or low fat milk (1%)
- Compare sodium in food like soup, bread and frozen meals — choose the foods with lower amounts of sodium
- Drink water instead of sugary drinks

The Office on Aging has programs in each ward of the city where you can enjoy a nutritious mid-day meal, receive nutrition education, or find out about our homebound meal program and the commodity supplemental food program.

For more information on nutrition programs through the D.C. Office on Aging, call 202-724-5626.



don't believe that it is because people are intentionally breaking the law, but it is because we have forgotten one of the tenets of safe driving: defensive driving!

Our society has become so distracted by cellular phone calls, e-mail messaging, social media texting, and inputting our desired destination into a navigation system that it has challenged our ability to drive safely and obey the law.

Because of this phenomenon, I encourage seniors and persons with disabilities to be extra careful when crossing the street. You should never assume that the driver sees you and that they will yield to you in the crosswalk. I would rather you take the extra time to cross safely than put yourself in harm's way.

### Home Safety

During the recent local nightly news, a reporter was interviewing a senior who mentioned that she will begin locking her house doors in response to a crime in her neighborhood.

I believe that everyone should lock their doors, even if they live in the safest or most exclusive neighborhood. You never know when criminals are lurking, and you want to be safe at all times.

Also, don't forget to annually test the batteries in your smoke and carbon monoxide detectors. Yes, it could be an inconvenience to climb a ladder, but get a neighbor or someone else to assist you with this task as it can save your home, valuables and, more importantly, your life.

### Medication Safety

Some seniors are consuming various medications to manage multiple chronic diseases. Medications must be properly administered, paying special attention to instructions such as "must be taken with food" or "taken prior to a meal."

Regardless of how administered, it is very important for seniors to take their medications. It is equally important that seniors do not mismanage their medications, as the consequences could be minimal or extreme.

Forgetting to take medications at the prescribed time could have a minimal effect. However, combining some medications or overdosing could lead to adverse reactions.

I believe that it is an effective approach for seniors to make their primary care physicians and their pharmacists aware of all the medications that have been prescribed to them, as some seniors visit multiple physicians who will give them a prescription. Also, journal your pill intake and use a pill organizer as a means to improve medication management.

For seniors who have grandchildren who visit their homes, it is important to protect the children from your prescription drugs. According to Safe Kids USA, up to 20 percent of child medication poisonings in the U.S. involve a grandparent's medication. Therefore, it is best to choose child-resistant caps on medication bottles and to safely store medications out of the reach of children.

### Driver Safety

As we age, our bodies change, and we realize that things we used to do may not be done in the same manner today, or we may not be able to do some of those things safely any longer.

This logic can be applied to our physical activities in the gymnasium, swimming pool and the roadways. We've read the stories in the newspaper or listened to the nightly news broadcasting that a senior has driven a car into a building or hit a pedestrian.

Commonalities for some of these collisions are the effects of changes in seniors' reflexes, problems with vision or range of motion, conflicting medications and hearing loss.

Therefore, it is crucial that seniors visit their health-care providers to get their annual checkups and receive the proper eye glasses and hearing aids. It is important to note that seniors must know their limitations, get sufficient sleep prior to driving, and drive defensively.

I believe that the aforementioned information and tips can keep us all safe. I trust that you will use them and share them with your loved ones. For further information, please contact the Office on Aging at 202-724-5622.



# Community Calendar

## March events

### 6th • 1-3 p.m.

The 2013 Senior Wellness Center Financial Fraud Prevention conference will include presentations by the Dept. of Insurance, Securities and Banking, US Attorney's Office-D.C. and AARP Legal Counsel for the Elderly. It will be held at the Model Cities Senior Wellness Center, 1901 Evars St. NE. For more information, contact Stacie Thweatt at 202-635-1900.

### 7th, 14th, 21st and 28th • 10:30 a.m.

Family Matters of Greater Washington, Inc. Ward 8 Senior Programs will Celebrate National Nutrition Month with a nutrition film festival. On March 7 watch *Soul Food Junkies*; the film on March 14 will be *Super Size Me*; on March 21 will be *Food Matters*, and on March 28 will be *Food, Inc.* The films will be shown at the Family Mat-

ters office at 4301 9th St. SE. For reservations and more information, contact Evelyn Minor, Ward 8 nutritionist, at 202-562-6860.

### 13th • 11:30 a.m.

Watch a short documentary about elder abuse called *An Age for Justice* at the Ft. Lincoln 3 Senior Nutrition Site, 3298 Ft. Lincoln Dr. NE. For more information, call Vivian Grayton at 202-529-8701.

### 20th and 26th • 11:30 a.m.

Learn all about diabetes. The March 20 seminar will be held at the Edgewood Terrace Senior Nutrition Site, 635 Edgewood St. NE, and the March 26 program at Ft. Lincoln 1 Senior Nutrition Site, 2855 Bladensburg Rd. NE. For more information, call Vivian Grayton at 202-529-8701.

### 28th • 11:30 a.m.

Attend a presentation titled "You Are Never Too Old ... HIV & AIDS" at the Ft. Lincoln 1 Senior Nutrition Site, 2855 Bladensburg Rd. NE. For more information, call Vivian Grayton at 202-529-8701.

## April event

### April 27+

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 27. For more information or to sign up, contact Helen Clarke at 202-581-9355.

## D.C. Long-Term Care Ombudsman Program's

### Home and Community-Based Services Program

AARP's Legal Counsel for the Elderly operates the District of Columbia Long-Term Care Ombudsman Program (DCLTCOP) in conjunction with the District of Columbia Office on Aging Senior Service Network.

On Oct. 1, 2012, the DCLTCOP expanded its advocacy services to include residents living in their homes in the community receiving long-term care services through the D.C. Medicaid Elderly and Persons with Physical Disabilities (EPD) Waiver Program.

The Home and Community-Based Services Ombudsmen serve as advocates for residents living in their homes in the community, protecting residents' rights and promoting the highest possible quality of life and quality of care.

Home and community-based ombudsmen advocate for both elderly individuals and persons with physical disabilities 18 years of age and older who are receiving community-based services through the EPD waiver.

Home and community-based ombudsmen advocate for residents living in the community, helping them understand their rights, voice their concerns, find solutions to problems, and obtain legal services.

The ombudsmen are responsible for:

- Visiting residents to monitor the quality of life and quality of care
- Investigating and resolving complaints for or on behalf of residents

- Resolving issues with home health-care providers

- Ensuring that residents' rights are protected

- Reporting violations of federal and District of Columbia law specific to home healthcare and related services to appropriate agencies

- Educating residents, their families and significant others; and

- Monitoring and making recommendations on District of Columbia laws, rules, regulations and policies that affect D.C. Medicaid beneficiaries living in the community receiving long-term care services through the EPD Waiver.

To date, we have received 34 complaints for investigation. We have found multiple issues regarding durable medical equipment. Our safety concern regarding durable medical equipment thus has far been to ensure that residents have equipment that has been deemed medically necessary, as well as equipment that is appropriate in size, in good repair and is safe for resident use.

For ombudsman assistance, contact the DCLTCOP Home and Community-Based Services Program Hotline at 202-434-2160.

For complaints of abuse and neglect of persons residing in community residential facilities or nursing homes, call the Long-term Care Ombudsman Hotline at 202-434-2190.

## Volunteers Needed

The Office on Aging offers various opportunities for older residents to stay active through volunteerism and community service.

For more information, call 202-724-5626 to register as a DCOA volunteer. Please sign up to make a difference in the lives of the young or old.

### National Consumer Protection Week (NCPW) March 3 - 9, 2013

is a coordinated campaign that encourages consumers nationwide to take full advantage of their consumer rights and make better-informed decisions.

In order to support NCPW, AARP DC and Legal Counsel for the Elderly (LCE) Senior Medicare Patrol Project (SMP) are hosting a NCPW Forum

**When: Wednesday, March 6, 2013**

**Time: 10:00 a.m. – 12:00 noon**

**Location: Martin Luther King Jr. Memorial Library**

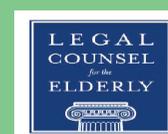
**901 G ST NW – Room: A-5**

We make important decisions on a daily basis about finances, health, technology, privacy and more... come learn helpful tips from our expert panel on how to protect yourself from consumer fraud and identity theft.

#### Panelists:

- Federal Trade Commission
- Social Security Administration
- Department of Justice Attorney's Office
- Legal Counsel for the Elderly (LCE)
- DC Department of Insurance, Securities and Banking

Questions? Call: 202.434.2099 or Email: [LCESMP@aarp.org](mailto:LCESMP@aarp.org)



## WHUR 96.3 FM's "Send Love to Our Seniors" Event



**John M. Thompson, Ph.D., FAAMA, addressed seniors during the Send Love on Valentine's Day event at Carroll Manor Nursing Home presented by WHUR 96.3 FM and FedEx. Senior residents were treated to entertainment, music and various personalities from WHUR, including Jeff "Coach" Wims. Residents also received a floral bouquet to celebrate the occasion.**



**The Carroll Manor King and Queen during the Valentine's Day event prepare to relinquish their crowns to new candidates.**

## 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.**

## Senior Transportation RFA Released

The District of Columbia Office on Aging (DCOA) is soliciting applications from qualified entities to operate the Washington Elderly Handicapped Transportation Service (WEHTS). The Request for Application (RFA) will seek an organization to operate the WEHTS program, currently located at 2601 18th St. NW, Washington, D.C.

WEHTS provides quality curb-to-curb service for District residents 60 years of age and older to essential medical and life-sustaining appointments. Operations also include transportation to sites and activities, the Call-N-Ride taxicab voucher program, and Home Delivered Meal (HDM) Program.

Federal and District of Columbia appropriated funds are available for a single or collaborative applicant organization to operate one or up to four transportation services.

Services should be designed to address the evolving needs of the city's diverse elderly population, especially older individuals with the greatest eco-



nomical and social needs, with particular emphasis on low-income minority populations.

The application submission deadline is April 19 at 4:45 p.m. EDT; no late applications will be accepted. The RFA will be available on the Office on Aging's website, [www.dcoa.dc.gov](http://www.dcoa.dc.gov), and on the website of the Office of Partnerships and Grant Services, [www.opgd.dc.gov](http://www.opgd.dc.gov).

A Pre-Application Conference will be held on Wednesday, March 6 at 10:30 a.m. at the DCOA, 500 K St. NE. For more information, contact Aurora D. Jones, program analyst, or Brenda L. Turner, program and grants manager at 202-724-8821.



### DCOA Ambassador Program Keeping District Seniors and Caregivers In Touch with Services

The D.C. 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.



#### Upcoming Ambassador Training Workshops:

Thursday, March 28, 2013

10:00 a.m. - 12 p.m.

Wednesday, April 17, 2013

10:00 a.m. - 12 p.m.

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. To register and for more information, call (202) 724-5622.



D.C. Office on Aging • 500 K Street, NE • Washington, D.C. 20002

