



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 9

A newsletter for D.C. Seniors

September 2012



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John M. Thompson

We dedicate this month's edition of *Spotlight on Aging* to "Know Your Options – Decide Your Future." You may have seen our marketing campaign advertisements on the Metro buses and on the floor of Metro rail stations. Our intention with this campaign is to encourage our seniors, persons with disabilities and family caregivers to contact us so that we can empower them with information on choosing the appropriate services and supports that will allow them to remain in their homes and live productive lives in their communities.

Some of you may have heard me tell the story about my elderly cousin in Fayetteville, N.C., who tripped and fell in her bathroom last year. As a result of her fall, her neck was caught in the hamper, which cut off oxygen to her brain. My cousin received treatment in the intensive care unit of a local hospital until she was stabilized and eventually transferred to a "rehabilitation center."

As months went by, I learned that my cousin was still in the rehabilitation center, which sounded a little odd to me as I have worked in a major rehabilitation center in the Carolinas and understand that health insurance companies have a cap on the number of days they reimburse for services. As I inquired into my cousin's situation, I learned that the facility, which included "rehabilitation" in its name, was actually a long-term care or nursing home facility.

As it turned out, this long-term care facility was not giving my cousin the amount of physical therapy and occupational therapy that she could have received in a traditional rehabilitation facility. Unfortunately, my cousin spent months in this nursing home receiving limited therapy and, eventually, was transferred to another nursing home where she remains to this day.

My purpose of sharing this story is to enlighten you about the harsh reality that many like my cousin faced of not "knowing her options." Consequently, this resulted in healthcare providers "deciding her future," rather than her being the focal point of the decision making process and informing her providers of her desire to return home to receive home healthcare services. Unfortunately, my cousin's story is not unique, as I hear how so many vulnerable seniors and persons with disabilities are prematurely admitted into nursing homes.

Thus, with our "Know Your Options – Decide Your Future" Campaign, you are the focal point. Our job is to listen to you, give you options and yield to you in making a decision that will be best suited in accommodating your living situation based on your physical condition.

Don't hesitate, please contact us at 202-724-5626, and one of my colleagues would be happy to assist you. It is never too early to begin planning your future!

American Classic Woman of the Year

Congratulations to Tuere Marshall, who was recently crowned American Classic Woman of the Year. She is congratulated by Director Letha M. Blount and Ms. Senior D.C. Mary L. McCoy.



Vote in the Nov. 6 Elections

The District of Columbia will hold a general election and a special election on Nov. 6. For administrative reasons, voters will not receive separate ballots for these elections. All contests will appear on one ballot.

General Election

- President and Vice President of the United States
- Delegate to the U.S. House of Representatives
- At-Large Member of the Council
- Ward Member of the DC Council for Wards 2, 4, 7 & 8
- At-Large Member of the State Board of Education
- Ward Member of the State Board of Education Wards 2, 4, 7 & 8
- U.S. Senator
- U.S. Representative
- Advisory Neighborhood Commissioner
- Proposed Charter Amendment(s)

Special Election

- Chairman of the Council

Want to update your existing registration? You can change your address or other information at the polls. If you change your registration at the polls,

you will cast a special ballot that will be counted if we are able to confirm that you are eligible. In most cases, we can update your registration and count your ballot.

Not registered to vote? You can register at the polls on Election Day if you bring one of the following items:

- Current and valid government issued photo identification card with your address
- Current lease or utility bill with your address
- Bank statement with your address
- Government issued check with your address
- Paycheck/stub with your name and address
- Other government issued document that shows your name and address

Note: Student voters may also present housing assignment forms and/or tuition or housing bills from District colleges and universities as proof of residence, and homeless residents may present occupancy statements from District homeless shelters.

To report incidents of election misconduct, call the Office of the General Counsel at 202-727-2194.



The Affordable Care Act and Medicare

The Affordable Care Act (ACA) takes important steps to improve healthcare for older adults, and strengthens the Medicare program for the long term. Improvements to Medicare under the ACA include the introduction of preventive care services, the closing of the Part D “donut hole,” and new measures to improve the quality of care that Medicare beneficiaries receive.

The introduction of free or low-cost preventive care services (e.g., screenings for breast and prostate cancer or diabetes) reduces barriers to medical tests that can improve the prevention, diagnosis or treatment of chronic illnesses. Medicare has traditionally focused on provid-

ing payment for injury or illness, so the introduction of wellness and preventive care is a paradigm shift for how Medicare approaches the health of beneficiaries.

The Affordable Care Act also includes important changes to make your Medicare prescription drug coverage more affordable. Over the next several years, you pay less in the coverage gap until it's closed in the year 2020, at which time you will pay only 25 percent for covered brand-name and generic drugs during the gap — the same percentage you pay from the time you meet the deductible (if your plan has one) until you reach the out-of-pocket spending limit (up to \$4,700 in 2012).

	You Will Pay this Percentage for Brand-name Drugs in the Coverage Gap	You Will Pay this Percentage for Generic Drugs in the Coverage Gap
2012	50%	86%
2013	47.5%	79%
2014	47.5%	72%
2015	45%	65%
2016	45%	58%
2017	40%	51%
2018	35%	44%
2019	30%	37%
2020	25%	25%

For more information on Medicare, contact the D.C. Health Insurance Counseling Project (HICP) at 202-994-6272.

District Changes Delivery to Senior Food Clients

The District of Columbia Office on Aging will change the way meals are delivered, with new contract meal awards beginning this month.

Mom's Meals will be providing meals to homebound senior citizens citywide. It will offer seniors a choice of prepared refrigerated meals that will be delivered on a bi-weekly basis and can be heated when desired in the microwave. The meals are approved by the United States Department of Agriculture and can be stored in the refrigerator for up to 14 days. With this change, participants will have greater control over meal consumption and choice of meals.

Homebound meal recipients who have been identified as more frail will continue to receive five meals, three days per week, from Catholic Charities.

This vendor had been providing meals to many homebound clients under a temporary contract. Catholic Charities will also produce meals for participants attending the congregate meal sites located in Wards 2 and 5. Dutch Mill Catering will continue to prepare and deliver mid-day meals to congregate meal sites in Wards 1, 3, 4, 6, 7 and 8. Both contractors have held temporary contracts to provide meals since June, 2011.

The Office on Aging Senior Service Network nutritionists and social workers will work together to ensure that all participants have a smooth transition during this process. For more information, seniors should contact their lead agency for questions regarding this change.

For general information, contact the D.C. Office on Aging at 202-724-5622.

Get the Shot! Avoid the Flu

Free Flu Shots for Senior Citizens

- It's not too early to get your flu shot!
- Protect yourself and the ones you love.

- Covered by Medicare Part B: Bring your Medicare Card.

- No insurance? No problem: Zero cost flu shots available for those without coverage.

Flu shot clinics will be held at the following locations from 10 a.m. to 2 p.m.

Thursday, Sept. 6

Bernice Elizabeth Fonteneau Senior Wellness Center
3531 Georgia Ave. NW

Friday, Sept. 7

Asian and Pacific Islander Service Center
417 G Pl. NW

Monday, Sept. 10

St. Mary's Court

725 24th St. NW

Monday, Sept. 17

Model Cities Senior Wellness Center
1901 Evars St. NE

Tuesday, Sept. 18

Hayes Senior Wellness Center
500 K St. NE

Thursday, Sept. 20

Asbury Dwelling Congregate Meal Center and Senior Building
1616 Marion St. NW

Friday, Sept. 21

Congress Heights Senior Wellness Center

3500 Martin Luther King Jr. Ave. SE

Claridge Towers

1221 M St NW

Monday, Oct. 1

James Apartment Building

1424 N St NW

Office on Aging Grant Opportunities

The D.C. Office on Aging has issued a Notice of Funding Availability (NOFA) for a nonprofit or for-profit entity to lead programs and provide services for District residents age 60 and older in Ward 4.

ANOFAs were also issued for an entity to operate the Hattie Holmes Senior Wellness Center located at 324 Kennedy

Street, NW.

To view the NOFAs and the Request for Applications, visit the DCOA website at www.dcoa.dc.gov. The deadline for submission is September 10. For more information, call Brenda Turner, Program and Grants Manager, at (202) 724-5622.



Our Members Prefer Old-School Classics!

The Office on Aging Ambassador Program is a FREE, interactive, member-based program designed to reach out to older adults and/or their caregivers to help them learn about the services and resources available to them through the D.C. Office on Aging.

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 the Office on Aging offers to the community and how you can become an Ambassador.

Upcoming Ambassador Training Workshops:

Wednesday, September 12, 2012	9:00 a.m. - 12 noon
Wednesday, October 17, 2012	9:00 a.m. - 12 noon
Wednesday, October 24, 2012	9:00 a.m. - 12 noon
Wednesday, November 14, 2012	9:00 a.m. - 12 noon
Wednesday, December 12, 2012	9:00 a.m. - 12 noon

All workshops are held in the D.C. Office on Aging 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.



D.C. Office on Aging

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

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



Community Calendar

September events

Grandparents Day is Sept. 9

President Jimmy Carter first declared Grandparents Day a national holiday in 1978. Grandparents Day is recognized to reflect on the impact grandparents have on our own lives — and on society. Happy Grandparents Day to all District of Columbia Grandparents!



11th • 11 a.m.

Ask a doctor about hypertension at the Ft. Lincoln I Senior Nutrition site, 2855 Bladensburg Rd. NE. For more information, call Vivian Grayton at 202-529-8701.

12th and 19th • 10 a.m. to 12:30 p.m.

Register for legal workshops on durable power of attorney and living wills. Participants must attend both workshops. The workshops will be held at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. To sign up, call 202-581-9335.

18th • 11 a.m.

Get information on falls in a program titled "Standing Together to Prevent Falls" at all Ward 5 senior nutrition sites. For more information, call Vivian Grayton at 202-529-8701.

19th • 1:30 to 3 p.m.

Iona Senior Services begins a new series of classes called "Aging in Place and in the Community." The first class, "Retirement and Beyond," helps retirees and those planning retirement make choices that reflect their skills and interests. It will be led by Lylie Fisher, a certified life coach and Iona's director of community engagement. The next class will be held on Oct. 4 and covers health and wellness. The classes will be held at Live and Learn Bethesda, Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane, 2nd floor, Bethesda, Md. The cost is \$10 for each session. Register at www.liveandlearnbethesda.org or call 301-740-6150.

20th • 11:30 a.m. to 12:30 p.m.

Attend a Medicare workshop on equipment and supplies at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-581-9335.

22nd • 8:30 a.m. to 4 p.m.

The 5th annual Tenant Summit will educate renters about the fundamentals of tenant protections in the District of Columbia. It will be held at Gallaudet University's Kellogg Conference Center, 800 Florida Ave. NE. Registration is free and can be done online at www.ota.dc.gov or by calling 202-719-6560.

Ongoing events

Each Wednesday in September, National Preparedness Month, the Ward 5 Senior Nutrition Centers will have information on emergency preparedness. Visit the center nearest you from 10 a.m. to 1 p.m. Call Vivian Grayton at 202-529-8701 for more information.

The Seabury Ward 5 Aging Services Emergency Food Pantry is open from 10 a.m. to 2 p.m. Monday through Friday at 2900 Newton St. NE. Free food is distributed on a case-by-case basis to Ward 5 residents age 60 and older. Call Vivian Grayton at 202-529-8701 for more information.

Have You Faced Housing Discrimination?

In August, the Equal Rights Center, a national nonprofit civil rights organization, filed a suit against a major D.C. management company alleging the company had illegally refused to rent to families using Housing Choice Vouchers. Many D.C. residents may not know that under the D.C. Human Rights Act, it is illegal to discriminate in the housing market based on "source of income."

This means that landlords are not

legally allowed to discriminate against rental applicants or renters based on the fact that they receive a voucher, government subsidy, or other form of non-employment income. If you believe that a landlord or management company has refused to rent to you because you have a Housing Choice Voucher, contact Housing Counseling Services, Inc., a nonprofit counseling agency, at 202-667-7006 to file a complaint.

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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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.**

DCOA Announces Grant Award

The Office on Aging (DCOA) has completed the competitive grant application process for the selection of a provider agency to manage the U.S. Department of Agriculture's Commodity Supplemental Food Program (CSFP) and the Seniors Farmers' Market Nutrition Program (SFMNP) that provide services to vulnerable populations.

The **Capital Area Food Bank (CAFB)**, which operates a food bank and has a new warehouse, has been selected to manage the CSFP and SFMNP programs. CAFB has demonstrated that it is a leader in combating hunger in the District for many years. More information is provided on the DCOA website at www.dcoa.dc.gov.

Legislation Improves Ombudsman Program

The Council of the District of Columbia recently passed the D.C. Long-Term Care Ombudsman Program Amendment Act of 2011. Introduced by Councilmember Marion Barry, Jr., Ward 8 and Chairperson of the Committee on Aging and Community Affairs. The act allows the Long-Term Care Ombudsman Program to be expanded, granting the Long-Term Care Ombudsman the authority to investigate home health care agencies that operate in the District.

The ombudsman program will be

convening several community education sessions throughout the District over the next few months to ensure persons are aware of services that are available.

Additionally, the general public should be aware that they can report neglect or abuse of the elderly when they observe this activity in facilities and or by home health aides. Complaints can be reported to the D.C. Long-Term Care Ombudsman Lynne Person, at 202-434-2160 (24-hour hotline) or by email dcombudsman@aarp.org.