



Frequently Used Telephone Numbers

Adult Protective Services Hotline
DC Center for Independent Living
DC Dept. of Employment Services
DC Dept. of Human Services
DC Dept. of Health Care Finance
DC Dept. of Health
DC Dept. on Disability Services
DC Energy Office
DC Housing Authority
DC Office of Disability Rights
Elder Care Locator
Legal Counsel for the Elderly
Long Term Care Ombudsman
Social Security Administration
Veterans Benefits

(202) 541-3950
(202) 388-0033
(202) 724-7000
(202) 671-4200
(202) 442-5988
(202) 442-5955
(202) 730-1700
(202) 673-6750
(202) 435-3245
(202) 724-5055
(800) 677-1116
(202) 434-2120
(202) 434-2140
(800) 772-1213
(202) 633-8422

Postage



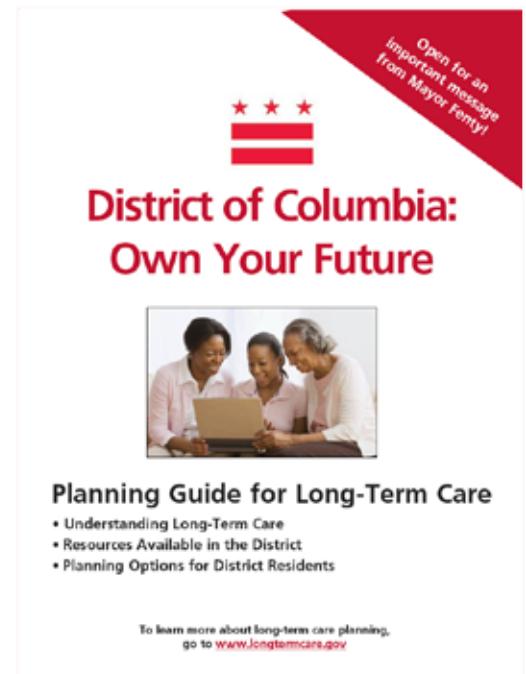
A newsletter produced by the District of Columbia Office on Aging/DC Aging & Disability Resource Center
September 2009
Volume 1 Issue 2

ADRC Helps DC Residents Own Their Future!

The DC Office on Aging ADRC is launching a new campaign, "Own Your Future," geared toward residents 40 years of age and older to begin preparing for their long-term care in the District. "Own Your Future" is an effort between the District of Columbia Office on Aging and the U.S. Department of Health and Human Services (HHS) that provides information and resources on long-term care insurance, financial, and legal issues associated with aging, and numerous other long-term care planning topics.

The campaign targets all District residents between the ages of 40 and 70 and runs for an entire year. It includes public service announcements, District-specific resources, and a long-term care planning guide created by the District and HHS mailed directly to residents.

The District of Columbia joins more than 18 states selected by the U.S. Department of Health and Human Services to initiate the campaign, which provides long-term care planning guides that educate residents on the many options available to them. Individuals who order the Planning Tool Kit will also receive information about consumer resources for long term care planning and services in the District. For example, it will provide contact information for the DC Aging and Disability Resource Center, a long term care provider directory, a web-based resource for information about health and aging, and other resources.



Open for an important message from Mayor Fenty!

District of Columbia: Own Your Future



Planning Guide for Long-Term Care

- Understanding Long-Term Care
- Resources Available in the District
- Planning Options for District Residents

To learn more about long-term care planning, go to www.longtermcare.gov

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Inside ADRC



This month's employee spotlight is on Alice Thompson. Ms. Thompson recently joined the ADRC as an Outreach Coordinator and brings to the ADRC a multitude of experience working with Washington, DC seniors. In her previous position at the Executive Office of the Mayor, Ms. Thompson worked as an Outreach and Service Specialist where she assisted Ward 5 seniors with issues such as housing, home modifications, property maintenance, and abuse and exploitation.

Ms. Thompson is a trusted public servant who has been known to provide exceptional customer service while expeditiously addressing the concerns of the seniors in her ward.

She considers herself an accomplished traveler having had the opportunity to travel both domestically and internationally including Hawaii, Alaska, Europe, South Africa, and most recently the West African countries of Senegal and Ghana.

Ms. Thompson plans to use all the resources at her disposal to educate the citizens of Washington, DC on the ADRC and how it can be of assistance to them.

The DC ADRC assists the District's elderly, persons with disabilities, their caregivers, and their families in maximizing independence and improving quality of life by linking people with a range of quality services.

1134 11th Street, NW • Washington, DC 20001
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Citywide: 311 / Toll Free: (877) 919-ADRC (2372)
www.adrc.dc.gov

provided by



Our Website Is Moving October 1st! Find Us Online at www.adrc.dc.gov



This October, visit our new website, www.adrc.dc.gov, to locate information about: government agencies and private organizations that provide products, services, and facilities in serving the health and social needs of the elderly and persons with disabilities; caregiver support; government health and social programs, relevant forms, and eligibility requirements. Our user-friendly website also enables you to search our online directory for listings of valuable resources.



National Alcohol & Drug Addiction Recovery Month

September is nationally recognized as National Alcohol & Drug Addiction Recovery Month. The primary purpose of Recovery Month is to recognize and pay tribute to those who are in recovery along with acknowledging the many accomplishments of the substance abuse treatment providers. In addition, Recovery Month strives to raise public awareness about the positive outcomes substance abuse treatment can have on the individual, their loved ones, and society. If you know someone who is in need of substance abuse treatment or recovery services, please have them to contact the Addiction, Prevention, and Recovery Administration (APRA) under the Department of Health at (202) 727-8473 (Intake). APRA is located at 1300 First St. NE. Please visit their website, www.doh.dc.gov, for more information.



ADRC Community Connections

The DCOA/ADRC would like to alert seniors to community events coming up this Fall, which is just around the corner. They are as follows:

Joint Utility Discount Day

September 17, 2009; 8:00 am – 7:00 pm
Washington Convention Center, 801 Mount Vernon Place NW

Ft. Lincoln Community Day

September 19, 2009; 12:00pm - 5:00pm
Ft. Lincoln Park, 3001 Ft. Lincoln Drive

Senior Health Fair at Emory Recreation Center

September 25, 2009; 10:00 am – 2:00 pm
5801 Georgia Avenue, NW

Sixth District “Beat the Street” Block Party Outreach Event

September 25, 2009; 4:00 pm - 7:00 pm
Sterling and Sumner Streets



Senior Harvestfest

October 14, 2009; 10:00 am – 2:00 pm
Takoma Community Center, 300 Van Buren Street, NW
The District's fall outdoor carnival for senior citizens age 60 and older.

The 7th Annual Foggy Bottom/West End Neighborhood Block Party

October 18, 2009; 1:00 pm - 4:00 pm
Foggy Bottom Metro between 23rd and 24th Streets, NW
If rain, alternate date is October 25, 2009

The Office of The People’s Counsel Energy Efficiency Expo

November 14, 2009; 10:00 am - 3:00 pm
Washington Convention Center, 801 Mount Vernon Place, NW



WMATA Travel Trainers Workshop



The Metro Office of ADA Programs (ADAP) offers a FREE Train the Travel Trainers Workshop, as a component of the Metro is Accessible outreach program. The free one-day workshop will be held on Tuesday, October 6, 2009 from 10 am - 3:00 pm. A box lunch will be provided.

The purpose of the workshop is to ensure that representatives of organizations that already provide or are considering providing travel training or orientation and mobility training have a comprehensive and consistent understanding of the Metro system and are conveying the most up-to-date and accurate information. For registration information, call (202) 962-1125.

National Family Caregiver's Month

National Family Caregivers Association celebrates National Family Caregiver's Month 2009 by offering a FREE teleclass/webinar: *Safe & Sound: How to Prevent Medication Mishaps* on Thursday, November 12, at 2:00 pm. To sign up for this teleclass/webinar, send an email to: teleclass@thefamilycaregiver.org or call 1(800) 896-3650. The teleclass/webinar is FREE to all family caregivers.

The District of Columbia Caregiver's Institute (DCCI) is designed with the caregiver in mind with a focus being on unpaid caregiver's residing in the District. DCCI provides a variety of services such as support groups, resources, training, and in-home assessments. For more information on this local organization, contact DCCI at (202) 464-1513 or visit their website, www.dccaregivers.org.



The District's fall outdoor carnival for senior citizens age 60 and older featuring live entertainment; a gaming area with bingo, bid whist, DC Lottery and more; fitness and wellness exhibits; immunization & health screenings; information on District programs and services; and a farmers market with fresh fruits and vegetables to purchase.

*Meal reservation a must. Please contact the Lead Agency in your Ward.

Takoma Community Center
300 Van Buren Street, NW • Washington, DC 20011

For More Information Call (202) 724-5626

Government of the District of Columbia
Adrian M. Fenty, Mayor



Lifeline Partnership Offers Sunday Faith and Friends Fellowship

Lifeline Partnership warmly invites people with intellectual and developmental disabilities and behavioral challenges of ALL denominations to come to **Faith and Friends** on Sundays from 12:00 pm - 1:00 pm. This weekly event offers singing, discussions and activities based on the day's Gospel, followed by food and time to get to know each other.

Faith and Friends

Gym at First Trinity Lutheran Church.

501 4th St NW, Washington DC.

RSVP required. Please call (301) 467-0798 by Friday

First Trinity Lutheran Church has hosted Lifeline Partnership since 1954 and also welcomes Faith and Friends participants to attend 10:30 am Worship Service.

The Arc Provides Supportive Services for Developmental and Intellectual Disabilities

Are you or someone you know diagnosed with an intellectual and or a developmental disability? If so, you may want to contact The Arc. The Arc is a nation-wide non-profit organization that provides supportive services for people with intellectual and or developmental disabilities. They have many state and local chapters world-wide. For more information, please contact The Arc of The District of Columbia, Inc. by telephone, (202) 636-2950 or online, www.arcdc.net.



The Arc of the United States will have Stedman Graham as featured speaker at this year's 58th National Convention on November 11-14, 2009 in Pittsburgh, PA. The theme of the conference is "Inspiring Innovation: With Adversity Comes Opportunity." For additional information, please visit the website, www.thearc.org, or by telephone, (301) 565-3842 / (800) 433-5255.



DC Celebrates National Disability Employment Awareness Month



October is National Disability Employment Awareness Month. In recognition of this celebration, please join the District Government in the following events:

The Mayor's Annual Disability Awareness Conference ~ DC – Employment for All

October 6, 2009

The conference will feature opening remarks from DC Mayor Adrian M. Fenty. Special keynote speakers include Kareem Dale, White House Special Assistant for Disability Policy and Kathy Martinez, Assistant Secretary, U.S. Department of Labor Office of Disability Employment Policy

This conference takes place at Kennedy Recreational Center; 1401 7th Street, NW; Washington, DC 20001 (2 blocks from the DC Convention Center Metro). Registrations begins 8:30 am.

2009 DC Disability Mentoring Days

October, 2009

The District Government will participate in a series of one-day Mentoring activities to bring students and job seekers with disabilities and District agencies together for one-on-one job shadowing, mentoring, and informational tours throughout October.

To learn more, please visit <http://odr.dc.gov> or call (202) 724-5055; or contact Christina Mitchell at (202) 481-3877; or Mat McCollough at (202)727-6744.