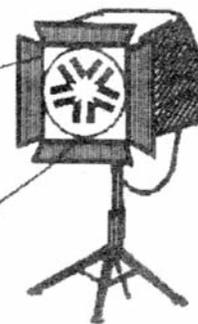




DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 8

A newsletter for D.C. Seniors

August 2014



EXECUTIVE DIRECTOR'S MESSAGE

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

In this issue of "Spotlight on Aging," I would like to profile Mr. Shelton Roseboro, one of the District's most amazing citizens who has benefited from the District of Columbia Office on Aging's programs and services. In addition to telling you a little about Mr. Roseboro, I would like to increase the public's awareness, including employers, about the benefits of hiring older adults.

Shelton Roseboro is 58 years of age and spent 15 years working at the Library of Congress (LOC) as a microphotographer. In his position, he was responsible for photographing every piece of the library's collection. You can imagine that with 15 years of experience, Mr. Roseboro became an expert in his job. As a microphotographer, he was a highly effective, dependable employee who performed his daily tasks with pride.

In fact, the LOC honored Mr. Roseboro with two incentive awards: one for quality and one for quantity. For the quality award, he was recognized for producing 22,000 exposures in approximately four to five weeks with only two remakes. Yes, you heard it correctly! He only made two mistakes out of a 22,000 item production. That is remarkable! For the quantity award, he produced 3,200 images in one day, and the standard for production was 1,750. This is very impressive, as well!

As the saying goes, "All good things must come to an end." Because of the technology age, the LOC went from microphotography to digitizing all of its collection. Subsequently, this led to a reduction in force and Mr. Roseboro being released from employment with the federal government.

For the next 14 years, Mr. Roseboro was not in a career position, but instead, he took various jobs just to pay his bills. He worked jobs in security, retail and transportation, which were totally different from his work with the Library of Congress.

Fortunately, Mr. Roseboro connected with the Office on Aging in 2013, and I referred him to our Older Workers Employment and Training Program. After a short intake process, we put him in touch with our sister agency, the Office of the Chief Technology Officer (OCTO), under the leadership of Mr. Rob Mancini.

At that time, OCTO was piloting an older workers employment program and was in search of potential candidates who wanted to return to work. The job duties consisted of managing the front desk,



Shelton Roseboro

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Age-Friendly DC Strategic Plan

Before the Age-Friendly DC Strategic Plan is finalized in September, get involved!

1. Attend a Community Meeting. During the month of August, there will be a series of community meetings across the city. It's your chance to give input and feedback on the draft Age-Friendly DC Strategic Plan.

2. Volunteer to Walk Your Neighborhood. Since the first day of spring, D.C. residents have participated in the 2014 Block-by-Block Walk all around the city. Make sure your neighborhood has its strengths and needs regarding walkability, amenities and services recorded as part of this citywide effort.

Neighborhood Ambassadors — residents familiar with their Single Member District (SMD) — are needed to guide volunteers completing the neighborhood surveys. Sign

up today by registering at www.surveymonkey.com/s/agefriendlydcwalk0914 or call Gail Kohn, Age-Friendly DC Coordinator, at 202-727-2736.

Date: Saturday, Aug. 2, 10 a.m. to noon

Location: Lamond-Riggs Library, 5401 S. Dakota Ave. NE, Meeting Room 1

Date: Tuesday, Aug. 5, 5 to 7 p.m.

Location: Cleveland Park Library, 3310 Connecticut Ave. NW, Auditorium

Date: Saturday, Aug. 16, 10 a.m. to noon

Location: 1100 4th St., Room E200

Date: Wednesday, Aug. 20, 6 to 8 p.m.

Location: Savoy Elementary School, 2400 Shannon Place SE, Gymnasium

Date: Tuesday, Aug. 26, 8:30 to 10:30 a.m.

Location: John A. Wilson Building, 1350 Pennsylvania Ave. NW, Room G-9



Volunteer for the
**Age-Friendly
Block-by-Block Walk**
Saturday, September 6, 2014

The **Age-Friendly Block-by-Block Walk** is one way Age-Friendly DC seeks to make the District a better place to live for those who are 60 and older.

Walk participants will identify neighborhood assets and issues needing attention all through the lens of older DC residents. *Why? Because what's good for older residents can be good for those with different mobility needs - wheelchair, tricycle, walker or stroller.*

The data will help the city improve policy and practice to make daily life better for everyone.

Volunteers of all ages are needed to participate. Teams will be organized to walk neighborhoods divided by Single Member District (SMD) areas. But you don't need to be a resident of a particular SMD to volunteer. You just need to want to help.



Register to volunteer online:

<http://www.signupgenius.com/go/10c0549a9a92da3fa7-september>

A special thanks to partner AARP District of Columbia State Office for their support and assistance.

Age-Friendly
DC

Gail Kohn, Age-Friendly DC Coordinator
(202) 727-2736
Gail.kohn@dc.gov
1350 Pennsylvania Avenue, NW, Suite 223, Washington, DC 20004



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Congratulations to Ms. Senior D.C. Toni Jackson ★ ★ ★

Ward 4 resident Toni Jackson was crowned Ms. Senior D.C. at the 2014 Ms. Senior D.C. Pageant. Ms. Senior D.C. was one of six contestants to compete in the event held to recognize the inner beauty, talent and community service of District women age 60 and older.

Ms. Senior D.C. was crowned wearing a pewter gray full length evening gown, made of tulle netting in a trumpet style. The gown was accentuated with shimmering flower appliques. At the crowning she was also presented the award for Best Salesperson for her ad and ticket sales. During the talent competition, Jackson sang "On a Clear Day You Can See Forever" from the Broadway musical of the same title.

First Runner-up was awarded to Vernelle Cousins Hamit, who received a trophy for Best Interview. Hamit's dark sapphire and sequined ball gown with stacked beading at the neckline won the award for Best Evening Gown. The winner of the award for Best Talent was Billie LaVerne Smith, who placed Second Runner-up in the contest. Smith, a retired government employee and church choir director, played her own arrangement of "All Because of God's Amazing Grace" with hints of the old-time favorite "Amazing Grace."

Each of the contestants voted, and Annie Cayaban Wilderman was named Ms. Congeniality. The native of the Philippines spoke of uniting young and old of all ethnicities during her talent presentation and philosophy of life.

Also competing during the event were Billye Jean Dent Armstrong, a race car driver and federal government employee and Janice C. Rice, a retired government employee and community organizer.

Each of the contestants was judged on their personal interview, their philosophy of life, and their talent and evening gown presentations. An independent panel of judges made up of community representatives from the arts, entertainment and media scored the contest. The interview and talent segments each received 30 percent of the scoring, and the evening gown and the philosophy of life segments each received 20 percent.

Ms. Senior D.C. Toni Jackson will represent the District in the upcoming Ms. Senior America Pageant that will be held Oct. 26 to 30 in Atlantic City, NJ.



Best Talent Billie LaVerne Smith plays an arrangement of "All Because of God's Amazing Grace."



Dr. John Thompson and daughters Chloe and Kelly pose with Ms. Senior D.C. Toni Jackson; Camile Williams, chief of staff, DCOA; and Nancy A. Berry, Ms. Senior D.C. 2013.

Pictured left to right in the front row: Billye Jean Dent Armstrong; Annie Cayaban Wilderman, Ms. Congeniality; Vernelle Cousins Hamit, First Runner-Up, Best Evening Gown; Ms. Senior D.C. Toni Jackson, Best Salesperson; Billie LaVerne Smith, Second Runner-Up, Best Talent; Nancy A. Berry, Ms. Senior D.C. 2013; and Janice C. Rice. Escorts in the back row left to right: Dr. Johnathan Johnson, Jess Gatchalean, Marcus Shea Taylor, Anthony Matthews, Jimmy Gross and James Thompson. The Ms. Senior D.C. Pageant is presented by the D.C. Seniors Cameo Club, the D.C. Office on Aging and the Office on Aging Senior Service Network.



DCOA Vacancy Announcement

The Department of Human Resources has the following position posted for the D.C. Office on Aging: Deputy Associate Director ADRC - Vacancy Announcement No. 25537.

A Brief Description of Duties: This position is located in the D.C. Office on Aging (DCOA), which has the responsibilities for providing direction, and comprehensive programs and services of the Aging and Disability Resource Center (ADRC) to seniors, caregivers and persons living with disabilities in the District of Columbia. This position functions as Deputy Associate Director of the ADRC and principal advisor to the Associate Director of the ADRC.

Visit www.DCHR.dc.gov for a complete description and details on how to apply.

DCOA is Seeking Volunteers for its Intergenerational Program

Are you interested in volunteering to be a part of D.C. Office on Aging's Intergenerational Program? Do you have what it takes to make an impact?

DCOA is currently seeking seniors interested in volunteering to build relationships with, mento, and guide the District's youngest learners in District of Columbia Public Schools' (DCPS) early childhood classrooms. For more information on volunteering, please contact us at 202-724-5622 or send us an e-mail at DCOA@dc.gov.

In the Community



Hazel Charity, Amanda McDuffie, Jocelyn Lancaster and Barbara Bryant, participants at the Hayes Senior Wellness Center, display the jewelry made in their arts and crafts class. Classes are taught by Bernice Oden on Wednesdays. To find out how you can participate, call 202-727-0357 or stop by the Hayes Senior Wellness Center at 500 K Street, NE.



▲ Congress Heights Senior Wellness Center celebrated the 10th anniversary of its Praise Gospel Choir. The group has sung at many locations in the community and at the center. Plaques were presented to the choir director Yvonne Kelly and the pianist Sarah Williams, who have both volunteered their time for nearly 10 years and are both retiring.

► Congresswoman Eleanor Holmes Norton held her Senior Legislative Day at Dunbar Senior High School. Nearly 200 seniors were present and received a tour of the new building and legislative updates. Commissioners on Aging Nathaniel Wilson and Jacqueline C. Arguelles, Chairperson Romaine Thomas and Vice Chairperson Ron Swanda are pictured here with Congresswoman Eleanor Holmes Norton and DCOA Executive Director John M. Thompson.



Free Workshops for Persons Living with Chronic Conditions

Free six-week classes will help persons live with chronic conditions. Supported by the D.C. Department of Health and the D.C. Office on Aging, the classes can help persons with diabetes, heart disease, asthma, arthritis, cancer or any other chronic condition that may impact quality of life.

Workshops can also help you:

- Decrease stress, fatigue and/or frustration.
- Manage your symptoms effectively.
- Communicate better with your doctors.
- Make informed decisions about your treatment.
- Set and meet realistic personal goals.
- Learn healthier eating habits.

Register Now for a Living Well Workshop!

Thursdays, 9 a.m. to 12:30 p.m.

D.C. Office on Aging, 500 K St NE

(Seniors, people with disabilities, and caregivers encouraged to register)

Contact Nita Sharma at 202-442-9129 or nita.sharma@dc.gov.

Director's message

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greeting customers, scheduling the use of their conference rooms, and addressing facility issues. In essence, these employees were to become the liaisons between the internal stakeholders, OCTO, and its external customers.

Although Mr. Roseboro was excited about a fresh job opportunity, he was a bit reluctant to join OCTO because he was intimidated about using technology. However, he knew that this was his chance to return to government work and to be an asset to his employer.

Today, Mr. Roseboro has been with OCTO for approximately 18 months and is thoroughly enjoying his job. In a recent conversation with Mr. Roseboro, I learned that he has become very comfortable with using technology, as he has started his own blog and website and is now using Facebook and Twitter.

It is very amazing to see how Mr. Roseboro has grown professionally and personally in the last 18 months. This is not only a win for him, but also for the government, as

he is giving the government his talent and strong work ethic. Older workers, like Mr. Roseboro, are a huge asset for their employers.

Job Search Training Systems, Inc. revealed that workers 55 years of age and older have a higher motivation rate as compared to individuals 18 to 29 years of age. Moreover, older workers have longer work histories and performance patterns, which are useful for employers to check into their backgrounds. Having had more years in the work world, older workers are more experienced with problem-solving and decision-making and have other transferrable skill sets that are very beneficial to employers.

If you are a senior and are looking for employment, you may be able to relate to Mr. Roseboro's experience. I encourage you to connect with the Office on Aging's Older Workers Employment and Training Program (OWETP) at 202-724-5626.

If you are an employer seeking talented, experienced professionals, I urge you to connect with OWETP, as well. We have a number of older citizens seeking employment, and I am confident that they can be an awesome addition to your team!

Community Calendar

August events

3rd • noon to 6 p.m.

The Fifth Annual D.C. African Festival will take place at the Ronald Reagan Building and International Trade Center, Woodrow Wilson Plaza, 1300 Pennsylvania Ave. NW. Enjoy music, food, entertainment, storytelling, art a parade of flags and more. African attire is encouraged. RSVP by calling 202-727-5634.

4th • 10 to 11:30 a.m.

Iona Senior Service's Early-Stage Memory Loss Support Group meets the first Thursday of each month. The group is for individuals diagnosed with early-stage memory loss and their family and friends. The fee is \$15 per session. Limited scholarships are available. Call 202-895-9448 for a screening interview and to register. Iona is located at 4125 Albemarle St. NW

5th • 5 to 8 p.m.

Celebrate National Night Out at the citywide kickoff at H.D. Woodson High School, 540 55th St. NE. To learn more, visit <http://mpdc.dc.gov/page/national-night-out> or call 202-727-9099.

9th • 11 a.m. to 3 p.m.

Join in the activities at the MedStar Family Choice Family Fun Day at Shepherd Park (Intersection of Martin Luther King Avenue and Malcom X Avenue, SE). For more information, contact Alice Thompson at 202-535-1321.

12th • 2 to 4 p.m.

Learn about promising developments that can enhance well-being and ongoing enjoyment of life as you age. At an Iona Senior Services program led by geriatrician E. Gordon Margolin, review the issues of diet, exercise, medical and mental care, and emotional/attitudinal adjustments that are said to keep life "worthwhile" and discuss the issues of applying the best current knowledge to these endeavors. The free session will be held at 4125 Albemarle St. NW.

13th • 11:30 a.m.

Information about financial abuse will be presented by the U.S. Attorney's Office at the Kibar Nutrition Site, 1519 Islamic Way (4th Street) NW. For more information contact Vivian Grayton at (202) 529-8701.

14th • 11:30 a.m.

The Delta Towers Nutrition Site will hold a town hall meeting at 1400 Florida Ave. NE. For more information, contact Vivian Grayton at (202) 529-8701.

16th • 10 a.m. to 2 p.m.

The Hattie Holmes Senior Wellness Center will hold its Annual Family & Friends Day/Open House. The center is located at 324 Kennedy St. NW. Call 202-291-6170 for more information.

16th 11 a.m. to 7 p.m.

Join in the Broccoli City Fest, a festival that celebrates healthy living, at the St. Elizabeth's East Gateway Pavilion, 1100 Alabama Ave. SE. For more information, contact Alice Thompson at 202-535-1321.

16th • 11 a.m. to 4 p.m.

A health fair will be held at the Nigerian Embassy, 3519 International Court. For more information, contact Alice Thompson at 202-535-1321.

19th • 11 a.m.

Learn about rodent control at a presentation by the Dept. of Health at the Petersburg Senior Nutrition Site, 3298 Ft. Lincoln Dr. NE. For more information, contact Vivian Grayton at (202) 529-8701.

21st • 10 a.m.

Come to the Center for the Blind and Visually Impaired's Friends Day. The center is located at 2900 Newton St. NE. For more information, contact Vivian Grayton at (202) 529-8701.

SPOTLIGHT ON AGING

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500 K St., N.E.,
Washington, D.C. 20002
202-724-5622 • www.dcoa.dc.gov
John M. Thompson, Ph.D., FAAMA
Executive Director
Darlene Nowlin,
Editor
Darius Logan, Selma Dillard and Darlene Nowlin
Photographers

The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and 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 subjected to disciplinary action.

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

Sign Up for Smart 911

DCOA and the Office of Unified Communications (OUC) continue their campaign to make more seniors aware of Smart911, the safety profile that provides first responders information to better assist callers when responding to emergencies. Smart911 is provided free of charge to all residents of the District of Columbia.

The DCOA has partnered with the OUC to offer presentations citywide in an effort to keep District seniors safe and more prepared for emer-

gencies should they occur. During the presentations, seniors are also provided more information on the Office on Aging programs and services and those of the Office of Unified Communications.

If you have a church group, an organization, residence building or other entity that is interested in hosting a presentation, call 202-727-8364 or email darlene.nowlin@dc.gov to sign up today!

Visit smart911.org for more information.

Fresh New Food Options Coming to Local Centers

DCOA is excited to announce the addition of self-serve salad bars at each of the six senior wellness centers to provide seniors with more variety and choice. These salad bars offer numerous options, including a make-your-own salad section, a healthy premade salad and freshly cut fruit. The hot meal options will still be offered daily.

For a list of participating wellness centers or for more information, visit www.dcoa.dc.gov or call 202-724-5626.

