Older Americans Month 2015: “Get into the Act”

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “Get into the Act,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” While the D.C. Long-Term Care Ombudsman Program provides advocacy for residents of nursing homes, assisted-living facilities, and community-living facilities year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home-and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

Discover Older Americans Month: Visit [http://acl.gov/olderamericansmonth](http://acl.gov/olderamericansmonth)
Greetings!

The season has officially changed from winter to spring. We never thought the snow would end. The first day of spring brought with it a steady shower of morning snow. There is no better way to welcome spring than the National Cherry Blossom Festival in the District from March 20-April 12. There are almost 1,700 Cherry Blossom trees at Washington DC’s Tidal Basin and every spring they bloom for only a few days. I hope that each of you has an opportunity to take a moment and experience one of the city’s most popular events.

In spite of the inclement winter weather conditions the Ombudsman Program, nursing home staff and volunteers did not succumb to the plummeting temperatures and city closures, but showed up to assist and advocate for residents – by phone, email and in person. No wind, no rain or winter storm, can slow us down. We added five new volunteer ombudsmen in February.

We hope that you will join us as we continue our advocacy efforts towards improved quality of care and quality of life for District nursing home residents. Attending the monthly Resident Council Meeting at your facility is a great way to become involved with resident related matters at your facility. It can be empowering! If you want to be empowered and make a difference – show up and speak out for the next meeting.

Respectfully,

Lynne Person
D.C. Long-Term Care Ombudsman

The District of Columbia
Long-Term Care Ombudsman Program

What do long-term care ombudsmen do?
Long-term care ombudsman help residents of long-term care facilities understand their rights, voice their concerns, find solutions to problems, and obtain legal services.

When was the Ombudsman Program Established?
The 1978 amendments to the federal Older Americans Act required each state and the District of Columbia to establish a state level Long Term Care Ombudsman Program

Who Does the D.C. Long-Term Care Ombudsman Program Serve?
The D.C. Long-Term Care Ombudsman Program serves people who reside in nursing homes, assisted living residences, and board and care homes.
What is Resident Mistreatment? - Know Your Rights

By Saundra Brown-Asante, Ombudsman Volunteer

**Mistreatment** is anything that causes physical, mental and/or emotional harm; and includes abuse, neglect, and exploitation.

**Abuse** means causing intentional harm and includes physical, mental, verbal, and sexual abuse.

**Neglect** is the failure to provide care for a resident in order to avoid harm or pain.

**Exploitation** is when someone illegally or improperly uses your money or belongings for their personal use.

You have the right to:

All residents have a right to live in a safe environment that supports each resident’s individuality and ensures that they are treated with respect and dignity. If you have experienced any of the following examples of mistreatment you have a right to report it and facility staff are required to investigate all reports.

- **Physical assault**—kicking, hitting, slapping, grabbing, pushing, biting, spitting, throwing items...
- **Sexual assault**—unwanted sexual advances/touching, rape
- **Verbal and mental Abuse**—name calling, yelling, cursing, racial slurs, unwelcome verbal sexual advances, threats
- **Neglect**—lack of assistance with eating and drinking, not answering call lights, improper use of restraints, lack of assistance using restroom
- **Invasion of personal space**—unwanted sexual exposure, use of personal items without permission, entering room without permission

You have the right to:

All residents have a right to be free from verbal, sexual, physical and mental abuse, neglect, and exploitation, and to be treated with respect and dignity. You also have a right to complain without fear of reprisal.

For questions, comments, or to report an incident contact the Ombudsman Program at: 202-434-2190

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Keeping Up with Social Security...

1.7% COLA for 2015: Modest but Crucial.

Social Security recipients received a 1.7% cost-of-living adjustment (COLA). AARP CEO JoAnn Jenkins issued the following statement: The modest Social Security COLA 2015 remains crucial to the financial security of the nearly 59 million Americans receiving benefits. The COLA helps beneficiaries of all ages maintain their standard of living, keeping many from falling into poverty by providing partial protection against inflation.

Millions of families—including 41 million retired workers and their dependents; 6 million survivors of deceased workers; and 11 million workers with disabilities and their dependents—will depend on this modest COLA increase as they face rising costs of basics like food, utilities and health care.

Although in the long term we need to strengthen Social Security with reasonable changes, volatility in the stock market has never impacted the promise of Social Security benefits. With $2.8 trillion in assets, these popular benefits can exist far into the future, continuing on their 75-year streak of never missing a payment.
We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too.

Developing a brain disease or injury as you age depends on a mix of your family’s genes, your environment, and your health choices.

- Diseases and conditions that affect brain health include:
- Genetic makeup
- Certain medicines, smoking and excessive alcohol
- Health problems like diabetes and heart disease
- Diseases like depression and Alzheimer’s Brain injury
- Poor diet, insufficient sleep, lack of physical and social activity

Some risks to brain health cannot be controlled or prevented, like your genes. Others, like health choices, are under your control. For example, you can:

- Take care of your health
- Eat a healthy diet, drink alcohol moderately, if at all
- Get active and stay active
- Sleep 7-8 hours each night
- Learn new things
- Connect with your family, friends, and communities

Your doctor or health care provider can provide information to you about taking care of your health, and there are a number of resources on the Internet and at libraries on healthy choices in diet, exercise, and social activities.

Resources:
For more information on local programs and resources about health and aging, you can contact your local Area Agency on Aging (AAA) by calling 1-800-677-1116 or visiting the Website http://www.eldercare.gov.
Alcohol may act differently in older adults than in younger people. Some older adults can feel “high” without increasing the amount of alcohol they drink. This can make them more likely to be confused or have accidents, including falls, broken bones, and car crashes, which can cause head injuries among other problems.

If people choose to drink alcohol, U.S. Dietary Guidelines for Americans say that moderate drinking is up to two drinks a day for men, and one for women.

Some people should not drink alcohol. Many older adults should be extra careful because they often take medicines that can interact with it. For example:

- Alcohol and over-the-counter cough and cold remedies together can cause drowsiness and potential accidental overdoses. Older people are at even greater risk for these side effects.
- Using alcohol with common blood pressure medicines can increase risk for dizziness, drowsiness, and changes in heartbeat.

Talk with your health care provider if you have concerns or questions about alcohol and your health. You can also consult these websites for more information about alcohol in general and its effects as we age.

**Resources:**

For more information visit:


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**Diabetes**

People get diabetes when their blood glucose level, sometimes called blood sugar, is too high. Our bodies change the foods we eat into glucose, and insulin helps the glucose get into our cells to make energy. When you have diabetes, your body may not make enough insulin or may not use it correctly. Diabetes can lead to dangerous health problems like heart attack or stroke, and some studies suggest that diabetes may be a risk factor for Alzheimer’s disease.

**Resources:**

For more information visit:


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**Healthy Aging**

Living a healthy life is important for better aging and reducing important risks to brain health. To learn more about staying healthy, you can take part in healthy aging programs at local Area Agencies on Aging and their service providers or other activities in your community. You can also work with your health care provider.

**Resources:**

For more information visit:


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**Source:**

Agency for Healthcare Research and Quality

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**Source:**

National Institute on Aging at NIH
Brain Teasers

Name the Girl:
1. A ______________ moon.
2. ______________ for a better day.
3. At the break of ______________.
4. Sing a Christmas ______________.
5. _____________ flag.
6. Ring the church ______________.

Name the Cake:
1. A cake named after a baseball play.
2. President Carter’s favorite cake.
3. Integrated cake named after a stone.
4. Cake you catch a mouse with.
5. A 16 ounce cake.
6. Cake to eat in the morning.

Solutions on page 9

Sudoku

1 (Easy)

Solution on page 12

2 (Medium)

Solution on page 9

6 Ombudsman Outlook
Hello!!! My name is Deborah Harrington and I am an ombudsman volunteer. I became a volunteer with the D.C. Long-term Care Ombudsman Program (DCLTCOP), in 2010, because I became a caretaker to an elderly woman who entrusted me with her life. I did not know much about caregiving and advocacy at the time, but I understood love, compassion, and dedication. Plus, my parents were getting older as well and I needed to gain as much information as possible about aging and long-term care.

The DCLTCOP has been rewarding as it has helped me in my personal and professional life, providing me with a wealth of information about long-term care and the rights of residents living in long-term care facilities.

As a volunteer I enjoy to champion the rights of long-term care resident.

Greetings and Salutations!!! My name is Cynthia Johnson and I am an ombudsman volunteer. In 2011 I retired from the District of Columbia Public Schools. As an avid volunteer at the food pantry for over 10 years, on Tuesday and Thursday afternoons, it was only natural to find another area to devote as a volunteer where I could talk to and inform others about aging and long-term care.

The District of Columbia Long-Term Care Program was the perfect fit as I used to visit the sick and shut in, at my church, with my mother as a child and through my teenage years. I watched my mother take care of the sick and did anything that was needed in their homes...this was part of her duties as a missionary. She told me “we are our brothers’ keeper”. I have tried to instill the same spirit in my children and it appears that they are following through…

As a volunteer ombudsman I enjoy connecting with the residents, particularly those who are waiting for someone to visit, and keeping my eyes open for any issues or concerns that may affect their quality of life. I consider it a privilege to serve.
April 16 has been designated National Healthcare Decisions Day (NHDD)! The National Healthcare Decisions Day Initiative is a collaborative effort of national, state and community organizations committed to ensure that all adults with decision-making capacity in the United States have the information and opportunity to communicate and document their healthcare decisions.

The objectives of NHDD are to provide much-needed information to the public, reduce the number of tragedies that occur when a person’s wishes are unknown, and improve the ability of healthcare facilities and providers to offer informed and thoughtful guidance about advance healthcare planning to their patients.

The District of Columbia Long-Term Care Ombudsman Program, along with over 700 other national, state and community organizations, is proud to participate in this annual event. If you have any questions about this event or would like further information about the importance of advance care planning, please contact our office at 202-434-2190.

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**Spring Word Find**

Find and circle all of the words that are hidden in the grid. The remaining letters spell a message about Spring.

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ALLERIES  MARCH  G  C  Y  C  L  A  M  E  N  S  A  L  I  L  P
APRIL      MAY    G  N  G  R  O  W  T  H  R  L  L  L  L  R  S
BASEBALL   NEW LEAVES O  Y  I  I  D  L  S  A  R  A  I  E  S  N  N
BEES       PLANTING L  A  L  N  K  A  I  E  B  E  R  R  O  R  H  E
CROCUSES   RAIN    F  M  L  O  A  N  F  E  S  G  M  I  P  W  W
CYCLAMENS  RENEWAL E  N  A  E  E  E  S  F  I  U  L  R  R  A  L
DAFFODILS  ROBINS  I  O  B  Q  R  A  L  E  O  E  C  S  A  B  E
DANDELIONS SEASON  R  S  T  U  B  E  S  C  D  D  F  O  S  W  A
EASTER     SNOWMELT I  A  F  I  G  R  N  N  G  L  I  N  R  H  V
EQUINOX    SOFTBALL  S  E  O  N  N  R  A  E  O  N  I  L  C  C  E
FLOWERS    SPRING BREAK E  S  S  O  I  D  E  W  W  B  I  R  S  B  S
FROGS      SPRING CLEANING S  I  N  X  R  G  E  E  O  A  A  R  M  E  G
GOLF       TULIPS    A  Y  F  L  P  R  O  R  N  M  L  W  P  E  O
GRASS      WARMER   E  T  E  W  S  S  P  I  L  U  T  R  S  S  R
GREEN      WET      R  E  T  S  A  E  P  L  A  N  T  I  N  F
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Solutions on page 12. Thank you www.puzzles.ca
Nursing Homes:

Carolyn Boone Lewis Health Care Center located on 1380 Southern Ave., SE, Washington, DC 20032, is now Brinton Woods Health and Rehabilitation Center at Washington DC.

**For further information please contact the Administrators for this nursing home.**

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Reminder Regarding Personal Needs Allowance (PNA):

The PNA is a portion of the monthly income a nursing home resident keeps for his/her personal needs. For most residents it is $70.00 per month. However, for residents receiving Veteran's benefits it is $90.00.

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Home and Community-Based Services Program (HCBS)

In 2012, The D.C. Long-Term Care Ombudsman Program (DCLTCOP) expanded its advocacy services to include residents living in private residences in the community receiving long-term care services through the D.C. Medicaid Elderly and Person with Physical Disabilities (EPD) Waiver Program.

Home and Community-Based Services Ombudsmen serve as advocates for residents transitioning from nursing homes back to the community, protecting residents’ rights and promoting the highest possible quality of care.

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Brain Teasers Answers


If you or someone you know is receiving long-term services and supports needs help contact the D.C. Long-Term Care Ombudsman Program at 202-434-2190 or DCOmbuds@aarp.org.
April 16, 1862 marks the abolition of slavery in the District of Columbia. Over 3,000 enslaved persons were freed eight months before the Emancipation Proclamation liberated slaves in the South. The District also has the distinction of being the only part of the United States to have compensated slave owners for freeing enslaved persons they held.

The struggle to end slavery in the District was long and arduous. From the city’s beginning, various individuals and groups, with often diverse motives, signed anti-slavery petitions, wrote negative newspaper articles, and openly decried the wide open practice of slavery and slave trading that occurred all over the city. Incidents such as Nat Turner’s 1831 rebellion in Virginia, and Snow Riot of 1835, the Pearl Affair and Riot in 1848, and the presence of the local Underground Railroad also highlighted the issue of slavery in the District.

As thousands of African Americans flocked to the Nation’s capital seeking a haven from bondage during the early years of the Civil War, pressure increased on President Abraham Lincoln to take a bold step. With the help of Henry Wilson of Massachusetts, Lincoln got the bill through Congress. On April 16, 1862, he issued the following document:

“FELLOW CITIZENS OF THE SENATE AND THE HOUSE OF REPRESENTATIVES:
The act entitled “an act for the release of certain persons held to service or labor in the District of Columbia,” has this day been approved and signed.

I have never doubted the constitutional authority of Congress to abolish slavery in this district, and I have ever desired to see the National Capital freed from the institution in some satisfactory way. Hence there has never been in my mind any question upon the subject except the one of expediency, arising in view of all the circumstances. If there be matters within and about this act which might have taken a course or shape more satisfactory to my judgments, I do not attempt to specify them. I am gratified that the two principles of compensation and colonization are both recognized and practically applied in the act.

In the matter of compensation, it is provided that claims may be presented within ninety days from the passage of the act, “but not thereafter”, and there is no savings for minors, femes covert, insane or absent persons, I presume this is an omission by mere oversight, and I recommend that it be supplied by an amendatory or supplemental act.”

ABRAHAM LINCOLN.
Washington, April 16, 1862
(Published text of emancipation decree in the District of Columbia from Frank Leslie’s Illustrated Weekly)

Did you know...
April 16th remains a special day for the District and all residents. On the first DC Emancipation Day anniversary after the end of the Civil War, the community organized a large parade. The District of Columbia Emancipation Day Parade became an annual event, continuing into the twenty first century. On March 7th, DC Councilmember Vincent Orange authored and introduced, with Carol Schwartz the historic “DC Emancipation Day Amendment Act of 2000”.

This Act was passed and signed into law by Mayor Anthony Williams on March 22, 2000 and established April 16th as a legal DC private holiday. On April 16, 2005, DC Emancipation Day was observed for the first time as a legal public holiday, for the purpose of pay and leave of employees scheduled to work on that day. After a 100 year absence, Councilmember Orange with the support of Mayor Anthony Williams returned the Emancipation Day Parade to Pennsylvania Avenue NW, along with public activities on Freedom Plaza and evening fireworks.

Cited text: C.R. Gibbs, Historian
Emancipation Day Parade

April 16, 2015. Emancipation Day will begin with a parade at 11 a.m., along Pennsylvania Avenue. Parade participants will include DCPS and College marching bands, dancers, all branches of the U.S. Armed Forces, children’s characters and large balloon floats, auto clubs, numerous neighborhood and community associations, DC Statehood organizations, and much more...

Emancipation Day Concert

April 16, 2015, 6-8:30 p.m. Freedom Plaza, Washington DC. The star-studded DC Emancipation Day concert will begin with the West Virginia State University Jazz Ensemble and includes special performances by Talib Kweli, MC Lyte, Arrested Development, Raheem DeVaughn, DJ Kool, Doug E Fresh, J Ivy and DC’s own Black Alley Band. No tickets are needed for this event.

Emancipation Day Fire Works

April 16, 2014, 8:30 p.m. Freedom Plaza, Washington DC. An impressive display of fireworks will light up the sky shortly after the concert ends.

Wreath Laying Ceremony

April 16, 2014, - 9:00 a.m. African American Civil War Memorial, Vermont Avenue & U Street, NW Washington DC. Free and open to the public.

2015 National Cherry Blossom Festival Dates:
March 20 – April 12

Washington, DC welcomes the arrival of spring with the National Cherry Blossom Festival, a tradition that showcases the beautiful gift of 3,000 cherry trees that the city of Tokyo gave to our nation’s capital.

The National Cherry Blossom Festival is an annual three-week, city-wide event featuring more than 200 international cultural performances and over 90 other special events. From arts and exhibits to cuisine and sports, there is something for everyone to enjoy!
Legal Counsel for the Elderly, an AARP affiliate, operates the state Long-Term Care Ombudsman Program with the support of the District of Columbia Office on Aging, as part of the Senior Services Network.

For free confidential help: Long Term Care Ombudsmen listen to concerns about issues such as: abuse, neglect, discrimination, retaliation, restraint use, residents’ rights and appeals, and work with facility staff members and resident to resolve them. Call the D.C. Long-Term Care Ombudsman Program at: (202)434-2190, TDD: (202)434-6562, or email: DCOmbuds@aarp.org.