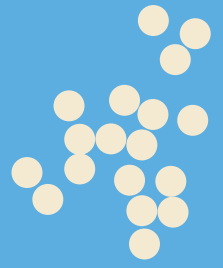


THE BEST YEARS ARE YET TO COME



RESOURCES FOR SENIORS IN FOGGY BOTTOM AND THE WEST END



PREPARED BY
THE FOGGY BOTTOM INTERFAITH NETWORK

OCTOBER 2010

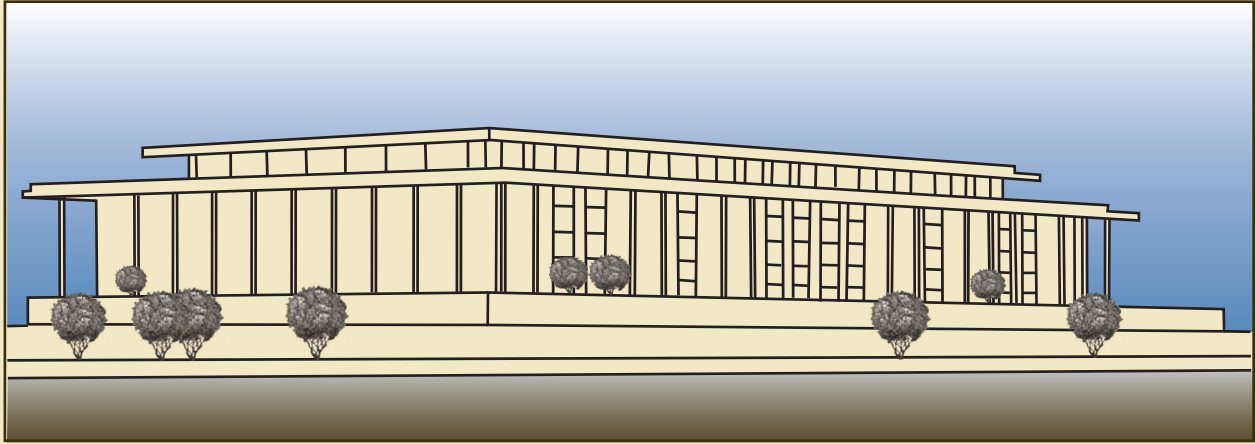
RESOURCES FOR SENIORS IN FOGGY BOTTOM/WEST END

As a resident of Foggy Bottom / West End you know we are in a great historic neighborhood. We want you to enjoy all that this community offers you. This booklet summarizes the resources that are available for senior citizens in our community. We hope that you find the information useful and that you have a fruitful and enjoyable time as part of the community. Make the most of your senior years.

Foggy Bottom Interfaith Network
October 2010

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CULTURE

Free Musical Programs at the Kennedy Center

Each day at 6 p.m., the Kennedy Center hosts a free performance by local, national or international talent. No tickets are required, but seating is limited and is made available on a first-come, first-served basis. The schedule of upcoming performances is available at the Kennedy Center and at: <http://www.kennedy-center.org/programs/millennium/schedule.html>. The Kennedy Center also offers discounts to seniors for other, selected programs.

The George Washington University Community Calendar

The GWU News Center publishes a monthly calendar of events that Foggy Bottom residents may attend. To see the Community Calendar go to: www.gwu.edu/explore/newsevents/eventscalendars/universitycalendars

Almost-Half-Price Tickets

Each week, Ticketplace.org offers discounted tickets to performances throughout the D.C. area, often including the Kennedy Center. Go to the Ticketplace outlet at 407 7th Street N.W. (between D & E Streets, N.W.) or sign up for a weekly e-mail at <http://www.Ticketplace.org>

Cultural Tourism

Each week, Cultural Tourism DC provides a listing of free and low-cost cultural and heritage events in the D.C. area. The listing includes tours and events at embassies, art galleries, museums, theatres and universities. Many events are in Foggy Bottom/West End. Go to www.culturaltourismdc.org to view the listings or to subscribe for a free, e-mail listing each week.

FITNESS & WELLNESS

St. Mary's Court Exercise Programs

St Mary's Court sponsors exercise sessions, including Tai Chi and Yoga. Currently, classes are offered on Tuesdays at 11:40 am and on Thursdays and Fridays at 11:30 am. Foggy Bottom senior residents are invited to participate in these programs. For more information, visit St Mary's Court at 725 24th Street NW or call Tessa Johnson at 202-223-5712.

Community Multidimensional Fitness Program

The GWU Program in Physical Therapy sponsors a community fitness program for seniors. The program is located at 900 23rd Street N.W., 6th floor. For more information, call 202-994-8230.

Health Clubs Discounts

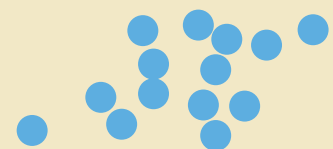
- ★ Gold's Gym (1120 20th Street N.W.) offers special savings to AARP members. 202-293-4200.
- ★ Sports Club/LA (1170 22nd Street N.W.) offers discounts to Foggy Bottom Association members. 202-974-6600
- ★ YMCA (1711 Rhode Island Ave, N.W.) offers aquatic, health and wellness programs.

Iona Fitness Classes

Iona offers fitness classes at 4125 Albemarle Street, N.W. Go to <http://www.Iona.org>, or e-mail an Iona Information Specialist at info@iona.org, or contact Iona's Information and Referral desk at 202-895-9448.

Hattie Holmes Senior Wellness Center

The Office of Aging Wellness Center provides holistic programs that promote the health and wellness of D.C. senior residents 60 years of age and older. The Center offers classes in nutrition, exercise, reflexology, smoking cessation and other health dialogues, seminars, support groups, auxiliary activities, creative arts, intergenerational programs and peer leader training. The Center is located at 324 Kennedy Street, N.W. Call 202-291-6170.



HEALTH CARE

GWU Hospital Senior Advantage Program

Foggy Bottom residents 65 and older can join the Senior Advantage Program for a one-time fee of \$10.00 for individuals or \$15 for couples. Members receive a 20% discount at the hospital cafeteria, a 10% discount at the hospital gift shop, free hearing screenings, free notary public services, and invitations to hospital lectures. Call 202-715-4263 or go to:

<http://www.gwhospital.com/Senior-Advantage>

FLU Shots

Seniors who are on Medicare may receive free flu shots at St. Mary's Court (202-223-5712) in Foggy Bottom and subsidized flu shots at Iona (202-895-9448) in the Tenley Town neighborhood of D.C. Flu shots are also available at GWU Hospital.

Free Blood Pressure Tests

Free blood pressure tests are available at any fire station. Nearby fire stations are located at 2119 G Street, N.W. and at 2225 M Street, N.W. Call 202-673-3331. St. Mary's Court offers blood pressure screenings on Tuesdays. Call 202-223-5712.

Low Vision Care

Columbia Lighthouse for the Blind provides low vision care that helps individuals with vision loss via adaptive aids & other technologically enhanced devices. It is located at 1825 K Street N.W., Suite 1103 or call 202-454-6400.

BODYWISE Program for Seniors

The University of the District of Columbia offers water exercise, walking and stretching. The program includes an educational component that covers topics such as the safe use of medication and the benefits of exercise for certain physical problems. The program is located at the UDC Institute of Gerontology, 4340 Connecticut Avenue, N.W., Building 52, Second Floor. Call 202-274-6651.

Senior Eye-Care Program

Free eye-care exams are available to seniors who have not seen an ophthalmologist in three years, and who do not belong to an Health Maintenance

Organization or the Veterans Administration. The exams are a public service of the Foundation of the American Academy of Ophthalmology. Eyeglasses, prescription drugs, hospital services, and fees of other medical professionals are not included in this program. To determine if you qualify, call 1-800-222-3937.

LEGAL & TAX HELP

Free Health Insurance Counseling

The George Washington Law School's Health Insurance Counseling Project provides free health insurance information, and counseling services to Medicare beneficiaries and seniors. The program also assists seniors with resolving unpaid medical bills, making appeals for denials of medical services, and obtaining prescription medications. Call 202-739-0668.

Notary Publics in Foggy Bottom

George Washington University has notary publics that can assist Foggy Bottom residents at a cost of \$2 per document. Call 202-997-7463. The GWU Hospital Senior Advantage Program also provides notary public services.

Free Legal Services for the Elderly

Qualifying D.C. seniors can get help writing a consumer complaint letter, asking for D.C. services, getting a health care power of attorney, completing a small claims complaint, checking for benefits, and contacting an attorney. Call Emmaus Services at 202-741-200, Iona at 202-895-9492, or AARP at 202-434-2094.

Legal Advice Line

The AARP Legal Counsel for the Elderly provides free legal advice to low income residents, 60 years of age or older. Experienced attorneys are able to provide callers with basic information, legal advice, and referrals for a large array of legal matters. On the first call, an intake specialist enters all demographic data, thereby allowing attorneys to focus on advice, information and referrals, if appropriate. Call 202-434-2120 or 202-434-2170. Also see: **www.LawHelp.org/DC**, which helps D.C. residents to find legal aid referrals and self-help resources.

Free Tax Advice

The AARP Tax Aide web site allows you to ask tax questions year-round via email. From February 1 to April 15 you can visit an AARP Tax-Aide location in D.C. Visit www.aarp.org/taxaide to send an email or to find a D.C. location for you to visit.

Free Volunteer Income Tax Assistance

The D.C. Public Library offers free tax filing help for individuals with incomes below \$35,000 and families with incomes below \$40,000. See: <http://www.dclibrary.org/services/incometax>

LEARNING

Auditing GWU Courses

On a not-for-credit basis, GWU alumni and Foggy Bottom/West End residents 60 years of age and older may attend a wide array of courses. Cost for older Foggy Bottom/West End residents (zip codes 20006 and 20037) are \$65 per course. Contact the Director of Alumni Benefits and Outreach at 202-994-6435 or e-mail alumni@gwu.edu

GWU Gelman Library

Foggy Bottom/West End neighbors may use the GWU Gelman Library at 2130 H Street N.W. with a valid library access card. For information on how to obtain an access card, contact the GWU Office of Community Relations at 202-994-9132.

Free Computer Training

GWU offers free computer training to Foggy Bottom/West End neighbors. Through a combination of instructor-led classes, online training and telephone support, neighbors may receive instruction on such topics as: computer fundamentals, Internet exploration and popular software applications. Email discover@gwu.edu or call 202-994-9132.

Mid-Day Programs at St. Mary's Court

The Mid-Day Program at St. Mary's Court features a variety of speakers on educational, political or legal issues. The program also sponsors periodic outings. Foggy Bottom residents may participate. Call 202-223-5712.

West End Library Book Club & Activities

The West End Library is located at 24th and L Street NW. The library hosts a monthly book club, periodic movies and lectures. The volunteer Library Friends group also sponsors periodic book sales. Call 202-724-5713.

Iona Senior Services

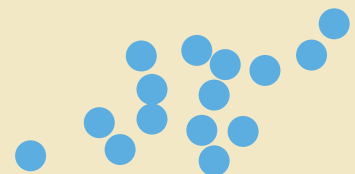
Located less than 3 miles from Foggy Bottom, Iona offers a variety of workshops and classes for older individuals. Many are free of charge. All workshops are held at Iona, located at 4125 Albemarle Street, N.W., Washington, D.C. 20016. Iona is accessible by Metro at the Tenleytown Station (Red Line). Free parking is available for evening and weekend workshops. Go to <http://www.Iona.org> or e-mail info@iona.org, or call 202-895-9448.

St Alban's Super Sixties

Iona's Super Sixties program offers a variety of social activities including art classes, exercise classes, bingo games, field trips, computer classes, educational programs, and student performances. St Alban's is located about 3 miles from Foggy Bottom at 3001 Wisconsin Ave, NW. Call 202-895-9448.

Library Services to Homebound Residents

Patrons who are unable to visit the D.C. Public Library due to a physical or mental limitation have access to the library's collection through Library Services to At Home Readers (L-STAR) also known as 'Books by Mail.' Once registered, patrons will receive library items through the mail in a reusable mailing bag with the library covering the cost of postage. Call 202-727-2143 or go to: <http://www.dclibrary.org/node/624>



Library Help for Older Adults with Hearing, Visual and Physical Disabilities

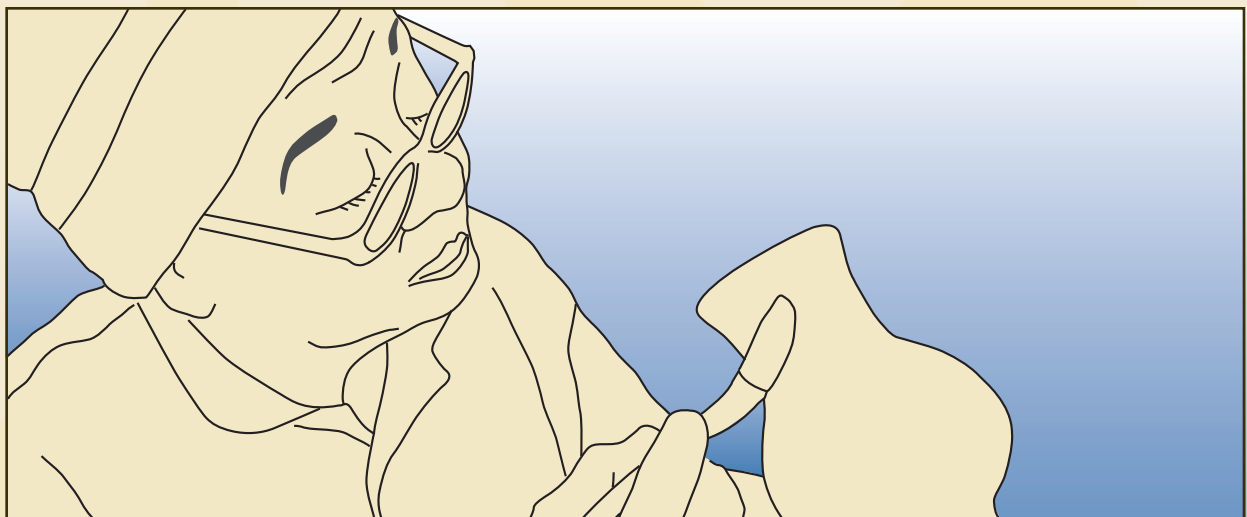
The D.C. Public Library Adaptive Services Division helps older adults, the deaf and those with visual and physical disabilities use library materials and resources. Adaptive technologies are tools, electronic devices, and computer technologies that promote communication and independence. If you are losing your vision or hearing, the library demonstrates its collections of adaptive technology, including closed-circuit television magnifiers, scanning software for print too small to read, screen-reading or screen-magnifying computer software. The Adaptive Services Division works with the Library for the Blind to provide books, magazines, newspapers and other materials in accessible formats. Free audio library services are by postage-free mail. Call 202-727-2142 or TTY: 202-727-2255 or email: lbph.dcpl@dc.gov

Smithsonian Institution

The Smithsonian Associates Program offers more than 1,000 educational and cultural programs each year, some of which are free. See: <http://smithsonianassociates.org> The offices are located at S. Dillon Ripley Center, 1100 Jefferson Drive, S.W. The closest metro station is the Smithsonian Station, Mall exit.

D.C. Parks & Recreation Senior Programs

Free programs include social gatherings, arts and crafts, computer training, dancing, bridge club, and health and wellness. The programs are located outside of the Foggy Bottom area. Go to www.dpr.dc.gov or call 202-673-7647.



MEALS

Senior Lunches at St. Mary's Court

St Mary's Court provides hot lunches Monday through Friday to D.C. residents 60 years of age or older for a voluntary contribution. Foggy Bottom senior residents are invited to participate in the senior lunch program, which is sponsored by Emmaus Services for the Aging. Visit St Mary's Court at 725 24th Street N.W. or call 202-223-5712.

DC Food Finder

This website can help you find free or low-cost meals and groceries; places to apply for and use food assistance benefits, cooking classes, and nutrition workshops. The site also lists farmers' markets, community gardens, and other food resources. Go to <http://www.DCFoodFinder.org>.

Emergency Groceries

Emergency groceries are provided free to D.C. residents who demonstrate a need. They are distributed on the second and fourth Saturday of each month by the Foggy Bottom Food Pantry at the United Church, 1920 G Street N.W. Call 202-331-1495.

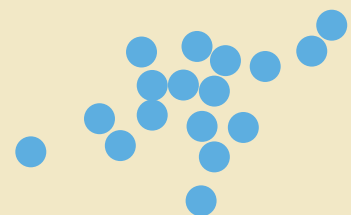
Weekend Home-Delivered Meals

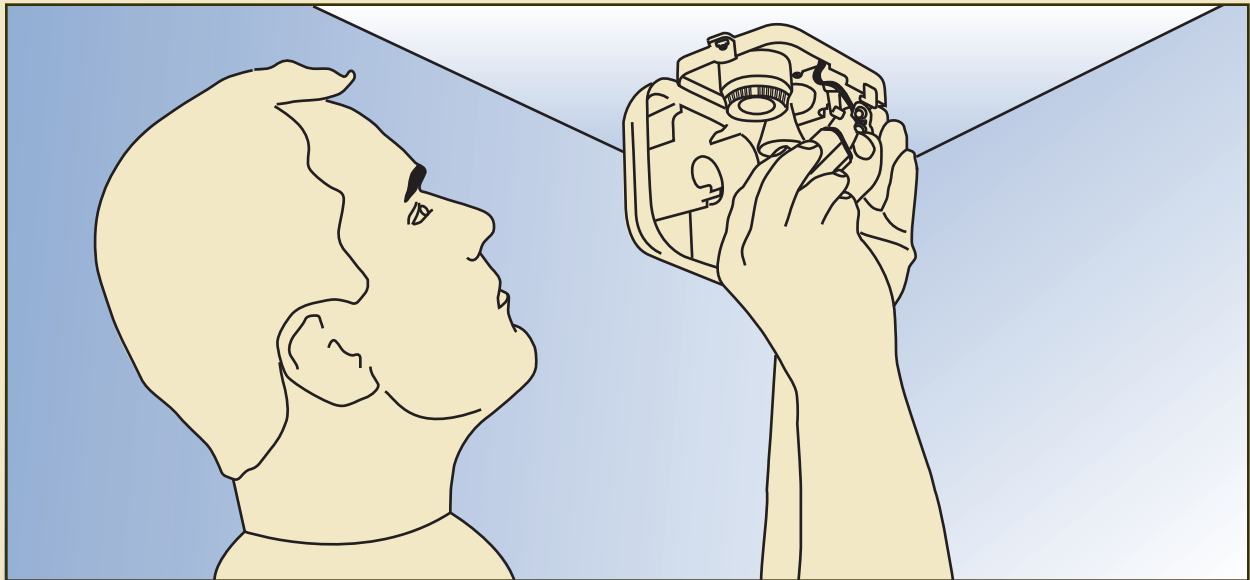
Every Saturday, Iona volunteers deliver a set of two meals (one hot meal and one cold meal) to eligible seniors. The service area is limited. Subsidies are available. Call 202-895-9448.

Restaurant Discounts

Some Foggy Bottom restaurants sometimes offer discounts to seniors. You must request the discount when you arrive at the restaurant. Check:

- * **600 Restaurant at the Watergate** 600 New Hampshire Ave. N.W. Call 202-337-5890.
- * **Baskin-Robbins/Dunkin' Donuts** 616 23 St N.W. Call 202-242-9509
- * **On The Fly Cafe at the Corcoran** 500 17th St N.W. (Sundays only)
- * **Cafe Phillips** 1776 G St N.W.





SAFETY

Free Smoke Alarms

Battery-operated smoke detectors are available free of charge to D.C. residents. Residents may receive one smoke detector per household. Call 202-673-3331 and leave your contact information.

Free Home Fire-Safety Inspections

Home fire-safety inspections are available by appointment. The inspections are conducted as a courtesy of the D.C. Fire and Emergency Medical Services. The inspector looks for overloaded outlets, working smoke detectors, unobstructed exit routes from your home, and good visibility from the street. A copy of the inspection findings will be given to the resident along with suggestions. A follow-up appointment may also be requested. Call (202) 673-3331 for an appointment.

AARP Driver Safety Classes for Seniors

AARP offers a driver-safety refresher course for drivers age 50 and older. The course helps seniors tune up driving skills, update knowledge of the rules of the road; learn about and adjust for age-related physical changes; and reduce traffic violations, crashes, and chances for injuries. Call 1-888-227-7669 or go to <http://www.aarp.org/VMISLocator/searchDspLocations.do>

SENIOR SERVICES & ASSISTANCE

Benefits Check Up

The National Council on Aging, BenefitsCheckUp.org is a web-based service that can find benefits programs for seniors with limited income and resources. The programs range from heating and energy assistance to prescription savings programs to income supplements.

Go to <http://www.benefitscheckup.org>

Emmaus Services for the Aging

Five churches helped found this 5-day-a-week outreach program that serves homebound and frail elderly residing in the downtown area of Ward 2. Call 202-745-1200.

Utility Discounts

The D.C. Department of Environment Utility Discount Programs helps low-income District residents reduce their utility costs. To qualify, your utility bills must be in your own name, and you must meet income guidelines. At present, the maximum annual income requirements are \$16,245 for single people or \$21,855 for couples. Call 311 or 202-673-6700 for an application.

Repair & Handyman Services

The Foggy Bottom Current Newspaper, which is distributed free in the neighborhood, has numerous advertisements for handyman services. The D.C. Beacon newspaper, which is also free, has advertisements for service that seniors may need.

Elderly Abuse

D.C. Adult Protective Services investigates reports and intervenes to reduce abuse, neglect and exploitation of frail, elderly and impaired adults in the District. The service also provides case management, counseling and support services to vulnerable adults who have been abused, neglected or exploited. Call 202-541-3950.

SOCIAL ACTIVITIES

Foggy Bottom Association

The Foggy Bottom Association is a neighborhood civic association that meets nine times each year and also hosts parties, tours of local buildings, luncheons, discounts, and other get-togethers. Dues are \$15 a year. Go to: www.savefoggybottom.com

FRIENDS

The George Washington University hosts meetings and get-togethers with Foggy Bottom residents. The meetings provide information on GWU initiatives and give residents an opportunity to express concerns and ask questions. Social events are held every other month along with an annual block party in October. Sign up for the mailing list to receive periodic announcements and invitations to free activities. Call 202-994-9132 or e-mail discover@gwu.edu. Visit the FRIENDS website: <http://neighborhood.gwu.edu>

Downtown Cluster's Geriatric Day Care Center

The Center provides social and emotional support for impaired older people, with the goal of increasing physical independence. An active, therapeutic program provides counseling, educational, and recreational activities. The center is located at Asbury United Methodist Church, 926 11th Street, N.W. Call 202-347-7527.

Genevieve N. Johnson Senior Day Care Program

This program offers a variety of social and supportive services to older Washingtonians. The center is located at 4817 Blagden Avenue, N.W. Call 202-723-8537.

Support Groups

Iona Senior Services offers support groups around various topics including Caregiver Support, Memory Loss, Aging, Low Vision, Parkinson's Disease and Alzheimer's Disease. Call 202-895-9448.

Volunteer in DC

Greater DC Cares offers many kinds of volunteer opportunities. After an orientation, you will receive weekly e-mails that tell you about volunteer opportunities. Send an e-mail to volunteer@greaterdccaes.org or call 202-777-4447 or visit www.dc-cares.org/volunteers.html

TRANSPORTATION

Discounted Metro Rides

Seniors are eligible for discounted fares on Metrorail, regular Metrobus routes, and other participating bus services. Seniors must purchase a Senior SmarTrip® card for \$5 at the sales office at Metro Center or other locations (you will need to present a government-issued, photo identification card). Call 202-637-7000.

Metro Access

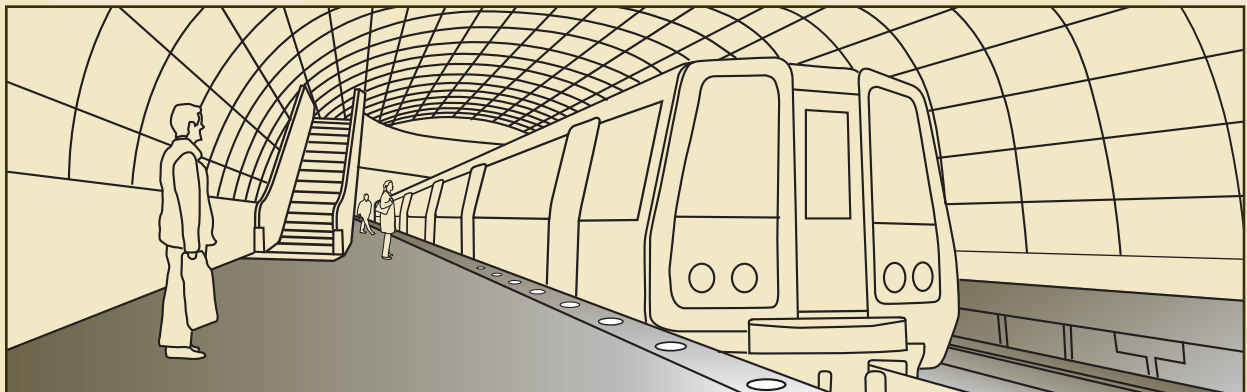
Metro Access is a shared-ride, public transit service that provides curb-to-curb service for people who cannot use regular public transportation and have been certified as eligible to use para-transit service. An application must be completed, and a health care professional must certify both the disability and the need for para-transit service. Call 301-562-5360 (Option 4).

Metro Large Print Pocket Guide

This brochure provides Metrorail hours, travel tips for riding on Metrobus and Metrorail, information about passes and special fares, a Metrorail map, and customer assistance telephone numbers. Call 202-637-7000.

Call N’Ride

Call N’ Ride is a taxi voucher program for D.C. residents who are 60 years and older and have limited income. Seniors may purchase coupons at a reduced rate. The coupons may be used as payment for cab service (fare and tip) within the District. The coupons must be used with specific taxi companies and only with radio-dispatched taxis (not with taxis hailed from the street). Call Emmaus Services for the Aging at (202) 745-1200.



WEB SITES FOR SENIORS

U.S. Government:

<http://www.usa.gov/Topics/Seniors.shtml>

DC Office of Aging:

<http://dcoa.dc.gov>

DC Aging and Disability Resource Center:

<http://www.dcoa.dc.gov/dcoa/site/default.asp> and click on the ADRC link

AARP:

<http://www.AARP.org>

Alliance for Retired Americans:

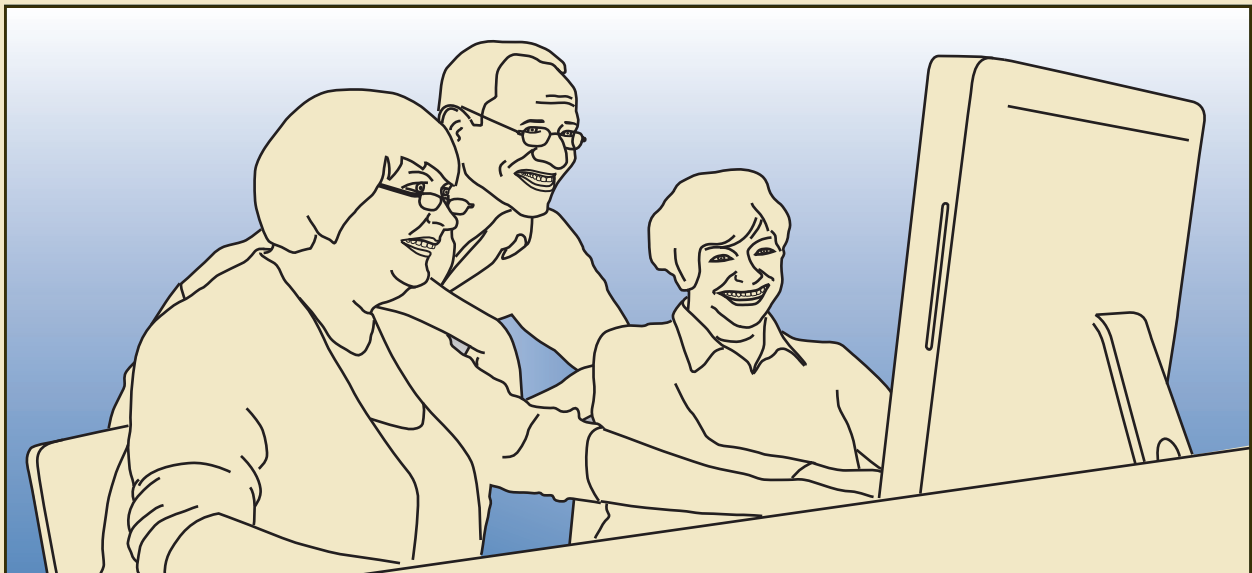
<http://www.retiredamericans.org/>

National Hispanic Council on Aging:

<http://www.nhcoa.org/>

National Council on Aging:

<http://www.ncoa.org/>



WORSHIP IN FOGGY BOTTOM

Foggy Bottom has five places of worship that serve spiritual needs, sponsor social programs, and offer assistance to seniors. Places of worship for other faiths may be found in other areas of D.C.

St. Mary's Episcopal Church

728 23rd Street, N.W. (202) 333-3985

www.StMarysFoggyBottom.com

office@stmarysfoggybottom.org

St. Paul's Episcopal Church

2430 K Street, N.W. (202) 337-2020

www.St.Pauls-Kst.com

info@stpauls-kst.com

St. Stephen Martyr Catholic Church

2436 Pennsylvania Avenue, N.W. (202) 785-0982

www.StStephenMartyrDC.org

St.StephenMartyrdc@verizon.net

Western Presbyterian Church

2401 Virginia Avenue, N.W. (202) 835-8383

www.WesternPresbyterian.org

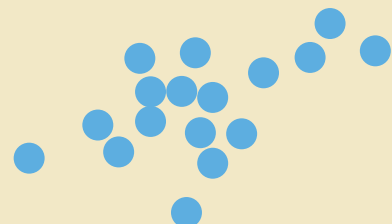
info@westernpresbyterian.org

The United Church

1920 G Street, N.W. (202) 331-1495

www.theUnitedChurch.org

info@theunitedchurch.org



This booklet was prepared by the Foggy Bottom Interfaith Network with support from the Foggy Bottom Association and IONA Senior Services. Graphic design and illustrations by Rolando Serra, rserradesign@gmail.com

The Foggy Bottom Interfaith Network includes Foggy Bottom churches and non-profit organizations that collaborate to identify and meet the social support needs of our community, especially its most vulnerable populations: the aging and homeless.

The Foggy Bottom Interfaith Network has also prepared a pamphlet on Volunteer Opportunities in Historic Foggy Bottom. To request a copy, email: caille@YourGameRoom.com or call 202-338-2471. The information in this pamphlet is subject to change without notice.

Printing by the GWU's Office of Government, International and Community Affairs. For more information, please contact the organization that sponsors the event or service.

