



Genevieve N. Johnson Senior Day Care Center Advisory Council's Quarterly Newsletter™

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April-June 2023 Edition

CHAIRPERSON'S MESSAGE

Greetings Fellow Zionites in the name of Jesus Christ our Lord and Savior!

We are very pleased to share with you our latest edition of the quarterly newsletter of the GNJ Senior Day Care Center's Advisory Council. Our purpose of printing this quarterly newsletter is to provide valuable news and information about the wonderful work that is being accomplished at the GNJ Senior Day Care Center and how you can take advantage of these great services and programs. If you have a good story about your experience at the GNJ Senior Day Care Center please feel free to share it with us and thank you in advance for your continued support of the GNJ Senior Day Care Center.

Elaine S. Saunders

Chair, GNJ Senior Day Care Advisory Council

MISSION OF THE GNJSDC ADVISORY COUNCIL

The mission of the Genevieve N. Johnson Senior Day Care Center Advisory Council is to provide advice and guidance to the staff of the GNJ Senior Day Care Center on ideas and initiatives that serve to enhance the awareness and utilization of a wide range of opportunities for the Center's participants and their family members as well as any interested members of Zion Baptist Church and/or the local community. In accordance with the DC Office on Aging and Community Living (DACL) grant to the GNJ Senior Day Care Center an advisory group has been established by Zion Baptist Church and the current advisory council members are as follows:

- Sister Elaine S. Saunders (chair)
- Deacon Norma Hutcheson
- Sister Linda Scope
- Brother Reginald Watson
- Trustee Roy Castleberry
- Sister Thelma Burless (ex officio)

We are continuing to conduct a comprehensive outreach review to better understand the demographic profile of eligible seniors at Zion Baptist Church so that we can not only improve upon the current services and programs but develop a strategy to market and offer additional services and programs. Accordingly, please feel free to offer any suggestions that you believe might be of interest and we will definitely do our best to consider if applicable. Also, if you would like to volunteer your knowledge, skills and abilities in support of our mission please let us know.

Contact Sister Saunders at esaunders80@outlook.com.

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OVERVIEW OF THE GNJ SENIOR DAY CARE CENTER

The Genevieve N. Johnson Senior Day Care Center Program (“Center”) is an Adult Day Care Center domiciled in Zion Baptist Church’s Family Life Center located at 4817 Blagden Avenue, N.W., Washington, D.C. 20011. The Center has been in operation for approximately forty-one years and incorporates quality day care services for the frail elderly as well as the recreation/socialization for the reasonably healthy elderly persons. The Center is located in Ward Four of the District of Columbia and serves residents aged sixty years and older throughout the Washington metropolitan area. The Center is a one-of-a-kind program that combines adult day care services and senior center services.

The overall goal of the Genevieve N. Johnson Senior Day Care Center’s Program is to provide an atmosphere designed to enable families to successfully manage the responsibility of quality care for an elderly or frail senior family member in their home environment. The Center provides various rehabilitative, social, and recreational activities and services made possible to maintain a high quality of life and forestall early institutionalization. The participants at the Center enjoy recreation and friendship with their peers as well as receive health education, nutrition and family supportive services via counseling, comprehensive assessments and required resources and services after assessments as well as case management reviews and follow-ups.

The Center provides a very important outlet for family caregivers, as it offers socialization, activities, and necessary supervision to those individuals who are socially isolated or in need of essential care and assistance. Caregivers feel confident that their loved ones are in a safe environment and well cared for while they are at work or performing other necessary tasks. In addition, the Center offers a variety of programs and amenities, including, cognitive assessment, exercise programs, recreational activities, therapeutic services, transportation and escort services, and a diverse schedule of engaging activities as well as nutritious meals daily.

For many caregivers, the Center provides them with the adult day care services they need to adequately care for their aging spouse or relative. Whether they use the Center for respite services or for daily care so that they can work or tend to other responsibilities this is an important option for family caregivers.

Currently, through an annual grant awarded from the Department on Aging and Community Living (DCAL), the Center provides: (a) Adult Day Care Services, (b) Recreational/Socialization Activities, (c) Health Promotions, (d) Comprehensive Assessment, (e) Counseling and (f) Case Management. These six components are accomplished through the provision of: (a) Transportation and Escort Services, (b) Congregate Meals, (c) Therapeutic Arts, (d) Intergenerational Activities, (e) Caregiver’s Support Group, (f) Music Therapy, (g) Fit and Wellness Programs, and (h) Outreach to the Local Community.

The Center also makes referrals to other services offered to residents of the District of Columbia aged sixty years and older by the Department on Aging and Community Living (DAAL) such as: (a) Caregiver Support, (b) Community and Home-Delivered Meals, (c) Information and Referral/Assistance, (d) Legal Assistance, (e) Long-Term Care Planning, (f) Medicaid Enrollment Assistance, (g) Nutrition Programs, (h) Safe at Home Resources and (i) Nursing Home to Community Living Transition. In addition, the Center collaborates with the D.C. Aging and Disability Resource Center (ADRC) for low-income seniors interested in receiving assistance in completing the necessary government forms for Medicaid benefits and the Supplemental Nutrition Assistance Program (SNAP)

The GNJ Center’s minimal admission criteria are as follows: self-toileting, self-feeding, independent mobility, ability to make routine decisions alone, present no threat to self or others, sixty years of age or older and a District resident.

For more information about the Genevieve N. Johnson Senior Day Care Center please contact Thelma Burless, the Executive Director of the GNJ Senior Day Care Center at (202) 723-8537 or 202-697-3017. Email: tburless@gjnsd.org.

NEWS AND INFORMATION ABOUT THE GENEVIEVE N. JOHNSON SENIOR DAY CARE CENTER



With more than four decades of experience, the exemplary quality, and compassionate services of the Genevieve N. Johnson Senior Day Care Center (GNJ Center) is incomparable. The GNJ Center is located at 4817 Blagden Avenue, N.W. in Ward Four of the District of Columbia and serves residents aged sixty years and older. Through an annual grant from the District of Columbia's Department on Aging and Community Living (DACL) the GNJ Center is a one-of-a kind dual program that offers adult day care services for the frail elderly as well as the recreation/socialization for the well-to-do elderly and committed to expanding the continuum of senior care and support services. The overall goal of the Genevieve N. Johnson Senior Day Care Center's Program is to provide a pleasant and thriving environment designed to enable families to successfully manage the responsibility of quality care for an elderly or frail senior family member in order that they may be able to comfortably remain in their home; and therefore maintain a reasonable quality of life for as long as possible by providing cognitive, rehabilitative, social and recreational programs, activities and services at the GNJ Center.

Friday May 19, 2023 — The 41st Anniversary of the Genevieve N. Johnson Senior Day Care Center was celebrated in grand style. In attendance were representatives from the following organizations: Ms. Stephanie Bryant, Grant Monitor from the Department on Aging and Community Living (DACL); Ms. Phyllis Dillinger, CEO/CFO, The Washington Home; Ms. Barbara Rogers, Community Engagement Director-Ward 4 Councilmember Janesse Lewis-Georges' office; Mr. Robert Nunez, DC Commission on Arts and Humanities (CAH); and from Zion Baptist Church Deacon Debbie Moon and Trustee Roy Castleberry, Liaison to the GNJ Advisory Council. Mrs. Thelma Burless, the Executive Director of the GNJ Center welcomed all and introduced the MC, Ms. Inga Hailstorks. The first speaker was Mrs. Regina Johnson, former Director of the GNJ Center followed by Mrs. Elaine Saunders, Chair GNJ Advisory Council who gave a brief history of the Family Life Center and how it came to be the home of the GNJ Senior Day Care Center. Special acknowledgements were given to Ms. Loretha Young (former Nurse at the GNJ Center for forty-one years), Ms. Stephanie Saunders (former Activity Director at the GNJ Center for twenty-five years), Ms. Delores Walker (2023 Senior GNJ Center

Queen who made presentations to the GNJ Staff), Mr. Reginald “Bo” Watson, grandson of Mrs. Johnson and Mr. Douglas Garland, great grandson of Mrs. Johnson who presented the GNJ Center with a framed drawing of Mrs. Johnson as a young woman. Mr. David J. Saunders, Chair of Zion Community Enterprises, spoke regarding the plans for the future construction and operation of the Genevieve N. Johnson Senior Residences. Mr. Saunders also received a special recognition plaque from the GNJ Center’s staff for his untiring efforts on behalf of the staff and participants of the GNJ Center. A sumptuous lunch was enjoyed by all as we listened to the smooth music of the Bill Davis Jazz Quartet.

Sunday, May 21st - Genevieve N. Johnson Day was held during Sunday Morning Worship Service at Zion Baptist Church. After beautiful selections by our choir under the direction of Brother Ryan Jones, ZBC Music Ministry Director, and regular announcements, the congregation viewed a brief video of the plans for the Senior Day Care Center named after our own Genevieve N. Johnson. Ms. Thelma Burless, the Executive Director of the GNJ Center, spoke of the enduring legacy being carried out and our own Ms. Delores Walker spoke about the wonderful time she is having being a part of this program. Rev. Dr. Keith W. Byrd, Sr. spoke from scripture - Judges Chapter 6 Verses 11-16 on the topic “Why Not You”. Brother Bernardo Brown, grandson of Mrs. Johnson gave closing remarks regarding the remarkable legacy of a woman on whose shoulders we now stand.

GENEVIEVE N. JOHNSON SENIOR DAY CARE CENTER PLANS FOR FUTURE EXPANSION OF PROGRAMS AND SERVICES

Zion Baptist Church, in conjunction with Zion Community Enterprise, is in the process of designing an affordable quality senior housing development project to be known as the Genevieve N. Johnson Senior Residences. As a direct outcome of this effort, plans are underway to further enhance the continued expansion and sustainability of both the scope and impact of programs and services at the Genevieve N. Johnson Senior Day Care Center for Zion Baptist Church members and the community at-large. This will include, but not be limited to: (a) expanded visibility and impact by seeking additional funding and resources through grants and sponsorship; (b) moving forward with renovations and repairs to the Family Life Center; and (c) moving forward with the design and implementation of an enhanced “Wellness Center” as a component to the affordable senior housing development project at the Family Life Center to be known as the Genevieve N. Johnson Senior Residences. We are currently in the planning and design phase of the affordable quality senior development project and please stay tuned for ongoing updates!

GENEVIEVE N. JOHNSON SENIOR DAY CARE CENTER RECEIVES ADDITIONAL GRANTS IN YEAR 2022

Great News! We are extremely pleased to share with you fantatstic news and information regarding the Geneveive N. Johnson Senior Day Care Center being the recipient of three special grants during the year 2022 as follows:

The Washington Homes provided a \$51,000 grant in June 2022 to the GNJ Center. This grant is designed to address the lack of Respite Care Support Services for our caregivers and participants. The GNJ Center understands that being a caregiver is so hard because they are watching a loved one change, often for the worse. This could be mental due to a form of Dementia or due to a physical disability. A caregiver might find it hard to see the person they care for the way they were before they became sick, or they might feel like they have lost the person they were before they became a caregiver. It is difficult because they are still on call as a caregiver 24/7, especially if they are doing it alone. This problem

impacts at least 95% of our clientele and nearly 92% of the targeted population. Doctors often think of caregivers as hidden patients. If the bad feelings are lasting a long time and impacting your life, then this could mean that you as a caregiver are stressed and could lead to possible burnout known as Compassion Fatigue. This can be dangerous because it can lead to medical errors and/or disrupted relationships with the person you are caring for, as well as other family and friends. Compassion fatigue can be a cloud over your empathy, meaning you might not notice things are going wrong, with others or yourself.

The GNJ Center's solution was to create a comfortable learning environment that will allow us to train, educate and provide resources to the caregivers and participants. Services that we provide include: a weekly caregiver support group, registered nurse contractor (to provide health education talks and weight/blood pressure screenings), social worker contractor (to provide emotional support to participants), community outreach events (to raise awareness on dementia and caregiving), senior friendly durable furniture for participants and the provision of food/snacks. We intend to serve fifty (50) caregivers and seventy-five (75) participants with this grant. This particular grant is uniquely designed to serve as a dedicated multi-functional "safe space" for caregivers in order to learn more about available resources, participate in peer support sessions and enjoy get-togethers. The participants experience self-directed learning sessions to support and enhance their caregiving journey. In particular, the "Caregivers' Lounge" is perfect for small group sharing sessions and was able to accommodate up to twenty (20) persons in a workshop-style setting. The goal of the TWH grant is to create a trusted environment that is available whenever needed as caregivers need their own "safe space" where they can be heard, supported and engaged – and that is exactly what the GNJ Center seeks to offer through this generous TWH grant.

The DC Commission on Arts and Humanities provided two grants in October 2022: One grant in the amount of \$24,000 to conduct a Timeslips Storytelling Program and the other grant in the amount of \$17,400 to conduct a Music Memory Café Program for a total amount of \$41,400.

Music Memory Café: The GNJ Center proposes to design a specialized Musical Memory Café comprised of retired musicians with Alzheimer's and other Dementia-related diseases providing them with the opportunity to talk about music and create a DC Rhythm City Band performing with others throughout the District of Columbia. The Musical Memory Café will be established as a safe environment that will allow musicians to continue their love for music through socialization and performance. The Musical Memory Café's overall goal is to support the well-being of participants throughout the District of Columbia using a creative approach to opening up imaginative memories through a structured series of creative engagements. Led by the highly renowned Davey Yarborough, as our Music Memory Café Director, participants will be able to create musical expressions that reflect their interest. With the guidance of Mr. Yarborough, and special guest musicians as appropriate, the Musical Memory Café will develop a product to be shared with the broader community. Each of the participant's family members, care partners and others within the community will be invited to a celebratory event featuring the participants in a way that is culturally appropriate and memory friendly, honoring their inspiration and their work with an artistic value and connection to their communities.

Timeslips Storytelling: The GNJ Center proposes to design a specialized TimeSlips Storytelling engagement approach using a creative approach to open up imaginative storytelling through a structured series of creative story sessions. Led by Ms. Nephelie Andonyadis, a teaching artist who is a certified facilitator, participants will be able to co-create a collaborative work of artistic expression that reflects their interests, tastes, hopes and desires. With support from Ms. Andonyadis as facilitator, group stories will be crafted into a "text" for sharing – works of original poetic stories, images, and visual artworks. The final form will be determined by the participants themselves. Using the format of a "Memory Café" each participant's family member, care partners and others within the community, will be invited to a celebratory event featuring the participants-artist in a way that is culturally appropriate and memory friendly, honoring their inspiration and the work with artistic value and connection to their communities.

The TimeSlips Storytelling pilot-project will offer a short series of engagement sessions, through the Create and Thrive! Program, that offers a taste of this work, and is shared as an example and inspiration. These creative sessions will be designed to reflect joy and well-being as evidenced by their active participation and memory recall. The interactive workshops will provide each participant with an opportunity to enjoy self-expression while sharing heart felt stories and other creative modalities to provide a sense of self and reminiscent play. The TimeSlips Storytelling pilot-project model is designed to shift away from the expectation of memory – where participants with Dementia can feel shame and loss – toward imagination, where participants, staff, family, and artistic collaborators can participate as equals from a position of strength.



CARE GIVER LOUNGE NOW HELD MONTHLY AT THE GENEVIEVE N. JOHNSON SENIOR DAY CARE CENTER

If you missed the weekly Caregivers Lounge, please consider joining Mrs. Reba Pittman Walker for the monthly Caregiver’s Lounge every Third Saturday from 11:00am to 1:00pm at the GNJ Senior Day Care Center. It’s an afternoon that will allow for some well-deserved respite and networking. For more information and registration please contact the GNJ Center at 202-723-8537.

MUSIC MEMORY CAFÉ OPEN JAM SESSION JUNE 5th, 2023



TIMESLIPS -STORYTELLING FINAL PRESENTATION HELD AT ZION BAPTIST CHURCH ON MAY 5th, 2023



**BOTH PROGRAMS WERE MADE POSSIBLE THROUGH A GRANT FROM
THE DC COMMISSION ON ARTS AND HUMANITIES (CAH)**

PARENTING YOUR PARENTS

Men's Health | December 2022 | By Travis "Yoh" Phillips

At some point (maybe even now), you will have to Look After Their Health And Finances. Is it fun? Nope. But can you make it less stressful? Absolutely.

Jason Lee was nine when his father, Robert, was diagnosed with diabetes. Robert, a retired university dean with a Ph.D. in psychology, handled it – for fifteen years – until one night when he woke up in a disoriented daze. His blood sugar had dropped dangerously low. Jason woke up, too. And that's when he saw something on his father's face he hadn't seen before: Panic. Robert recovered, with no serious medical complications. But Jason knew that his dad was vulnerable to the unknown and unpredictable, and he figured he could either face the challenges and assist his mom wherever necessary or deny the reality that Robert was aging. He chose the former, and when his mom suffered a mini-stroke ten years later, he was ready to step up for her as well. Now he knows how to administer insulin in an emergency, read blood-sugar levels, monitor pacemakers, and manage his parents medical records.

Jason has no blueprint for any of these new responsibilities. One doesn't really exist for him or any of the fifty-three million others who spend on average twenty-four hours a week caring for ill, disabled, or older family members or friends, according to the latest joint study by the National Alliance for Caregiving and the AARP, from 2020. Although research indicates life spans are expected to lengthen over the coming decades, aging parents likely won't be any more immune to dementia, diabetes, or other debilitating diseases. But there are steps experts agree you can take to help ease the challenges of caretaking. Parenting your parents isn't easy – it will cost time, money, and certain aspects of your freedom. With the right approach, however, it will be the next best thing doable.

STEP 1: Have The Talk and Make a Plan. You and your parents need to discuss matters regarding their pride, sense of seniority, mortality, and independence. This should be no big deal, right? Children of aging parents must seek to build trust and maintain respect while helping their parents realize they may not be prepared to take care of themselves in their final years. You should have conversations with them in order to guide them towards consideration, contemplation, and abandonment of at least a little control. Often the answers that they come up with are going to reveal that they are not prepared, and neither are the people that they expect to take care of them. However, if your parents welcome your help then great, you are ready for the next step. If they reject your offer of assistance, then wait until a more convenient time.

Maybe they are stubborn, maybe they feel that they will become a burden. Or maybe it runs deeper, with old resentment, disappointments, and frustrations between children and their parents reemerging. Successful parental caregivers plan with their parents – and anyone else on their caregiving team, which can include family members, family friends, and hired help. And they take into account physical labor (chauffeuring to doctor visits, doling out medications), financial labor, and emotional labor from lugging around the past. Be clear about how much time everyone's investing and who is responsible for what. But also be open to adjustments as schedules change and the need for care increases or decreases. If all of this sounds like a full-time job, well, experts agree that's pretty much what caregiving is. Then there is also the issue of money.

STEP 2: Figuring Out Finances. In most instances of parental caretaking, money will be a complicating factor. That means that you will need to know your parents income, expenses, assets, and liabilities – either from them in the form of statements or from their financial planner if they have one. Without those key numbers, you will not be able to accurately plan a budget and you will definitely need a budget. According to a 2010 survey from the Centers for Medicare & Medicaid Services, eighty percent of adults

age sixty-five and older have at least one chronic health condition, while nearly seventy percent have two or more. And even with Medicare and other types of insurance, those conditions cost money: A 2021 survey from the U.S. Bureau of Labor Statistics found that senior households spend more than \$4,000 a year on health insurance. The costs spill over to caregivers, too. A 2021 AARP study revealed that family caregivers spend an average of \$7,242 of their own money annually to take care of their parents. (out-of-pocket costs include doctor visits, co-pays, transportation, and caretakers if they can't tend to their parents full-time).

As headache inducing as it may be to predetermine how much you need to spend on parental caregiving, it will save you time and stress – and prevent additional debt. But before dipping into your own savings to support your parents, help them come to the conclusion that it is time to use theirs (see step 1). Find out how much they have coming in from social security, if there is any equity in their home that can be pulled, and/or if they have any other fixed-income assets available. If your parents don't have any savings, your first line of defense is for siblings and other relatives to come together and spread the costs of care the way you would spread responsibilities. With family support, ideally you won't have to dig too deeply into your own pocket and cut into saving for your own future. However, if the parents are not wisely allocating their funds it may be time to reinforce the collective plan from step 1.

If tough love doesn't work, talk to your parents about appointing an agent or attorney-in-fact, who can conduct legal, financial, and medical affairs on their behalf. There are so many times where adult children end up needing to be forceful, insist, and go through legal actions so limits are set and their parents don't end up broke. Frame the power-of-attorney discussion around that: the health, financial, and family-dynamic consequences of running out of cash. If you are handling everything else, yes, you should probably have power of attorney, but you don't have to – just make sure someone does before your parents experience any deterioration to their mental health that could make them more resistant to change. The goal is to find the lowest-stress option for your parents – and you. Which brings us to...?

STEP 3: Mind Your Mental Health. First, acknowledge that it's totally unusual and downright awkward to do things like help your parents get in and out of bed (or a bath), discuss end-of-life care, provide economic support, move in with them (or have them move in with you), and take emotional leadership of challenging circumstances. Even if you have the financial resources to hire someone to help with your parents' physical needs, you can't simply outsource the grief of watching them get older and become less functional. Perhaps, if you are not already seeing a therapist, now may be the time. People need to have honest conversations about the reality of safety, bandwidth, exhaustion, and being pulled in multiple directions. Like any big, hard thing in life, you will have to learn to accept “wow, this is not what I thought it would be. This is really hard”. Therapy can help you retain your independence, combat wishful thinking, and maintain (or even build) a strong bond with your parents at a time when they might really need one. In closing, the future can look more like joy and memory making than fear and anxiety.

A 'Blueprint' for Longevity: New Study Has an Answer For Why Some People Live To Be Over 100 | USA TODAY | April 3, 2023 | By Adrianna Rodriguez

Throughout history, brilliant minds have tried to figure out the secret behind living longer. Much of the research has credited diet and exercise, but a group of scientists expanded on previous data to suggest another theory. Researchers from Boston University and Tufts Medical Center found people who live to be one hundred years old or older – called centenarians – may have a unique composition of immune cells that's highly protective against illnesses, according to a study published Friday in the peer-reviewed journal Lancet eBiomedicine. “Our data support the hypothesis that centenarians have protective factors that enable (them) to recover from disease and reach extreme old ages,” said lead author Tanya Karagiannis, a senior bioinformatician at the Center for Quantitative Methods and Data Science, and

Institute for Clinical Research and Health Policy Studies at Tufts Medical Center. People with normal immune systems are exposed to infections, recover from them, and learn to adapt to future infections. While the immune system's ability to respond to infections declines with age, scientists hypothesized this may be different for centenarians.

Researchers analyzed immune cells circulating in the blood taken from seven centenarian participants in North America and identified immune-specific patterns of aging and extreme human longevity. They compared this information with other publicly available data that looked at immune cells from people ranging across the human lifespan and found centenarians' immune profile did not follow trends associated with natural aging. The findings "provide support to the hypothesis that centenarians are enriched with protective factors that increase their ability to recover from infections," said senior author Paola Sebastiani, director of the Center for Quantitative Methods and Data Science, and Institute for Clinical Research and Health Policy Studies at Tufts Medical Center. It's unclear if this unique immunological ability is genetic, naturally occurring, or a confluence of outside factors, said senior author Stefano Monti, associate professor of medicine, biostatistics, and bioinformatics at Boston University's school of medicine. "The answer to what makes you live longer is a very complex one," he said. "There are multiple factors, there's the genetics – what you inherit from a parent, there's lifestyle, there's luck." Study authors hope the report's findings build on existing research that could help develop therapeutics for the world's aging population. "Centenarians, and their exceptional longevity, provide a 'blueprint' for how we might live more productive, healthful lives," said senior author George J. Murphy, associate professor of medicine at Boston University's school of medicine.

SHOTS TO SHOOT FOR

Reader's Digest | By Leslie Finlay | February 2023

If you have not given much thought lately to smallpox, polio or diphtheria, that's because these once dangerous diseases either have been eradicated or are now so well-controlled, thanks to the success of earlier vaccination programs. But the Centers for Disease Control and Prevention (CDC) estimates that currently fewer than a quarter of Americans adult have received all age-appropriate vaccines. While some vaccines are given in childhood and confer protection for life, others must be repeated into adulthood. The virus that causes measles, for instance, "is a very stable virus, it doesn't change – basically, the virus today is the same as it was in 1935," explains William Schaffner, MD, the medical director of the National Foundation for Infectious Diseases. That means a childhood measles vaccine provides lifelong protection. Flu and COVID viruses, on the other hand, mutate frequently, so the vaccines need to be updated and repeated.

Here are the CDC's vaccine recommendations for adults age nineteen and older. (Note: Some guidelines change for adults with additional risk factors or health conditions. Ask your doctor for more information.)

Flu: One dose annually.

COVID-19: Boosters as they become available.

Tdap: A booster every ten years (also with each pregnancy, or for wound management).

MMR: One to two doses for those born in 1957 or later who have not been fully immunized.

Varicella (chickenpox): Two doses for unvaccinated adults who have never had chickenpox.

Zoster (shingles): Two doses for adults ages fifty and older.

HPV: Two to three doses before age twenty-six (or before age forty-five, depending on your doctor's recommendation).

Pneumococcal: For all adults over the age of sixty-five, one dose PCV15 followed by PPSV23 or one dose PCV20.

Hepatitis A: People with certain medical conditions or those traveling overseas may require two or three doses, depending on the vaccine.

Hepatitis B: Two to four doses for all adults, depending on the vaccine.

Meningococcal: Recommended for previously unvaccinated adults who are in college or the military, or have a compromised immune system.

The Safest Way To Get Up From A Fall

AARP Newsletter | By Stacey Colino | January 13, 2023

A fair amount of media and medical attention is paid to preventing falls among older adults — but there are times when people fall, despite taking the recommended precautions. Every year, more than 25 percent of adults age 65 and older fall, and falling once doubles a person's chances of falling again, according to the Centers for Disease Control and Prevention. Making matters worse, sometimes older adults have trouble getting up without assistance. This is partly because people don't learn this skill, and partly because people become more stiff and less agile as they get older. But there are effective ways to get up from a fall. "It's a good idea to practice getting up, almost like a fire drill," says Brianne Carroll, a physical therapist at the NYU Langone Orthopedic Center in New York, New York. That way, you'll know what to do in the event that you fall. Plus, "being able to get up from the floor [without assistance] is a positive health behavior, just the same way that exercising is," Carroll says.

What follows are step-by-step instructions for effective ways to get back up. First, take a moment to "scan your body for injuries," advises Leah Verebes, an assistant professor in the physical therapy program at the Touro University School of Health Sciences in New York, New York. "If something hurts as you move, it is best to remain on the floor and seek assistance." The concern is that if you're seriously injured and you try to get up, you could make the injury worse. If you feel okay, though perhaps a bit shaken, here's a good strategy for trying to get up. Slowly roll onto your side, push yourself up onto your hands and knees (into a crawling position), and crawl toward a sturdy chair, coffee table, or couch. Once you're in front of the steady piece of furniture, put your hands on it and put your stronger leg out first, then get up into a half-lunge position before rising to a standing position, Carroll suggests. If you can't fully stand, you can turn your body and sit on the chair, sofa, or table. If you can't crawl because you have bad knees, you can scoot on your butt on the floor or roll your way over to that piece of furniture, says Pam Toto, a professor in occupational therapy at the University of Pittsburgh.

Another option involves turning to your side, placing your hands on the floor and pushing to bring your body into a seated position. “If possible, reach for a cushion to slide underneath your bottom,” Verebes says. “Push back onto the cushion as much as you can then lift your bottom up and onto the chair.” If there isn’t a chair nearby, you can scoot your way to a step on a staircase then put your butt on the lowest step and use your legs to push yourself up to a higher one, Toto says. If someone comes to your aid, keep this in mind: There’s a “high risk of injury for partners or caretakers if they try to help someone up if they’re dead weight,” Toto says. Plus, if you’re the one on the floor, you might fall again, Carroll adds, because “it’s hard for you to generate enough force for you to help them lift you up.” Whichever strategy you use to get up, take your time and don’t try to do too many things at once, Carroll says. “Once you get up from a fall, sit for a couple of minutes and calm yourself so you don’t get up too quickly and fall again.”

If you can’t rise after falling, don’t panic. If you plan ahead, there are a variety of technological devices you can use to come to your rescue. First, there are traditional medical alert systems, which often involve wearing a pendant, bracelet, or device on the hip that will detect a fall or that are triggered by pushing a button; these will alert the monitoring agency, someone on your emergency contact list, or emergency medical services that you need help. In addition, smart watch technology now offers a fall detection feature, Verebes says. The watch senses a change in position and checks in with the user via a sensation or tone to see if the user is safe. “The tone gets significantly louder and more persistent until the individual answers the notification,” she explains. This type of device allows someone to get in touch with their emergency contact or emergency medical services from the watch itself. If you’re not able to buy one of these devices, it’s smart to carry a cordless phone or smartphone with you at all times, Verebes says. That way, you can contact emergency services if you need help after a fall.

BIGGEST SOCIAL SECURITY CHANGES FOR 2023

AARP Magazine | By Andy Markowitz | December 5, 2022

Social Security benefits will get their biggest boost in decades in 2023, thanks to 2022’s surging consumer prices. Inflation and rising wages mean a host of other changes for the tens of millions of retirees, disabled workers and members of their families who rely on the program. Here’s what’s in store for the year to come.

Bigger Benefits. Rampant inflation produced an 8.7 percent cost-of-living adjustment (COLA) for Social Security beneficiaries in 2023, the biggest percentage jump since 1981. That translates into a \$146 boost in the average monthly retirement benefit, from \$1,681 to \$1,827. The maximum benefit for a worker who claims Social Security at full retirement age (FRA) in 2023 will be \$3,627 a month, up from \$3,345 in 2022. FRA is 66 years and 4 months for people born in 1956 and 66 and 6 months for those born in 1957; people born from September 2, 1956, through July 1, 1957, will reach it in 2023. The COLA is applied to all types of Social Security payments and to Supplemental Security Income (SSI), a safety-net benefit for older, blind and disabled people with low incomes and limited assets that is administered by the Social Security Administration (SSA).

No Medicare Premium Offset. In 2022, a 5.9 percent COLA raised the average retirement benefit by \$92 a month. But a record-high in Medicare Part B premiums undercut that increase for the majority of Medicare enrollees whose Part B premiums are deducted directly from Social Security payments. That won’t be the case in 2023, as the standard Part B Premium declines from \$170.10 a month to \$164.90, leaving many beneficiaries with only a few extra dollars in their monthly Social Security deposits.

Social Security Taxes. Social Security benefits are largely funded from a 12.4 percent tax on work earnings, typically split between employee and employer. (If you work for yourself, you pay both shares.) The tax rate hasn't changed in years, but the amount of income subject to it increases in line with the COLA. In 2022, you paid Social Security taxes on work income up to \$147,000. In 2023, the threshold rises to \$160,200. You won't pay into Social Security on earnings above that level, nor will your employer.

Social Security Earnings Limits. People receiving retirement, survivor and family benefits who have not yet reached full retirement age may have a portion of their Social Security payments temporarily withheld if they continue to work and have earnings above a certain level. This earnings test changes annually in line with national wage trends. In 2023, the threshold is \$21,240 for beneficiaries who will not reach full retirement age until a later year (up from \$19,560 in 2022). For every \$2 in annual work income above that limit, the SSA withholds \$1 in benefits. If you will reach FRA in 2023, Social Security withholds \$1 in benefits for every \$3 in earnings above \$56,520 (up from \$51,960 in 2022) until the month when you hit the milestone. At that point, the earnings test goes away — there's no benefit deduction, no matter how much you earn. In addition, the SSA adjusts your benefit upward so that over time, you recoup the prior withholding. There's a separate earnings rule for those receiving Social Security Disability Insurance (SSDI). Because this benefit is intended for people who are largely unable to work for an extended period due to a serious medical condition, you can lose it if your income exceeds a threshold for "substantial gainful activity" as the SSA calls it. In 2023, that threshold rises from \$1,350 to \$1,470 a month for most disabled beneficiaries. People receiving SSDI on the basis of blindness can earn up to \$2,460 a month from work in the coming year, up from \$2,260 in 2022.

Qualifying For Benefits. You become eligible for benefits by collecting Social Security credits, which you earn by doing "covered" work — a job or self-employment in which you pay Social Security taxes on your income. In 2022, you got a credit for earnings of \$1,510; in 2023, that goes up to \$1,640. You can earn up to four credits a year, equivalent to \$6,560 in income in 2023. It takes forty credits, or ten years of covered work, to qualify for retirements benefits. You must also compile credits to qualify for SSDI, but the number required can range from six (or a year and a half of work) to forty, depending on your age when you became disabled.

HOMELESS CRISIS GROWS AMONG OLDER AMERICANS

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Americans age 55-plus represent a rising part of the national homelessness crisis, and forecasts suggest a dramatic increase in the number of older individuals who will be unable to secure housing over the coming decade, according to an [aarp.org](https://www.aarp.org/news) news report. America's estimated homeless count stood at 580,466 as of 2020, and 18 percent — roughly the population of Boulder, Colorado — were age 55 and older, according to data from the U.S. Department of Housing and Urban Development. "There has been a trend over the last several years where we are seeing many more older adults" who are homeless, says Richard Cho, HUD's senior advisor for housing and services.

"From 2009 to 2017, the number of people age 62 or older who were homeless nearly doubled", Cho says. Soaring housing costs and the worst inflation in America in forty years have exacerbated the situation, advocates say. The shortage of affordable housing has hit older Americans especially hard, says Rodney Harrell, vice president of family, home and community for AARP. "We don't have enough housing options, particularly for folks with lower incomes," Harrell says. For the full report on homelessness among older Americans, and profiles of people living unsheltered, go to [aarp.org/homelessafter50](https://www.aarp.org/homelessafter50).

LESSONS ABOUT LIFE

I asked two friends who has crossed age seventy and are both heading towards age eighty what sort of changes they are feeling in themselves? They both agreed on the following:

1 - After loving their parents, their siblings, their spouses, their children and their friends, they have now started loving themselves.

2 - They have realized that they are not "Atlas". The world does not rest on their shoulders.

3 - They have stopped bargaining with vegetable and fruit vendors. A few pennies more are not going to break them, but it might help the poor fellow save for his daughter's school fees.

4 - They leave their waitresses a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than they are.

5 - They stopped telling the elderly that they have already told that story many times. The story makes them walk down memory lane and relive their past.

6 - They have learned not to correct people even when they know they are wrong. The onus of making everyone perfect is not on them. Peace is more precious than perfection.

7 - They give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for them. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."

8 - They have learned not to bother about a crease or a spot on their shirt or blouse. Personality speaks louder than appearances.

9 - They walk away from people who don't value them. They might not know our worth, but we do.

10 - They remain cool when someone plays dirty to outrun them in the rat race. They are not a rat and neither are they in any race.

11 - They are learning not to be embarrassed by their emotions. It's their emotions that make them human.

12 - They have learned that it's better to drop the ego than to break a relationship. Their ego will keep them aloof, whereas with relationships, they will never be alone.

13 - They have learned to live each day as if it's their last. After all, it might be their last.

14 - They are doing what makes them happy. They are responsible for their happiness, and they owe it to themselves. Happiness is a choice. They can be happy at any time, just choose to be!

Please decide to share this with all of your friends. Why do we have to wait to be sixty or seventy or eighty, why can't we practice this at any stage and age?



AND NOW A FEW WORDS FROM THE EXECUTIVE DIRECTOR OF THE GNJ CENTER

Dear Friends of GNJ,

Happy Summer! We are ready to engage in this new season soaring with new opportunities to create moments of joy for our seniors! It is my hope that the rest of the year will find you well as we enter a great time of hope and prosperity.

On behalf of the Team at GNJ, we would like to thank you for your financial support this past year. Your generous donations at regular intervals have helped us support over ninety senior participants through our activity programs, home services, and special events. We sincerely appreciate your desire to help us to soar and we look forward to continuing the mission of Mrs. Genevieve N. Johnson who was committed to enhancing the quality of life for seniors throughout the District of Columbia area for over seventy-five years of her life!

As many of you know, the Genevieve N. Johnson Senior Day Care Center is a growing adult day care center with limited resources. However, through an annual grant provided by the Department of Aging and Community Living (DACL), we are still able to offer **free** geriatric daycare services to DC residents over the age of sixty. The programs include but are not limited to art therapy, therapeutic yoga, music therapy, fit and wellness classes, live entertainment, jewelry design and daily recreational activities. In addition, we offer transportation to and from the center, congregate meals, Caregiver's support, Alzheimer's Support, health promotions, case management, and counseling. We recently added weekly community bus trips to the museums, parks, and restaurants as well as shopping excursions and so much more!

While we are most grateful for the DAAC Grant, it is not sufficient to cover all the needs of the senior program in line with our vision to soar and expand our services for our participants. Therefore, it is our hope that you will continue to make contributions on behalf of the Genevieve N. Johnson Senior Day Care Center in order to allow us to continue to bring exceptional programs and services to our beloved seniors and their caregivers.

Please consider making a donation today! No amount is too small. Every dollar will go towards creating moments of joy for our seniors to enhance their quality of life and keep them functioning at their highest level possible while they age in place at home. We are happy to announce that you are now able to donate using Cash App (\$GNJ4817) or make a check payable to GNJ Senior Program. Please visit for more payment options: <https://gnjseniordaycare.com/donate.aspx>.

In closing, please know that we are still soaring to keep our seniors happy, healthy, and functioning at their highest level possible. With your financial support, we will be able to thrive as we continue to soar! For more information about the Genevieve N. Johnson Senior Day Care Center and upcoming special events, please visit our website: www.gnjseniordaycare.com. You may also follow us on Facebook at Genevieve N. Johnson or call our office at 202-723-8537.

Best Regards, Thelma