

february 2010

Senior *Link*

published by the Episcopal Senior Ministries

celebrating
86 years

Income Tax Preparation Assistance

AARP will be at Friendship Terrace this year to prepare taxes for older adults at no charge. Any senior from the community may take advantage of this offer. Volunteer preparers will be at Friendship Terrace on February 4 & 18, March 4 & 18 and April 1 & 15 from 1 - 5 pm. Seniors will be asked to sign in at the front desk when they arrive and will be assisted on a first come, first served basis. Friendship Terrace is located at 4201 Butterworth Place NW, near the Tenleytown Metro stop. For more information, call Courtney Cunningham at 202-244-7400.

Continuing our tradition of service, but with a *new name*. Introducing...

Seabury Resources for Aging

Beginning in March 2010, Episcopal Senior Ministries will be renamed **Seabury Resources for Aging**. This past decade has been a time of unprecedented growth for ESM. We've added many new services and programs. The name change and new visual identity are intended to reflect that growth while ensuring that everyone feels welcomed to our homes and services.

The name draws on the Episcopal heritage of the organization by referencing Samuel Seabury the first US Episcopal Bishop, while at the same time reflecting the breadth of our services. Seabury Resources for Aging reflects our Episcopal heritage along with our mission to serve all persons regardless of any religious affiliation.

In addition, the names of several of our services and programs will change. Friendship Terrace Retirement Community and Springvale Terrace will continue with their current names but will also become **Seabury Senior Living Communities**; ESM Cares will become **Seabury Care Management**; and Ward 5 Lead Agency Services will become **Seabury Ward 5 Aging Services**.

In March we will debut a new website, redesigned materials, and this newsletter Senior Link will have a new look too. But you won't see a change in our commitment to provide personalized, affordable services and housing options for older adults.

We hope you are as excited as we are about this change and the opportunity. Please feel free to contact Executive Director Joe Resch with any questions or concerns, 202-414-6310.



Seabury  Resources for Aging

A Valentine's Day Party

A Valentine's Day Party for Ward 5 Seniors will be held on February 12, 2010 10 a.m. - 2 p.m. at the Teamster Union Hall, 3100 Ames Place, NE, Washington, DC.

The party is sponsored by DC Councilmember Harry Thomas, Jr. and ESM Ward 5 Lead Agency Services.

For more information about this event, call Vivian Grayton at 202-529-8701.

ESM Ward 5 Lead Agency Services for Older Adults forms Advisory Council

An Advisory Council for Ward 5 Lead Agency services has been established to serve as a resource and link between ESM Ward 5 Lead Agency and the larger community.

The Council reviews how the Ward 5 office is working to achieve its goals and offers suggestions about strategies to enhance service delivery. Council members also share information about activities in their neighborhoods and offices and learn more about issues related to older adults living in Ward 5. Members include: **Sue Barnes** – *Ward 5 Mini Commission on Aging*, **Mr. Michael Clark** – *Edgewood/*

Eckington Civic Association, **Ms. Janae Grant** – *ANC 5A11 Woodridge*, **Ms. Roberta Jernigan** – *Delta Towers Apartments*, **Mrs. Grace Lewis** – *Councilmember Thomas' Office & North Michigan Park Civic Association*, **Ms. Jackie McIntyre** – *Green Valley Apartments-Woodridge*, **Mr. William Meyers** – *ANC 5B11 & Carver Langston Terrace*, **Mr. Richard Norwood** – *Mayor's Office of Community Relations & Services*, and **Mr. Ricaud Owens** – *Gateway Community Association*.

FOR MORE INFORMATION ABOUT THE ADVISORY COUNCIL, CALL DAWN QUATTLEBAUM AT 202-529-8701.

Age-In-Place: Home Repair and Maintenance Services

spotlight on Ward 4

Age-In-Place (AIP) continues to provide sliding-scale, professional home repair services to seniors (60+) throughout the District of Columbia. This past year, AIP has made a significant impact on Ward 4 by:

Completing 87 total home repair projects

Serving 34 seniors

One resident of Ward 4, who has lived in her home for 40 years, recently said of her experience with Age-In-Place: Home Repair and Maintenance Services – “I could not afford this service except that it is offered at a reasonable rate through Age-In-Place. Being a single home owner and an elderly person, the program is a lifeline. It can be demoralizing to those in their homes if they are no longer able to do the tasks that they once were able to. The work that Age-In-Place does is what places it high on the list of reasons why seniors can stay in their homes, and happy. It is a real special blessing and special help.”

FOR MORE INFORMATION ON AGE-IN-PLACE: HOME REPAIR AND MAINTENANCE SERVICES, PLEASE CONTACT: MR. ERNEST CROSBY AT 202-635-9384 x107 OR ECROSBY@ESM.ORG



A Night At The Theatre

Friendship Terrace residents attended a dress rehearsal of the Washington Revels' 27th annual celebration of the Winter Solstice. The Revels transported residents to Italy at the end of the 15th century. Maestro Leonardo da Vinci, the quintessential Renaissance man, has invited the Doge of Venice,



nobles from the courts of Italy, craftsmen, townspeople, and all their children to celebrate the turning of the year. Each year the Revels open up their dress rehearsal for non-profits to enjoy. The man who played Leonardo da Vinci was Oran Sandel

who was the Life Stories teacher from the Theater Lab who recently

worked with Friendship Terrace residents, Pictured are residents Cecelia Bartoszewicz and Mary Alice Stottemyer with a Revels cast member.



St. Alban's Form III Boys' A Capella group sang at Friendship Retirement Community. Residents hope they return soon. Boys participating (*alphabetically*): James Dreben, Josh Harmon, Landon Henderson, Arthur Jones, Nelson Reed, and Christian Sidak.



Oran Sandel as da Vinci

ccgh gives thanks

CCGH would like to thank individuals and organizations who have offered support over the past few months. Holy Trinity Catholic Church, DC, UnitedHealth Care, CCGH's Advisory Council, and many friends of CCGH sent Christmas gifts to the residents. AARP, DC provided \$8,000 to complete the renovation of Andrus House and \$4,000 to support Age-In-Place. The Helen Wardman Naselli Memorial Fund awarded \$5,000 for general operating support. The Rapoport Family Foundation, a new funder of CCGH, awarded \$15,000 of general operating support. And numerous individuals responded to CCGH's annual appeal, giving generously and providing over \$5,500 to date.

CEU Program for Social Workers—*Introduction to Motivational Interviewing*

ESM Cares will be co-sponsoring a CEU program on Friday, March 26 from 9:00-4:30 at Springhouse at Westwood, 5101 Ridgefield Rd, Bethesda, MD. This workshop will address the essentials of Motivational Interviewing style. Participants will also learn to apply person-centered guiding skills to various content areas such as treatment and medication compliance, self management and symptom monitoring, hoarding and cluttering, and making changes at home or into a more structured environment. This workshop is suitable for social workers and other helping professionals, with or without prior experience with Motivational Interviewing. 6 CEU's are pending for Social Workers.

The cost for this workshop is \$40, non-refundable.

Register with Stephanie Chong, 202-364-0013 or schong@esm.org.

Employment Opportunities with ESM

Employment opportunities with ESM are listed on our website. Recent openings include CDL Driver, Geriatric Care Manager, Handyman and Resident Care Coordinator. Visit www.esm.org for up to date listings.



Episcopal Senior Ministries

900 Second Street, N.E. Suite 206
Washington, D.C. 20002

fostering independence, improving lives

NONPROFIT ORG
U.S. POSTAGE
PAID
PERMIT 273
ANNAPOLIS MD

SeniorLink

Published by Episcopal Senior Ministries, a non-profit organization that improves the lives of older adults through a comprehensive range of quality, affordable programs including housing, care management, transportation, education and volunteer training and support.

Information:

202-414-6315

www.esm.org



United Way

ESM Designate #8904
CCGH Designate #8061

Holiday Season at Springvale Terrace

Themed “Twelve Days of Christmas”, December brought many good times filled with laughter, happiness and caring to Springvale Terrace. Residents took a bus trip to see neighborhood holiday lights, as well as the Festival of Lights at the Washington DC Latter Day Saints Temple. And though Springvale’s Twelve Days of Christmas didn’t have maids-a-milking or geese-a-laying, it did have ladies dancing! A dance held later in the month included a conga line to complete the evening.

Throughout the month, residents sang carols, drank eggnog and baked cookies. The Blair High School Choir sang a wonderful concert and their spirit and beautiful voices rang

through the halls. To complete the Christmas celebration, all enjoyed a Christmas concert on the 24th and the wonderful Christmas dinner.

December also held many other celebrations. The residents thoroughly enjoyed Hannukah, where they learned the history behind the holiday and played Dreidel. Later in the month residents learned about Kwanzaa and the African game Mancala.

To bring the season to a close, a New Year’s Eve party with refreshments, dancing and singing and a toast was given for a happy new year at Springvale.

An activities program is a big part of life at Springvale Terrace. If you’d like to find out more about apartments, volunteering or coming to visit the community, please call 301-587-0190.

Springvale Terrace celebrates its 45th anniversary this year.



Blair High School Choir