



ADVISORY NEIGHBORHOOD COMMISSION 3/4G

Serving Chevy Chase, DC and surrounding neighborhoods

5601 Connecticut Avenue, NW Washington, DC 20015

www.anc3g.org

RESOLUTION

BUILDING AN AGE-FRIENDLY DC REQUIRES A DC OFFICE ON AGING SENIOR WELLNESS CENTER IN WARDS 3 & 4 WEST OF ROCK CREEK PARK

WHEREAS the District of Columbia's Age-Friendly Initiative is part of an international effort started by the World Health Organization (WHO) to help cities respond to two significant demographics trends: 1) urbanization and an aging population and 2) the health and quality of life of older people living all around the world.

WHEREAS to help cities prepare for the convergence of these two trends, the World Health Organization developed eight domains. The District of Columbia has added the final two domains. The domains are:

- **Outdoor Spaces and Buildings**
- **Transportation**
- **Housing**
- **Social Participation**
- **Respect and Social Inclusion**
- **Civic Participation & Employment**
- **Communication and Information**
- **Community Support & Health Services**
- **Emergency Preparedness & Resilience**
- **Elder Abuse, Neglect, and Fraud**

WHEREAS the DC Office on Aging's mission is to advocate, plan, implement and monitor programs in health, education, employment and social services, which promote longevity, independence, dignity and choice for our senior citizens.

WHEREAS the DC Office on Aging operates senior wellness centers to provide comprehensive programs that promote the health and wellness of DC senior residents 60 years of age and older.

WHEREAS these senior wellness centers serve as citywide health education and applied learning centers with classes in nutrition, exercise, reflexology, smoking cessation and other health dialogues, seminars, support groups, auxiliary activities, creative arts, intergenerational programs and peer leader training. All services focus on wellness, health promotion and disease prevention.

WHEREAS DC Office On Aging has established full-time senior wellness centers in Wards 1, 4, 5, 6, 7 and 8. Ward 3 still has NO senior wellness center despite having the highest % of seniors in the city.

WHEREAS, unofficially, the senior population in Ward 3 is actually greater when you

factor in Chevy Chase, DC seniors who were redistricted to Ward 4 in 2002, yet often rely on facilities and services in Ward 3.

WHEREAS ANC 3/4G-01 Commissioner, Carolyn Cook established Club 60+, a free senior program at the Chevy Chase Community Center in July 2013 because no such program existed. For three years, Club 60+ has operated on an all-volunteer basis with no budget or staff provided by the Department of Parks and Recreation nor the DC Office on Aging. Club 60+ has touched the lives of over 300 seniors.

WHEREAS local organizations such as BodyWise (University of the District of Columbia's Office of Gerontology), the Wilson High School Pool (Department of Parks & Recreation) and St Albans (IONA) are providing some exercise classes for Ward 3/4 seniors, their efforts are insufficient to meet the demand. Some classes are closed with waiting lists.

WHEREAS without a dedicated senior wellness center, Ward 3 lacks a coordinated system of care and services administered by health professionals as well as simple necessities such as a safe, clean and no-cost space for conversing or participating in memory activities, supportive groups for life's ups and downs, and meditation for mind, body and spirit.

WHEREAS the average age of Club 60+ seniors is 74, current class offerings are limited and do not accommodate the range of physical abilities nor interests of seniors as they age. It is imperative to offer classes taught by qualified instructors specially trained for seniors.

WHEREAS social isolation is a public health problem for the elderly, a dedicated senior wellness center would be open 5 days a week, have more space(s) to offer programs and qualified staff to serve the varied needs.

THEREFORE BE IT RESOLVED that the Chevy Chase Advisory Neighborhood Commission is committed to the goal of helping seniors to age in place. As DC remains committed to being recognized as an Age-Friendly City, we call upon Mayor Muriel Bowser, the DC Office on Aging, the Department of Parks and Recreation and DC Councilmembers Mary Cheh and Brandon Todd to rectify the disparate treatment that exists and work in earnest to establish a fully-funded senior wellness center for Wards 3 and 4 West of Rock Creek Park by 2017.

The Commission approved this resolution by a vote of 7 to 0 at its meeting on June 27, 2016, which was properly noticed and at which a quorum was present.


By Randy Speck, Chair


By Chanda Tuck Garfield, Secretary