A Recipe for Success

40 Years
Age Well, Live Well

At Iona, we pride ourselves in being experts on aging well and living well. Healthy eating habits, a good night’s sleep, and exercise are a great foundation, but over the course of our 40-year history, we’ve fine-tuned the ingredients.

Here’s our recipe for a flavorful life:

Start out with a pinch of positivity and patience.

Stir in a new class and be open to possibility.

Set aside for five minutes, and go smell the roses.

Next, make a plan for your future – but remember to roll with the punches.

Mix generously with friends (a dash of new, a cup of old).

Add love to taste and bake with favorite memories.

Top it off with as much fun as possible and share!

Iona by the Numbers

30,000 older adults and family caregivers found information and education through Iona and more than 2,000 received direct services and support to improve the quality of their lives.

4,200 calls to Iona’s free Helpline were answered by our expert staff who always take the time to listen and connect families to community resources at Iona and beyond.

1,400 family caregivers found information, respite, and education through direct care and support services.

672 vulnerable older adults in the community benefited from our expert care management and counseling support.

450 volunteers gave 18,483 hours of their time in furthering Iona’s mission.

400 people attended Iona’s art workshops, Lunch & Learn events, and Meet-the-Artist receptions, engaging with exceptional local painters, printmakers, photographers, fiber artists, and sculptors who are over 60 years of age.

243 older adults received 42,390 nutritious and well-balanced meals delivered to their homes.

141 older adults stayed healthy and active through our fitness and wellness classes, increasing their strength and flexibility through dynamic classes taught by engaging professionals.

126 people found solace, friendship, and new resources in our many support groups for older adults, caregivers, and family members.

84 men and women received 35,251 hours of care by participating in Iona’s award-winning Wellness & Arts Center, which offers weekday programs including art therapy and health support for individuals with physical and social needs, as well as respite to their family caregivers.

54 people benefited from our Take Charge/Age Well Academy™ classes for those who are newly retired or considering it and want to get the most out of the next decades of their lives.

40 years is how long Iona has been serving older adults and family caregivers with skill, compassion, and innovation.
As we think back to Iona’s founding 40 years ago, we recall a television commercial that showed older residents of Soviet Georgia working outdoors. While images of physically fit men flashed across the screen, the announcer said: “A large part of their diet is yogurt, and a large number of them live past 100.”

As we knew then, and we know now, it takes much more than a daily serving of yogurt to Age Well and Live Well. It takes a special sauce — one that Iona has been perfecting for four decades using the very best ingredients: leadership, best practices, innovation, and compassion.

In this 2014 Annual Report we have created a cookbook of stories that illustrate our work as professional caregivers, advocates, and trailblazers. And to further whet your appetite, we’ve included favorite recipes from Iona’s Nutrition Program Manager Rose Clifford.

Today’s landscape is more complex than it was 40 years ago. We have become, more than ever, a safety net provider — addressing the needs of isolated older adults, those who rely on Iona because they have no family, live on very limited incomes, are struggling to find affordable housing or, without Iona’s support, would not know where their next meal is coming from. In this report we describe how two of our nutrition offerings — home-delivered meals and our new Farm to Table program — are reducing the number of residents who might otherwise face hospitalization or even institutionalization.

At the same time, we are growing our fee-based and third party reimbursed services, such as consultations with adult children trying to help their aging parents and Medicare mental health psychotherapy, to help older adults struggling with depression and other challenges.

While direct services continue to be at our core, critical advocacy work is also improving the lives of the residents of the District, through the DC Coalition on Long Term Care and the DC Senior Advisory Coalition. On page 8, learn how Elizabeth Fox, the Senior Advisory Coalition and other partners pushed for an increase in community-based services for older DC residents and to the minimum SNAP benefit — a huge victory for the many seniors who live on fixed incomes and are contending with the rising costs of DC living.

In anticipation of the huge increase in the number of older adults as Baby Boomers age, we recently launched the Take Charge/Age Well AcademySM to help engage younger older adults in planning for their retirement years. Meet Michelle and Larry (see page 12), who were among the first in our area to participate in a program that is really catching on. We believe fewer older adults will need intensive services later if they do more planning now.

We also are excited about Virtual Iona, a portfolio of programs designed to use technology to bring our educational programs and — soon — services such as support groups into people’s homes via computer. It’s an efficient and effective way to reach older adults and their busy family caregivers. Once again, Iona is leading the way both in the District and around the country.

Over 40 years we have listened to our clients and their families, observed trends, and thought deeply about what our community needs going forward. As we look ahead, we offer heartfelt gratitude to those of you who were there in 1975 — back when we were known as Iona House. We offer our gratitude to four decades of generous donors, dedicated volunteers, engaged board members, countless partners, and extraordinary staff. You are — without a doubt — Iona’s secret sauce.

Sincerely,

Sally S. White
Executive Director

Sharon L. Smith
President,
Board of Directors
Twenty women and men are lined up with reusable bags waiting for the free Fresh Market to open at Iona’s Active Wellness Program at St. Alban’s. Today’s produce includes corn, snap peas, Swiss chard, and tomatoes.

Next to children, older adults are most vulnerable to hunger. Immobility makes certain life tasks — such as shopping for groceries — more difficult. Malnourished older adults suffer from a variety of physical and mental health issues.

Iona’s nutrition program manager, Rose Clifford, understands this well. So does Ashlea Steiner, who joined Iona’s staff earlier this year as coordinator of the new Farm to Table Program, which provides produce from local markets to older adults who participate in the Active Wellness Program at St. Alban’s. (This program provides opportunities for socializing, life-long learning, and fitness, as well as a nutritious lunch.)

Ashlea says Iona’s new program developed out of a need to provide older adults with better access to nutritious fresh food. The DC area is home to a growing number of farmers’ markets — but for older adults, outdoor markets can be hard to reach and difficult to navigate because of the crowds and the summer heat.

A grant from the Aetna Foundation allowed Iona to develop the Fresh Market, which takes place every Monday. Produce is collected by Ashlea and a team of helpers on Sundays from the Dupont Circle FRESHFARM Market, where they glean up to 400 pounds of vegetables and fruit donated by the growers. Iona has partnerships with other markets as well and with the K Street Farm at Walker Jones, which is managed by DC Greens, a DC nonprofit connecting communities to healthy food. (In partnership with DC Greens, Iona recently brought its expertise — and produce — to low-income residents in Ward 1). The Iona market would not be possible without the help of volunteers and others who not only glean but weigh, count, wash, sort, and bag produce. Thanks to donors, Iona has two refrigerators large enough to store the perishable food.

“I encourage the St. Alban’s participants to clear me out,” says Ashlea. Any produce that remains is delivered to the nonprofit Friendship Place and to the residents of Friendship Terrace.

Since opening the market, “our participants’ perspective on how to incorporate fresh produce into their diet has shifted,” says Ashlea, who also organizes cooking demonstrations.

Because St. Alban’s is located in one of the DC’s higher-income neighborhoods, some may not recognize how great the need is. But for older adults on a fixed income — no matter where they live — fresh produce may be a true luxury.

“One woman always has the same story,” Ashlea says. “She tells us: ‘We worked hard our whole lives and now we don’t have the means to get around to these markets or afford vegetables at the store. We are glad this is here for us in our time of need.’ She gets teary every time.”
“Participants’ entire food behavior has shifted.”
Theirs is a love story that began on Christmas Eve, 1989. Linda Heaney and Bob Blinn were married 2½ years later — the second marriage for both. The years since have been filled with a love of entertaining and dinner parties in their home, children and grandchildren, fulfilling careers, travel, and good health. Until the Parkinson’s diagnosis, that is.

The first indication of trouble was during a trip to South America. In Argentina Bob lost his balance for no apparent reason. In Chile, they were walking down a hill, when he started tilting slightly to one side. Linda, whose mother had Parkinson’s, quietly suspected what it was.

After a 2010 diagnosis, Bob refused to let the disease define him. As recently as a year ago, he was mowing his lawn. “I know everyone’s Parkinson’s journey is different,” says Linda. “What is identical is it’s a progressive degenerative disease. Intellectually you think you are prepared for it. But it’s like when you have kids and you say you are going to do things a certain way. Then the kids arrive and it’s not what you thought.”

This past spring, Bob’s health declined — quickly. He fell and fractured his ribs. The couple held out hope that surgery to address fluid in his brain would help. It did not. “That’s why we’re here,” says Linda, her voice choked with emotion.

She met with the staff of Iona’s Wellness & Arts Center in June. Bob’s world was shrinking. He was experiencing memory loss, was withdrawn, and his thinking processes were dulled — common symptoms of Parkinson’s. He needed to be in a safe environment.

At first, Bob resisted the idea of visiting Iona, even though Linda assured him it would improve the quality of his life. (And, it turns out, hers — but she wasn’t thinking of herself or her need for respite at the time). After the first day at the Wellness & Arts Center, he asked to go back.

Prior to Iona, Bob felt marginalized. “When you have Parkinson’s,” Linda says, “people write you off. At the Wellness & Arts Center, people are nice to him. The staff monitors his health. And he’s making new friends. We have much more to talk about at the dinner table now.”

As for Linda, who is 10 years younger than Bob, she thought she’d use the two days a week when he is at Iona to run errands, go to museums, have lunch with friends, and exercise. But, she says, “The first few times, I just came home and read. The grieving process has been long and slow. It’s very emotional to watch his decline. What I do is not impossible. But it’s hard and it’s constant. But thanks to Iona, I don’t have to worry about Bob so much anymore.”
“Bob’s world was shrinking.”
Making Voices Heard

With an average monthly allotment of $119 for seniors living alone, SNAP is a particularly effective tool for addressing hunger. However, thousands of eligible older residents are not enrolled in SNAP, and thousands of seniors receive only the minimum benefit, which last year was cut by the federal government to $16 monthly. This minimum is woefully inadequate for many seniors who live on fixed incomes and must contend with the rising costs of DC living. Thanks to an advocacy campaign led by D.C. Hunger Solutions, the Fair Budget Coalition, and the DC Senior Advisory Coalition, the DC City Council increased the minimum SNAP benefit to $30 — allocating $1.3 million from the DC budget.

“This step will actually keep older adults in our community in better health,” says Elizabeth Fox, coordinator of the DC Senior Advisory Coalition which is hosted by Iona. “Fixed incomes, rising food prices, and the growth in DC’s aging population translate to the current reality of more hungry and malnourished seniors.”

Elizabeth is no stranger to this work. A leader on aging issues for 35 years, she was Iona’s executive director from 1982 to 1998 (presiding over the building of our home at 4125 Albemarle St. NW), worked for Experience Corps locally and nationally, and was instrumental in the inclusion of certain provisions of the 2006 Older Americans Act. In 2011, Elizabeth, now 72, came out of retirement to lead the S.A.C.

She is often found with fellow advocates making their voices heard at the District’s Wilson Building. This advocacy led the City Council to increase the D.C. Office on Aging budget for home-delivered meals, eliminating long waiting lists that had existed for years. “Our success in reaching the City Council is in large part due to Elizabeth,” says Iona’s executive director, Sally White.

In turn, Elizabeth says, “the Coalition’s positive relationships with the DC government are a tribute to Iona in general and Sally’s leadership in particular. She is at the same time respectful and fearless.”

“Today, this stage of life is better recognized and understood,” says Elizabeth. “Thanks to Iona, Emmaus Services for the Aging, AARP, and many nonprofit advocates, organizations are now working together more effectively. Still, for Elizabeth, who is currently organizing a second city-wide forum on affordable housing, ‘there is much more work to be done.’
“The number of hungry older adults is growing.”
When Angela Mejia de Lopez retired as professor of ancient history from the Universidad Nacional de Colombia, she had big plans which included reading all the books she hadn’t had time to read when she was teaching. Macular degeneration changed all of that.

Now 86, Angela has lived for the past year in a DC apartment, three blocks from her son and his family — who check on her every day and host her for lunch every weekend. But family members became alarmed when Angela began having trouble with food shopping and cooking because of her impaired eyesight.

Angela agrees it had become a problem. She was no longer able to distinguish between products at her neighborhood grocery store, and meal planning had become difficult as well. It was her idea to look into home-delivered meals.

Angela’s daughter Adelaida Lopez — who lives in California — arranged through Iona to have meals delivered four times a week. (Through its grant from the DC Office on Aging, Iona delivered meals to 243 older adults in the past year.)

“I live alone, but I’m glad to know I am not completely alone,” says Angela, who looks forward to the meals she receives. Adds her daughter: “It’s important for my mother to know that somebody cares about her besides her family.”

“The home-delivered meals program has not only allowed Angela to consume healthy and tasty meals, it has provided her daughter with a sense of relief that her mother is eating well and can continue to age well in her apartment,” says Jakia Muhammad, Iona’s home-delivered meals coordinator.

Iona’s home-delivered meals have been a safety net for Angela and her family. But notes Adelaida “this may be the tip of the iceberg in terms of what we need from Iona.” She recently arranged for her mother to meet with an Iona social work case manager.
“Meal planning had become difficult.”
Taking Charge, Aging Well

They came together later in life and from different backgrounds. Larry Bell, the son of a popular disc jockey, had a hit record, “Hey Mr. Lonesome”, by age 17. Later, he worked in a series of sales and music industry jobs around the country. Back in DC, he enjoys his work as a trainer in cross-cultural communication.

Michelle Dompierre is from a small French-speaking enclave in Ontario, was inspired by the First Nation population that lived on a nearby reservation, and traveled the world working in international development.

An unlikely couple perhaps, Larry and Michelle met in the District in 1992. “That was the beginning of a whole new chapter,” Larry says. Michelle would cook while he read Siddhartha to her. After seven years of dating, they married.

“We are different racially, culturally, and behaviorally but we connect on a spiritual level and around shared values,” she says.

Most recently they had begun thinking about the aging process. Their friends tend to be younger. They wanted to be with peers to get their perspective on aging and be better prepared for what lies ahead. So they signed up for Iona’s new Take Charge/Age Well AcademySM.

In Academy classes, they have candid conversations with other participants and Iona’s staff about everything from nutrition and second careers to the physical challenges of aging. (Michelle had knee-replacement surgery; Larry was in a life-altering traffic accident.)

The Academy “demystified the aging process,” says Michelle, 71. “It reinforces that we are not alone, moves you to be more proactive, to be lighter, and enjoy aging.”

“If I learned one thing,” says Larry, 67, “it’s the more you plan, the more successful and happy you will be.”

Michelle’s takeaways are: “Have an open attitude toward change. Be grateful. Be more deliberate in self-care. Embrace the possibilities.”

“We used to go hiking and dancing a lot,” she says. “Now it takes us longer to do things — cooking, entertaining, walking. I was getting impatient. But now we stroll. I am no longer the roadrunner. I am the turtle. But that’s okay. I am here.”
They wanted to be with peers.
Highlights

Iona’s Leaders Recognized

Executive Director Sally White participated in Leadership Greater Washington’s 10-month signature program, which brings together senior-level business and community leaders to engage in intensive and in-depth discussion of regional issues. Connections made through LGW give participants in the highly competitive program the ability to create, foster, and enhance professional endeavors and ultimately create positive change in the region.

Sharon Smith, president of Iona’s Board of Directors and first vice president, investments, for Wells Fargo Advisors, was honored as the 2014 Wells Fargo Volunteer of the Year for the Mid-Atlantic Region, and as one of the top volunteers for the entire Wells Fargo Corporation in 2014. Sharon was recognized for helping lead Iona through strategic planning and an ambitious development campaign, as well as for her commitment to delivering meals every Saturday for years to Iona’s clients.

Art of Caring

The 2014 Art of Caring luncheon drew new and old friends together to highlight the role of caregivers, raise funds for Iona’s core services, and educate luncheon guests about all that Iona offers the community.

Keynote speaker Ambassador Connie Morella reminded the audience: “For family caregivers, there is no minimum wage, no paid leave, no upward mobility, no health benefits or pension plan.” She praised Iona for its work in supporting caregivers throughout the community.

Iona presented the Love*Care*Hope Award for Corporate Citizenship to Bloomberg BNA, in gratitude for the many years they have generously printed Iona’s core communications materials, saving precious resources for Iona’s safety-net services.

Molly Reilly shared her caregiver journey at the luncheon. After her mother, Mary, survived a series of strokes in 2007, “she was bored, lonely, and unfulfilled,” said Molly. “Her life needed meaning. That’s when I found Iona’s Wellness & Arts Center, and Iona solved that problem. Iona is such a godsend — for my mother, for me, for my family, and for our community.”
**Iona-Phillips Collection Collaboration**

2014 marked the third year of a remarkable collaboration between Iona and The Phillips Collection, the Dupont Circle museum that is home to an extraordinary collection of Impressionist, modern, and contemporary art. Every month, participants from Iona’s Wellness & Arts Center, along with their family caregivers, visited The Phillips for a private tour designed for people with memory loss or cognitive impairment. During the tours, participants were encouraged to use their imaginations to weave a narrative about select artworks and to share their feelings. In addition, educators from The Phillips brought art to the Wellness & Arts Center where Iona’s art therapist helped participants explore themes such as “peace,” “loneliness,” or “family” in individual and group therapy sessions.

The collaboration culminated in a two-month exhibition at The Phillips of art by Iona participants, who were honored at a museum reception. The exhibit of framed artworks included explanatory text and a beautiful gallery guide with reproductions of participants’ art.

**Iona Selected for Pilot Grant by Compass**

Iona continued its partnership with Compass, which connects pro bono business professionals with nonprofit organizations to transform communities. In 2014, a Compass team helped Iona identify and eliminate the barriers that may prevent more people from participating in Iona’s award-winning Wellness & Arts Center. Quality adult day health programs are highly effective, relatively inexpensive, and enhance the quality of life for the older adult and their family caregivers. The Compass team conducted focus groups and identified new approaches to inspire families to consider the Wellness & Arts Center. Iona has begun to implement the Compass recommendations and measure the impact of these improvements, with the goal of increasing the enrollment of people who would benefit from what the Compass experts call Iona’s “hidden gem.”
Our Donors

2014 Contributors (Fiscal year October 1, 2013 – September 30, 2014)

Every gift supports Iona’s mission to help people age well and live well. We appreciate all of the donors who contributed in fiscal year 2014. Thank you! While we strive for accuracy, should you find your information to be presented incorrectly or if you prefer your name to be listed differently in the future, please contact us at 202.895.9416 or development@iona.org.

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Mr. Wes Scarlet & Mrs. Sandy Scarlett
In Honor of
Glora Greenspan
Mr. Wes Scarlet & Mrs. Sandy Scarlett
In Honor of
Betsy Hanlon
Ms. Jane Phillips
In Memory of
Stanley O’Hare
Mr. & Mrs. Andrew Harris, Jr.
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Carol Kaplan
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Ms. Edith Rikuris
Mr. Richard T. Scully & Mrs. Bernice Scully
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Ms. Jacqueline Barker
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Harold and Irma Rubenstein Family Foundation

In Memory of
Dr. Robert Kraskin
Mrs. Manon Kraskin
In Honor of Ruth & Otto Landman
Landman Family Charitable Foundation
In Honor of
Dorothy K. Lear
Dr. & Mrs. Arnold A. Lear
In Memory of
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Mr. Abram Boni & Ms. Anne Boni
In Honor of Judith Leuy
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Ms. Leah Thayer
In Memory of
Cord Meyer
Mr. Quentin Meyer
In Memory of
Charles Miller II
Ms. Judith Carpenter
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In Memory of
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In Honor of
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Ruth Naadel
Ms. Caroline A. Kuebler
Ms. Barbara Ratner
In Memory of
Larry Olson
Mr. Kirk R. Gibson & Mrs. Gwenlyn G. Gibson
Ms. Nancy J. Rachman & Mr. Orlo Robert Ehart
In Memory of Irene & Wilie Philips
Ms. Barbara Phillips
In Memory of
Robert & Noel Plummer
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Ms. Judith A. Greene
In Memory of
Milt Rickun
Ms. Marcie Rickun
In Honor of
Lisa Rindfleish
Mr. Yosef Riemer & Ms. Vitina Biondo
In Memory of
Hattie Moe Royston
Ms. Antonette Royston
In Honor of Debbi Rubenstein
Mrs. Janice W. Anderson
In Honor of Loretta Saks
Ms. Lily Liu
In Honor of
Mr. Marvin Schafer
Mrs. Marnie Shaul
In Memory of
Tania Sechrest
Ms. Sandra La Fevre
In Honor of
Shirley Simon
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Mr. Ricardo Rosenberg & Mrs. Nancy Rosenberg
In Honor of Randy Smith
Mr. Michel Chevalier Jr.
Ms. Edith Rikuris
In Memory of
Sharon Smith
Ms. Marcia Simpkins
In Honor of
Patricia Stevens
Ms. MaryAnn Griffin
In Memory of
Dorothy S. Taaffe
Mrs. Catherine S. Hotvedt
In Honor of
Donna Tarrer
Ms. Elizabeth Lawrence
Ms. Delores Males
Mr. Robert Williams & Mrs. Ruth Williams
In Memory of
Catherine S. Hotvedt
Ms. Catherine S. Hotvedt
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Debra Yogodzinski, Vice President
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| All Saints Episcopal Church |
| St. Ann’s Roman Catholic Church |
| All Souls Memorial Episcopal Church |
| St. Columba’s Episcopal Church |
| Capital Memorial Seventh-day Adventist Church |
| St. David’s Parish |
| Chevy Chase Presbyterian Church |
| St. John’s Church, Lafayette Square |
| Christ Church, Georgetown |
| St. John’s Episcopal Church, Georgetown Parish |
| Church of the Annunciation |
| St. John’s Episcopal Church, St. Margaret’s Episcopal Church |
| Church of the Pilgrims |
| St. Paul’s English Lutheran Church |
| Cleveland Park Congregational United Church of Christ |
| St. Paul’s Parish |
| Grace Episcopal Church |
| St. Stephen Martyr Church |
| Holy Trinity Church |
| St. Thomas Apostolic Catholic Church |
| Metropolitan Memorial United Methodist Church |
| Temple Micah |
| National Presbyterian Church |
| Temple Sinai |
| Our Lady of Victory Catholic Church |
| Washington Hebrew Congregation |
| Palisades Community Church |
| Wesley United Methodist Church |
| Shrine of the Most Blessed Sacrament |
| Westmoreland Congregational Church |

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**Recipe**

**Quinoa and Vegetable Pilaf |** Serves 4-6

Iona’s nutrition program manager Rose Clifford provided this recipe, which can be served hot on its own, or cold over salad greens with feta cheese. Prepared like rice, quinoa seeds are a superfood that are high in protein and delicious.

1. **1 cup quinoa rinsed and drained**
2. **2 tablespoons olive oil**
3. **1 medium red onion, diced**
4. **1 medium red pepper, diced**
5. **1 medium yellow or green zucchini, diced**
6. **½ teaspoon poultry seasoning**
7. **2-3 large handfuls of baby spinach or other baby greens**
8. **Salt and pepper to taste**
9. **½ teaspoon red wine or balsamic vinegar**

1. Prepare the quinoa according to package directions. Do not overcook. Drain well. (Can be prepared up to two days ahead.)
2. Heat a large skillet over medium-high heat and add 1 tablespoon of the olive oil.
3. Sauté the red onion for 3 minutes until lightly browned. Remove the onion from the pan and set it aside.
4. Add the remaining 1 tablespoon olive oil to the pan and sauté the zucchini until lightly browned, about 3 minutes. Add the red peppers to the pan and continue to sauté the vegetables for 2 more minutes. Add the onions back to the pan along with the baby spinach and the poultry seasoning. Continue to cook until the vegetables are tender and the spinach is just wilted.
5. Stir in the cooked quinoa and heat thoroughly. Season with salt and pepper to taste. Stir in the vinegar, taste for seasoning, and serve.
Make a Difference

Iona depends on your support in order to provide assistance for everyone facing the challenges of aging.

Make a Financial Contribution
Your financial support will assist Iona in providing the best programs and services to older people and their families in our community. An envelope is included in this mailing or you can donate online at www.iona.org or by calling 202.895.9401.

Make a Planned Gift
A donation through wills, bequests, and other charitable trusts is a tremendous way to support Iona’s work. Leaving a legacy for generations to come will truly change the lives of older adults. For information, contact the development department at 202.895.9401 or info@iona.org.

Volunteer
Iona is an organization that was started by the community for the community, and it can only remain successful with the efforts of dedicated volunteers. We have volunteer assignments for people of all ages, skills, and experience. Come to Iona to learn how you can be a part of keeping our organization strong and meeting the needs of older adults in the community. Whether it’s a group project, individual interest, or community service requirement, Iona has a place for you. Contact our volunteer coordinator at volunteer@iona.org.

Advocate
Join other consumers, advocates and healthcare providers to work with the District government on long-term care issues. Contact the DC Coalition on Long Term Care, jlevy@iona.org or call 202.895.9435. To learn more about the DC Senior Advisory Coalition, contact swhite@iona.org or call 202.895.0246.

Recipe

**APRICOT MUSTARD GLAZED SALMON** | Serves 4

This is a favorite original recipe for a simple and tasty fish dish by Iona’s nutrition program manager Rose Clifford. Mediterranean diet guidelines encourage consumers to eat fish or seafood twice a week.

- 1½ pounds fresh or thawed frozen salmon fillet, rinsed and patted dry
- Salt and pepper to taste
- 2 tablespoons extra virgin olive oil
- 1 teaspoon apricot jam
- 1 teaspoon grainy mustard
- Juice of ½ lemon (optional)

1. Preheat oven to 400°F (375°F if using a convection oven).
2. Line a baking dish with foil and place salmon, skin side down, in the dish.
3. Lightly sprinkle salt and pepper over the fish.
4. Mix together the olive oil, jam, and mustard and spread the mixture evenly over the salmon.
5. Bake for about 15-20 minutes, until the fish flakes and the top is lightly browned.
6. Remove from oven, squeeze lemon juice over the fish, and serve.
2014 Financials

Fiscal year October 1, 2013 – September 30, 2014 (unaudited)

Revenues

<table>
<thead>
<tr>
<th>Source</th>
<th>Revenue</th>
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<tbody>
<tr>
<td>Government Grants</td>
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<tr>
<td>Contributions</td>
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<tr>
<td>Participant Income &amp; Insurance Reimbursements</td>
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<td>Other Income</td>
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<tr>
<td>Investment Income</td>
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<td>Donated Services &amp; Facilities</td>
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<tr>
<td><strong>Total Net Revenues</strong></td>
<td><strong>$3,673,092</strong></td>
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</table>

Expenses

<table>
<thead>
<tr>
<th>Category</th>
<th>Expense</th>
</tr>
</thead>
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<tr>
<td>Fundraising</td>
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<tr>
<td>Program Services</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$3,747,699</strong></td>
</tr>
</tbody>
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Thanks

Iona is very grateful to Bloomberg BNA for providing funds to print this report.

**Writer:** Janice L. Kaplan
**Designer:** Gerlach Graphic
**Photographer:** Philip Gerlach • Gerlach Graphic
**Stock Imagery:** Depositphotos
Thank you to our volunteers who provided thousands of service hours—delivering meals, visiting homebound older adults, supporting Iona’s activities—and who are absolutely essential to Iona’s mission and work.

**Mission**
Iona supports people as they experience the challenges and opportunities of aging. We educate, advocate, and provide community-based programs and services to help people age well and live well.

**Vision**
We envision a community that celebrates, values, respects, and protects the contributions and possibilities of every individual.