



## **Iona's Active Wellness Program at St Alban's Bill of Rights and Responsibilities**

### **Introduction:**

Welcome to Iona's Active Wellness Program at St Alban's. We are very pleased that you have chosen to join us and want to be sure that you feel welcome and part of our Active Wellness “family.”

The Iona Active Wellness Program at St Alban's is a social program for older adults who are District of Columbia residents 60 years of age or older. The program is carried out in a protective, friendly, community location. Iona's Active Wellness Program includes a daily lunch and opportunities for socializing, exercise, musical and artistic performances. At the same time, the Active Wellness Program also promotes life-long learning by engaging participants in interesting discussions, lectures, workshops, and field trips.

Iona will have a qualified staff manager, who will uphold the Bill of Rights and Responsibilities. The manager is responsible for the day-to-day operation of the program. We hope this document supports your participation in the program.

### **Participants' Rights:**

- The right that Iona will keep your records and personal information confidential
- The right to be treated with respect and consideration
- The right to participate in program activities which are culturally appropriate, are appealing to the participant's interests and talents, and are conducive to enhancing well-being
- The right to a clean, safe, and secure environment
- The right to be informed about activities, hours of operation or staffing
- The right to complain about the program without fear of recrimination
- The right to communicate with other participants in the program
- The right to receive a nutritious lunchtime meal
- The right to have a designated person contacted in case of emergency
- The right to refuse participation in any activity
- The right to receive assistance with referrals to other programs and services in the community and Iona Senior Services



**As a participant, you have the responsibility:**

- To be considerate and respectful of other participants, guest lecturers, instructors, and staff as well as their personal property and equipment, this includes but is not limited to respecting differences, such as race, ethnicity, socioeconomic status, and appearance.
- To provide staff with updated and correct information about emergency contact(s) and related issues
- To offer the staff suggestions that you feel may enhance the Program
- To speak up if you do not understand
- To maintain appropriate hygiene and refrain from unsanitary behaviors.
- To smoke only in designated areas
- To adhere to the meal reservation policy at the program
- To adhere to the DC Office on Aging's guideline that prohibits the removal of meals from the congregate meal service center to be consumed in the participant's home

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I have read and understand my rights and responsibilities as a participant in Iona's Active Wellness Program at St. Alban's, and I have received a copy of this document for my reference.

\_\_\_\_\_  
Printed Name of Participant or Responsible Person

Signature: \_\_\_\_\_

Phone: \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_\_\_  
Printed Name of Iona Representative

Signature: \_\_\_\_\_

Phone: \_\_\_\_\_

Date: \_\_\_\_\_