

## Iona Care Management: “A Fail-safe Plan” for Mom

**W**hen Lydia Robertson, 89, speaks, you want to pay attention. Her warmth is contagious, and her natural smile stretches wide as she describes growing up in Jamaica with her large family (she had nine siblings!), meeting her husband, George, and eventually raising her sons in Columbia Heights, D.C.

Listening to it all is Iona Care Manager Carol Kaplun. As a geriatric care manager, Carol provides ongoing support whenever (or however) needed to Lydia and her two adult children — Karl, who lives nearby, and Mark, who lives in northern New Jersey. Carol acts as a resource, an advocate, and a sounding board for any worry or question, and she helps put plans into action.

**“You can get from point A to point B much quicker when you can use professionals and avoid the pitfalls.”**

— Carol Kaplun,  
Iona Care Manager

Karl and Mark first connected with Iona nearly two years ago after Lydia had a benign brain tumor removed. After an initial



*Lydia Robertson and her family have received Iona Care Management from Carol Kaplun (right) for nearly two years.*

consultation, Carol assisted the family, helping to manage Lydia’s return to her apartment and overseeing the implementation of skilled medical services such as occupational and physical therapy. “It was a confusing time,” says Carol, “and they wanted Mom to have a fail-safe plan.”

Fortunately, today Lydia is in good health. She is an active resident at the Chevy Chase House, a retirement community, enjoying activities like film screenings and exercise programs, and she regularly visits with friends and family. Nonetheless, Carol, along with Iona Care Manager Susan Bradley, still checks in regularly and helps manage doctor’s appointments.

In case of an emergency, Carol or Susan is also able to respond quickly. “Whatever issue may arise, Iona Care Managers can see the landscape of the available resources to address it and make recommendations,” says Carol. “If you were not working with a care manager, you would spend time seeking and gathering information and then trying to evaluate the best option. You can get from point A to point B much quicker

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# How Healthy is Your Fitness?

**M**ost of us don't think twice about getting an annual physical or seeing the dentist, eye doctor, or various other health care specialists for a yearly checkup. But, have you ever thought about an annual fitness physical? Maybe you should!

Recommendations for regular exercise, increased aerobic training, or targeted strength training are everywhere. You may have even heard it from your doctor. But these recommendations often lead to more questions than answers.

## A Thorough Evaluation

What exercise is appropriate? Where do I start? How do I know if what I am doing is effective? What if I hurt myself (or I've been hurt before)? In response to questions like these, Dring & Associates Physical Therapy and Wellness — the physical therapy practice housed in Iona — is introducing the Annual Fitness Physical. **This physical will help you reach your optimal health and wellness.**

The evaluation assesses seven specific areas: Current Health Profile and Body Mass Index; Posture and Alignment; Upper and Lower Body Strength; Flexibility; Core Control; Functional Fitness Measures, and Cardiopulmonary Endurance. Dr. Jason Dring, a geriatric clinical specialist, and Dr. Morgan Cole, a neurological clinical specialist, will also take into account your medical, injury, and exercise history.

After the physical, they will review the findings and recommendations with you in detail; teach you specific exercises to get you started; and establish a



*Dr. Morgan Cole and Fran Forman practice proper sitting and standing techniques as part of the Annual Fitness Physical.*

training program and timeline that best meets your physical needs, your social circumstances, and your preferred learning/feedback style. “My goal is to help people actively identify deficits in their strength, balance, and mobility so that we can intervene before it is too late and help people continue to lead active lives,” says Dr. Dring.

Physical therapy can help you maximize your health potential by providing you with clear, credible data, and specific training guidelines to optimize your opportunities for success. No matter where you are on the continuum, you can take control of your fitness with the help of your physical therapist.

**If exercise is medicine, what is YOUR prescription? Find out now! Call 202-459-4594 and make an appointment today! **

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## Iona Care Management (continued from page 1)

when you can use professionals and avoid the pitfalls.”

Most importantly, though, Iona Care Management provides peace of mind as a local, hands-on, and personalized program. “We’re a relief for them whenever they want it,” says Carol. “If Mark and Karl are going to travel out of town, we are there as a form of backup.”

Adds Lydia, “Carol has been very helpful to me, and I think very kind in lots of ways. **When I needed a shoulder or an ear to hear my voice, she has been there.**” 

### Get the Help You Need

Iona’s experienced care managers offer coaching, support, and problem-solving. Whether you’re an older adult who wants to stay independent, or a family member caring for an older relative, our experts can help.

Call (202) 895-9448 and ask for our Helpline or email [info@iona.org](mailto:info@iona.org) to schedule a consultation and discuss fees today!

# One Family's Incredible Gift

It was an ordinary Monday morning here at Iona. However, a simple envelope — and what was inside — would prove that September 21, 2015 would be nothing less than extraordinary. “We didn’t know it was coming,” says Executive Director Sally S. White. “It was just a regular envelope that you opened up, but what it contained was anything but regular.” Why? Because inside that “regular envelope” was a check for \$100,000.

Part of longtime supporter Ravida Preston’s estate, this generous bequest helps Iona continue our mission of supporting older adults and caregivers through the opportunities and challenges of aging. In practice, that means it helped us keep our many programs and services running, allowing Iona to serve nearly 3,000 people this year, and it ensured that Iona will remain a trusted leading nonprofit in our community. “We are very pleased that our mom, through her bequest to Iona, continues her support for the valuable services it offers to seniors,” says Sarah Schrott, daughter of Nat and Ravida Preston. “We hope it will go a long way and will inspire others to support Iona as well.”

## A History of Support

The Preston Family’s dedication to caregivers, older adults, and Iona spans nearly three decades. Ravida’s husband, Nat, was an active Board of Directors member for a number of years, serving as our legal

counsel. When he passed away in 2009, Iona was honored to receive a \$50,000 bequest.

Their support did not stop there, however. Over the course of the next six years, Ravida would continue to give generously to Iona. With great astonishment and gratitude, we are thrilled that Ravida made this final commitment to Iona. “It’s a huge responsibility to manage bequests properly,” says Sally. “It’s very humbling that they trust us with their legacy.”

Iona will always treasure the Preston family’s support and will never forget how much we are indebted to them and the commitment they have shown to helping older adults in our community. Thank you for this lasting gift. ✓



Ravida Preston

## Do You Want to Leave a Lasting Legacy?

Wouldn't it be great to know that for generations to come you can continue to help Iona ensure that older people in our community get the help they need? Estate planning is the best way to make that possible. To learn more about leaving a legacy to Iona, give Susan Messina a call at (202) 895-9401, or email Susan at [smessina@iona.org](mailto:smessina@iona.org). She is always happy to talk with you and answer any questions you have.

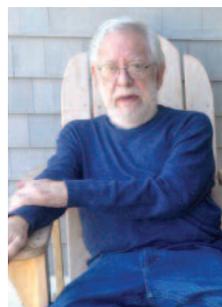
## Families Designate Iona for Memorial Gifts

Recently, two families remembered their loved ones through gifts at Iona. Thank you for this tremendous honor. We are proud that Iona meant so much to you and your families.



As an active participant in Iona's Wellness & Arts Center, Mary Reilly enjoyed expressing her creativity in the art therapy studio.

**Mary Reilly**, who was a Wellness & Arts Center participant for seven years, passed away on December 28, 2015. According to her daughter Molly Reilly, who cared for her mother in her home for more than seven years, “Iona was the obvious choice. After her stroke, my mother was bored, lonely, and unfulfilled. Her life needed meaning. And that’s when I found Iona. My mother and the other participants at the Iona day program need what we all need, but their frailties and infirmities make finding a purpose in life a big challenge. Iona solves that problem.”



Harvey Block attended Iona's weekly Parkinson's Support Group for 11 years.

**Harvey Block** passed away on October 23, 2015. Connected to Iona through his daughter-in-law Wendy Feldman Block, who was a former Board of Directors President and is a current Board of Associates member, Harvey was an active member in the Parkinson’s Support Group here at Iona for 11 years. “The support group became his lifeline,” says Wendy. “It made him feel valued and connected to people going through the same things as him. “Choosing Iona as a designated charity, she says, “seemed like a logical thing. Our family felt indebted to Iona for him to be a part of that for so many years.”

# From Apples to Ice Cream: Friendship Blossoms in Unlikely Place

It's 1:45 pm on a Thursday afternoon and Mr. Shelly Martin, 79, is patiently sitting in the warm lobby of Friendship Terrace, a senior living community in Northwest, DC that he's called home for almost 20 years.

After a few minutes, in walks his visitor. They greet each other like old friends and immediately pick up a conversation. It's obvious the two have a practiced rhythm and routine, as they catch up and chat about anything and everything from family stories to the Power Ball lottery. From an outsider's perspective, you'd never guess the visitor is Michele McNally, an Iona volunteer, and that she and Mr. Martin have known each other for just over a year.

Michele has been a volunteer for Iona on-and-off for nearly 10 years. Through the years, she's helped clean older adults' homes and even do laundry. Currently, she assists Iona's nutrition team by providing administrative support to our home-delivered meals program. And, every other week, Michele goes grocery shopping with Mr. Martin.

## Time Flies By

Talking as they navigate the seemingly endless store, it's easy to see the care and genuine interest between Michele and Mr. Martin. For both of them, it's much more than groceries. "Sometimes, we might just have two things on our shopping lists," says Michele. "But, we spend most of the time chatting. He's very easy to talk to."

That becomes obvious as Mr. Martin, a true conversationalist, shares tales of his days growing up in New York. He speaks slowly — but deliberately — with a slight, Brooklyn accent, and Michele learns that he used to play the trumpet. He was an insurance salesman. He helped his father with photography. It's easy to get lost in the conversation and forget all about their main task. In fact, practically two hours fly by as the duo weave in and out through aisles of colorful packaging and frozen meals, occasionally stopping to grab something from their list.

## A Way to Connect

For Michele, the errand serves as a way to give back



*Mr. Shelly Martin and volunteer Michele McNally grocery shop together every other week.*

and connect with a new community. "We're all going to age," she says. "And, I think there can be a lot of loneliness and isolation that comes with that."

Being able to support an older population is also important because her own family is back in Minnesota. Visiting Mr. Martin, then, "is a little bit of a way to connect to that family aspect," Michele explains.

As they part ways, it's easy to see the outing is important to Mr. Martin, too. With a twinkle in his blue eyes, he says goodbye. Like always, Michele replies, "Until next time, Mr. Martin." 

## You Can Volunteer with Iona: Become a Friendly Visitor!

Here at Iona, we welcome volunteers of all ages, interests, and expertise. Visit our website at [www.iona.org/how-you-can-help/volunteer-your-time.html](http://www.iona.org/how-you-can-help/volunteer-your-time.html), or email [volunteer@iona.org](mailto:volunteer@iona.org) to learn more about how you can have a meaningful volunteer experience with an older adult in our community.

# The Gallery at Iona: Meet Our Artists!

Artist in Residence Lila Oliver Asher and Special Guest Artist Maureen Moore share their inspiration and creative processes with us. Enjoy the benefits of art in your mind, body, and soul with their artworks on display in the Gallery at Iona through April 27, 2016.



"Medea," by Artist in Residence Lila Oliver Asher

**Lila:** My process with making prints has developed over time. I draw first and transfer the image. Usually, I use linoleum, but sometimes wood or other material if I want texture. After I have carved the linoleum, I use art printer's oil

based ink and handmade soft paper. My method of producing prints is similar to the Japanese. I use a baren for rubbing to transfer the image to the paper. With age (94 years young), I am a little freer with my drawing, and some of the images are more stylized.

**Maureen:** I have been a color addict all of my life, going back to my earliest days of entertaining myself with coloring books. I will see a bead in a store and the immediate attraction is the color. I have an excellent color memory, so I usually know what I already have at home that will match or complement that particular bead. The design of a necklace usually revolves around one bead. If the bead is exceptionally showy, I will make the design simple. That chosen bead also dictates what other beads I use in my design since I like to mix textures, weights, and shapes. Each design evolves in this way, sometimes stealing hours from my day. 



"Afraid," by Special Guest Artist Maureen Moore

## Want to learn more from our featured artists?

### Meet the Artists Reception

Friday, March 11, 2016, 5:00 — 7:00 pm

Featuring live music and delicious refreshments.

RSVP by calling (202) 895-9407.

### Gallery Talk & Tour

Saturday, March 12, 2016, 11:00 am — 2:00 pm

Guided tour and conversation with our featured artists.

RSVP by calling (202) 895-9407.

*Special thanks to Sunrise on Connecticut Avenue for their generous support of Iona's art events.*

## Thank You for Supporting Caregivers

*It was our best #GivingTuesday to date — thanks to you!*



We are proud to have participated in #GivingTuesday, a global day dedicated to giving back, on December 1, 2015. Donations on #GivingTuesday went to Iona's Caregiver Support Fund, which offers special scholarships to Iona's adult day program in the Wellness & Arts Center for family caregivers in desperate need of respite. The choice to support Iona was one that had far-reaching impact on the daughters, sons, partners, and spouses who relentlessly give their time and energy to family members and who oftentimes sacrifice their own needs in order to help others.

**With your generous support, we raised \$4,985.**

Combined with the endowment that started this fund, that amount translates to 22 scholarships! Even more wow-worthy: **we saw a 625% in our number of donors from last year's #GivingTuesday.** Thank you for all that you do for the older adults and caregivers in our community.

*Iona can still do more with your help. If you would like to contribute to the Caregiver Support Fund, call Susan Messina at (202) 894-9401 or email her at [smessina@iona.org](mailto:smessina@iona.org).*



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## With Deepest Gratitude, We Thank Our Philanthropic Partners for Standing with Us All in Service to the Community

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Brighton Gardens of Tuckerman Lane  
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Five Star Premier Residences of Chevy Chase  
Georgetown Home Care  
Home Instead Senior Care

Kensington Park Retirement Community  
LifeMatters  
Options for Senior America  
Prestige Healthcare Resources  
Right at Home DC  
Sunrise on Connecticut Avenue  
Trusted Touch Healthcare



*Our whole team here at Iona is grateful for your continued support to older adults and caregivers.*