New Ways to Serve:

Iona’s Partnership with National Presbyterian Church

It is natural for church members to turn to their minister in time of need, but meeting that need sometimes requires outside expertise. With a large congregation of 1,800 members (including more than 600 members over the age of 65), the Reverend Donna Marsh, Associate Pastor at the National Presbyterian Church, knew that she and her team could use help.

Two years ago she reached out to Iona, which is just blocks from her church on Nebraska Avenue NW, and started a dialogue. It quickly evolved into a formal partnership, generously funded by a grant from the National Presbyterian Church Women’s Association. The partnership funds a part-time Iona social worker dedicated to the needs of the congregation’s seniors and their families.

Lisa Rindner, a licensed geriatric social worker, is available to members of the National Presbyterian Church.

Lisa also provides lots of coaching about how to talk to someone who is not yet ready to receive help, but who really needs it. Lisa has observed that “we have what we call senior ‘orphans’ in the congregation: proud, independent men and women who are used to doing for themselves. There have been occasions when the minister joins me on a home visit to help ease the older adult to accept assistance."

Through her efforts, Lisa is able to link individuals to needed services—whether it is getting a physical therapist to visit, starting a meal program, linking to programs and activities and/or assisting with home health services. She is able to help older adults safely age in place or when needed find alternative care.

Iona staff member Lisa Rindner, a licensed geriatric social worker, is available to assist National Presbyterian Church members, families and seniors with a wide range of issues. “I provide support, guidance and information to adults regarding their aging parents,” notes Lisa. “I also help out-of-town adult children who call upon me to visit their parents and implement services that they can’t from a distance.” For those who are local, she meets with people either at the church or Iona, depending on the client’s preference.

Iona Social Worker Lisa Rindner, MSW, LGSW, is available to members of the National Presbyterian Church.
New Ways to Serve

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living arrangements that provide support.

Reverend Marsh is extremely pleased with the services provided to her congregants: “We are so grateful for Lisa! She has earned the trust of our seniors and staff, and really made a difference in our church family. Our partnership with Iona helps to provide expertise and services far beyond what we as a faith community can deliver on our own.”

To learn how your faith community could benefit from an arrangement like this, contact Deb Rubenstein at 202-895-0249 or drubenstein@iona.org

Local Farmers Bring Farm-to-Table Love to Iona

Many of the most vulnerable older adults seen by Iona are missing out on the benefits of nutrient-rich vegetables and fruits. Thanks to the generosity of farmers at the Silver Spring Fresh Farm Market — Chicano Sol, Spiral Path Farm, and Quaker Valley Farm, The Farm at Our House, Three Springs Fruit Farm, and Love Dove Farms — and our friends at Cedar Ridge Community Farm in Olney, The Active Wellness Program at St. Alban’s has reaped a bounty of delicious, fresh-from-the-field produce which is offered to our participants at a gleaning table once a week.

As the local growing season winds down, donations of gift cards from area grocery stores will help older adults at risk of hunger and malnutrition continue to have the health benefits and pleasure of fresh produce. Please bring your gift cards to Iona and accept our warmest thanks!


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Iona’s Thelma Hines, Lylie Fisher, and our licensed diettitian Rose Clifford show off a bounty of nutrient-rich and delicious farm-fresh produce generously donated by local farmers.
Throughout Iona’s 38-year presence in the community, volunteers have been the heart and soul of our mission to support people through the challenges and opportunities of aging. Iona volunteers are a diverse group who bring unique gifts to Iona participants and clients. The Iona staff feels fortunate to work alongside people with a passion for service and community.

A cohort of volunteers who bring special joy to Iona and our participants are the young people who choose to spend time at Iona as part of their community service commitment at their schools. Sarah Grogan, the program coordinator at Iona’s award-winning Wellness & Arts Center, reports that three students at the Stone Ridge School in Bethesda spend a portion of every other Wednesday during the school year interacting with participants, engaging them in conversations, preparing arts activities, and offering gentle companionship. Two students at Wilson High School have been providing assistance twice a week at our Wellness & Art Center after school, joining with our participants to play games and read stories together.

Iona’s student volunteers go through orientation, learning about not only their roles but about the special needs of our participants. They are supervised by Iona staff.

Sarah added that Megan, a Girl Scout working to achieve the prestigious Gold Award, has chosen Iona as her community service project, committing to upgrading the gardening area enjoyed by Wellness & Arts participants.

Iona’s youngest volunteer is seven-year-old Max, who visited Iona with his class at the National Presbyterian School and loved it so much he asked his mom Tracy to volunteer with him at Iona!

Max reminds us of the joy in the work of building a caring community where everyone is valued and nurtured. The Iona team, and all those we are privileged to serve, cannot say Thank You enough to our dedicated volunteers!

To learn about these and other volunteer opportunities at Iona, please contact volunteer@iona.org or 202-895-9419.
Iona Welcomes New Director of Development

We are pleased to welcome Susan A. Messina as Iona’s new Director of Development. She comes to us with more than 20 years of fundraising experience, most recently at the National Hospice Foundation. She has lived in Northwest DC since 1993 and reports that friends and neighbors respond with great enthusiasm when she mentions she is now working at Iona.

Susan says, “It’s clear to me that Iona is a true pillar of Washington, DC. I look forward to working with our board, staff, volunteers and donors to raise the funds we need to continue Iona’s long history of service.” Susan welcomes any input or feedback and can be reached at 202-895-4901 or smessina@iona.org.

Another Way to Help Iona

As you consider your year-end charitable contributions, please know that you have until December 31, 2013 to use the IRA charitable rollover provision to make a gift to Iona, and receive tax benefits. If you have an IRA, and you and/or your spouse are 70 ½ or older, you each can make a tax-free charitable distribution of up to $100,000 from your IRAs directly to a public charity such as Iona, through December 31, 2013. Please consult with your tax professional, and also contact Susan Messina at smessina@iona.org or 202-895-9401 to discuss gifts to Iona.

PHILANTHROPIC PARTNER SPOTLIGHT: EDEN HOMES

by Lori Larson, Owner

Some people never stop trying to please their parents, even after they pass away. My mother was not only the inspiration for opening four small assisted living homes in Bethesda as part of Eden Homes Group but she continues to be the benchmark by which we operate today.

My mother was fiercely independent, very bright and a true Southern belle. As she aged and struggled with Parkinson’s disease she moved in with me and needed care 24/7. Although surrounded by family, her loss of independence and the feeling (albeit unfounded) that she was a burden depressed her. We needed a better plan.

In mom’s memory and honor I wanted to help others by providing the living environment not available when she needed it. Mom was never able to enjoy the elegant, eight person homes that are Eden Home’s model; she would have thrived on the personalized care and attention to detail. Her incredibly high standards are met daily. Every day I ask myself, what would mom think? I know in my heart she is proud of me and Eden Homes.

To learn more about Eden Homes Group, please visit our website at www.edenhomesgroup.com and call us at 301-299-2637.
Planning Today for Iona’s Tomorrow
Sam and Ruth Alward Make a Legacy Gift

Through their legacy gift, Iona’s good friends Sam and Ruth Alward are ensuring that their commitment to Iona continues. They are naming Iona as one of the beneficiaries of their estate planning trust.

“Iona has been near and dear to our hearts for more than 20 years. We have a long-term relationship with Iona and we believe in its mission,” says Sam. Both Sam (a retired Fannie Mae executive) and Ruth (a retired professor of nursing administration) served multiple terms on Iona’s Board of Directors and Sam currently serves on the Board of Associates. Wearing another hat, Ruth was also instrumental in Iona receiving the first grant from the National Presbyterian Church Women’s Association for Iona’s eldercare support for the church’s clergy and congregants (see cover story.)

Ruth and Sam acknowledge that the need for Iona’s service is great—and growing. Sam notes, “We know that at times, finding funding has been a struggle. Iona doesn’t have a huge endowment.” The Alwards’ future gift will provide much-needed support to the Iona of tomorrow.

Ruth states simply, “Iona is effective. And now that we are older ourselves, we can identify even more with Iona’s work.”

Sally White, Iona’s Executive Director, says, “I so appreciate the generosity of Ruth and Sam. They have given Iona so much, for decades. I am grateful for their confidence in Iona’s important place in the community for years to come.”

To learn more about making a bequest or to share your intention to do so, contact Susan Messina, Director of Development at 202-895-9401 or smessina@iona.org

Family Consultation and Support for You

Iona’s team of knowledgeable and compassionate social workers and nurse care managers can help families find solutions to the challenges that aging can bring.

Call the Helpline at (202) 895-9448 or contact us at www.iona.org/contact-us.html to schedule a consultation to discuss:

- Whether a loved one should move or remain at home
- How to find home care in your area
- Which older adult living facilities might be the best fit for your older relative
- How to manage health issues, including memory loss
- How to find the right medical help, including assessments for memory loss
- Legal and financial concerns, such as powers of attorney and how to pay for services
- Referrals to transportation services, caregiver support groups, and social activities
- How to communicate with a family member who is unwilling to accept help
- How to address concerns about an older adult’s memory loss, depression, substance abuse, or challenging behaviors
- Handling family conflict and the stress of care-giving, whether long-distance or local.

Honour for Iona’s Sally White

Iona executive director Sally White has been accepted into the Class of 2014 of Leadership Greater Washington, an organization dedicated to identifying and connecting nonprofit and business leaders to find effective solutions to Washington’s most pressing challenges.

 Responding to her selection, Sally said “I am honored and look forward to further strengthening Iona through what I learn at Leadership Greater Washington.”
Third Monday of Every Month
NEW Caregiver Support Group on Capitol Hill
Iona is partnering with the Capitol Hill Village (CHV) to offer a new support group for those coping with the challenges of being a caregiver for an older family member, partner or friend who has a chronic or acute illness.
Facilitated by Iona’s Bill Amt, LICSW
The Hill Center, 921 Pennsylvania Avenue SE, Washington DC
6:30 – 8:00 pm
$15 per session for CHV members; $20 for nonmembers
Contact CHV’s Julie Maggiocalda at 202/543-1778 or jmaggiocalda@capitolhillvillage.org

LUNCH AND LEARN
October 24, 2013
Meet Artist In Residence, Ann Schaefer, as she talks about her watercolor paintings.

October 29, 2013
Meet Special Guest Artist, Nancy Low, as she talks about her heirloom mosaics.

November 4, 2013 (and continuing through December 20)
Fall Fitness Classes continue. The second session of our Fall Fitness classes, which include Yoga, Tai Chi, Senior Fit, Total Workout, Dance for Parkinsons, and other classes that help build body awareness and strength, begin.
Iona Fitness Center
Session days and times vary.
See the Fall 2013 Program Schedule for details

November 15, 2013
Meet the Artists Reception
Meet watercolorist, Ann Schaefer, and mosaic artist, Nancy Low, featuring refreshments and live music.
The Gallery at Iona
5:00 – 7:30 pm
No Charge

November 18, 2013
The Playwrights Forum
A reading of The Mamzer Rabbi by David Epstein
Iona
7:00 – 8:30 pm.
A $5 contribution is requested.

Iona will be closed Monday, November 11, in observance of Veteran’s Day.