Mildred Howard has always worried about older sister Jessie Fulwood, who lost her sight as a child. Those worries increased when Mildred, who every day drove across town to check on her, discovered Jessie was being neglected by her caregivers. It was then that Mildred invited Jessie to move in with her and her husband. Soon after, in 2007, Mildred enrolled Jessie, now 78, in Iona’s Harry and Jeanette Weinberg Wellness & Arts Center. “Jessie Mae needs to be in a program rather than sitting at home all day with nothing to do,” says Mildred. “The people are real nice, she participates in activities such as art therapy and exercise which she wouldn’t have access to otherwise, and two nurses monitor her blood pressure.”

Jessie took Metro Access by herself to and from Iona. However, in April 2012, Metro Access failed to pick up Jessie at home as scheduled, and that was “the last straw” for Mildred. She could not bear the thought of Jessie traveling alone on transportation that is unreliable. She took it upon herself to escort Jessie as often as she could manage, which was three days a week, with a long commute on three public buses each way.

Mildred is a loving and devoted sister, but having to provide an additional two days of full-time caregiving when Jessie was formerly at Iona five days a week became exhausting and debilitating for her, according to Iona’s social workers. Jessie herself missed the stimulation and independence she enjoys at Iona.

The solution, one that had immediate and profound impact, was a generous grant to Iona from The Edes Home Foundation which covers 100% of the cost of a reliable, safe and comfortable private transportation service. Thanks to The Edes Home Foundation, Jessie is able to participate in the Wellness & Arts Center, which enriches her life and gives her independence. In addition, Mildred is experiencing respite from the stress and challenges of caregiving.
The 2014 Art of Caring Luncheon Showcased Iona’s Impact on Individuals’ Lives

*Our Biggest Fundraiser Drew Friends, New and Old, Together.*

On May 9, 2014, more than 375 guests attended our Art of Caring luncheon at the historic Mayflower Hotel in downtown Washington. “We have three goals with this event, “explains Executive Director Sally White. “We highlight the role of caregivers, we raise funds, and we educate people about all that Iona offers the community.”

Iona Social Worker Malika Moore shared the story of a client who lived alone and needed increasingly more help to cope. Malika summed up the story by saying, “I think that in her view, I was just an overly generous visitor that stopped by frequently to check on her or who happened to show up at doctors’ appointments. That’s OK; it doesn’t matter that she didn’t fully understand my role. In fact, Iona’s care managers often have various roles. We act as sounding boards, shoulders to cry on, resource navigators, and service coordinators.”

“Iona is not a fountain of youth, but a fountain of hope,” said keynote speaker Ambassador Connie Morella, who represented Maryland’s 8th Congressional District in the US House of Representatives for 16 years. She also pointed out, “Caregivers are our last and best resort. There is no minimum wage, no paid leave, no upward mobility, no health benefits or pension plan.” She praised Iona for our work in supporting caregivers.

Iona presented the Love*Care*Hope Award for Corporate Citizenship to Bloomberg BNA. For years, Bloomberg BNA has generously underwritten the printing of Iona’s core communications materials, including more than 30,000 copies of our *Resource Guide*. Bloomberg BNA Chairman Paul Wojcik received the award, which was a reprint of Wellness & Arts Center participant Doris R’s painting.
Molly Reilly shared her caregiving journey, after her mother, Mary, survived a series of strokes in 2007. Molly said, “I came to realize that the best nurse in the world was not going to solve the problem. 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 Iona’s Wellness & Arts Center need what we all need—but their frailties and infirmities make finding a purpose in life a big challenge. Iona solves that problem.”

“...Iona is such a godsend— for my mother, for me, for my family, and for our community.”

—Molly Reilly

We invite you to watch the 2014 Art of Caring video which highlights the difference Iona makes in the lives of Oscar, Netty, and Wes. You can see it at www.iona.org/2014-Video

Thank You

We offer deep appreciation to the underwriters of the 2014 Art of Caring Luncheon and our Table Hosts. With their help we raised significant funds to support Iona’s crucial services.

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Susan Messina
Tom Nelson
Lizzy O’Hara
Molly Reilly
Ann Schaefer
Sharon Smith
Ann Marshall Schweitzer
Sally White
Susan I. Wranik
Debra Yogodzinski
I would like to say a very good word for Leland Kiang, Bill Amt, Donna Tanner, and the Iona team. I had an excellent and thorough conversation with Leland about my 93-year old mother who has now come to live with me and is feeling a bit lonely and sad.

He was just super in terms of listening, checking on some points, discussing a variety of programs and individuals who might be of assistance, and providing contacts at the main Iona office and St. Alban’s. He also reached out to them ahead of my calls and they all followed up. For example, mom was an artist, so he asked Patricia Dubroof (Director of Iona’s Art Gallery) to give me a call to discuss the Iona programs and presentations, and she did.

He helped me understand vocabulary and distinctions like the difference between home companions, friendly visitors, health aides, etc. He also encouraged me to get good medical assessments for mom (and myself) and have a talk with Bill, the Mental Health Program Manager, to see if there might be some things to do that could lead to me, as well as mom, having fresher energy this spring after a rough year after my brother’s death last year.

Donna has been a wonderful facilitator for the monthly Caregivers Support group. She is highly skilled, keeps us focused and provides a safe and trusted environment for us to tackle challenges, share our pain, and celebrate small victories. She always follows-up and provides current information and resources. Her compassion and calm help us as we walk the journey with our loved one.

Leland, Bill and Donna were just so thorough, knowledgeable, and kind. They are a great asset to Iona and Iona is a great asset to us in the community. Thank you for all you do.

Anne Marie Plubell sent a letter of praise to Iona’s Executive Director about Psychotherapist Bill Amt, Helpline Manager Leland Kiang, and Support Group Leader Donna Tanner.

Finding Help for Yourself

Iona’s Information & Referral Helpline specialists are available for you Monday through Friday (9:00 AM to 5:00 PM) at 202-895-9448 or info@iona.org to answer questions about Iona’s programs and other community resources.
Iona’s Take Charge/Age Well AcademySM Presents

“OMG! I’m Middle Aged! Now What?”

Sundays, July 13, 20, and 27, 2014  1:00 – 5:00 PM

Middle age can creep up on us and before we know it, we may find ourselves getting down about getting older, regretting missed opportunities and unfulfilled dreams, and worrying about what the future holds. This series takes a different view of middle age, and sees it as an opportunity to proactively look at: where we are today; how we got to this point in our life; where we’d like our future to go, and; how to get there.

During three sessions, we will use these four lenses to examine various aspects of our lives, such as relationships, career, and health and wellness.

The series will be led by Iona staff: Bill Amt, a licensed clinical social worker, and Lylie Fisher, director of community engagement.

Together, Bill and Lylie will help participants gain a better understanding of themselves, as well as foster an intentional and positive approach to aging.

To register, please call 202-895-9448, or email us at registration@iona.org. The cost for this series is $75. Participants are encouraged to attend all sessions, which are held at Iona.
Selected Events Spring 2014
To receive Iona’s full program schedule, contact us at info@iona.org. You can learn about our wide array of fitness classes, support groups, and other programs.

Gallery at Iona Art Events

Lunch & Learn with Artist in Residence, Silk Artist, Diane Tuckman*
Tuesday, June 24, 2014, from 12:30-1:30 pm at Iona Free. Lunch provided by The Georgetown. Call (202) 895-9407 to reserve a seat.

Lunch & Learn with Special Guest Artist, Jeweler, Jan Maddox*
Tuesday, July 1, 2014, from 12:30-1:30 pm at Iona Free. Lunch provided by The Georgetown. Call (202) 895-9407 to reserve a seat.

*Both artists are exhibiting in the Gallery at Iona thru October 10, 2014.

Meet the Artists Reception
Friday, August 15, 2014, from 5:00 – 7:00 pm at Iona Artist in Residence Diane Tuckman and Special Guest Artist Jan Maddox will be featured in an evening of conversation, live music, and delicious refreshments provided by The Georgetown. Free. No reservation needed.

Active Wellness Program at St. Albans’ Event
Presented by the National Theatre’s Community Vaudeville Program
At Iona’s Active Wellness Program at St. Albans’ Friday, July 18, 2014, from 12:45-1:45 pm Free, but seating is limited. Call (202) 363-5145 (ext. 212) to reserve a seat.

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

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Capital City Nurses announces the opening of The Cottage at Curry Manor, an assisted living community in Bethesda, “the new pinnacle in refined residential living.” To learn more, call 240-200-3903.

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