People with Parkinson’s May Find Movement a Challenge, but When They Dance, Their Spirits Soar with Ease

I have Parkinson’s and sometimes I have dyskinesia (involuntary movement) from the medicine. The dance teachers say every movement is a dance. So I guess I dance all the time,” says Connie Zara, with humor. Connie has worked at Iona since 1993 and was one of the first students to join the Dance for PD® program when it started at Iona in the spring of 2013.

The class follows the technique and content of the innovative Dance for PD program developed by the Mark Morris Dance Group and the Brooklyn Parkinson Group. Similar classes are taught in a variety of settings in more than 100 locations in the United States and abroad.

Accomplished dancer and teacher Margot Greenlee brought the class to Iona, where it is currently offered on Thursday afternoons from 2:00-3:00. Our sunny studio space becomes a place where people living with Parkinson’s become dancers—at least for an hour. Margot is joined by co-teachers Bob Sacheli and violinist Anthony Hyatt, who accompanies the dancers beautifully, often improvising to work with the movements of the dancers.

Dance for PD is based on the premise that professionally trained dancers are movement experts whose knowledge is useful to persons living with Parkinson’s, particularly about stretching, strengthening muscles, balance, and rhythm. Margot, Bob, and Anthony create an enjoyable, social environment where participants can explore movement drawn from many styles of dance in ways that are stimulating and creative.

Other than a little bit of ballet as a little girl, Connie had not studied dance until she joined the class. She says, “I like it a lot. It’s very good for balance and it keeps me going. Sometimes I go, and my meds haven’t really kicked in, and I can’t move very much, but I keep at it.” She adds, “Some of our participants use wheelchairs and walkers. They come in not knowing what to expect—and by the end they are smiling. Everyone is so nice—and you are with other people who understand what you are going through.”

To register for the class, visit www.iona.org/classes-shopping-cart.html.

“This is a place where — at least for the span of a class — people living with the daily challenges of Parkinson’s disease can define themselves not as patients, but as dancers.”

— Instructor Margot Greenlee
“Take Charge/Age Well Classes Put a Positive Perspective on Aging”

Catherine Hargrove Shares Her Experience

At my retirement luncheon, one of my colleagues said that based on my endorsement of Iona’s Take Charge/Age Well classes that she would be calling Iona soon. That made me smile because I really have enjoyed my Iona experience. What I have liked is that you get good information about aging, in a positive perspective. It’s an opportunity for learning new things,” says Catherine Hargrove.

The first class Catherine took was “Eat Well/Move Well.” She notes, “Who hasn’t heard the advice, ‘Get more exercise and eat better?’ But that wasn’t how this class approached it. The facilitators made it interesting and the subject matter challenged me.” Catherine enjoyed learning about different ways of moving that would be beneficial from Dr. Jason Dring, physical therapist. And she took to heart his suggestion of getting a yearly assessment by a physical therapist to ward off unnecessary mobility problems.

Catherine praised the social connection afforded by Take Charge/Age Well. “Making new acquaintances was so valuable. Some of them might eventually become friends! I think one of the challenges to people as they age is they get too comfortable in their own environment. It’s important to go out and meet people who share your concerns, in a stimulating environment. That’s what Take Charge/Age Well provides.”

Catherine took the Mindfulness class this summer and looks forward to the next set of classes: “The facilitators are excellent and all the courses have a goal, but you are encouraged to move at your own pace. I really like that.”

Are You Nearing Retirement or New to Retirement?

Iona’s Take Charge/Age Well AcademySM offers dynamic workshops that provide the perfect blend of fact-based curriculum with person-centered inspiration designed to empower and inspire Baby Boomers. Each multi-week series is tailor made for retirees (or those planning retirement) eager to remain active, engaged, and connected.

Sessions are led by Iona’s experts and our trusted specialist partners. This winter’s series starts on December 3, 2014 and runs through January 28, 2015. All sessions are held on Wednesdays at Iona from 2-4PM.

- 12/3/14 — Meaningful Choices in Retirement
- 12/10/14 — Financial Planning
- 12/17/14 — Brain/Memory Fitness and Emotional Wellness
- 1/7/15 — Aging in Place, other Housing and Long-Term Care Options
- 1/14/15 — Legal Planning
- 1/21/15 — Take Charge/Age Well Tool Kit
- 1/28/15 — Age Well / Eat Well

Participants will learn from Iona’s aging in place specialists how to navigate the opportunities and challenges of aging through presentations that offer expert advice, wellness coaching, guidance on critical decision-making, and planning for the future. Each session will include conversation and personalized check-ins.

Tuition is $115 for the 7 week series and scholarships are available.

To register, call Iona at (202) 895-9448 [and select option 4], or email registration@iona.org
Thanks to Bobby Abbo, Poor Robert’s Charities, and Many Wonderful Donors, We Have a New 7-Passenger Van

The late Bobby Abbo was a tremendous friend to nonprofit organizations throughout metropolitan Washington, DC. For decades, he rallied friends and associates to raise money so that Poor Robert’s Charities could donate vehicles to those organizations. In fact, Iona’s first bus, back in the 1980s, was a gift from Poor Robert’s Charities. This summer, Iona gratefully received a 7-passerger Dodge Grand Caravan from Poor Robert’s Charities, not too long after Bobby’s death. We are so grateful to him for his vision, and for his wife Marcia Abbo and friends who kept moving forward with the van donations in spite of their loss.

To take ownership of the van, we had to meet the requirement to match their $18,000 gift with $6,000. Thanks to the generous donations of dozens of Iona supporters, who responded to our urgent email appeals, we were able to quickly meet that match. Our beautiful new van is now rolling, helping our clients in so many ways. A commercial driver’s license is not necessary, so any of our staff members can drive it. This opens up many new possibilities for Iona to serve the community. We can now take smaller groups of older adults to supermarkets to pick up groceries. When Metro Access fails to arrive, we can drive frail elderly participants to or from our Wellness & Arts Center. On Sundays, we can pick up hundreds of pounds of fresh produce from vendors at the FRESHFARM Market at Dupont Circle. Our social workers can use the van to drive clients to appointments when necessary. You can see how useful this van will be!

In August, Executive Director Sally White (center) met with representatives from Poor Robert’s Charities (left to right) Kevin Kavanaugh, Marcia McGrath Abbo, Jay Martin, and Bob Siciliano to pick up the keys to Iona’s new van.
Farm-to-Table Program Provides Fresh Vegetables and Fruit to Iona’s Clients Each Week

The newest addition to Iona’s menu of food programs is Farm-to-Table, through which fresh vegetables and fruits are donated by local farmers and made available to Iona’s participants.

The genesis of this program was a good idea from Thelma Hines, the program manager at the Active Wellness Program at St. Alban’s. She noted that the meals, while healthy, are prepared offsite and are sorely lacking in fresh produce. The community partners have shifted since the program began in 2012. This year we are working with FRESHFARM Markets at Dupont Circle.

Staff and volunteers collect hundreds of pounds of top-quality produce, wash it and package it on Saturday, in preparation for presenting it to participants on Monday. The produce is stored in two refrigerators donated to Iona specifically for this purpose.

Participants are extremely enthusiastic about the program and they willingly help with washing, sorting, and setting up the weekly market for themselves and their peers. The vegetables and fruits are displayed on ice trays and each participant is given a bag and instructions about how much of each item can be collected (it varies based on amount of produce and number of participants).

When there are unfamiliar items, such as garlic scapes or broccoli rabe (two recent offerings), Iona’s staff offer recipes or even cooking demonstrations to inspire the seniors to prepare tasty dishes. Iona’s nutritionist provides oversight of the nutritional component of the Farm-to-Table program, and works closely with the Farm-To-Table Coordinator on program development and operations.

You can help out by volunteering to set up the farmer’s markets on Monday mornings at the Active Wellness Program at St. Alban’s. If that time doesn’t work, but you still want to help with our food programs, you and your family could volunteer to deliver weekend meals. We are adding routes in October to meet the growing demand. To volunteer, please contact Iona’s Volunteer Program Coordinator at volunteer@iona.org or fill out Iona’s Volunteer Application at www.iona.org/how-you-can-help/volunteer-your-time.html.
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 Penny Smith**  
Thursday, November 6, 2014 from 12:30-1:30 pm at Iona.  
Free. Lunch provided by The Georgetown Retirement Residence.  
Call (202) 895-9407 to reserve a seat.

**Opening Reception at The Phillips Collection for Art Exhibit by Wellness & Arts Center Participants**  
Saturday, November 8, 2014 from 2-4PM at The Phillips Collection (1600 21st St NW, Washington, DC). Free, but reservations are required for admission to The Phillips. Call (202) 895-9471. The show is up from October 24-December 7.

**Meet the Artists Reception**  
Friday, December 12, 2014 from 5:00-7:00 pm  
Artist in Residence Penny Smith and Special Guest Artists Dale & Diane Feuer will be featured in a delightful gathering with refreshments provided by The Georgetown Retirement Residence. No reservation needed.

**Play Readings at Iona**  
These readings are presented in partnership with The Playwright’s Forum—one of America’s premier playwriting workshops.  
- Monday, November 10, 2014 at 7:00 pm, “Little Wars” by Graziella Jackson. Two women have difficulty teaming up as staff members in a PR firm.  
- Monday, December 8, 2014 at 7:00 pm. “Ford vs. Ford” by Jason Ford. About the playwright’s family’s historic case involves slaves birthed by the “owner” who wills them to his property.

Admission: $5. To reserve a seat, call Patricia Dubroof at (202) 895-9407.

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

Bloomberg BNA  
Capital City Nurses  

Arden Courts Memory Care  
Springhouse Senior Living  
Forest Hills of DC/Forest Side Memory Care  

Home Care Assistance  

Arbor Place Dementia Care  
The Residences of Thomas Circle  

Brighton Gardens of Tuckerman Lane  
Brinton Woods  
Care For You  
Complete Care Solutions  
Eden Homes Group  
Five Star Premier Residences of Chevy Chase  
Georgetown Home Care  

The Georgetown Retirement Residence  
LifeMatters  
Prestige Healthcare Resources  
Right at Home DC  
Specialty Care Services

Iona’s partner the Methodist Home of DC, serving seniors since 1889 and since 1926 at 4901 Connecticut Avenue NW, has been renamed Forest Hills of DC: Inclusive Senior Living “to better reflect the broad spectrum of residents, families and friends we serve” according to CEO Sandy Douglass.

Call 202-966-7623 for more information.  
www.foresthillsdc.org
Iona is delighted to present its first-ever calendar — **Art from the Heart 2015**

Featuring work by the artists in our award-winning Wellness & Arts Center.

Your purchase will support Iona’s mission to support people as they experience the challenges and opportunities of aging.

Available for purchase online at [www.iona.org/ordercalendar](http://www.iona.org/ordercalendar) or at Iona’s reception desk

$10 per calendar/$25 for 3 calendars