

## You Will be Impressed by the Diversity of Achievement

*Participants in Our Adult Day Program Celebrate Their Accomplishments*



With help from our Program Manager Sarah Grogan (right), Dorothy Tucker shares two of her puppet creations during the Celebration of Achievement at Iona's Wellness & Arts Center.

**T**ears of joy and remembrance flowed freely at Iona's Weinberg Wellness & Arts Center during the recent Celebration of Achievement.

We are so proud of our participants and their many accomplishments. Too often, as people age, those around them forget — or maybe never even knew — of their past achievements. We are honored to share some stories with you.

### **Dorothy Tucker**

Dorothy was born in Eau Claire, WI. In high school, Dorothy's teachers selected her to participate in Government Girls, a war effort program in Washington, DC that employed young women in

government offices. In the evening, Dorothy worked as a hostess at the Officers' Club. Once while on the job, Dorothy was persuaded by President Truman to join his group for dinner. While raising her family of four girls, Dorothy often had art projects in progress throughout the home. She has also worked with many theaters. In the 1940s, she styled hair for several actresses at the National Theatre, and later worked on shows at area theaters, including the Shakespeare Theatre and Studio Theatre. Since 1985, Dorothy has helped her daughter, Barbara, create and construct costumes for the American University Theatre and The Greenberg Theatre.

*"During the celebration, everyone was standing a little taller, with their shoulders back — just so proud of what they had done."*

*– Sharon O'Connor,  
Director of the Wellness & Arts Center*

### **Ken Jurecka**

Ken was born in Fayetteville, TX. He graduated from Rice University and enjoyed a successful career in the Navy for 22 years, working in Spain, Italy, Morocco, Greece, Germany, Iceland, New Zealand, and Japan. A true travel enthusiast, Ken has also visited France, England, Scotland, the Czech Republic, and Portugal. He met his wife, Mary, when they were both working as Russian linguists at the National Security Agency. They have been married for 46 years, and have one daughter. Over the years, Ken has also proved himself to be a talented handyman and woodworker, cook, and oil and watercolor painter.

*Read more about our participants on page 3.*

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# New Equipment Takes Patients One Step Further

“If you’re only doing what you already know somebody can do, that’s not really so therapeutic,” says Dr. Nechama Karman, a physical therapist and LiteGait Specialist. Dr. Karman visited our building earlier this year to train physical therapists Dr. Jason Dring, a geriatric clinical

specialist, and Dr. Morgan Cole, a neurological clinical specialist, on the LiteGait. This specialized machine provides posture, balance, and weight-bearing assistance to patients in order to support correct walking patterns.

In essence, the LiteGait allows people with balance impairments to go further and faster with the proper support and safety precautions. This can ease the fear of falling in patients and increase the restoration process.

“When people reach their ‘speed limit,’ that’s a fall,” explains Dr. Karman. “So, you end up pulling them back and trying to keep them safe. But that means you aren’t pushing them to where new learning takes place.” With the help of the LiteGait, however, Dr. Cole and Dr. Dring, who practice in Iona’s building, hope to take their patients to that next level.

Already, they have seen big impact. Referencing a participant in our Wellness & Arts Center, Dr. Cole notes, “After we started working with him on the LiteGait, everything improved. His balance, his gait, his speed, his strength — everything improved. He was even more chatty.”

Patients are raving about the equipment, too. Jessie Fulwood, another Wellness & Arts participant, even told Dr. Cole, “**I like this so much, I think I should get one of these for home!**”

To schedule an appointment or ask questions, contact Dring & Associates Physical Therapy and Wellness at (202) 459-4594. 



*The LiteGait system provides posture, balance, and weight-bearing assistance to patients, and frees physical therapists to facilitate better therapy. For many patients living with chronic impairments like stroke, Parkinson’s Disease, multiple sclerosis, and other neurological conditions, however, it’s rare to find in an outpatient clinic. But, Dring & Associates has it. Here, Neurological Clinical Specialist Dr. Morgan Cole uses the new LiteGait with her patient Jessie Fulwood, who receives physical therapy as part of her time at our Wellness & Arts Center.*

## Do You Have Questions About Your Housing Options?

Take Part in Our “What, Me Move?! Creative Housing Alternatives” Series

This spring, Iona’s Take Charge/Age Well Academy<sup>SM</sup> is tackling housing questions in a four-session workshop tailor-made for retirees (or those planning retirement) eager to remain active, engaged, and connected — and living in the community.

Led by Iona experts and our trusted partners, this series will provide participants with a better

understanding of how to keep their housing affordable and support them in creating an aging plan.

Topics to be covered include:

- Housing options, rights, and support associated with home ownership and renting
- Affordable housing resources and understanding your legal rights
- How to harness the assets

associated with existing home ownership

- How to make your equity work

This four-part series starts on April 9 and runs through April 30, 2015. All sessions are held on Thursdays at Iona from 2:00 – 4:00 pm. Tuition is \$90 for the series. Scholarships are available.

To register, call Iona at (202) 895-9448 or email [registration@iona.org](mailto:registration@iona.org). 

# Participants Share Vibrant Pasts and Current Achievements

(continued from page 1)

## **Sue Wiley**

Sue holds a B.A. and M.A. in Asian Studies from the University of Michigan. After moving to Washington, DC, she earned her J.D. from George Mason University. Sue worked at the Social Security Administration, and eventually went on to become an Administrative Law Judge at Health and Human Services. In that position, Sue played a key role in shaping the Medicare Part D benefit, giving people access to medications that they wouldn't otherwise have. She is pleased to have had a career where she could help others.

## **Ruth Ramseur**

Ruth was born in Gastonia, NC. She went to community college and worked as a nurse's assistant and recovery room technician at Children's National Medical Center in DC. In addition to her accomplished career helping others, Ruth has always been dedicated to her family. She is most proud of

raising her two nephews and niece: Ronald, Michael, and Deborah.

## **Julian Euell**

Julian had an accomplished career in the arts and museum management. Born in New York City, Julian was raised in Harlem and the Bronx. After serving two years in the army, he worked as the Director of Arts and Culture Department of the HARYOU-ACT Anti-poverty Program in New York. From there, Julian moved to DC and worked as the assistant secretary of the Smithsonian Institution under S. Dillon Ripley. Julian relocated across the country to Oakland, CA to work as the Director of the Oakland Museum. Eventually, he returned to his roots and became the Director of the Louis Armstrong House in New York. An accomplished bass violinist, Julian has played with Billy Holiday, Sarah Vaughan, and Miles Davis. Julian has been married to his wife Barbara for almost 50 years and together they have one son, Miles. ✓

## From All Walks of Life, Participants Stay Engaged in Iona's Adult Day Program

**A**t our award-winning Weinberg Wellness & Arts Center, we care for and engage older adults living with memory loss and/or physical disabilities. Through our robust programming, we help older adults and their families thrive. **The Wellness & Arts Center is a vibrant community where older adults are valued, respected, and supported.** ✓



Few programs in the region and around the country have a full-time art therapist on staff. We have two master's level art therapists who job-share, providing our participants with access to the art studio every day.

*From music classes and morning exercise to discussion groups or intergenerational visits, our schedule of daily activities is customized to meet the interests of our participants and to accommodate a range of cognitive and physical abilities.*



# April is National Volunteer Month — but at Iona, We Depend on Our Volunteers All Year-long

*Avid Volunteer Jean Johnson Embraces Iona's Mission and Shares Her Skills*



*Our volunteer Jean Johnson (left), otherwise known as "The Amazing Jean," does everything from home visits to wellness presentations. Here, she shares a laugh with client Shirley Conover.*

**J**ean Johnson, 80, has always been an active community member.

In her first job, she worked with Puerto Rican families in need at St. Vincent's Hospital in New York's Greenwich Village. She then worked in three hospitals for communicable diseases on Welfare Island, now Roosevelt Island, before moving on to Johns Hopkins. In Jamaica, where Jean lived in 1982, she volunteered at the University of the West Indies and worked with the social services and nutrition program there. She has trained individuals on cholesterol health with the National Institutes of Health and organized a wellness program for 600 inner-city children. Jean has also taught classes at the University of the District of Columbia.

## **And now, Jean volunteers with Iona.**

"The love of my life has always been to do good. To help people in the community," Jean says. And with Iona, she is able to do just that.

As a volunteer, Jean draws from her prior professional expertise as a dietitian to assess individuals' physical and cognitive capabilities, or share information about good health practices. At our

Active Wellness Program at St. Alban's, for instance, Jean has presented on geriatric nutrition. Coming from someone who can relate personally to aging challenges makes the information Jean shares that much more valuable. "One lady told me it was so nice to hear the information from somebody her age who could identify from her problems," Jean says.

As the need for nutrition and food services continues to grow in older populations, Iona has relied even more on Jean's invaluable expertise and time. She's done everything from home-visits and supplement deliveries to check-in phone calls and client assessments. "Jean is a big part of our team," says Rose Clifford, Iona's Nutrition Program Manager. "She makes food fun."

So at age 80, what keeps Jean coming back to Iona? "It's selfish," she says, with a smile. "It's very selfish. You're needed. You can use whatever the Supreme Being has given you. Volunteering keeps you alert. And the staff here is fantastic. I have never seen a staff that is so caring and giving."

**"So many of these people are lonely and dependent," she adds. "Just by visiting them, Iona staff can actually give them a boost." **

## **You can help the older neighbors in your community by volunteering with Iona.**

We offer many volunteer opportunities for people of all ages and with a variety of skills and experience.



*Board member Chapman Todd and his son carry home-delivered meals.*

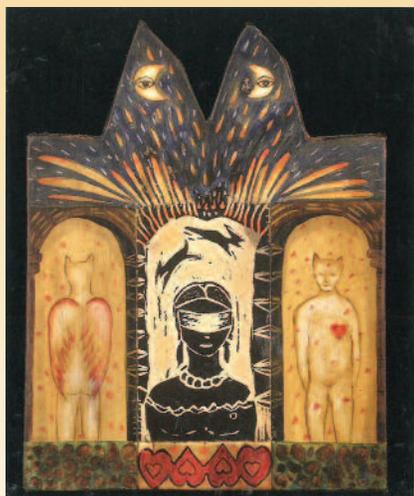
Whether it's helping us in the office, delivering a meal, or visiting a new friend, you can make a difference.

Contact Iona's Volunteer Program Coordinator by email at [volunteer@iona.org](mailto:volunteer@iona.org) for more information.

# Selected Events – Winter-Spring 2015

To receive Iona's full program schedule, contact us at [info@iona.org](mailto: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 Helga Thomson, collage artist and printmaker

Tuesday, February 17, 2015 from 12:30-1:30 pm. Free. Please RSVP for a free light lunch. Call (202) 895-9407 to reserve a seat.

*"Blind Love," mixed media on wood by Helga Thomson, who shares her work through April 2015.*

### Lunch & Learn with Special Guest Artist Norma Schwartz, sculptor

Tuesday, February 24, 2015 from 12:30-1:30 pm. Free. Please RSVP for a free light lunch. Call (202) 895-9407 to reserve a seat.

### Meet the Artists Reception

Friday, March 20, 2015 from 5:00-7:00 pm

The Gallery at Iona invites you to join us in celebrating our Artist in Residence Helga Thomson and Special Guest Artist Norma Schwartz. Enjoy live music, refreshments, and the dynamic works by these artists. We hope to see you there!

### Play Readings at Iona

These readings are presented in partnership with The Playwright's Forum—one of America's premier playwriting workshops.

- March 2, 2015 at 7:00 pm, "Whenever You're Near Me" by Jennie Berman Eng. Two friends are unable to admit their shared love for each other.
- March 23, 2015 at 7:00 pm, "Kitchen Sink," by Paula Stone. After a lifetime of cooking, a woman sells the contents of her kitchen in a yard sale.
- April 27, 2015 at 7:00 pm, "The Seventh Most Popular," by Jonathan Tycko. A Florida Coaster Park & Beer Garden is under scrutiny after a main attraction collapses.

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

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# Thank you for 40 years

## *Iona's Recipe for Success Includes You!*

*This is a favorite original recipe for a simple and tasty fish dish by Iona's Nutrition Program Manager Rose Clifford.*

### **Apricot Mustard Glazed Salmon (Serves 4)**

1½ pounds fresh or thawed frozen salmon fillet, rinsed and patted dry  
Salt and pepper to taste  
2 tablespoons extra virgin olive oil  
1 tablespoon apricot jam  
1 tablespoon grainy mustard  
Juice of ½ lemon (optional)

1. Preheat oven to 400°F (375° if using a convection oven).
2. Line a baking dish with foil and place salmon, skin side down, in the dish.
3. Lightly sprinkle salt and pepper over the fish.
4. Mix together the olive oil, jam, and mustard and spread the mixture evenly over the salmon.
5. Bake for about 15-20 minutes, or until the fish flakes and the top is lightly browned.
6. Remove from oven, squeeze lemon juice over the fish, and serve.

*Special thanks to our annual report photographer and designer, Philip Gerlach, and our writer, Janice Kaplan, for their time and expertise.*



*In celebration of our 40-year anniversary, Iona's theme for our 2014 Annual Report was "A Recipe for Success." Read it online at <http://www.iona.org/education-and-events/publications.html>.*