

YOUR IMPACT in the

IONA COMMUNITY

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No longer eating, she turned to you for help

Gertie Harvin has always been resourceful. In times when she was short on food, she would visit local kitchens and food pantries. Other times, Gertie bought in bulk and stored meals for later. **"Sometimes, it was kind of rough for me," she admits.**

Remarkably, even with her tight resources, Gertie often cooked meals for neighbors. "When I cooked, they'd be knocking on my door," she says.

But, that's just the caring person Gertie is. Always willing to help someone else. "It was a lot of work, but I didn't mind because the Lord blessed me," she says. "I always try to help somebody because sometime I could need help."

That time came in February 2018 when Gertie fell and hurt her hip. **She was in so much pain that she could barely stand.** She stopped cooking, and as a result, lost significant weight. "I wasn't eating," she says.

Fortunately, you were there to help her. Now, your donations provide meals delivered right to Gertie's door. Gertie can simply use the microwave—a huge relief when pain leaves her unable to cook or even leave her home. Your dollars also support Iona's Farmer's Market, which provides fresh produce for free. Gertie loves the greens, corn, tomatoes, and peaches most.

In times when Gertie's finances are tight, your gifts have also supplied CVS gift cards and food from Iona's pantry. Because her public benefits don't cover home necessities, the gift cards are critical for when Gertie needs paper towels, toilet paper, or other home essentials. "When you're counting your dollars, everything adds up," she says.

"I don't worry so much about food anymore," she adds. "I really like the program. If you all didn't have it, a lot of people would be going through a lot of rough times." ■



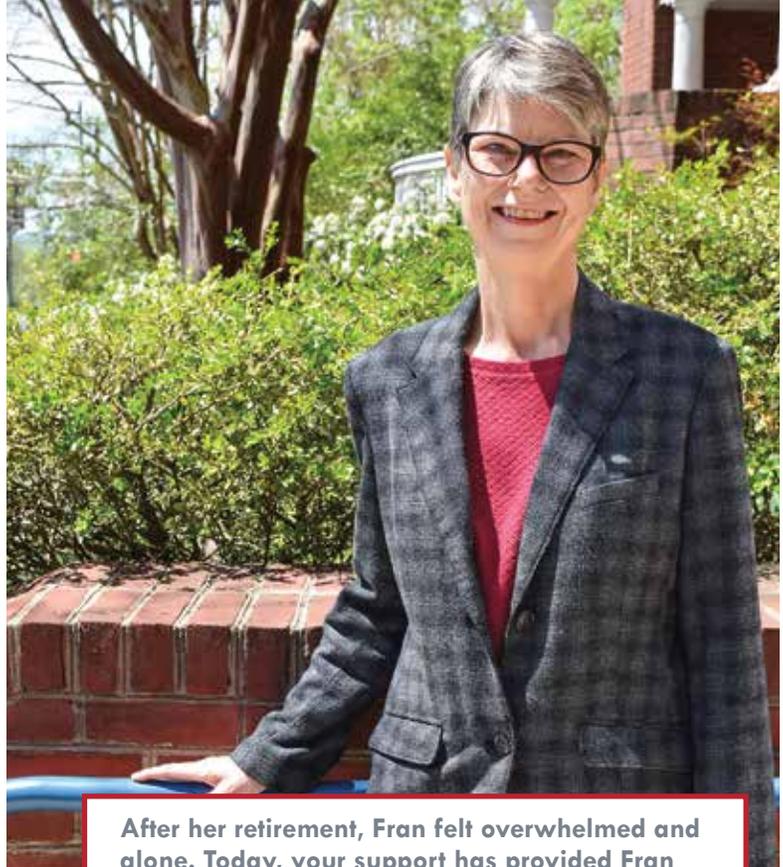
Your dollars keep Iona's Food Pantry stocked and supply essential CVS gift cards to clients like Gertie Harvin (left), pictured with Iona nutritionist Rose Clifford.

Your generosity ensures Gertie has plenty of food.

She's not spending her tight income on trips to costly grocery stores nor is she standing in charity lines, which intensifies her hip pain.

Your gift has provided nutritious, tasty, and easy-to-prepare meals. **Thank you for your caring.**

Feeling alone in the world, Fran could lean on you



After her retirement, Fran felt overwhelmed and alone. Today, your support has provided Fran with newfound confidence and community.

Fran Pflieger was feeling lost. A recent retiree, she had thought that her retirement would be a welcome new phase of life. Instead, “I had this feeling of free falling,” she says.

Luckily, today—because of your generosity—Fran knows she has a net.

A self-proclaimed planner by nature, Fran thought she had checked all of the boxes before her retirement. But after only a few months, she started feeling anxious and low. “I had this creeping sense that I didn’t belong,” she says.

The feeling stemmed from Fran’s loss of connection after leaving the workforce. Additionally, divorced from her wife, with no children, and no family nearby, Fran felt alone in the world.

So she turned to you—and Iona.

As chance would have it, at a real moment of lowness, Fran learned about a new Iona workshop for lesbian, gay, bisexual, transgender, and queer (LGBTQ) older adults, which your donations and a grant from the DC Office on Aging helped fund. It was exactly what Fran needed.

The class provided Fran with information on aging-related resources in DC, guidance on planning ahead, and—best yet—a chance to meet other LGBTQ

older adults. “I’m an introvert, so those connections are harder for me to make,” she says. “The workshop made it really easy.”

Furthermore, offering the class specifically for LGBTQ older adults gave Fran a safe space to speak candidly. That outreach meant a lot to Fran, especially because she’s experienced discrimination before.

“I didn’t come out until I was 40,” she says. “So, I can’t tell you how powerful it was to be there with so many people, all of us there for the same reason, and many of us having the same fears that I had.”

Today, thanks to your support of this class, Fran feels less alone.

“I’m more confident. I’ve noticed that just since the workshop, I’ve gotten louder. I feel much more safe saying that I’m a lesbian in mixed company.”

Fran’s feelings of free falling are gone too. “Iona helped me feel like I’m not alone. I have something to catch me. It feels really, really good!” ■

Show a lasting impact. Make your gift monthly.
lona.org/safety-net-society.

IN JACK NEWMAN'S OWN WORDS:

Why sustainability matters to Jack... and why it should matter to you too

I am a retired Washington attorney. I'm also an avid supporter of Iona. As a client of physical therapist Dr. Morgan Cole, whose practice is housed in Iona's main building in Tenleytown, I've been a familiar face at Iona since January 2017. The visits left an impression.

An octogenarian myself, I've helped others—former colleagues, friends, and family—consider facilities that offer a variety of support to senior citizens. But, these facilities often feel impersonal, check your ID, and offer a “take a number” greeting.

That's not the case at Iona. There is a friendly, helpful atmosphere. Visitors are greeted warmly. **I've even seen greetings between staff and Iona clients in the waiting room that feel and sound like family gatherings.**

These friendly encounters

inspired me. And, as I learned more about Iona's range of essential activities and value to the community, I wanted to say “thank you” for all that Iona does. So, I included Iona on my list of Christmastime charitable contributions.

Since then, **I've come to realize that saying “thank you” is only one reason to support Iona.**

Equally important is to ensure Iona's sustainability. For that reason, I've joined Iona's Safety Net Society, a monthly giving program.

There is a rapidly growing number of aging adults who are facing complex challenges in a setting of tightening resources.

Places like Iona are going to become ever more important. Keeping them alive is going to take community involvement and commitment, including a reliable source of donations.

Get to know Iona, and its tradition of caring and individual attention. **You're going to be happy and proud to have an association with Iona.** Simply put, contributing to Iona's future feels good. And, you may be comforted in the knowledge that you can rely on Iona to be there whenever the need arises. ■



WILL YOU BE A SAFETY NET?

The need for Iona continues to grow as more people age and their challenges become more complex. Now, more than ever, your membership to Iona's Safety Net Society, a monthly giving program, is essential to sustaining our comprehensive services. Thank you for your caring.

Visit iona.org/safety-net-society to make a monthly donation.

You are making life better for older adults in Washington, DC. Thank you for your commitment.

You are making life better for grieving caregivers, like Sandi



As a dedicated part of Iona's community of care, you likely know that Iona has many support groups for family caregivers. In fact, because of your generosity, we offer eight different groups to help family caregivers tap into much-needed solace.

Your gift to Iona makes it possible for Iona to provide a safe space for caregivers to vent, laugh, and share with people in similar situations. **What you might not know is that your donations also help grieving family caregivers after their loved one has died.**

Since 2016, Iona's After Caregiver Support Group has helped members process their grief, as well as think about next steps in their journey. Unlike other bereavement groups, Iona's specifically addresses the important caregiver role.

For members like Sandi O'Neill, it's a blessing. For more than five years, Sandi, whose husband John had vascular dementia, had relied on one of Iona's caregiver

support groups for comfort and friendship. After John passed away in December 2016, Sandi still sought that support.

"You really get used to having a group to talk to," says Sandi. "I don't want to say you get dependent on it, but it almost feels that way."

Fortunately, with your donation, Iona was able to be there for Sandi in her time of transition. She joined the After Caregiver Support Group in January 2017. Almost immediately, it became a welcome part in her life. "It's a pleasure to go," she says. "I wouldn't miss it."

The group has helped Sandi immensely. It's reduced her anxiety about her grieving process. It's provided an outlet to speak candidly. And, it's helped her build a new community. **"All feelings are accepted" she says. "You can't talk that way with other people. Here, everyone knows what it's like."**

Now, more than a year since joining, Sandi credits Iona with easing her difficult loss. "I would be OK without the group," she says. "But, it makes my life better. It makes it easier."

Your gift to Iona ensures Iona can continue to be there for caregivers like Sandi at all points in their journey. Thank you for keeping caregivers in your heart. ■

WANT TO TELL YOUR STORY?

Why do you support Iona's mission of helping older adults and caregivers? Let us know! If you'd like to be featured in our next newsletter or blog, please contact Rosie Aquila at raqvila@iona.org or call (202) 895-9423.

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