August 2020
Iona’s Active Wellness Program at St. Alban’s

For the foreseeable future, in-person activities will be suspended because of current public health crisis.

August Themes: Vietnam, Tools to Combat Racism, Women of Jazz

Last Month in July:
July was a feast for those eyes lucky enough to catch the celestial celebration that showered the eastern skies. The second installment of our Unracism series encouraged insightful thoughts and exchanges, along with our survey on space topics, Spanish conversation and poetic ventures filled our July with socially responsible close encounters. Pictured below: Neowise comet, just after sunset. Cooper’s image of a full moon. (see the rabbit?) Courtney’s image of a waning moon. A cicada’s encounter with a Cicada wasp, NASA’s mars.

Coming in September:
- Monday Discussions: Angor-Wat
- Tuesday Jazz-series via Zoom
- Spanish Language Class and conversations con Maria y Courtney
- Zoom Poetry class-3rd Friday of every month
- Activity suggestions to do at home

Did You Know?
Iona offers a wide range of programs and services in addition to the Active Wellness Program at St. Alban’s.

Consultations to help you plan for your future or to help you explore care and support options;
Care managers who can coordinate in-home services if needed, accompany you on doctor visits, and help you make important long-term care decisions;
Support groups for caregivers and people dealing with memory loss, Parkinson’s, and low vision;
Counseling services to help you cope with the emotional challenges of aging;
Nutrition Information, Assessment, & Counseling to maintain optimal nutritional health and quality of life; and
Adult Day Services for stimulating activities, social engagement, and nursing care during the day.

To learn more, call Iona at (202) 895-9448, and ask for the Helpline.

4125 Albemarle Street, NW | Washington, DC 20016
www.iona.org

Join the conversation at facebook.com/IonaSeniorServices
### August 2020

#### Regular Monthly Activities

For the foreseeable future, in-person activities will be suspended because of current public health crisis.

If you have internet access and wish to join in some virtual fun, please check out “Around Town DC” where you will find a comprehensive calendar with a variety of exercises, discussions and fun! Visit www.aroundtowndc.org or email community@iona.org

If you are in need of services, please contact Iona’s Information and Referral line: (202) 895-9448

Please note: The suggestions offered on the calendar for exercise and hydration are suggestions only; for those who are able to engage in virtual activities, that option is available, too.

The suggestion: “Stretch and Step” is a series of everyday stretching exercises such as reaching or “Climbing the Ladder” for several segments and “Tying your Shoes” (from a seated position) and the DaVinci stance (from the painting of “Man”). Additionally, the steps portion is counting and keeping track of either steps in place, or steps along a predetermined route. Fun to see how many average steps are done in a day. Keep a journal of them and we can share our experiences when we return.

These days can get pretty lonely. If you should want some company, call a friend, contact IONA or write either letters, cards, or in a journal. Please be careful and don’t invite strangers into your home or communicate personal information. People are very busy working to commit fraud—don’t be a target! Stay safe, keep your distance and we will all get through this—please be careful interacting. We all understand how challenging this time can be for all of us.

#### Weekday Lunch: During this crisis the DC Dept. of Aging and Community Living (DACL) is delivering 7 frozen meals per week to eligible older adults who are unable to shop for and/or prepare food for themselves. Call Iona’s Helpline: 202-895-9448 to enroll. You may call Liza Chaposky (202) 895-9493 or Courtney Tolbert (202) 617-0868 with concerns, changes or cancellations to your delivery schedule.

*The Active Wellness Program follows the schedule of DC Public Schools during inclement weather and other state emergencies—which may change due to the pandemic* Updates will be announced as the situation changes.

#### Calendar

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<td>3</td>
<td><em>1,000 Steps by Breakfast</em> 10:00 Hydration hour-water 8 oz 1:00 Stretch &amp; Step at home</td>
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<td><em>1,000 Steps by Breakfast</em> 11:00 Remember to Hydrate-8 Oz 1:00 Zoom Class: Converseremos, Comuniquemos y Comida-register through Around Town DC: conversation or more intense discussions in Spanish! With Courtney and Maria</td>
<td><em>1,000 Steps by Breakfast</em> 10:00 Hydration hour-water 8 oz 1:00 Stretch &amp; Step! 2:00 Lunch Hour Home Movie Suggestion: <em>Sweet 20 is a comedy remake of the 2014 South Korean movie “Miss Granny”</em>-2015</td>
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#### Special Events

- **8:00 AM** Journaling with Maria and Ella Fitzgerald
- **10:00 AM** Around Town DCs suggestions & conversations in Spanish! With Courtney and Maria
- **12:00 PM** Lunch Hour
- **5:00 PM** Another week of COVID-19 life