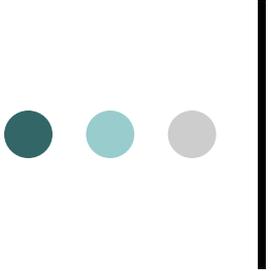


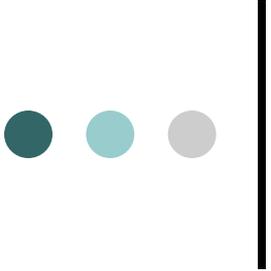


DC Office on Aging's  
Understanding Your Options as a  
Seasoned Citizen 5/25/12



# Iona Senior Services

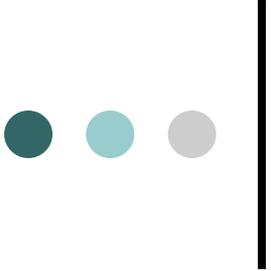
- Offers 30+ services for seniors and caregivers
- Two-thirds of Iona services are available to seniors and caregivers throughout the DC metro area
- One third of Iona services serve DC seniors in certain NW neighborhoods.



# DC Office on Aging Services at Iona

Safety net services include:

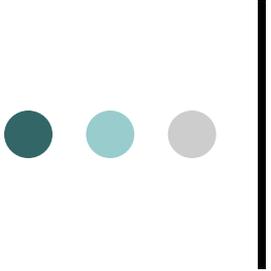
- Community case management
- Long-term care options counseling
- Home-delivered meals
- WEHTS (non emergency medical transportation)
- Call N Ride (taxi vouchers)
- Nutrition counseling and supplemental nutrition



# DC Office on Aging Services at Iona

## Iona's Active Wellness Program at St. Albans

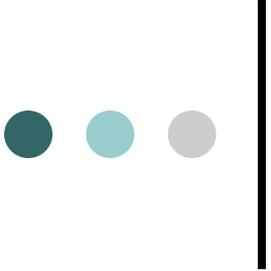
- Free fitness and computer classes
- Weekly movies
- Arts and crafts
- Monthly local day trips
- Hot and nutritious lunch
- Open to DC seniors city-wide



# Other services at Iona

## Award winning Wellness & Arts Center

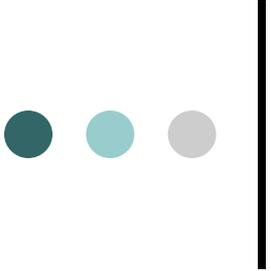
- Day time recreation for seniors in a safe and therapeutic environment
- Staffed by nurses, CNA's, activity staff, a social worker, and an art therapist
- Named a "Center of Excellence" by the Alzheimer's Foundation.
- DC Office on Aging helps to fund some spaces at the Center.



# Other services at Iona

## Corporate eldercare

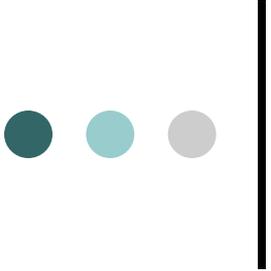
- Senior-focused EAP services to local corporations and faith communities, including Fannie Mae.



# Other services at Iona

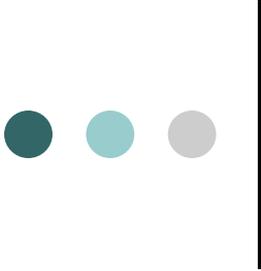
## Iona's Information & Referral

- Answers over 7,500 inquiries annually
- Clinically supervised staff answers questions about aging-related issues, government and nonprofit services, and Iona's programs.



# Other services at Iona

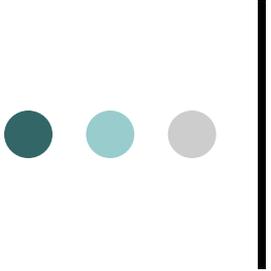
- Caregiver workshops and support groups
- Individual counseling
- Social clubs
- Annual flu and pneumonia vaccinations
- Private pay care management, long-term care options counseling, and nutrition counseling



# Other services at Iona

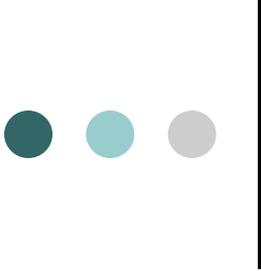
Iona's free senior Resource Guide

- Phone directory of valuable community resources
- Also available online:  
[http://www.ionna.org/images/stories/PDFs/ionna\\_resource\\_guide\\_2010\\_12.pdf](http://www.ionna.org/images/stories/PDFs/ionna_resource_guide_2010_12.pdf)  
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# Iona Partnerships

- **Health Insurance Counseling Project** provides on-site Medicare/Medicaid counseling
- **Legal Counsel for the Elderly** provides on-site legal aid
- **Sibley Physicians Groups** has on-site doctor's offices



# Contact Iona Senior Services

Iona Senior Services

4125 Albemarle St., NW

Washington, DC 20016

202-895-9448 (option 4)

[info@lona.org](mailto:info@lona.org)