

Wellness & Arts Center

Art Making Highlights for January 2020

Weekly Schedule

Mon ~ Fri -
10:30~11:30 & 1:30~2:30– Art Making with
Program Staff

Monthly Highlights

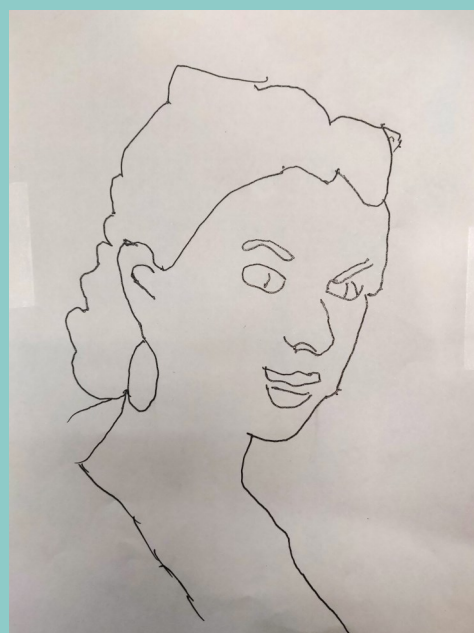
January 1st— Closed for New Years Day

January 14th— Early Close @ 2pm for Staff Development

January 20th— Closed for Martin Luther King Jr. Day



Featured Artists: Martha O. (Left), Andrea D. (Right)



STAFF MEMBERS

Sharon O'Connor
Director
Wellness & Arts Center

Sarah Grogan
Senior Manager

Cecilia Sono
Program Manager

Alicia McCarthy, LICSW
Social Worker

Emmanuel Donkor, BSN
Clinical Nurse Manager

Conny Okparanta, LPN

Zainabu Jalloh, CNA
Lead Program Specialist

Lavořn Cryor, HHA
Program Specialist

Christine Oblitas, CNA
Program Specialist

Patricia Houson, CNA

Alberta White, CNA

Alem Walelign, CNA

Reginald Hutchinson
Kitchen Assistant &
Van Driver

FACEBOOK

See what's happening at
Iona today & follow us
on Facebook. Search for
Iona Senior Services

From the Social Workers' Desk: Alicia McCarthy & Intern, Patsy Leiberman

As I sit down to write the January 2020 article, I'm looking down the hall to see laughter and joy as the participants are decorating the holiday tree in the main space. For many, the holiday season can be a whirlwind of excitement and emotions, but then all festivities and hustle and bustle comes to a screeching halt and we find ourselves in the month of January. It is not only the month of January, but also a brand new year with many unknowns. Some may find this a time for reflection and renewal, but for others it can be a less uplifting time. As a caregiver, it can be challenging to feel like you don't have a roadmap for the upcoming days, weeks, months and years. The sense of unknown is completely understandable as nobody knows what the future holds, but know that Iona can be your compass to help you navigate these times. For instance, did you know that in addition to Iona's Wellness & Arts Center, Iona has many other programs and services? Counseling, consultation, care management, Age Well, Live Well courses, and exercise classes are just a few. For more information, you can call the front desk to be connected to our wonderful information and referral team | 202.895.9448.

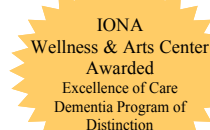
Some certainty we do have about the future is that we are all preparing to hunker down for winter! My social work intern, Patsy Leiberman and I are providing some winter tips as it relates to caring for your loved one and yourself.

- *Wellness and Arts inclement weather closure follows DC Public Schools (DCPS). If schools are closed then the day program is closed. DCPS on two hour delay then Wellness and Arts opens two hours later, at 10:15 a.m.*
- Please mark all coats, hats and gloves with names.
- Create a basket of activities for home entertainment such as fun movies, cookie baking, in-home spa treatment days, various puzzles, & using old photo album photos for reminiscing.
- Wear Layers- Blood clots & blood pressure tend to rise when exposed to the cold.
- Cover your head and hands; mittens keep your hands warmer than gloves
- Shovel carefully– If you aren't used to vigorous exercise, don't try to shovel the walkway. If you do shovel, push the snow– don't lift. Stretch before and after.
- Check batteries on the carbon monoxide detector. Purchase a new one if necessary.
- Fire is a major winter hazard– If you use a space heater, make sure you have one that turns off immediately when it gets tipped over. Turn off all space heaters before going to bed.
- Fight winter depression- Because of the harsh weather conditions, many seniors don't make it out as often as in warmer months. Make sure to check in on your loved ones in person or by phone.
- Prepare your car for the cold:
 - Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.
 - Keep a flashlight, jumper cables, ice scraper, and shovel on hand.
 - Make sure your cell phone is fully charged before leaving the house.
 - Remember, it takes longer to stop on ice.
- **Find something fun to do such as come out for the Friday, January 3, 2020 Memory Café. Please RSVP for this fun, enjoyable evening at registration@iona.org.**

Some information provided is courtesy of the following articles.

<https://www.nytimes.com/2016/12/26/well/7-tips-for-making-it-through-the-winter.html>

<https://www.nytimes.com/2016/12/19/well/beware-winter-is-coming.html?action=click&auth=login-email&login=email&module=RelatedCoverage&pgtype=Article®ion=Footer>



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Website: www.iona.org
United Way/CFC

Supported by the D.C. Department of Aging and Community Living



THE HARRY AND JEANETTE WEINBERG WELLNESS & ARTS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Glenn S.- 1st Janice W.- 3rd Mildred H.- 5th John H.- 14th</p>			
<p>8:15 Today's Headlines 6</p> <p>9:45 Morning Workout</p> <p>10:30 Storytelling with Cricket</p> <p>12:00 Lunch</p> <p>1:30 Interplay with Liz Lescault</p> <p>New Year's Resolution Conversation Sticks</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Mystic Board Creations</p>	<p>8:15 News & Views 7</p> <p>9:45 Core Strength Training</p> <p>10:30 Mind and Body Yoga with Anne</p> <p>Kitchen Creation with Chef Reggie</p> <p>12:00 Lunch</p> <p>1:30 PALS</p> <p>Non-Denominational Spiritual Program: Bible Trivia</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Card Creation with Roberta</p>	<p>8:15 Current Events 8</p> <p>9:45 Stretch & Tone</p> <p>10:30 Circle Talk with Alicia</p> <p>Name that Tune with Assumption College Students</p> <p>12:00 Lunch</p> <p>1:30 Strength Training with Chris</p> <p>Expressive Arts Program with Christine</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Month of January Art</p>	<p>8:15 Today's Headlines 9</p> <p>9:45 Gentle Calisthenics</p> <p>10:30 Storytelling with Cricket</p> <p>12:00 Lunch</p> <p>1:30 Musical Moments: Happy Birthday</p> <p><i>Elvis Presley; King of Rock 'n' Roll</i></p> <p>Creative Coloring & Social Circle</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 FIELDTRIP TO THE REACH AT THE KENNEDY CENTER</p>	<p>8:15 Hometown News 10</p> <p>9:45 Morning Workout</p> <p>10:30 Time Slips: Creative Story Writing with Christine & Nephelie</p> <p>Flower Arranging & Social Circle</p> <p>12:00 Lunch</p> <p>1:30 Health Talk with Emmanuel</p> <p>First Time for Everything Trivia</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Scrapbooking with Lavern</p>
<p>8:15 On This Day In History 13</p> <p>9:45 Sit & Be Fit</p> <p>10:30 Piano Man, Musical Performance by Jerry Roman</p> <p>12:00 Lunch</p> <p>1:30 NSO & Levine Presents: Music Therapy at Iona</p> <p>Sunflower Craft with Lavern</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Short Story Reading with Elise</p>	<p>8:15 News & Views 14</p> <p>9:45 Core Strength Training</p> <p>10:30 Mind and Body Yoga with Anne</p> <p>Travelogue: Deep in the Heart of Texas</p> <p>12:00 Lunch</p> <p>1:15 Balloon Badminton</p> <p>Early Close @ 2pm for Staff Development</p>	<p>8:15 Linked Senior News 15</p> <p>9:45 Morning Workout</p> <p>10:30 Discussion and Reminiscing: The 10 Defining Moments of the 80s</p> <p>Brushstrokes: Winter Scenes</p> <p>12:00 Lunch</p> <p>1:30 Interactive Activity with Georgetown Medical Students</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Card Creation with Roberta</p>	<p>8:15 Today's Headlines 16</p> <p>9:45 Gentle Calisthenics</p> <p>10:30 Wintry Works of Robert Frost</p> <p>Wonderful Works of Watercolors</p> <p>12:00 Lunch</p> <p>1:30 AFTA- CoOPERation with Peter Burrough</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Winter Table Art</p>	<p>8:15 News & Views 17</p> <p>9:45 Stretch & Tone</p> <p>10:30 Fabric Frenzy, Non-Stop Knits, Cross- Stitch Craze...A Fiber Arts Social</p> <p>Music B-I-N-G-O with Prizes</p> <p>12:00 Lunch</p> <p>1:30 NSO & Levine Presents: Music Therapy at Iona</p> <p>Spa Treatment Day!</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Linked Senior Trivia</p>
 <p>Iona is Closed for Martin Luther King Jr. Day 20</p>	<p>8:15 Off the News Reel 21</p> <p>9:45 Chair Yoga</p> <p>10:30 Mind and Body Yoga Anne</p> <p><i>Martin Luther King Day Discussion</i></p> <p>12:00 Lunch</p> <p>1:30 PALS</p> <p>Non-Denominational Spiritual Program: Bible Stories & Songs of Faith</p> <p>3:00 Kitchen Creation & Snack Time</p> <p>3:30 Martin Luther King Day Coloring Pages</p>	<p>8:15 Hometown News 22</p> <p>9:45 Sit & Be Fit</p> <p>10:30 Musical Performance by Anthony Hyatt</p> <p>12:00 Lunch</p> <p>1:30 Strength Training with Chris</p> <p>Epiphany Crown Craft</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 "La Galette des Rois" and French Conversation</p>	<p>8:15 Current Events 23</p> <p>9:45 Gentle Calisthenics</p> <p>10:30 AFTA- Rhythms of Life with Chris Brown & Manny Arciniega</p> <p>12:00 Lunch</p> <p>1:30 Musical Performance by Vince Borrelli</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Card Creation with Roberta</p>	<p>8:15 Hometown News 24</p> <p>9:45 Morning Workout</p> <p>10:30 Intergenerational Visit with NPS Student Council</p> <p>12:00 Lunch</p> <p>1:30 NSO & Levine Presents: Music Therapy at Iona</p> <p>Mystic Board Creations</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Current Events: Weekly Review</p>
<p>8:15 On This Day In History 27</p> <p>9:45 Sit & Be Fit</p> <p>10:30 The Day of Epiphany</p> <p>Jewelry Making & Design</p> <p>12:00 Lunch</p> <p>1:30 NSO & Levine Presents: Music Therapy at Iona</p> <p>Linked Senior Trivia</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Short Story Reading with Elise</p> <p>FIELDTRIP TO THE PHILLIPS COLLECTION</p>	<p>8:15 Current Events 28</p> <p>9:45 Gentle Calisthenics</p> <p>10:30 Mind and Body Yoga Anne</p> <p>Activity Connection: Not Your First Rodeo</p> <p>12:00 Lunch</p> <p>1:30 Musical Performance by Harper Denhard</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Table Games & Jigsaw Puzzles</p>	<p>8:15 Current Events 29</p> <p>9:45 Gentle Calisthenics</p> <p>10:30 Circle Talk with Alicia</p> <p>Kitchen Creation with Chef Reggie</p> <p>12:00 Lunch</p> <p>1:30 Strength Training with Chris</p> <p>Discussion & Reminiscing: Ladies Afternoon Tea Party</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Sunflower Craft with Lavern</p>	<p>8:15 Current Events 30</p> <p>9:45 Gentle Calisthenics</p> <p>10:30 Iona Chorus with Janet</p> <p>Scrapbooking with Lavern</p> <p>12:00 Lunch</p> <p>1:30 Health Talk with Emmanuel</p> <p>Special Apple Cake with Eggnog sauce</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Spa Treatment & Gentle Hand Massage</p>	<p>8:15 Hometown News 31</p> <p>9:45 Morning Workout</p> <p>10:30 Time Slips: Creative Story Writing with Christine & Nephelie</p> <p>Month of January: Table Art</p> <p>12:00 Lunch</p> <p>1:30 AFTA- Healing Movement, Healing Stories with Annetta Dexter Sawyer</p> <p>3:00 Kitchen Creations & Snack Time</p> <p>3:30 Jewelry Making & Design</p>