

YOUR IMPACT in the

# IONA COMMUNITY

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## Celebrating Five Years of the Washington Home Center

Five years ago, Iona opened the doors of the Washington Home Center in Ward 8—a vision made possible through the generosity of our community. Opening during a pandemic was no small feat, but today the Center proudly stands as Southeast D.C.'s only medical adult day health center. Here, older adults experiencing cognitive and physical impairments receive health services, nutritious meals, and, most importantly, compassionate care and connection.

Thanks to your support, the Washington Home Center has grown into a lifeline for families east of the Anacostia River. **Each week, we serve 42 older adults living with dementia, and over the past five years we have touched nearly 200 lives.** Behind those numbers are the everyday moments of joy, dignity, and belonging that take place within our walls.

As we celebrate this milestone, we also look ahead. The number of older adults in the nation is growing rapidly: by 2060, more than one million new dementia diagnoses are expected each year, and senior hunger is projected to affect over nine million people. **If D.C.**



**were a state, it would rank among the highest in the country for both senior hunger and dementia prevalence.**

Iona is the only organization in the District building a comprehensive ecosystem of care to meet these challenges head-on. Together, with your partnership, we will continue to expand our impact and ensure that older adults and caregivers across our city can thrive.



“Each week we serve 42 older adults living with dementia...”





Photo courtesy of High Point Events &amp; Catering.

For five decades, Iona Senior Services has been a trusted partner for older adults and caregivers across the D.C. region. From providing compassionate care and critical resources to building vibrant community connections, Iona's work has touched thousands of lives. Reaching our 50th anniversary is more than a milestone—it's a moment to reflect on the impact of the past, honor the people who made it possible, and look forward with hope and purpose.

We invite you to join us for *An Evening to Remember* on October 15, from 6:00–9:00 PM at the historic Spanish Ballroom at Glen Echo Park in Maryland. This unforgettable celebration will feature gourmet cuisine, signature drinks, live music and meaningful recognition. Valet parking will be provided.

Together with 300 community leaders, friends, and supporters, we'll honor Iona's legacy of service, celebrate inspiring achievements, and set our sights on the next 50 years of impact. To purchase tickets, please visit [www.iona.org/special-events](http://www.iona.org/special-events) or scan the QR code.



**You Are Invited to Iona Senior Services'**

*50th Anniversary Celebration*  
*An Evening to Remember*

**WEDNESDAY, OCTOBER 15**  
**6 PM | GLEN ECHO PARK**



Visit [www.iona.org/special-events/](http://www.iona.org/special-events/) to purchase your tickets today.





# Building Dementia-Capable Care for All

This summer, Iona Senior Services partnered with the National Task Group on Intellectual Disabilities and Dementia Practices to host a three-day workshop on dementia-capable care for adults with intellectual disabilities. Over 30 participants from 14 organizations came together to learn practical strategies and best practices to support individuals at higher risk for Alzheimer's and related dementias. With the right services, adults with intellectual disabilities affected by dementia can continue to live meaningful, quality lives in their communities. Together, we're fostering inclusive, compassionate care where no one is left behind.



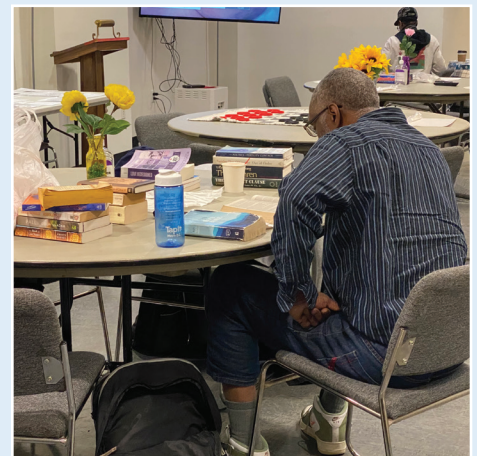
## Addressing Homelessness Among Older Adults



This year, the United States recorded its highest number of people experiencing homelessness: more than 771,000 individuals nationwide. Here in the D.C. region, the crisis is particularly alarming for older adults, who now make up nearly half of all unhoused individuals. Single adults over 55 are the fastest-growing group experiencing homelessness.

At Iona's Oasis Senior Center, we are committed to meeting this urgent need. In the past year, our dedicated staff helped 18 older adults transition from homelessness into permanent housing, and we are currently walking alongside four more on their housing journey. The impact of this work is best seen through the stories of the people we serve—scan the QR code to hear directly from Kenny, who found stability and hope with support from the Oasis Senior Center.

If you or someone you know needs support, we've compiled a list of local and national resources available on our website at [www.iona.org/resources-to-support-unhoused-older-adults/](http://www.iona.org/resources-to-support-unhoused-older-adults/).





4125 Albemarle St., NW  
Washington, D.C. 20016

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

## Discover Around Town DC

Around Town DC connects District residents age 60+ with free programs that promote wellness, creativity, and community. Programs are offered at DC Public Libraries, DC Department of Parks and Recreation centers, Iona's Tenleytown campus, and online via Zoom.

Designed to help older adults thrive, Around Town DC offers something for everyone. Stay active with low-impact fitness classes like yoga, tai chi, dance, Zumba, and strength training to boost flexibility, balance, and mobility while keeping you moving at your own pace. Build friendships and spark creativity through social and recreational activities such as walking tours, art classes, book clubs, and movie nights. And gain confidence through education and resource programs that provide practical tools and knowledge for navigating the aging journey.

To learn more about Around Town DC and create your free account, please visit [www.aroundtowndc.org](http://www.aroundtowndc.org).



View our Anniversary Edition Annual Report:

[www.iona.org/ar24](http://www.iona.org/ar24)



### Around Town DC has a **New Website!**

Create your **free account** to access in-person and virtual **wellness and community programs** for **DC residents 60+.**

Scan here to create your account:



or visit: [www.AroundTownDC.org/register](http://www.AroundTownDC.org/register)



**CONNECT WITH IONA** Stay up-to-date with Iona online [www.iona.org](http://www.iona.org)

