



SENIOR WELFARE

We Recommend...

Iona

Iona's mission is to support people as they experience the challenges and opportunities of aging. They educate, advocate, and provide community-based programs and services to help people age well and live well. They envision a community that celebrates, values, respects and protects the contributions and possibilities of every individual. They have two sites, one near the Tenleytown metro and the other at St Albans (next to the National Cathedral.) Service Learning opportunities include: design and implement community workshops; collaborate on health and wellness programs; partner with health policy experts on cutting edge research; contribute key elements to communications strategies; assist in the development of outreach tools in the arts, community engagement and social services.

Contact: Tania Sechriest (202) 895-9448 / volunteer@iona.org / www.iona.org
4125 Albemarle Street NW, Washington DC 20016

Seabury Age-In-Place

Seabury provides community-supported, inter-generational housing programs for at-risk senior citizens living in Wards 4 and 5 in Northeast Washington, DC. Seabury's programs include the *Age-In-Place Program* (for low to moderate income seniors 60 years and older who are living in Wards 4 and 5), the *Home First Residences Program* (houses seniors that have experienced homelessness). Hours include weekdays from 3pm-5pm or 6pm-7pm and weekends from 10am-12pm or 1pm-3pm.

Contact: Volunteer Coordinator: Rachel Hicks (202) 635-9384 ext 102 / rhicks@seaburyresources.org
Age-In-Place Program ageinplace@seaburyresources.org / Home First homefirst@seaburyresources.org
2501 18th St. NE, Washington, DC 20018 / www.seaburyresources.org

Alliance for Aging Research

The private, not-for-profit Alliance for Aging Research is a national citizen advocacy organization working to improve the lives of Americans as they grow older by advancing biomedical and behavioral research in aging and health. The Alliance was founded in 1986 to promote and accelerate medical and scientific research into aging. As America's Baby Boom is transformed to an unprecedented Senior Boom, the Alliance is a valued and respected voice in the nation's capital: developing, implementing and advocating programs in research, health education and public policy.

Contact: (202) 293-2856 / info@agingresearch.org / www.agingresearch.org
1700 K St. NW, Suite 740, Washington, DC 20006

Armed Forces Retirement Home

The Armed Forces Retirement Home provides outstanding services and amenities that rival those found throughout the United States. For those who meet the eligibility requirements, there are no costly initiation or registration fees, and the monthly user fees are affordable.

Contact: (202) 541-7627 / volunteer@afrh.gov / www.afrh.gov
700 North Capitol St NE, Washington, DC 20011

Arts for the Aging

Arts for the Aging is a pioneering organization that provides outreach programs specially designed to engage older adults in health improvement and life enhancement through the arts. Research shows that regular participation in programs like AFTA's help to minimize age-related physical and cognitive impairments, and contributes to better physical, intellectual and emotional health.

Contact: (301) 255-0103 / info@aftaarts.org / www.aftaarts.org
12320 Parklawn Drive, Rockville, MD 20852

DC Center for Independent Living

The D.C. Center for Independent Living, Inc., (DCCIL) is a consumer controlled, cross disability, community based, private non-profit organization that promotes independent life styles for persons with significant disabilities in DC.

Contact: (202) 388-0033 / www.dccil.org / info@dccil.org
1400 Florida Ave., NE Suite 300, Washington, DC 20002

Emmaus Services for the Aging

The Washington Peace Center provides education, resources and action for those working for positive social change and a world free from oppression. We strengthen the impact of the peace and justice movements by:

- fostering greater collaboration among activist groups
- bridging the gap between global, national & local issues and communities and;
- providing the material support to achieve these goals

Contact: (202) 234-2000 / info@washingtonpeacecenter.org / www.washingtonpeacecenter.org
1525 Newton St NW, Washington, DC 20010

Friendship Terrace (Seabury Resources)

Friendship Terrace is an independent living senior community in Tenleytown, Washington DC. Friendship Terrace would welcome American University students who are interested in volunteering one-on-one with our residents to assist them with daily needs. Additionally, Friendship Terrace would be interested in partnering with a course at the University to create an educational experience to both residents and students.

Contact: (202) 244-7400 / CThornton@seaburyresources.org / www.friendshipterrace.com
4201 Butterworth Place, NW Washington, DC 20016

Sarah's Circle

There are many ways to support Sarah's Circle by offering your time and talent to improve their programs, their building, and the lives of the seniors they serve. Whether you are looking for a one-day volunteer opportunity for a group (adults and children are welcome) or to volunteer as an individual, they can accommodate your schedule and your needs. From serving meals to providing landscaping and painting assistance to coordinating fun and lively activities and parties for the seniors, every day is valuable at Sarah's Circle.

Contact: Jessica Petro, (202)-332-1400 ext. 11 / jpetro@sarahscircle.org / www.sarahscircle.org
2551 17th Street NW #103, Washington, DC. 20009

Stoddard Baptist Global Care at the Washington Center for Aging Services

Stoddard Baptist Global Care at the Washington Center for Aging Services provides the support and compassionate care that allows seniors to lead lives of purpose and joy, even while facing the many challenges of aging. They provide physical therapy, occupational therapy, and speech therapy services.

Contact: (202) 541-6200 / online-admissions-east@wcasdc.org / www.stoddardbaptistglobal.org
2601 18th Street NE, Washington, DC 20018

Vida Spanish Senior Center

The Center provides daily hot lunches, recreational activities, counseling, transportation, health promotion, case management, employment and housing assistance, visits and calls, an escort service, and Spanish/English translation and interpretation. District residents age 60 and over may participate and services are free of charge; however, voluntary contributions are encouraged. This is part of the DC Office on Aging Senior Center Network. Spanish is extremely helpful.

Contact: (202) 483-5800 / info@vidasenorcenters.org / www.vidasenorcenters.org
1842 Calvert St. NW, Washington, DC. 20009

We Are Family

We Are Family serves seniors in the Shaw, North Capitol Street, Adams-Morgan, Petworth, and Columbia Heights neighborhoods by bringing advocacy, services, organizing, and companionship in to the homes of the elderly while helping to build friendships across boundaries like race, class, religion, age, culture, and sexual orientation. Volunteers can assist with grocery delivery, senior visits, and more.

Contact: (202) 487-8698 / info@wearefamilydc.org / www.wearefamilydc.org
1525 Newton St., NW, Washington, DC 20010