

About the Institute of Gerontology

Mission

The mission of the Institute of Gerontology is to help preserve the independence of District of Columbia residents, and to support low-income and disabled people 60 years old and above, with high-quality and compassionate volunteer service, through our Senior Companion and Respite Aide programs.

Health, wellness, and fitness for seniors 60 years old and above in the District of Columbia are provided by the Institute of Gerontology, through its Bodywise, Fitness, and Health program.

Higher education, tuition assistance, and intergenerational social engagement are provided by the Institute of Gerontology through its Senior Tuition program, for District of Columbia residents 65 years old and above.

Vision

The Institute of Gerontology vision is to improve the lives of seniors who need assistance to live independently in their homes and communities; to enhance their quality of life through health, wellness, and fitness; to live longer and more productive lives; and to improve cognitive ability and social engagement through University courses for District of Columbia senior citizens.

Core Values

- » Excellence
- » Collaboration
- » Sustainability
- » Innovation
- » Integrity

UNIVERSITY OF THE DISTRICT OF COLUMBIA

COLLEGE OF AGRICULTURE, URBAN SUSTAINABILITY AND ENVIRONMENTAL SCIENCES

www.udc.edu/causes/

Contact Information:

Institute of Gerontology

4250 Connecticut Avenue, NW

Building 71, 5th Floor

Washington, DC 20008

gerontology@udc.edu

202-274-6697 FAX: 202-274-6605

About the University of the District of Columbia

An HBCU, urban land-grant, and the only public university in the nation's capital, The University of the District of Columbia is committed to a broad mission of education, research and community service. Established by abolitionist Myrtilla Miner in 1851, the University of DC offers Associate's, Bachelor's and Master's Degrees and a host of workplace development services designed to create opportunities for student success. The University is comprised of the College of Agriculture, Urban Sustainability and Environmental Sciences, College of Arts and Sciences, School of Business and Public Administration, School of Engineering and Applied Sciences, a Community College and the David A. Clarke School of Law. To learn more, visit www.udc.edu. The University of the District of Columbia is an Equal Opportunity/Affirmative Action institution. Minorities, women, veterans and persons with disabilities are encouraged to apply. For a full version of the University's EO Policy Statement, please visit: http://www.udc.edu/equal_opportunity. The University of the District of Columbia is accredited by the Middle States Commission on Higher Education - 3624 Market Street - Philadelphia, PA 19104 - 267.284.5000.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Centers at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, this information is available in languages other than English. To file a complaint alleging discrimination, please complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.asc.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 and provide in the letter all of the information requested in the form. Submit your completed letter or form to USDA via fax: (202) 690-7442; or email: program.intake@usda.gov. To request a copy of the complaint form, call (866) 632-9992. USDA is an equal opportunity provider, employer and lender.

The University of the District of Columbia is an Equal Opportunity Affirmative Action institution. The University prohibits discrimination or harassment against any person on the basis of the actual or perceived actual race, color, religion, national origin, sex, age, disability, sexual orientation, gender identity or expression, family responsibilities, matriculation, political affiliation, marital status, personal appearance, genetic information, familial status, source of income, status as a victim of an intrafamily offense, place of residence or business, or status as a covered veteran, as provided for and to the extent required by District and Federal statutes and regulations. This policy covers all programs, services, policies, and procedures of the University, including admission to educational programs and employment. The University emphasizes the recruitment of minorities, women, disabled individuals, disabled veterans, Vietnam era veterans, and other eligible veterans.

El Departamento de Agricultura de EE. UU. (USDA) prohíbe la discriminación en todos sus programas y actividades por motivos de raza, color, nacionalidad, religión, sexo, identidad de género (incluida la expresión de género), orientación sexual, discapacidad, edad, estado civil, estado familiar / parental, ingresos derivados de un programa de asistencia pública, creencias políticas, represalias o represalias por actividades previas de derechos civiles. (No todas las bases prohibidas se aplican a todos los programas.) Las personas con discapacidades que requieren medios de comunicación alternativos para obtener información sobre el programa. (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de señas estadounidense, etc.) debe comunicarse con la Agencia responsable o con el TARGET Center de USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Federal Relay Service al (800) 877-8339. Además, esta información está disponible en otros idiomas además del inglés. Para presentar una queja alegando discriminación, por favor complete el Formulario de Queja por Discriminación del Programa del USDA, AD-3027, que se encuentra en línea en http://www.asc.usda.gov/complaint_filing_cust.html, o en cualquier oficina del USDA o escriba una carta dirigida a Departamento de Agricultura de los Estados Unidos, Oficina del Subsecretario de Derechos Civiles, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 y proporcionar en la carta toda la información solicitada en el formulario. Envíe su carta o formulario completado al USDA por fax: (202) 690-7442; o correo electrónico: program.intake@usda.gov. Para solicitar una copia del formulario de queja, llame al (866) 632-9992. USDA es un proveedor, empleador y prestamista con igualdad de oportunidades para todos.

La Universidad del Distrito de Columbia es una institución de Acción Afirmativa en Igualdad de Oportunidades. La Universidad prohíbe la discriminación o el acoso contra cualquier persona sobre la base de la raza, color, religión, nacionalidad, sexo, edad, discapacidad, orientación sexual, identidad o expresión de género reales o percibidos, responsabilidades familiares, matrícula, afiliación política, estado marital, apariencia personal, información genética, estado familiar, fuente de ingresos, estado como víctima de una ofensa intrafamiliar, lugar de residencia o negocio, o estado como veterano, según lo dispuesto y en la medida requerida por los estatutos del Distrito y Federal y regulaciones. Esta política cubre todos los programas, políticas de servicios y procedimientos de la Universidad, incluida la admisión a programas educativos y empleo. La Universidad enfatiza el reclutamiento de minorías, mujeres, personas discapacitadas, veteranos discapacitados, veteranos de la era de Vietnam y otros veteranos elegibles.



Institute of Gerontology

The Center for Nutrition, Diet, and Health (CNDH)

UNIVERSITY OF THE DISTRICT OF COLUMBIA
COLLEGE OF AGRICULTURE, URBAN SUSTAINABILITY AND ENVIRONMENTAL SCIENCES



Programs

Senior Companion Program

Touches the lives of adults who need extra assistance to live independently in their own homes and communities. The program serves frail older adults, adults with disabilities, and those with terminal illness. Senior Companions assist their adult clients in basic, but essential, ways: offering companionship and friendship to isolated older adults, assisting with simple chores, providing transportation, and adding richness to their clients' lives.

Respite Aide Program

Provides in-home assistance to seniors living alone. The program also provides support to caregivers. The service helps individuals and families deal with challenges of living independently in older adulthood.

Senior Tuition Program

Tuition and fees normally required for students will be waived for qualifying senior citizens. In order to qualify applicants must be 65 years of age or older, residents of the District of Columbia, and admitted to the University. If a Senior Tuition Student would like to obtain a degree, he/she is required to pay half of the tuition and fees set for the students in their program. Courses are available at the UDC Community College and Van Ness Campus.

Bodywise Health and Fitness Program

A free program designed to promote health, wellness, and fitness for DC residents who are 60 years of age or above. Some of the benefits which may be attained include: an increase in participants' cardiovascular efficiency, improved muscular strength and flexibility, and increased knowledge of physical activity.

The Bodywise program consists of water aerobics, yoga, low-impact aerobics, and movement/chair exercises. Classes are conducted by certified instructors.



Bodywise Sites & Schedules

Ward 3

Wilson Aquatic Center - 4551 Fort Drive, NW 20016
Water Aerobics – Mon & Wed, 8:00 - 9:00 a.m.
Water Aerobics – Mon & Wed, 12:00 - 1:00 p.m.

UDC Van Ness 4200 Connecticut Ave. NW 20008 Bldg. 56
Low Impact Aerobics – Thurs & Fri, 9 - 9:45 a.m.
Yoga – Fri, 10:15 - 11:15 a.m.

Ward 4

Takoma Aquatic Center - 300 Van Buren Street, NW 20011
Water Aerobics - Wed & Fri, 10:00 - 11:00 a.m.

Ward 5

The View - 635 Edgewood Street N.E. 20017
Movement & Chair - Mon & Fri, 2:00 - 2:45 p.m.

Ward 6

Carroll Apartments – 410 M St SE 20003
Low Impact Aerobics – Wed, 11 a.m. -12 p.m.

Ward 7

Allen House - 3760 Minnesota Avenue, NE 20019
Movement & Chair – Fri, 11:30 a.m. – 12:15 p.m.

Phillip T. Johnson Senior Center - 3440 Minnesota Ave. SE 20019

Movement & Chair - Tues & Thurs, 1:15 - 2:00 p.m.

Ward 8

SOME Senior Center - @ Kuehner House - 1667 Good Hope Rd. SE 20020

Movement & Chair - Mon & Wed, 11:15 a.m. - Noon

Overlook @ Oxon Hill - 3700 9th St. SE 20032

Movement & Chair – Tues, 10:00 - 10:45 a.m.

To participate in any of these programs, contact the Institute of Gerontology for an application.