



**Ward 3 Councilmember Matt Frumin**

# RESOURCES FOR OLDER RESIDENTS

**Updated June 2025**



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***“We must fully support both existing senior services and neighborhood organizations working directly with older adults to provide programming and activities for Ward 3 seniors.”***



**- Councilmember Matt Frumin**

According to Office of Planning’s [demographic data](#), more than one in every five Ward 3 residents is over 65 years of age. That equates to more than 16,000 people, making Ward 3 home to the largest population of seniors of any ward in the District of Columbia.

Since 2023, the DC Council has annually declared May “Old People Are Cool Month” in DC. I was proud to introduce the Ceremonial Resolution again this year to recognize the [Old People Are Cool project’s](#) important work to confront the ageism and support intergenerational collaboration. Organizations in our community have made Ward 3 a great place to age-in-place, and I am grateful for their work empowering older adults and connecting them to critical supportive resources.

In recognition of Old People Are Cool Month, this resource is intended to provide residents of Ward 3 with information about existing senior services and neighborhood organizations working directly with older adults, including aging and caregiving resources, as well as programming and activities.

This resource includes District government agencies and nonprofit organizations, but is not an endorsement or guarantee of any services listed. Residents are encouraged to reach out to the listed entity directly for more information.



## DEPARTMENT OF AGING AND COMMUNITY LIVING (DACL)

**Category:** District Government Agency

**Website:** [dacl.dc.gov](https://dacl.dc.gov)

**Phone Number:** 202-724-5626

**Email Address:** [dacl.communications@dc.gov](mailto:dacl.communications@dc.gov)

**Physical Address:** (Headquarters) 500 K St NE, Washington, DC 20002

**Hours of Operation:** Monday to Friday, 9:30 am to 4:30 pm

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### Summary of Services

DACL serves as the District's Agency on Aging, responsible for administering programs under the Older Americans Act. DACL's mission is to advocate for and provide services for seniors, adults with disabilities, and caregivers, focusing on promoting independence, dignity, and choice. The agency offers a range of programs including:

- Access to nutritious meals and transportation services.
- Help navigating healthcare and insurance systems.
- Resources for caregivers, including counseling and respite services.
- Help to prevent and address abuse, neglect, and exploitation of vulnerable adults.
- Coordination of care and access to needed services.
- Help with applications for public benefits, including Medicaid and SNAP, and information on Home and Community Based (HCB) and Elderly and Persons with Disabilities Waivers.
- Help for individuals transitioning from institutional care to home and community-based settings.
- Safety adaptations in the homes of qualifying seniors and adults with disabilities.



## IONA SENIOR SERVICES

**Category:** Nonprofit

**Website:** [iona.org](https://iona.org)

**Phone Number:** 202-895-9448

**Email Address:** [info@iona.org](mailto:info@iona.org)

**Physical Address:** 4125 Albemarle St NW, Washington, DC 20016

**Hours of Operation:** Monday to Friday, 9:00 am to 5:00 pm

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### Summary of Services

Iona is a provider of essential services for older adults, caregivers, and community members in the metropolitan Washington, DC area. Iona works to educate, advocate, and provide community-based services to help people age well and live well. Located in Tenleytown, Iona provides wide-ranging services for older adults and their families. They offer programs including:

- Care management, consultation, and counseling
- Food and nutrition programs
- Community programs including in-person and virtual recreation
- Caregiver outreach, faith community partnerships, and legal assistance





## SIBLEY SENIOR ASSOCIATION

**Category:** Member Association

**Website:** [hopkinsmedicine.org/about/community-health/sibley-memorial-hospital/senior-wellness](https://hopkinsmedicine.org/about/community-health/sibley-memorial-hospital/senior-wellness)

**Phone Number:** 202-364-7602

**Email Address:** sibleysenior@jhmi.edu

**Physical Address:** 5275 Loughboro Rd NW, Washington, DC 20016

**Hours of Operation:** Monday to Friday, 9:00 am to 12:00 pm and 1:00 pm to 4:00 pm

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### Summary of Services

Sibley Memorial Hospital's Sibley Senior Association of more than 5,000 members aged 50 and older helps older adults maintain their health. More information about becoming a member can be found on their website, including fees, discounts, and a full list of what is included. Membership offers access to services including:

- Health screenings
- Pharmacy consultations
- Exercise classes and clubs
- Support groups
- Webinars
- Educational seminars
- Community events
- Quarterly newsletter subscription



## UDC - INSTITUTE OF GERONTOLOGY

**Category:** University

**Website:** [udc.edu/causes/land-grant/the-center-for-nutrition-diet-and-health/institute-of-gerontology](https://udc.edu/causes/land-grant/the-center-for-nutrition-diet-and-health/institute-of-gerontology)

**Phone Number:** 202-274-6697

**Email Address:** gerontology@udc.edu

**Physical Address:** 4200 Connecticut Ave NW, Building 39, Rm 101, Washington, DC 20008

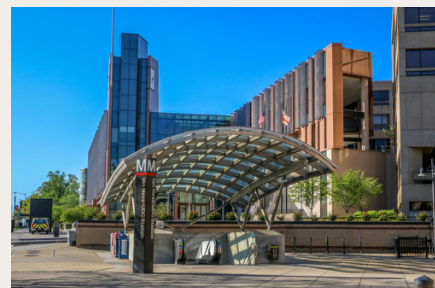
**Hours of Operation:** Monday to Friday, 8:30 am to 5:00 pm

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### Summary of Services

The University of the District of Columbia's Institute of Gerontology (IOG) focuses on preserving the independence of DC residents, particularly low-income and disabled individuals aged 60 and over, through programs like the Senior Companion and Respite Aide programs. The IOG also offers programs like the Bodywise Health and Fitness Program which promotes health and wellness for seniors. Programs and services include

- Senior companionship
- Respite aide
- Health and fitness
- Senior tuition
- Workforce development
- Lifelong learning







## DC VILLAGES

**Category:** Nonprofit

**Website:** [dcvillages.org](https://dcvillages.org)

**Phone Number:** 202-724-5626

**Email Address:** [info@dcvillages.org](mailto:info@dcvillages.org)

**Physical Address:** 500 K Street, NE, Washington, DC 20002

**Hours of Operation:** Monday to Friday, 9:30 am to 4:30 pm

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### Summary of Services

DC Villages is a collaborative network of thirteen individual, non-profit organizations located throughout the District of Columbia working to reduce isolation, improve health, and strengthen community connections for older adults. Each Village operates independently to serve its specific neighborhood. There are four DC Villages located in Ward 3, Cleveland & Woodley Park, Glover Park, Northwest Neighbors, and Palisades Villages. They are included in the following pages. If you don't live in the boundary lines of a certain village, you are still able to contact the village of your choice and inquire about becoming a member. Programs and services include:

- Community outings and events
- Help with household or outdoor chores and maintenance
- Connections to resources in the community





## CLEVELAND & WOODLEY PARK SENIOR VILLAGE

**Category:** Nonprofit

**Website:** [cwpv.org](http://cwpv.org)

**Phone Number:** 202-615-5853

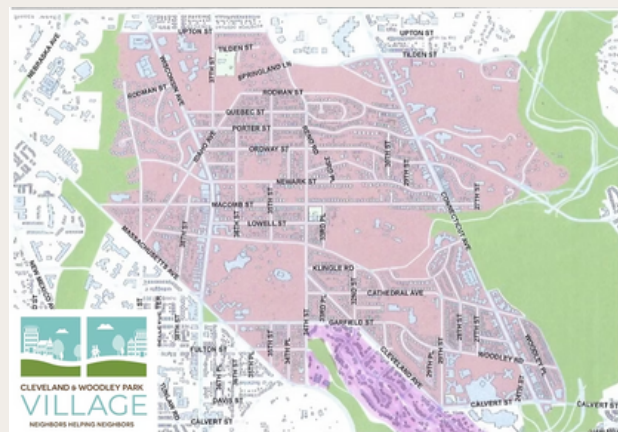
**Email Address:** [info@cwpv.org](mailto:info@cwpv.org)

**Mailing Address:** PO Box 11231, Washington, DC 20008

### Summary of Services

Cleveland & Woodley Park Village is a nonprofit membership organization that serves residents in Washington DC's Cleveland Park and Woodley Park neighborhoods. Their mission is to create opportunities for older adults to be actively engaged, support those who need it with volunteer assistance to help them live independently, and work to create a welcoming community for people of all ages. Programs and services include:

- Senior companionship
- Respite aide
- Health and fitness
- Senior tuition
- Workforce development
- Lifelong learning



*Cleveland & Woodley Park Village service area.*



## GLOVER PARK SENIOR VILLAGE

**Category:** Nonprofit

**Website:** [gloverparkvillage.org](http://gloverparkvillage.org)

**Phone Number:** 202-436-5545

**Email Address:** [info@gloverparkvillage.org](mailto:info@gloverparkvillage.org)

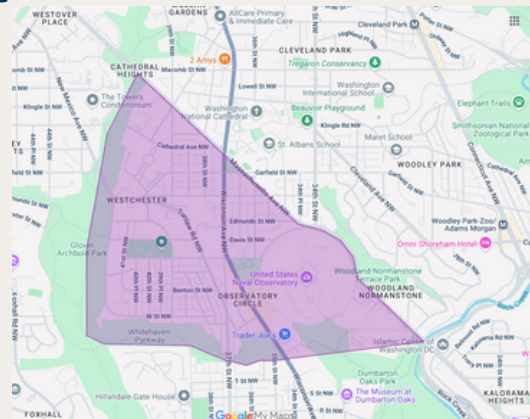
**Mailing Address:** PO Box 32255, Washington, DC 20007

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### Summary of Services

Glover Park Village is a volunteer-managed, non-profit organization serving adults who are aging by providing social and learning events, assistance with transportation, information about aging in the community, and more. Services include:

- Transportation to appointments
- Help running errands
- Minor home and outdoor maintenance
- Technology help and equipment
- Visits and telephone check-ins
- Social activities
- Skill development



*Glover Park Village service area.*



## NORTHWEST NEIGHBORS SENIOR VILLAGE

**Category:** Nonprofit

**Website:** [nnvdc.org](https://nnvdc.org)

**Phone Number:** (202) 935-6060

**Email Address:** [info@nnvdc.org](mailto:info@nnvdc.org)

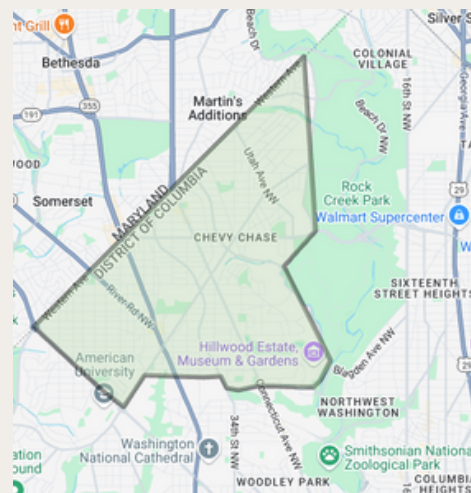
**Mailing Address:** P.O. Box 39135, Washington, DC 20016

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### Summary of Services

Northwest Neighbors is a centrally-coordinated, local network of screened volunteers and vetted professional providers. Northwest Neighbors Village offers its members:

- Transportation to medical appointments
- Grocery shopping assistance
- Home repairs and handyman help
- Computer and technology assistance
- Small organizing project assistance
- Access to social and cultural activities



*Northwest Neighbors' service area.*



# PALISADES SENIOR VILLAGE

**Category:** Nonprofit

**Website:** [palisadesvillage.org](https://palisadesvillage.org)

**Phone Number:** (202) 244-3310

**Email Address:** [info@palisadesvillage.org](mailto:info@palisadesvillage.org)

**Physical Address:** 5200 Cathedral Avenue NW, Washington, DC 20016

**Hours of Operation:** Monday to Friday, 10:00 am to 4:00 pm

## Summary of Services

Palisades Village is an aging-in-community initiative that provides support services and community events in a group of adjacent neighborhoods. Palisades Village offers its members:

- Opportunities to get together with neighbors
- Transportation to medical appointments
- Help with shopping
- Pharmacy pickups
- Household and yard chores
- Friendly visits at home.
- References for tradespeople and services



*Palisades Village service area.*



## CHEVY CHASE HOUSE

**Category:** Retirement Community

**Website:** [meridiansenior.com/senior-living/dc/washington/chevy-chase-house/](https://meridiansenior.com/senior-living/dc/washington/chevy-chase-house/)

**Phone Number:** 202-888-0876

**Email Address:** ccho@meridiansenior.com

**Physical Address:** 5420 Connecticut Ave NW, Washington, DC 20015

**Hours of Operation:** 24-hr Living Community

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### Summary of Services

Chevy Chase House in DC is an assisted living community located that offers services designed to help seniors live fulfilling lives, providing well-designed apartments, dining experiences, and various amenities. These include:

- Wellness center
- Transportation options
- Onsite physical and occupational therapy and rehabilitation services
- 24/7 nursing services
- On-call physicians
- Assistance with daily living and medication



## FOREST HILLS OF DC

**Category:** Retirement Community

**Website:** [foresthillsdc.org](https://foresthillsdc.org)

**Phone Number:** 202-966-7623

**Email Address:** [info@foresthillsdc.org](mailto:info@foresthillsdc.org)

**Physical Address:** 4901 Connecticut Ave NW, Washington, DC 20008

**Hours of Operation:** 24-hr Living Community

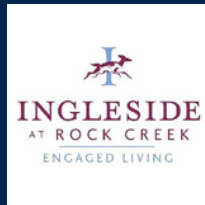
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### Summary of Services

Forest Hills of DC is a retirement community with a 130-year history of providing care to seniors, including assisted living, skilled nursing, and memory care. They are a nonprofit organization committed to serving a diverse community of seniors with high-quality healthcare and many amenities to provide a full and active community experience with a focus on wellness.

- Assisted living
- Memory care
- Short-term rehabilitation
- Skilled nursing care
- Home-made meals
- Social service consultations





## INGLESIDE AT ROCK CREEK

**Category:** Retirement Community

**Website:** [inglesideonline.org/ingleside-rock-creek/](https://inglesideonline.org/ingleside-rock-creek/)

**Phone Number:** 202-596-3100

**Email Address:** info@inglesideonline.org

**Physical Address:** 3050 Military Rd NW, Washington, DC 20015

**Hours of Operation:** 24-hr Living Community

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### Summary of Services

Ingleside at Rock Creek is a continuing care retirement community offering a range of senior living options, including independent living, assisted living, memory care, and skilled nursing. It is a not-for-profit organization with a focus on providing an active, engaged, and healthy retirement life for its residents. Ingleside at Rock Creek is a Life Plan Community, which means it offers a comprehensive approach to senior living, encompassing various housing options and levels of care. It offers a range of amenities, including:

- Center for Healthy Living
- indoor pool
- fitness center art studio
- library
- Memory care
- Skilled nursing and rehab





## KNOLLWOOD SENIOR LIVING

**Category:** Assisted Living Community

**Website:** [knollwoodcommunity.org](https://knollwoodcommunity.org)

**Phone Number:** 202-541-0149

**Email Address:** [marketing@KnollwoodCommunity.org](mailto:marketing@KnollwoodCommunity.org)

**Physical Address:** 6200 Oregon Ave NW, Washington, DC 20015

**Hours of Operation:** 24-hr Assisted Living Care

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### Summary of Services

Knollwood is a life plan community in Northwest Washington, DC, that offers a variety of living options for seniors, including independent living, assisted living, skilled nursing, and memory care. Knollwood offers a range of amenities, including dining, activities, events, and transportation. Programs and services include:

- Assisted living and skilled nursing
- Memory care
- Holistic wellness programs
- Financial assistance



## LISNER-LOUISE- DICKSON-HURT HOME

**Category:** Nonprofit Assisted Living Community

**Website:** [lldhhome.org](http://lldhhome.org)

**Phone Number:** 202-966-6667

**Email Address:** [lscully@lldhhome.org](mailto:lscully@lldhhome.org)

**Physical Address:** 5425 Western Ave, NW, Washington, DC 20015

**Hours of Operation:** 24-hr Nursing Home and Assisted Living Care

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### Summary of Services

The mission of the Lisner-Louise-Dickson-Hurt Home is to provide extraordinary health and life care services to low and modest income seniors of the District of Columbia, empowering them to live their lives to the fullest. The Home provides Assisted Living and Skilled Nursing Care, including short-term rehabilitation services. The Home accepts Medicare and Medicaid, as well as private arrangements for care. Services include not only health care but life-enrichment planning such as art programs, cultural events, and social gatherings. Services include:

- Affordable housing
- Tailored health programs
- Rehabilitation
- Family support
- Volunteer opportunities



## SEABURY RESOURCES FOR AGING AT FRIENDSHIP TERRACE

**Category:** Senior Living Community

**Website:** [friendshipterrace.org](https://friendshipterrace.org)

**Phone Number:** 202-244-7400

**Email Address:** [snegasi@seaburyresources.org](mailto:snegasi@seaburyresources.org)

**Physical Address:** 4201 Butterworth Place, NW Washington, DC 20016

**Hours of Operation:** 24-hr Living Community

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### Summary of Services

Friendship Terrace in Tenleytown is a senior apartment living community for those 62 and older, and recently converted 125 units into deeply affordable housing. The community offers studio or one-bedroom apartments with services and amenities, including social opportunities and dedicated staff to take care of maintenance, dining, activities, and more. Friendship Terrace also provides meals prepared daily by professional chefs and served restaurant-style in the dining room. The property includes an activity director onsite, a library, and a green house for gardening. Services include:

- Affordable housing
- Maintenance services
- Group activities and outings
- Dining services





## SUNRISE SENIOR LIVING

**Category:** Assisted Living Community

**Website:** [connecticutave.dos@sunriseseniorliving.com](mailto:connecticutave.dos@sunriseseniorliving.com)

**Phone Number:** 202-966-6667

**Email Address:** [connecticutave.dos@sunriseseniorliving.com](mailto:connecticutave.dos@sunriseseniorliving.com)

**Physical Address:** 5111 Connecticut Ave NW, Washington, DC 20008

**Hours of Operation:** 24-hr Assisted Living Care; For Inquiries, please call Monday to Friday from 8:00 am to 6:00 pm

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### Summary of Services

Sunrise on Connecticut Avenue is an Assisted Living and Memory Care community. For over 20 years, residents on Connecticut Avenue have enjoyed person-centered care in a warm, inviting environment. Services for the community include three daily, house-prepared meals, weekly housekeeping and laundry, and a calendar of engaging activities for the mind, body, and spirit. Individuals may also receive assistance with on-site medical services through their range of nursing services and visiting physicians. Services include:

- Assisted living and skilled nursing
- Memory care
- Arts classes like painting and singing
- Fitness classes
- Engaging games
- Online classes

# OFFICE CONTACT INFORMATION

## ADDRESS

**1350 Pennsylvania Avenue NW**  
**Suite 408**  
**Washington, DC 20004**

## PHONE

**202-724-8062**

## EMAIL

**[FruminOffice@dccouncil.gov](mailto:FruminOffice@dccouncil.gov)**

## WEBSITE

**[MattFruminWard3.com](http://MattFruminWard3.com)**

## SOCIAL MEDIA

**[@CMFrumin](#)**

