



•WATERFRONT•
VILLAGE

The Navigator

A neighborhood-based membership organization
of paid staff, volunteers, and vendors
supporting Southwest Waterfront and Navy Yard residents
who wish to age in place.

Issue 49 - March 2021

Foundation's Research Opens Door for Safe Older Drivers

Contrary to popular belief, older adults are very good drivers, according to Tara Kelley-Baker, a new Waterfront Village volunteer and researcher at the AAA Foundation for Traffic Safety. Tara has conducted research on older drivers for the past four years and seeks to understand risks associated with this group of drivers and develop mitigation strategies to improve safety and save lives.



On Tuesday, March 2 at 4:00 p.m, Tara will present some of her research findings and recommend some driving tips and technology for older drivers during a Village Zoom session. She praises older drivers for using good judgment.

“They are good because they self regulate and don’t drive when they are feeling ill or when they are uncomfortable with weather or road conditions,” she said. “But they are still a high priority for research because when they are in a crash, the consequences are greater.”

The AAA Foundation for Traffic Safety is a non-profit, charitable organization based in Washington, DC, that is dedicated to saving lives through traffic safety research and education. Since its founding in 1947, the AAA Foundation has sponsored over 200 projects related to highway safety, covering topics such as distracted, impaired, and drowsy driving; road rage; graduated driver licensing; driver's education and training; and pedestrian safety. The AAA Foundation research agenda is centered on four priority areas: driver behavior and performance, emerging technologies, roadway systems, and drivers and vulnerable road users.

One topic Tara will cover in the presentation is how health can impact driving. For example, she recommends that older drivers consult their physicians if they are experiencing falls in their homes. Many of the same physical attributes that would contribute to a fall also come into play while you are driving, including balance and depth perception. It is important to get medical advice about the cause of the falls before getting behind the wheel of a car.

Another issue for many older adults to consider is how their medications may affect their driving.

“Understanding the impact of medications is important and not just prescriptions, but over-the-counter medications, too,” said Tara. Many types of medications can result in drowsiness, impacting a driver’s alertness.

For more information about Tara’s research and advice for becoming a better driver, register for this session on the Village website or by clicking the button below.

Older Driver
Research



Meet the New President

Quinn Discusses Dementia Alzheimer's Disease

Newly-elected Waterfront Village President Carroll Quinn will share her lifetime of professional and personal experiences with dementia and Alzheimer's disease on Thursday, March 18, 2021 at 11:00 a.m. Quinn earned her PhD in Nursing with an emphasis on the care of elderly patients and additional certification on social

gerontology. She has taught nursing and graduate school sociology students in issues related to aging and has served on boards of agencies serving the elderly, including the board of the Ohio Hospice and Palliative Care Organization.

Carroll has followed the developments of the national Village movement since its inception in Boston. As a current volunteer for the Capital Area Chapter of the Alzheimer's Association, she co-facilitates a local monthly support group for caregivers of people affected by dementia, and performs legislative advocacy work.

Dementia and Alzheimer's
Disease

CALENDAR OF EVENTS

Meditation for the Masses Mondays at 11:00 a.m.

Join respected meditation leader Anandaroopa for an hour of stress relief through a series of simple breathing and contemplative meditation exercises. Open to members at all physical levels, although ability to hear directions is necessary.

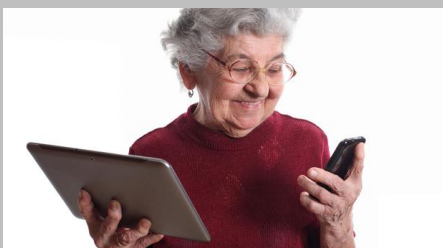


Chair Yoga with Tara Kelley-Baker Mondays at 5:00 p.m.

Chair Yoga is a specific form of yoga as therapy developed by Lakshmi Voelker-Binder in 1982. It is practiced sitting on a chair, or standing using a chair for support. The poses are often adaptations of asanas in modern yoga as exercise. This class will be for beginners and those looking for fun.

TED Talk Tuesday Tuesday, March 9 at 11:00 a.m.

Watch thought-provoking TED talks and participate in lively discussions with your fellow members.



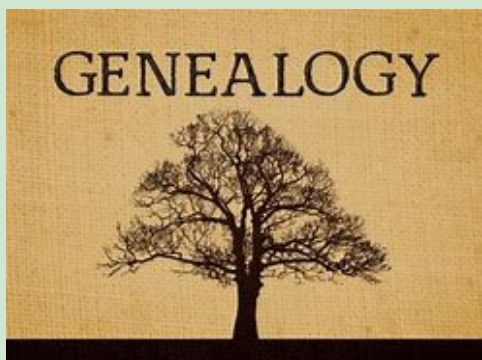
Technology Boot Camp Wednesday, March 17 at 3:00 p.m.

Lacking confidence in your ability to use videoconferencing platforms, or hoping to use your smart phone for more things? Attend these meetings with our technology team for conversation and get helpful hints on how to use computers, smart phones, televisions, and tablets.



Chair Yoga with CHV Thursdays at 4:00 p.m.

Chair Yoga is a version of Yoga that does not depend as much on balance and strength but still provides movement and flexibility exercises. With Capitol Hill Village.



Village Genealogy Club Tuesday, March 16 at 3:00 p.m.

Join other Village members as you seek to unlock the secrets of your family tree. Focus of the group will be team work to help each other overcome challenges in genealogy research. Presentations will reveal potential resources and approaches.

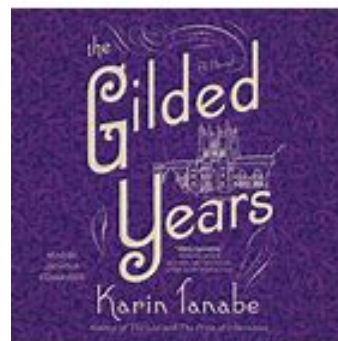
St. Patrick's Day Party Wed., March 17 at 4:00 p.m.

Everyone is Irish today with a sweet celebration of the Emerald Isle. Irish music, drink and folklore to be celebrated. Come learn the 17 things about Ireland you need to know to be beautiful and happy for the rest of your life.



Book Club: The Gilded Years Thursday, March 18 at 2:00 p.m.

The Gilded Years by Karin Tanabe is a historical novel based on the true story of Anita Hemmings. As a senior in the elite Vassar College class of 1897, Hemmings is hiding a secret that would have banned her from admission: Anita is the only African-American student ever to attend Vassar. With her olive complexion and dark hair, this daughter of a janitor and descendant of slaves has successfully passed as white, but now finds herself rooming with Louise "Lottie" Taylor, the scion of one of New York's most prominent families.



Heart Health with Cooks Crew Tuesday, March 23 at 4:00 p.m.

The Cooks Crew will show us how to “love our hearts” by eating a healthy diet which limits sweets to special occasions, emphasizes fresh fruits and vegetables, and reduces fats and carbohydrates in day-to-day eating. There are many ways that each of us build upon those basic guidelines, finding the recipes and diet plans that work for us.



In this session, the Cooks Crew will spend some time talking about what “healthy eating” means while share some of their favorite healthy recipes. When you register for the program, please send a copy of a favorite healthy recipe. We will combine the submitted recipes on a handout to share with the group.



Village Happy Hour Fridays at 5:00 p.m.

Village Happy Hour returns this month. After a long week, come unwind with your neighbors over drinks, snacks, and gossip.

Three easy ways to register for and attend WFV events:

1. Log into our website and hit the Events tab to learn more, and then RSVP online*
2. Email your request to: events@dcwaterfrontvillage.org
3. Call the Village at 202-656-1834
4. Check the Village's daily email for Zoom meeting links.

***Call 866-457-2582 weekdays 8:30 am - 7 pm for help with your online registrations**

**A very special welcome to
our new member who joined
the Village in February:**

Michele Freed
Richard Freed
Ardith Harle
James Harle



**Thank you to our members
renewing during the month of
February:**

Johanna Cummings
Farley Fisher
Duggee Hatry
Marlene Johnson
Jane Jorgensen
Kier Jorgensen
Brigitte Merklein

Helmut Merklein
Vihn Ly
Karen O'Brien
Anne Rensberger
Janessa Robinson
Akiko Sprague
Frani Williams
Patricia Winston
Gloria Zeglen



Waterfront Village is a member of the DC Villages collaborative and the Village to Village Network,
operating under the guidance of the
District of Columbia Department of Aging and Community Living.

Leonard Bechtel
Executive Director

Carroll Quinn
President

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