



•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 47 - January 2021

## Villages Unite to Promote Member Wellness

With the new year, you may have considered resolutions to pay closer attention to your health, lose a few pounds, or begin an exercise routine. The 13 DC Villages are uniting to help you achieve all of those goals.

Beginning Wednesday, January 13, the DC Villages will host a Wellness Wednesday series for Village members citywide. The programs will address physical and emotional wellness through a variety of topics including, fitness, healthcare, nutrition, and self-care.

"All of the Villages are concerned about the health of their members, and we were all hosting events on Zoom," said Len Bechtel, Executive Director, Waterfront Village. "It just made sense for us to share our content with other Villages and vice versa. The series makes a wonderful statement about our commitment to the well being of our members."

Start the new year on a healthy note! Join your fellow Village members across the city for Wellness Wednesdays every week at 1:00 pm. The tentative schedule and topics are listed below. There will be no meeting on Inauguration Day, January 20.

Date	Time	Topic	Host
January 13	1:00	Creative Care	Palisades Village
January 27	1:00	Medication Management for Older Adults	Waterfront Village
February 3	1:00	Cooking Demo with Monica Heppel: Multigrain Pancakes	Dupont Circle Village
February 10	1:00	Declutter Your Life	Brookland Intergenerational Village
February 17	1:00	Living Long and Loving Well	Kingdom Care Village
February 24	1:00	Check back for topic in February	Foggy Bottom West End Village
March 3	1:00	Gentle Yoga with Mayu	Northwest Neighbors Village
March 10	1:00	Check back for topic in March	Georgetown Village
March 17	1:00	Understanding Telemedicine	Capitol Hill Village
March 24	1:00	Chair Yoga	East Rock Creek Village
March 31	1:00	Mobility as We Age	Cleveland & Woodley Park Village
April 7	1:00	Check back for topic in April	Mount Pleasant Village

# Incorrectly Taking Medication Increases Patient Risks



The Food and Drug Administration (FDA) estimates that as many as half the people taking medications at any given time are doing so incorrectly. To get maximum benefit from your medications, it is important to take them exactly as prescribed by your doctor. In fact, your chance of a better health outcome improves when you take your medications as directed.

According to government estimates, each year in the United States more than 125,000 people die from a failure to properly take their medications, adding approximately \$100 billion in preventable additional hospitalization, emergency room, and repeat physician visit costs to the health care system. At least 10% of all hospital admissions are a result of this problem. For seniors, the statistics are particularly alarming:

- Up to 23% of nursing home admissions may be due to an elderly person's inability to self-manage prescription medications at home.
- Over 21% of all drug-related health complications are caused by patients failing to adhere to their medication regimens, whether by accident, negligence, or intent.
- Up to 58% of all seniors make some kind of error when taking their medications, with 26% making mistakes with potentially serious consequences.

On Wednesday, January 27 at 1:00 p.m., a pharmacist from CaryRx, an independent pharmacy located in Gallery Place, will discuss options for managing medicines more effectively, including services provided by pharmacies, medicine assistance technology, and techniques that can be used by individuals.

This session will be open to members from all DC Villages.

## Home Health Care Provides Alternative to Hospital or Skilled Nursing Facility

Home health care comprises a wide range of health care services that can be given in your home for an illness, injury or declining physical capacity. While rates may vary, home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility, according to resources on the Medicare website.





Examples of skilled home health services include wound care for pressure sores or a surgical wounds, patient and caregiver education, intravenous or nutrition therapy, injections, and monitoring serious illness and unstable health status. In general, the goal of home health care is to treat an illness or injury or prevent/slow further health decline.

Waterfront Village will host an informational seminar on Wednesday, January 13 at 4:00 p.m. to discuss home health services with Georgetown Home Care, one of the providers used by some of the Village's members.

## CALENDAR OF EVENTS

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

Join respected meditation leader Anandaroota 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.



### **Village History Club "Spanish Flu 1918-1920" Monday, January 11 at 1:00 p.m.**

Join the history club for a discussion comparing and contrasting the country's experience with the Spanish Flu in 1918-1920 with our current COVID-19 situation. Please register to receive background information.

### **TED Talk Tuesday Tuesday, January 12 at 11:00 a.m.**

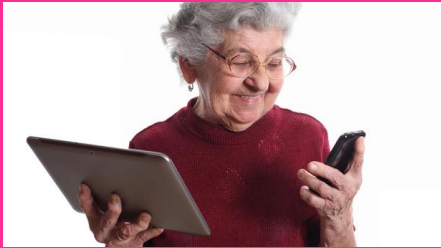
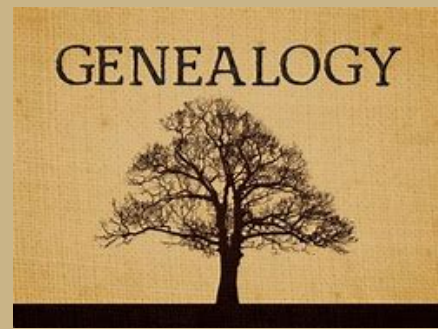
Watch thought-provoking TED talks and participate in lively discussions with your fellow members.





**Village Genealogy Club**  
**Tuesday, January 19 at 3:00 p.m.**

Want to get together with other people who want to explore their family roots and learn about lives of those who came before us? This Village club assembles to share experiences about the treasures that may be locked in documents available to those who search hard enough.



**Technology Boot Camp**  
**Wednesdays, Jan. 6 & 20 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 Join the Village technology team for conversation and get helpful hints on how to use computers, smart phones, televisions, and tablets.

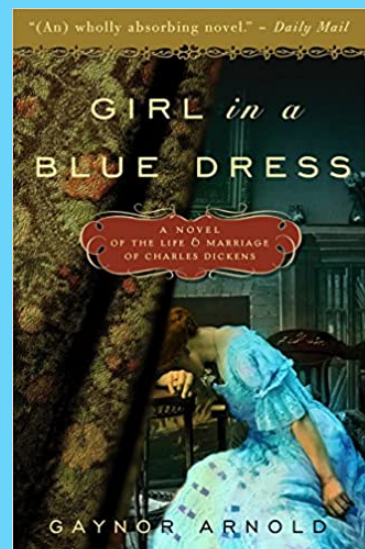


**Chair Yoga with CHV**  
**Thursdays at 4:00 p.m.**

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.

**Book Club: Girl in a Blue Dress**  
**Thursday, January 21 at 2:00 p.m.**

A sweeping tale of love and loss, *Girl in a Blue Dress* is an intimate peek at the woman who was behind one of literature's most esteemed men. At the end of her life, Catherine, the cast-off wife of Charles Dickens, gave the letters she had received from her husband to their daughter Kate, asking her to donate them to the British Museum, "so the world may know that he loved me once." The incredible vulnerability and heartache evident beneath the surface of this remark inspired Gaynor Arnold to write *Girl in a Blue Dress*, a dazzling debut novel inspired by the life of this tragic yet devoted woman.







## **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.

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### **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](mailto: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**



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

Shirley Buzzard  
Patricia Flanigan  
Jim Flanigan  
Laurie Frankel  
Marie Giovanelli  
Elaine Graves  
Beverly Gray  
Edie Harriet  
Norma Joiner  
Noreen Lyne  
Daniel Jones  
Ligia Jones  
JoAnne Lamphere  
Steve Livengood  
Ed Peterman  
Delores Pruden

### **A very special welcome to our new members who joined the Village in December:**

Max Aguilar  
Terry Parmelee  
Barbara Thompson  
Jeanne Wolf

# For Causes You Cherish

While it's understandable to not want to talk about legacy plans, getting your inheritance wishes in order is one of the greatest gifts you can bestow upon your loved ones. If Waterfront Village is a cause you cherish, please use the link below to access information about the Village Legacy Society and planned giving opportunities.



Waterfront Village Legacy  
Society

Website Benefits Donations Events Contact



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.

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