



Villager to Villager Support for Health and Wellbeing

By Roberta Milman, Charlotte Holloman
and Meaghan McMahon

Every member of our Village brings with them a lifetime of knowledge and experience when they join our community. Especially when it comes to lessons learned around health and wellbeing, we have a unique opportunity to help one another during times of need. If you have experienced a health or social condition and want to support other members facing a similar journey, please let us know! Common health and social conditions members face that could benefit from support include but are not limited to alopecia, auditory issues, backaches, cancer, dementia, diabetes, digestive issues, feet problems, gall stones, grief, incontinence, insomnia, kidney stones, loneliness, osteoporosis, Parkinson's, rheumatoid arthritis, tachycardia, vision problems, widowhood.

Support might come in the form of a casual conversation, providing clues about what to expect, offering ideas on where to find professional providers, outlining questions to ask and sharing helpful hints about managing a particular health or social condition and its treatment.

If you need support or are interested in providing support, please contact **Eva M Lucero** directly. She will introduce you to **Meaghan McMahon**, DCV's social worker who will connect you with members in need or members who can support you.

A personal anecdote that speaks to the benefit of this type of support comes from a Villager who suffered a bout of breast cancer that required an extensive treatment regimen. She indicates that Medstar Georgetown University Hospital paired her with a "mentor" (partner). Her mentor helped her to better understand what was happening to her and what would happen; helped her to validate that what she was feeling were "normal" responses; provided her with a shoulder to cry on and a listening ear; gave her practical advice about make-up, clothing and wigs, and even gave her a little gift. Her phone conversations with her mentor served to boost her morale throughout the treatment process.