



Did You Know? Dupont Circle Village's Health & Wellness Services

Did you know the vast array of services that your Village membership offers you? In the area of Health and Wellness, the Village has expanded the services available over the past few years.

By Bob McDonald

This expansion has been overseen by the Health and Wellness Committee under the direction of its Chair, Sarah Burger, working in close collaboration with Eva M. Lucero, our Executive Director. The Committee has worked diligently in developing enhanced services as well as personnel resources, both professional and volunteer.

For most of us, our attention probably does not focus on such services until we need them. Then suddenly some health challenge comes along and our needs change. It can be a fall, a lab report, a new diagnosis, a bout with depression, a change in our abilities. Whatever it is, we experience a need and wonder where to turn to get assistance.

The Village wants you to know that we are there with you to offer information, strategies, programs, help, and support. One of our goals as the Health and Wellness Committee is to make information

Continues on page 3



Did You Know? Dupont Circle Village's Health & Wellness Services

Continued from page 1

on these services more accessible and understandable. During this month of September, we are focusing on two channels to help acquaint you with our services.

First of all, the Village has made a major revision to our website at www.dupontcirclevillage.net. There is a brand-new **Health & Wellness** section on the website. I invite you to take a look at this. On the main Health & Wellness page we distinguish between those services that are directly **Related to Medical Issues** and those **Related to Living Healthy and Well-Being**. The following lists provide you with the variety of services. As you review the website, you will learn more about each of them.

Services Related to Medical Issues:

- Care Management / Professional Support Services
 - Social Worker
 - Health Care Manager
- Villager Care Committee
- Care Groups
- Meal Mavens
- Medical Notetaking
- Understanding Medical Reports and Terminology
- Friendly Calls and Visits
- Vaccination Clinics
- Volunteer Services

Services Related to Living Healthy and Well-Being:

- Live and Learn Program
- Choosing the Right Facility
- Villager to Villager Support for Health and Well-Being
- My Way: Preparing for the Inevitable

- Navigating the Path Ahead
- Physical / Mental Activity Programs
- Personal and Home Safety
- Resources and Referrals

In addition to the lists of services, the Health & Wellness section of the website also provides a section of FAQs – Frequently Asked Questions.

We hope you take a look at the website and become more familiar with our services.

The second channel to improve awareness of DCV's Health & Wellness services is a special session of the **Live and Learn Program** scheduled for **Monday, September 29 from 3:30 to 5:00 pm**. At this session to be held in-person in the Quaker House Living Room above the Village office. Our professional staff will review and explain these services and will provide ample time for questions and answers. The presenters will include:

Eva M. Lucero, DCV Executive Director
Meaghan McMahon, DCV Social Worker
Lee Reed, RN, DCV Health Navigator
Villagers who regularly attend DVV's *Navigating the Path Forward*

The presenters will also explain the processes for accessing the services.

We hope to see you there on September 29!