



•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 54 - August 2021

## Past, present, and future

### Village Celebrates 5th Anniversary

Waterfront Village will celebrate its fifth anniversary this fall with a series of events that will celebrate the Village's past, present and future. Events will recall the establishment of the organization in the summer of 2016, review what has been achieved in the past five years, and reveal where we hope to take the Village in the coming years.



On Sunday, September 12, 2021, the Village will host its fifth anniversary celebration on the rooftop deck of the Village's office at 800 Maine Avenue SW. While the deck will provide participants with a stunning 12 story view of the Washington Channel, the Village will serve cold drinks and tasty treats to members, volunteers, and supporters from 2:00 - 4:00 p.m.

"After the year we just experienced, this party is a well-earned celebration. Our members deserve a good time, and we intend to deliver it," said Village Executive Director Len Bechtel

The celebration will feature a short program to honor Village volunteers and supporters, including the presentation of the organization's first annual awards. According to Board President Carroll Quinn, it takes many people to run a Village, and the awards recognize some the people who have made the most significant contributions.

"The Village is so grateful for the time, financial support, and effort made on our behalf, and these awards express our appreciation," Quinn said. "Our donors and volunteers truly are amazing."

In addition to the celebration, the Village will incorporate the past, present, and future theme into its Virtual Home Tour and holiday programming this year. Bechtel said that he believes this year's fall programming will be well received by the community.

## Souper Time at the Wharf

Village members participated in a bonanza of gastronomy at the Wharf office on Wednesday, July 28 when five Village chefs prepared amazing cold summer soups. Soups included both a traditional and a watermelon gazpacho, as well as soups featuring celery, apricot and cantaloupe.



Special thanks to chefs Stephanie Eicher, Ann Kurzius, Chris Beck and Wilma Goldstein. The culinary gathering emphasized how healthy foods made with fresh fruits and vegetables also can be palate pleasers.

## *Breaking Bread with Your Waterfront Village Friends!*

Gather together each month with your Waterfront Village friends to enjoy some food and face-to-face interaction! In July, we enjoyed an ice cream social and a summer soup event. Check out the upcoming themes and mark your calendars now!

**August:** Around the campfire: Gourmet s'mores!  
Tuesday, August 31st, 3:00 p.m.

**September:** What's in Your Lunchbox Sandwich Social  
Wednesday, September 22nd, 12:00 noon

**October:** Pies, Tarts and Post Dinner Drinks  
Thursday, October 21st, 7:00 p.m.

**November:** Gourmet Leftovers Potluck  
Monday, November 9th, 5:30 p.m.

**Even if the food is not to your taste, we're sure the company will be!**







## **Bridges...Keep Connected!**

**Tuesday August 3rd, 11:00 a.m.**

The bridge provides a beautiful image of connecting two things that are separated by a barrier. We know that mobility challenges create a barrier for some of you, making it difficult to leave your home and stay connected.

The Waterfront Village would like to connect with any of our members who are not easily able to leave home. We hope to establish a regular Bridges Meeting to keep us all connected.

The first meeting of our Bridges group will be held on Tuesday, August 3rd at 11:00 a.m. over the phone. The topic will be transportation resources that may be helpful to you.

Please reach out to Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org) or call 202-656-1834 to get more information or register for this event.

Healthy  
Hearing  
=  
Healthy  
Brain



## **George Washington University is seeking participants for a web-based lip reading study.**

The University's Communication Neuroscience Laboratory is seeking to determine if lip reading skills can improve speech recognition in noisy environment such as restaurants and other group settings.

The Village has invited this study group to discuss hearing health with our members on October 5th. Additional information about this meeting will be posted on the Village website under the events tab and in next month's Navigator.

If you are interested in participating in the study or would like additional information, please send an email directly to the study team at: [study@seehear.us](mailto:study@seehear.us)

## Spotlight on Services: Information and Referral



Each month in the Navigator we will be reviewing some of our member benefits. One of the most valuable resources for members is our information and referral service. We are happy to connect you with a wide variety of providers. Services covered include: housekeeping, legal, home repair, transportation, and information technology.

The most important thing to know about Waterfront Village's information and referral service is that we are here to do some of the legwork for whatever you need. If our volunteers can't provide it, then we will find someone who can. Don't lose sleep over a problem or project; if something is on your mind, we are here to help you get it resolved. Please call the Village on 202-656-1834 for assistance.

## CALENDAR OF EVENTS

### **Metro Card Update Monday, August 9th and 23rd, 10:30 a.m.**

Travel with the Waterfront Village to the Rosslyn Metro Store to update your metro card or pick up a Senior SmarTrip card.

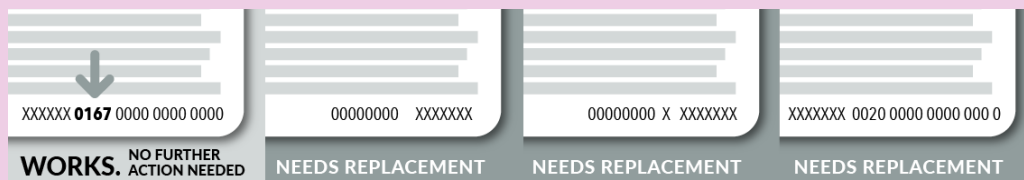
Upcoming improvements to the metro system involve phasing out old versions of Metro's SmarTrip Card. If your metro SmarTrip card does NOT start with the serial number "0167" then you will need a new card.

Senior SmarTrips provide a fare discount to seniors. You will need identification (e.g., drivers license) to validate that you are eligible for the card.

The Waterfront Village wants to ensure that all members have the SmarTrip card they need to get around town! Register for this event on the Village website, so we know that you will be joining us for the subway ride to Rosslyn. Reach out to the Village at 202-656-1834 if you have questions.



This graphic below can help you determine whether or not you need to replace your metro card.







### **Thomas Circle Residence Virtual Tour Tuesday, August 10, 4:00 p.m.**

We are happy to announce that Thomas Circle staff are available to provide a virtual tour of their building!

Register on the website and enjoy a chance to tour this local facility from the comfort of your own home. Zoom link will be provided to all registrants

### **Taco Tuesday at Mi Vida! Tuesday, August 17, 5:00 p.m.**

Join us for some of the best tacos in town. This amazing local restaurant features true Mexican cuisine. Enjoy the Tuesday special, two tacos for \$9. You won't want to miss this get-together! Please register on the Village website or call 202-656-1834.



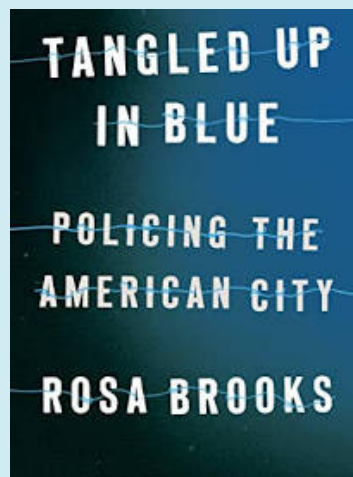
[Mi Vida Dinner Menu](#)

### **Book Club Thursday, August 19 2:00 p.m.**

#### ***Tangled Up in Blue: Policing the American City***

This month the book club will dive into the current hot topic of policing in America as we read *Tangled Up in Blue*, by Rosa Brooks. A Georgetown University law professor, Brooks attended the DC police academy and then spent four years as a volunteer reserve patrol officer with the Metropolitan Police Department. Her book offers a fresh look inside the world of policing, going beyond the headlines and soundbites.

Please register under the Village website's event tab or call 202-656-1834 for more information.





### **Smart Money!** **Wednesday, August 25th, 11:00 a.m.**

Join us via Zoom for some important tips and reminders on guarding your financial situation. This program is offered by the District's Department of Insurance, Securities, and Banking. We are please to offer this program as we know that keeping safe that which you worked so hard for is a top priority for Waterfront Village Members. Please share this event with friends and register online to receive the zoom link.

### ***Arena Stage '21-'22 Preview*** **Monday August 30th, 12:30 p.m.**

We are happy to welcome Ellison Roberts from Arena Stage! Ellison will offer a virtual preview of the amazing upcoming season at our very own Arena Stage. There are some exciting shows planned, and we hope you'll stop by this preview. Please register on the Village website.



### **Gourmet S'mores and more!** **Tuesday, August 31, 3:00 p.m.**

Join us for another fun gathering at 800 Maine! We'll enjoy a childhood favorite, s'mores! These s'mores will go gourmet, with some new flavors you're sure to love, Come share your summer memories with your Waterfront Village neighbors and friends.

## **RECURRING EVENTS**

### **Technology Boot Camp** **Wednesdays, August 4 & 18 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.







## **Village Walking Club** **Thursdays at 8:00 a.m.**

We'll continue our early time to beat the heat! Join other Village members for strolls around the neighborhood. We will try to keep the walks different from week to week, and have a short option as well as a long option. Please remember to register as a walker each week on the Village website. Walks may be cancelled due to rain or heat during the summer months. Meet at the Farmer's Market by the Waterfront Metro Station

## **Grocery Shopping Shuttle** **Thursdays at 1:00 p.m.**

Join us on Thursdays for a trip to Harris Teeter! We are happy to provide a grocery shuttle that provides transportation to Harris Teeter and back. Register for this service on the Village website or email Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org)



## **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. Led by Capitol Hill Village.

## **Alzheimer's Support Group** **Thursday, August 26th, 11:00 a.m.**

If you or someone you know is caring for a relative with Alzheimer's Disease please know we are here for you! Taking care of yourself is critical; connecting with others who are going through this journey is one of the best ways to get needed assurance and support. This monthly group currently meets via zoom. For information on the meeting, please email Carroll Quinn at: [sequin643@gmail.com](mailto:sequin643@gmail.com).





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

By a vote of all members present at the July 30th happy hour, the Village Happy Hour will continue every Friday evening at 5:00 p.m.. After a long week, come unwind with your neighbors over drinks, snacks, and gossip.

## **Waterfront Village Committees**

Waterfront Village receives support from several member committees. These groups provide input to Village staff and are a valuable resource for planning and evaluating programs. If you serve on a committee, thank you!



Monthly committee meetings are open to all members. Committee descriptions and upcoming meeting dates are listed below:

**Volunteer & Member Services Committee** (Thursday, August 5th, 1:30 p.m.): reviews services that are available to members and recruits and provides support for volunteers.

**Membership Committee** (Tuesday, August 17th, 11 a.m.): supports efforts to increase Village membership; provides feedback on outreach material; provides direct outreach efforts to various community groups

**Program Committee** (Tuesday, August 24th, 3 p.m.): provides suggestions for programs, activities and events; assists in making contact with outside organizations to plan events

**Vendor Referral Committee** (Monday, August 30, 1:30 p.m.): seeks to improve the number and quality of vendors in the Village's referral database; will design member survey to identify quality vendors and mechanism for assessing vendor performance.

### **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**





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You shop. Amazon gives.

## Calling All Amazon Shoppers!

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

Amy Billingsley  
Andrew Billingsley  
Joyce Bouvier  
Jane Connolly  
Maria Heep

**Special Welcome to New Members Joining Us in July:**

Ellen Kwatnoski  
Richard Kwatnoski  
Carrie Bryson

Amazon offers an identical yet parallel website called Amazon Smile. Each time you shop and order on this website instead of the regular amazon website, Amazon will donate a small portion of the order amount to a charity of your choosing. Please consider shopping on Amazon Smile and designating The Waterfront Village as your charity!

Click below to learn more.

Amazon Smile for  
Waterfront Village

## 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. Call the Village on 202-656-1834 for more information.





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  
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