



•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 50 - April 2021

Waterfront Village Launches New Strategic Plan

Looking ahead to a post-COVID era, the Waterfront Village Board of Directors approved a new five-year strategic plan at its March Board meeting. The new plan lays out strategies for expanding membership, increasing the number and quality of services, and building community partnerships to support older adults in the Southwest DC/Navy Yard neighborhood.

“The plan is bold and challenging, and it changes how we look at our mission and what it means to the community,” said Carroll Quinn, the president of the Village. “We hope to set the tone that it is not just about the Village providing services, but about how our neighborhood supports -- and benefits from --our older residents.”

The plan updates the Village’s 2017 vision statement and establishes six goals, each with specific performance targets. The vision statement and a summary of the goals can be found in the box below.

"We are going to have a lot on our plate and will be looking to involve the membership in many of our initiatives," Quinn stated.

The planning process started last fall with an all-member survey seeking member input on all facets of the Village’s operation and management. After the survey, the Board worked with a facilitator through the fall and winter to develop a planning approach and later used small groups to define individual goals.

“Many of the ideas reflected in the plan originated from comments received through our member survey. The Board really valued the input and applied what we learned as we developed the goals,” Quinn said.

The plan will be distributed April 2, 2021 to active members and will be the focus of a Village Town Hall meeting on Wednesday, April 14 at 7:00. A link to the meeting will be sent to all members.

Waterfront Village Strategic Plan, 2021-2025

VISION STATEMENT AND GOALS

Our vision is a DC Waterfront community that empowers its members to age with dignity, engage actively with their neighbors and community, and enjoy their desired quality of life in their own homes.

Goal 1: Provide home, health, and social services;

Goal 2: Maintain and further expand a wide variety of social, educational, and cultural programs and events;

Goal 3: Increase outreach initiatives to strive for a larger and more representative membership;

Goal 4: Identify and build upon multi-generational volunteer opportunities;

Goal 5: Strengthen the Waterfront Village's financial footing;

Goal 6: Ensure the Waterfront Village's compliance with legal and financial requirements and conformance with management best practices.

Cherry Blossoms at the Freer Gallery of Art



New Member Jeanne Wolf Leads Virtual Art Tour

With the pandemic still raging in the community, the thought of heading down to the Tidal Basin to view the annual cherry blossoms with hundreds of strangers may seem a bit daunting. Fortunately, you won't have to miss out on hanami, the traditional Japanese custom of "flower viewing" because the Waterfront Village will bring the blossoms to you via a virtual tour of the Freer Gallery's collection of cherry blossom inspired art.

Jeanne Wolf, one of our newest Village members and a docent of the gallery since 2015, will lead the tour and share her love of Japan as she guides the Village audience through the Freer collection, placing a spotlight on some of the valued art treasures which depict cherry blossoms. Through her career in education, Wolf spent time in Japan on many occasions and learned a bit about the Japanese art.

"When I retired, many of my friends urged me to get involved with the Freer Gallery, and I am glad I did. It's fun," Wolf said.

To prepare for the responsibilities of a docent, Wolf participated in an extensive one-year training program. The museum also continues to provide ongoing education for Wolf and other docents.

"It's a wonderful opportunity that I love," Wolf said, adding, "I'm happy and get to meet a lot of interesting people."

CALENDAR OF EVENTS

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

Join respected meditation leader Anandaropa 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.



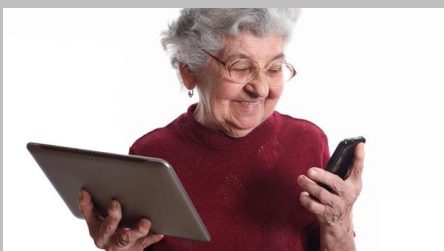
Chair Yoga with Tara Kelley-Baker Tuesdays at 4:00 p.m. **New Date and Time!**

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, April 13 11:00 a.m.

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





Technology Boot Camp **Wednesday, April 7 & 21 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.

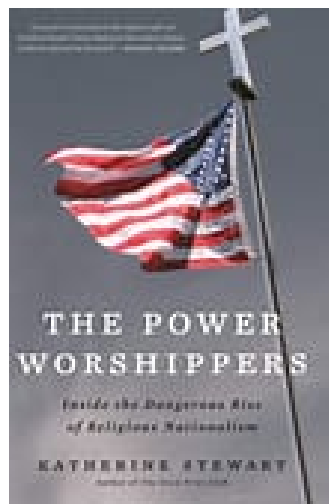


Chair Yoga with CHV **Thursdays at 4:00 p.m.**

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 Book Club ***The Power Worshippers*** **Thursday, April 15 at 2:00**

Katherine Stewart's *The Power Worshippers* is a well researched exploration of the Religious Right's rise to power in the United States. The book probes the significant threats a Christian nationalist movement poses to the American republic and American democratic freedoms.



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.



Article of the Month

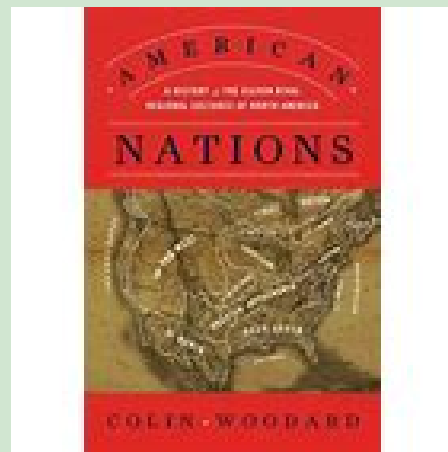
Tuesday, April 27 at 4:00 p.m.

The newest Village club resembles a book club, but instead of discussing a book, this group will read an interesting or provocative article from a leading magazine and discuss its contents and potential impact. This month's article is "When Constitutions Took Over the World" from *The New Yorker's* March 29 edition.

Village History Club

Wed., April 28 at 4:00 p.m.

For our April Club Meeting we will be discussing *American Nations: A History of the Eleven Rival Regional Cultures of North America* by Colin Woodard. The author proposes a framework for examining American history and current events based on a view of the country as a federation of eleven nations, each defined by a shared culture established by its founding population.



Home Modifications to Improve Safety and Comfort Wednesday, April 21 at 4:00 p.m.

The National Association of Home Builders promotes safety for older adults through its Safe at Home program. The program instructs design and construction employees on home modifications which can better accommodate those with mobility issues and other physical challenges. These home modifications include handrails, grab bars, bathtub cuts, shower seats, furniture risers, and chair lifts, among others. Come to this session with Certified Aging-in-Place Specialist Russ Glickman and his staff to learn about the latest developments in home modifications for older adults. This event was originally scheduled in February.



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**



Thank you to our members renewing during the month of March:

Christopher Beck
Bob Craycraft
Sandy Carroll
Barbara Friedman
Susie Humphreys
Janet Miyazaki
Victoria Peckham
Mary Irene Pett
David Reiss
JoAnn Reiss
Oliver Winkfield

A very special welcome to our new members who joined the Village in March:

Nirmala Cherukupalle
Alice Green
Dorothy Gumbs
Marva Gumbs-Jennings
Errol Jennings

Did you know that Waterfront Village will be celebrating its fifth anniversary in 2021?

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



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

800 Maine Avenue SW, Suite 200 Washington, DC 20024-2811
202-656-1834 info@dcwaterfrontvillage.org
www.dewaterfrontvillage.org