



• 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 48 - February 2021

Washington Walks Crouch's Walking Tours Open Doors to the District's History


When Southwest resident Carolyn Crouch picked up a brochure advertising walking tours in London while on vacation in the 1990s, she had no idea she was embarking on a new career. But that brochure advertising walking tours became the catalyst for her to establish one of DC's most celebrated tourism companies, Washington Walks.



The brochure advertised walking tours and folded out to a map marking the company's many tours of London's different neighborhoods. Upon taking several of them, Crouch decided walking tours were the best way to learn about a place. Since she had studied acting in Washington, she also took notice that the walking tours were often conducted by fellow thespians. She wondered if walking tours would be a good way to combine her interest in history with her love of the stage.

Upon returning to Washington, she took a look at the tour offerings in DC, which primarily consisted of tour guides riding along with groups on buses. She thought there was room for a company that led walking tours and started working with a colleague to lead small groups. She used her acting skills to bring history alive for her clients.

More than 20 years later, Crouch's company of 16 guides conducts walking tours throughout DC on many different topics, focusing on neighborhoods, political figures, historical events and national treasures. New tours are being developed all the time, as she and her staff get a feel for what the customers want. Many of her customers are residents of Washington who just want to learn something different about their city, so she is always looking to diversify her offerings.



While the pandemic did sideline walking tours for 2020, it also encouraged Carolyn and her staff to build out their virtual offerings. Although they don't have the impact of standing on the exact spot where history took place, the virtual environment provides the guides with a better medium for telling important and compelling stories that aren't location based.

One such story is about Congressman Daniel Sickles, who murdered a man in Lafayette Park in February 1859. Crouch is offering DC Villages an opportunity to experience a virtual reimagining of this event free of charge on Saturday, February 13 at 3:00 p.m. While perhaps not a classic romance, the story does involve a love triangle and the son of one of the best-known Americans in history. Perfect for Valentine's Day weekend. You can sign up for this virtual tour on the Village website.

Crouch thinks Washington Walks tours are perfect for active older adults. While the walks are not too strenuous, they provide an opportunity to get some exercise while learning things about Washington that very few residents will ever [will] know. More information about the tours can be found on Washington Walks website at www.washingtonwalks.com.

Wellness Wednesdays Continue in February

Last month, the DC Villages launched Wellness Wednesdays, a joint weekly program at 1:00 p.m. each Wednesday hosted by a different village.

Waterfront Village's topic on January 27, 2020, was medication management. A pharmacist from CaryRx, a small pharmacy near the Convention Center, presented options for using tools and technologies to help you take your prescriptions safely as prescribed.

Upcoming Wellness Wednesday events include:

- February 10 - Declutter Your Life with Brookland Intergenerational Village
- February 17 - Living Long and Loving Well with Kingdom Care Village
- February 24 - Eating for Heart Health with Northwest Neighbors Village

To see the Waterfront Village medication management event, hit the button below.

Medication
Management

Home Modifications Play a Critical Role for Extending Independence at Home

Making timely and strategic home modifications is among the most critical steps that an older adult can take to age safely and comfortably at home for as long as possible, according to Chris Moore, a Certified Aging in Place Specialist (CAPS). In a recent Angie's List article, he stated that it's important to view an age-in-place situation from three perspectives:

Safety: What must be done immediately to eliminate clear risks for falling or other safety hazards?

Accessibility: Are there modifications that can enhance accessibility or address physical limitations?

Convenience: How can home modification just make things easier?

A good place to start is by finding a contractor with CAPS training from the National Association of Home Builders. Talk to several. Invite those you like for an in-home consultation.

The Village will host construction specialists on Tuesday, February 23 for a Zoom session reviewing common home modifications and how they can improve safety and extend one's ability to age in place.



Bar grips, stair lifts and walk-in tubs are three of the most popular home modifications that can be made to enhance the lives of older adults who seek to age in place.

Quinn Steps up as new WFV Board President

At its January monthly meeting, the Waterfront Village Board of Directors elected Carroll Quinn to take over as Board President with the impending departure of Anne Martin, who has served on the Board since 2018 as president since January 2020. JoAnn Lamphere was chosen for the position of Vice President, replacing Quinn who performed those duties last January.

"Anne Martin provided critical leadership during this tumultuous year of COVID-19. Her contributions to Waterfront Village are significant, and she will be sorely missed," Quinn said. She also said that she will always remember Martin's remarkable performance as the host of last fall's virtual house tour and her flexibility last spring when the pandemic hit. Martin relocated to Silver Spring in January and decided to retire from her Board position after the February meeting.

With Quinn stepping up to the President's position, the organization will benefit from her experience as the Board secretary and as vice president last year. She has a PhD in Nursing with an emphasis on care of the elderly and additional certification in social gerontology. She has taught nursing and sociology students about issues related to aging, has served on the boards of agencies serving the elderly, and has followed the development of the village movement since its inception in Boston in 2002.

"Carroll knows everything that we are doing. I don't think we will lose a step with her taking over the reins," Executor Len Bechtel said. "I also look forward to the energy JoAnn will bring to the table."

Lamphere joined the board in 2019, shortly after moving to Southwest following her retirement from New York State service, where she served as Deputy Commissioner, Division of Person Centered Supports, in the Office for People With Developmental Disabilities. As a health care consultant, she continues to provide strategic advice and subject matter expertise to clients as they pursue new business opportunities and system transformation.



WFV Presidents

Carroll Quinn is flanked on both sides by former Board presidents, Barbara Ehrlich (left) and Anne Martin (right). Quinn is the third Board President in Waterfront Village history after her election at the Board meeting in January. [Village Archive picture, 2019]

CALENDAR OF EVENTS

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

Join respected meditation leader Anandaroopa 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.

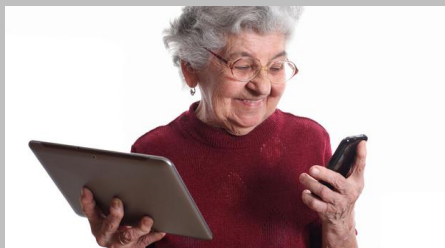


Chair Yoga with Tara Kelley-Baker Mondays at 5:00 p.m.

Starting February 1, Waterfront Village will be hosting Chair Yoga with Tara Kelley-Baker. 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, February 9 at 11:00 a.m.

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



Technology Boot Camp Wednesdays, Feb. 3 & 17 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.

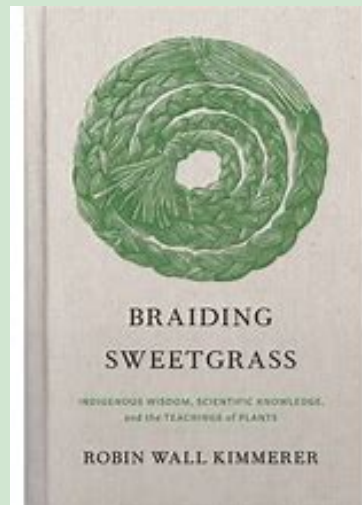


Chair Yoga with CHV Thursdays at 4:00 p.m.

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.

Book Club: *Braiding Sweetgrass* Thursday, February 18 at 2:00 p.m.

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these lenses of knowledge together to show that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world.



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.

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
January:**

Anne Cronin
Peter Eicher
Stephanie Eicher
Emily Harwit
Martin Harwit
Philippe Hutinet
Ann Kurzius
Helen Mulkeen
Mary Irene Pett
Elaine Riccio
Thorny Staple
Wayne Terwilliger
Sharon Wallis
Leonard Week

**A very special welcome to our new
member who joined the Village in
January:**

Linda Golodner

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

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