



•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 63 - May 2022

Village Relocates to New Home

Reprinted from the Southwester, May 2022

The Waterfront Village (Village) will move its office operations from the DC Wharf on Maine Avenue to 222 M Street SW to be accessible to a greater number of older adults in Southwest DC and the Navy Yard according to Len Bechtel, the Village's executive director. Beginning May 1, 2022, the Village offices will share space within St. Matthew Lutheran Church.



"Our agreement for the Wharf office was up for a renewal, and we decided that moving the office gives us opportunities to improve service and program delivery while cutting costs," Bechtel said. "It was something we just could not pass down."

The half mile move will place the Village's office more centrally within its defined territory, which includes Navy Yard, Buzzard's Point, and the longstanding residential sections of Southwest DC. With parking in the basement and Metro subway and bus stops within a block of the building, the church offers better access for older adults who depend on transportation to access the Village, including those with mobility challenges.

"The Village is happy to have this chance to be more visible in the community and more accessible by all of our members," said Carroll Quinn, president of the Village Board of Directors. Local residents should expect to see a new Village sign in front of the building soon.

While the location at the Wharf, where the Village resided for the past three years, had its advantages, there also were challenges for the Village and its members, including higher costs and the significant distance from Navy Yard and Buzzard's Point.

When the local church was being constructed four years ago, the church intended for some of its office space to be used by community organizations.

In addition to the Village, the church currently shares its space with a not-for-profit school organization.

“We are thrilled to have this opportunity to partner with Waterfront Village,” said Jim Harle, Trustee of St. Matthew Lutheran Church. “Obviously, the church shares the Village’s vision on building a local community that values and cares for our older residents. We couldn’t think of a better organization to occupy our space.”

In addition to the location and costs, Bechtel said that the amenities built into the modern church make it ideal for Village operations. In particular, he cited the church’s large multi-purpose room as a resource for lectures, workshops, exercise and dance classes, and other social gatherings. The church also offers the Village a large outdoor patio for social events, a full kitchen for events featuring meals, a conference room, and informal meeting space for small gatherings.

“Both the church and the Village see themselves as community resources,” Bechtel said. “There are so many ways that our new office will help us support older adults in our community. We are eager to start working there and welcome older adults to join us for upcoming activities.”



OPEN HOUSE

May 25, 10:00 a.m. - 11:00 a.m.

Be among the first to see the new Waterfront Village office location at 222 M Street SW (at St. Matthew Lutheran Church). The Village will provide the pastry, fruit and beverages, while you provide the amazing conversations. We look forward to seeing you under our new roof.

Older Adults Must Plan Ahead to Age in Place Successfully

The vast majority of people over 50 say it’s important that they keep living in their current homes for as long as possible. But a new poll shows many of them haven’t planned or prepared for “aging in place,” and a sizable percentage might have a hard time paying for in-home help.

The pandemic’s toll on older adults, especially those in nursing homes and other long-term care facilities, has brought the issue of living independently at home into the national spotlight. Recent national policy proposals around changing the ability of Medicare and Medicaid to pay for virtual care and in-home help would make things easier.



"The pandemic showed us how important aging safely in place can be, and Villages can play an important role in extending the time older adults can remain in their homes," said Len Bechtel, executive director of Waterfront Village.

But the new findings from the National Poll on Healthy Aging suggest many people in their 50s, 60s and 70s need to do more to modify their homes or plan for services they may need if they want to avoid or delay needing to move. The poll also shows differences in aging-in-place readiness among the 28% of older adults who told the poll that they live alone.



"One of the things that Villages do very well is share information about the options available to older adults. We believe that if our members learn about their options, they will make more informed decisions about what level of support they need," Bechtel said.

The poll is based at the U-M Institute for Healthcare Policy and Innovation and supported by AARP and Michigan Medicine, the University of Michigan's academic medical center.

In all, 88% of people between the ages of 50 and 80 said it was very or somewhat important to them that they live in their homes as long as possible. But only 15% said they've given a lot of consideration to how their home may need to be modified as they age, while 47% have given it little or no thought.

Meanwhile, 48% of those who live alone said they don't have someone in their lives who could help them with personal care such as bathing and dressing if needed, compared with 27% of those who live with others.

As for hiring help, 19% of older adults are very confident they could afford to pay someone to help with household chores, grocery shopping, personal care or managing their finances. On the other hand, nearly two-thirds of those who called their current physical or mental health status fair or poor said they were not confident or not very confident that they could afford to pay for such help.

"At the Village, our goal is to plant the seeds and provide the information needed for more of our members to understand that they need to plan for the future," Bechtel said. "We also stand ready to help any of our members with references and information to make choices that fit their situation and budget."



Save the Date: Waterfront Village Picnic and Home Expo

**Saturday June 18, noon-4:00 p.m.
222 M Street SW**

Waterfront Village is pleased to announce a picnic and meet-and-greet event that will

feature delicious food, lots of wonderful friends, as well as the chance to meet representatives of organizations that support older adults aging in place. This is a chance to put a name and a face together with your fellow village members as well as with those who might be a resource for you someday in the future! We look forward to seeing you at this event!

Steve Livengood Presents a Walking Tour of Southwest

**Friday, May 6, 10:30 a.m.
followed by optional lunch,
restaurant TBA**



Abigail Adams' nephew, James Greenleaf, was the primary person to see the potential of what is now Southwest DC. Steve Livengood, Public Historian for the U.S. Capitol Historical Society (and a member of Waterfront Senior Village) will present a tour of the area where Greenleaf started to develop the neighborhood, describing the situation, why the project failed, and what is left of Greenleaf's Vision. And he will show how that vision is finally coming to fulfillment more than 225 years later. Fort McNair sits on Greenleaf's Point for very historic reasons, and the neighborhood votes at the King-Greenleaf Recreation Center but few people know who Greenleaf was. The tour will require walking for several blocks around the intersection of 4th and M Southwest.



Walking Club Hits the Road (and the Circulator!)

The Walking Club will be venturing up to Capitol Hill via the Circulator and Montgomery County to Brookside Gardens (drivers needed, let us know if you are willing!) to enjoy some new views during our walks! Please be sure to

register for these special walks so that we can know to expect you. We'll enjoy a walk through the Eastern Market neighborhood to take in the history and architecture. When we go to Brookside we'll enjoy the pond loop, the greenhouse, and the wonderful walking paths. Please register online or by calling 202-656-1834, so we can arrange transportation.

**Eastern Market Walk: May 10
Brookside Garden Walk: May 17**

The Raven and the Box of Daylight Glass Sculpture Exhibit

**Wednesday, May 11, 9:45 a.m.
meet at 4th and M Streets
to walk to the Museum of the
American Indian**



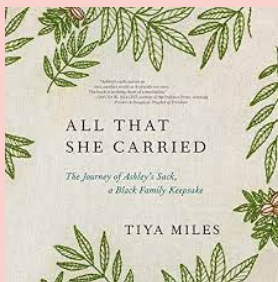
This amazing exhibit by Preston Singletary explores the journey of darkness to light, and what better medium but glass to explore this topic. This exhibit features storytelling, Northwestern Pacific Soundscapes, and projected images that are paired with Singletary's beautiful glass pieces. We have a nice group of folks interested in exploring some of the exhibits that are just steps away from Southwest. Email Pam to learn more!

Happy Hour Anyone? Hosts Wanted!

Friday May 13, 5:00 p.m.



We are excited to welcome back the in-person Waterfront Village Happy Hour. We would love to find some members who are willing to host these small gatherings. Our first happy hour is scheduled for Friday, May 13. Let us know if you are willing to host either at your home or as our contact with a local watering hole. Please note that you must register for this event in order to attend. You can register on the website, call the office at 202-656-1834, or send an email to info@dcwaterfrontvillage.org or ptroutman@dcwaterfrontvillage.org



**Book Club
May 19, 2:00 p.m.
Southwest Library and via Zoom**

All that She Carried, by Tiya Miles

In 1850s South Carolina, an enslaved woman named Rose faced a crisis, the imminent sale of her daughter Ashley. Thinking quickly, she packed a cotton bag with a few precious items as a token of love and to try to ensure Ashley's survival. Soon after, the nine-year-old girl was separated from her mother and sold. This book traces the story of this bag through the generations. It is a sweeping tale of love and loss and you will "carry" this story with you for a long time after you have put the book down.

Member Input Sought

One of the most valuable services that Waterfront Village offers is a platform by which members can share information and experiences.



To that end, during the month of May, we will be asking you to share your experiences as patients and help us build our database of medical providers.

Do you have a cardiologist who has provided excellent care? How about a gastroenterologist who finally helped you resolved some long-time symptoms? Did you have a positive experience with an eye doctor or dentist in the area? We would love to build out this database and YOU are our best source. We only need a name, speciality, and phone number and we can take it from there. Please click the link below to provide us with this information, or email Pam directly at ptroutman@dcwaterfrontvillage.org.

Waterfront Village Medical Provider Recommendation
Form

HOUSES WANTED

House Tour Scheduled for October 16

Waterfront Village returns with its celebrated house tour of Southwest DC on Sunday, October 16. This will be the first in-person house tour since 2019.



"While we continued the tradition with a virtual tour in 2020 and 2021, there is nothing like walking a neighborhood and taking in the sights, sounds and life of the community the houses are located in," said Carroll Quinn, the president of Waterfront Village. "The homes are amazing, but so is the spirit of neighbors coming together to support a great cause."

The tour is still five months away, but the House Tour Committee is looking for some help finding houses for the tour.

"We are looking for homes that are unusually beautiful or have unique stories associated with them," said Andy Peers, the Board Member leading the tour committee. "I am always thrilled by the homes and owners we are able to feature in the program."

If you or someone you know has a house that you think others would appreciate, please let the Village know by calling 202-656-1834.

RECURRING EVENTS

Village Walking Club

Tuesdays at 9:30 a.m.

Thursdays at 3:00 p.m.

Location: Meet at 4th and M Street

These walks will remain local walks; there is always the opportunity to do a shorter walk! Check your email or call the office at 202-656-1834 if the weather is questionable.



Walking Club enjoying the Tidal Basin at sunrise



Technology Support Sessions

Wednesdays, May 4 and May 18 at 3:00 p.m.

Location: Zoom Session

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.

Music and Movement with with Bob Sacheli and Roy Barber Thursdays at 11:00 a.m. via zoom

This program is a very special offering that we are happy to include on our calendar. Bob and Roy are highly trained, caring individuals who aim to support you on your journey by providing this class. The class will help you embrace movement of both body and spirit. The first class is free, additional classes are by donation, suggested amount is \$5-10; payment can be made via paypal at @RobertSacheli. Please email Pam to be included on the zoom link distribution class.





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 to Harris Teeter and back. Register for this service on the Village website or email Pam at ptroutman@dcwaterfrontvillage.org

This program is currently available for full members; we will keep you posted if we can offer it for all members in the future! Harris Teeter offers a 5 percent discount on all purchases made on Thursdays.

Chair Yoga with CHV

Mondays at 4:00 p.m.

Location: Zoom Session

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

Location: Zoom Session
May 26 at 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.



amazonsmile
You shop. Amazon gives.

Calling All Amazon Shoppers!

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

Wilma Goldstein
Emma Verdick
Sharon Wallis & Leonard Weeks

Special Welcome to New Members Joining Us in April:

Veronica Davis
Doris and Turna Lewis
Pat Arnold
Carol and Robert Wilken
Diana Berchiolli
Deborah Greenbush

We may not say it enough, but we appreciate the participation of all our members. Thank you for your support.

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

Need help paying for your Waterfront Village membership?

Through a grant provided by Friends of Southwest DC, the Village is able to offer subsidized memberships to older adults with limited incomes.

Please call the Village on 202-656-1834 if you would like to discuss how to qualify for a reduced-rate membership.

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.



Send an email or call the Village on 202-656-1834 if you have any questions or would like additional information.

New Village Mailing Address

Please note that the Waterfront Village mailing address has been changed, and all mail should not be sent to:

Waterfront Village
P.O. Box 70372
Washington, DC 20024

Please call the Village on 202-656-1834 if you have sent mail to our old address on Maine Avenue within the last 10 days. Thank you.



Waterfront Village is a 501(c)(3) public charity (EIN 81-1859871) incorporated in the District of Columbia 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.

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