

• 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 56 - October 2021

## DACL Presents Medicare Open Enrollment Information Session

The District Department of Aging and Community Living will present an online information session on the Medicare Open Enrollment Period on Thursday, October 7 at 3:30 p.m.

Each year Medicare invites people eligible for Medicare benefits to take part in the Medicare Open Enrollment Period. The Period lasts from October 15 through December 7, and coverage begins from January 1 of the following year. Also known as the Annual Election Period or open enrollment season, this time gives Medicare beneficiaries the opportunity to change their Medicare coverage plans: switch among various plans, or enroll with new ones.

Advocates for older adults are concerned that not enough people are taking advantage of this opportunity. The Open Enrollment Period gives newly eligible people a chance to enroll in Medicare, and existing beneficiaries a chance to review their plans. As plans may change every year with respect to offers, premiums, and prescription costs, people should review their plans in detail before the start of, or during the Open Enrollment Period. Moreover, individual needs may change from year to year, so this Period is crucial for people who want an additional service or want to be dis-enrolled from a particular plan.

If you are enrolled with a Medicare Advantage Plan, or a stand-alone Prescription Drug Plan, look out for your Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your Plan. Review these notices carefully for changes in plan coverage and/or costs for the upcoming year.

The DACL presentation will provide a more detailed overview of the open season opportunities that may be available to you. This is a good time for getting an update on options and having any of your questions addressed.



# ARE YOU READY TO CELEBRATE ?



It's not too late to join the Waterfront Village's Fifth Anniversary and Annual Awards Celebration on October 3 at 2:00 p.m. Call the Village before 2:00 p.m. on Saturday, October 2 to get the link for Sunday's big bash. Sorry, it's too late to order the party bag pictured above, but that doesn't mean you can't have an amazing time at the online celebration.

## Southwest Community Center Invites Village to Engage

The Southwest DC Community Center Outreach Team invites Waterfront Village members to discuss the proposed functional use of the public facility under development at the Friday Night Market today, October 1, from 4:00 p.m. to 10:00 p.m.



During the negotiations for the Waterside Mall and adjacent lot development, the Advisory Neighborhood Commission (ANC) 6D negotiated a Community Benefits Agreement for the establishment of a 6,000 square



foot Community Center at 375 M Street, SW. As part of the agreement, Brookfield Properties (formerly Forest City) will provide this space rent-free for 30 years and will provide funds for the buildout. While the space will be rent-free, the Community Center will need to fund its own operations and programming, either through fundraising, revenue-generating activities, or other means, as the Community Center is not a D.C. government operation.

Waterfront Village members will have an opportunity to meet the volunteers who are spearheading community involvement in the planning of the center and provide input on what activities and facilities the center should provide, particularly representing the voice of older adults! For more information, email [mlfpoet@gmail.com](mailto:mlfpoet@gmail.com)

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## **Village to Explore Hillwood's Outdoor Treasures**

**Tuesday, October 12, 9:30 a.m. departure**

**Meeting place to be determined based on registrants**

We are looking forward to a beautiful day in a beautiful place! Hillwood's gardens and woodland pathway will be our destination on this trip. This is a local gem and whether you've been before or not, it is a delightful way to spend the morning! We are grateful to our hosts Jud Long and Bob Craycraft for providing passes for this trip.

Please note that this is a garden and pathway outing. Before registering, consider your own mobility status and safety in deciding whether or not to participate. We will be arranging carpools for this event (masks and air circulation will be enforced). Please contact Pam Troutman at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org) if you are able to provide a ride or if you need a ride!

**Registration in advance is required for this limited-capacity event. You can register on the Village website or by calling 202-656-1834.**



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### **Spotlight on Services**

As part of our occasional feature, "Spotlight on Services" we will take a look this month at the Member Services

Desk. The Member Services Desk is available to both supporting and full members. The goal of this service is to keep an updated list of resources, vendors, and providers to which we can connect you as you have need.



Looking for a handyman or housekeeper? Needing information on public transportation options? Are you interested in meditation programs that are offered online? These are just a few examples of some of the information we have in our database.

You can help your Southwest neighbors by contributing to the Member Services Desk! Have you had a positive experience with a contractor, medical provider, or social or educational program? Please remember the Waterfront Village and forward on any information to Pam Troutman at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org).



### **Keep Connected with our Bridges Group for Those with Mobility Challenges!**

**Wednesday, October 6  
11:00 a.m.**

**Location: Zoom**

It is important to stay connected to other people even if it is difficult to leave your home. This group meets monthly in a zoom session. New members are encouraged to stop by! We had a nice gathering last month that included an update on local transportation resources.

Please contact Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org) for more information.



### **Breaking Bread Social**

**Monday, October 25  
1:00 p.m.**

We had a great time in September at the sandwich social at Eleanor Holmes Norton Park! It was great to see so many Village members!

The October Social will be held on October 25th; location to be determined.

This month we'll enjoy some hot chocolate and hot cider and some other autumn specialties.

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



## Help us Spread the Good News about Waterfront Village!

Do you see a dentist, doctor, or other healthcare provider who is located in SW or the Navy Yard neighborhood? Do you live in a building with a concierge desk?



We are excited to announce the update of Waterfront Village's publicity materials. A huge thank you to Diane Renzulli and Amelia Visnaukas for their amazing work to improve our Waterfront Village brochures.

We are excited to spread the word about Waterfront Village to the 1500+ older adults who live in SW and the Navy Yard neighborhood! We are especially interested in getting these brochures into the hands of folks who regularly interact with older adults in this community.

Contact Pam at [ptroutman@dcwaterfrontvillage](mailto:ptroutman@dcwaterfrontvillage) if you are interested in dropping off brochures to your network!

## Thank You!

We would like to extend a huge thanks to the many volunteer cooks who responded to our request for meals for members who are coming home from hospital stays! It was really heartwarming to have so many people offer their support! We look forward to working with all of you!



## Please Register for Events

Please be sure to register for events on the Waterfront Village website or call the office at 202-656-1834 for help with registration. Your registration helps us gather accurate information about what programs are of interest to you, our members, and also assists us with reporting out to our various sources of funding. Thank you!

# CALENDAR OF EVENTS

## Hearing Health- A key to Healthy Aging!

**Tuesday, October 5th, 11:00 a.m.  
via zoom**

We are excited to welcome Nicole Jordan of The George Washington University Speech and Hearing Center. Ms. Jordan will be discussing hearing loss management. Did you know that hearing loss is experienced by 25% of people age 65-74 and 50% of people 75 years and older? We encourage all of our members to attend this event. If you are not experiencing hearing loss, someone you know is!



## Emergency Response Systems and Smart 911

**Monday, October 11, 11:00 a.m.  
Via Zoom**

Stop by this Waterfront Village Zoom; Pam will be presenting information on several vendors who provide emergency response systems as well as a two programs, one called Smart 911 and another called the File of Life. Both of these programs are designed to provide first responders with additional information as they respond to emergencies. Please register on the website.



## Iona Senior Services Presentation

**Tuesday, October 19, 3:00 p.m.  
Via Zoom**

Stop by this Zoom Session to learn about some of the services that Iona Senior Service offers. Iona has been providing services to older adults in the District of Columbia for over forty years!

Please register for this event online!

## Village Book Club

### **The Sum of Us: What Racism Costs and How We Can Prosper Together**

**Thursday, October 21, 2 p.m.**

Location: Recreation Pier near Hank's Oyster Bar





This month our very active book club will tackle this important work that takes a deep dive into the complex topic of race and economics. Heather McGhee pulls together the history of economics and the material impact of slavery, which can still be felt today. McGhee identifies the way in which resource control and the notion of zero sum gains (that progress for some of us must come at the expense of others) have impacted decisions made throughout the course of American history.

We look forward to seeing you at this monthly gathering; new participants are always welcome!



## **Water Taxi to Old Town and the Torpedo Factory**

**Friday, October 22**

**meet at 11:30am at the Water Taxi Station at the Wharf**

We are excited to launch off on the Water Taxi to enjoy an afternoon in beautiful Old Town Alexandria. We'll meet at 11:30am to catch the taxi; you must register in advance if you would like the Village to purchase Water Taxi Tickets for you!

Lunch will be on your own at one of the many options nearby. If you are interested in visiting the Torpedo Factory to enjoy some of the artists' galleries inside, we'll plan to meet at 2:00 p.m. at the central street-side entrance.

You must RSVP to Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org) or register online, all by October 10th so that we can ensure there are taxi tickets available. The cost for a ticket is \$22.00

You can also buy your tickets on your own by clicking on the button below. Be sure to enter the date and time correctly when purchasing your ticket. Our group plans to take the 11:45 a.m. boat down and the 4:00 p.m. back.

Water Taxi  
Tickets



## **Sackler Gallery- Live Zoom Presentation Nature in the Arts of Asia Saturday, October 23, 11:00 a.m.**

This program is a special offering from the National Museum of Asian Art that will be a LIVE zoom presentation. The tour will feature a look at the role of nature in art; from "flora to fauna to sea and sky," we are very excited to be able to offer this program. You **MUST** register online as this presentation will be delivered via a Smithsonian Zoom link that will be sent to all registrants.

## RECURRING EVENTS

### Technology Boot Camp

Wednesdays, October 6 & 20 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.

### *Staying Connected for Those with Mobility Challenges*

Wednesday, October 6, 11 a.m.

Location: Zoom Session

Please register online and stop by this zoom to build community and share resources for those with mobility issues. Call Pam at 202-656-1834 for more information.

### Village Walking Club

Thursdays at 10:00 a.m.

Location: Meet at 4th and M Street

**Please note the new time!**

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 weather conditions. 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 to Harris Teeter and back. Register for this service on the Village website or email Pam at [ptroutman@dcwaterfrontvillage.org](mailto: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!



**Chair Yoga with CHV**  
**Thursdays 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**  
**Thursday, October 28th, 11:00 a.m.**  
**Location: Zoom Session**

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.**  
**Location: Zoom Session**

After a long week, come unwind with your neighbors over drinks, snacks, and gossip. Invite your friends to join you. On the last Friday of the month, get a special preview of the upcoming month's Village events.



**Waterfront Village Committees**

See listing below for dates and times; all committees meet via Zoom

We are happy to report that Waterfront Village Committees continue to provide feedback and input to Village staff. The committees are of particular value as we look to the next season. Fall programming and a new and updated website and database have all been on the agenda at recent committee meetings.

**Volunteer & Member Services Committee** (Thursday, October 7, 1:30 p.m.): reviews services that are available to members and recruits and provides support for volunteers.

**Membership Committee** (Tuesday, October 19, 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, October 26, 3 p.m.): provides suggestions for programs, activities and events; assists in making contact with outside organizations to plan events

### Three easy ways to register for and attend Village events:

1. Log into our website and hit the Events tab to learn more, and then RSVP online\*
2. Email your request to: [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org)
3. Call the Village at 202-656-1834

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 September:

Marion Buelkin  
Julie Farris  
John McGrath  
Donna Purchase  
Henry Purchase  
Pege Gilgannon

### Special Welcome to New Members Joining Us in September:

Andrea Collins

**amazon**smile  
You shop. Amazon gives.

### Calling All Amazon Shoppers!

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.

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