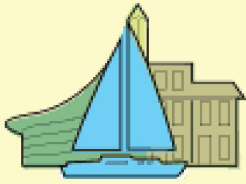


•WATERFRONT•  
VILLAGE



# 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 67- September 2022

## Note from the Executive Director

As we turn the calendar toward the autumn months, I cannot help but to note the feeling of community that has been building among Village members. Being able to get back together face-to-face has helped us to realize again just how special a Village can be.



Beginning with the Village picnic in June through the Senior Week activities last week, the number of members attending events and expressing appreciation about them has been remarkable. We hope to build on that excitement in the fall.

In this issue of the Navigator, we highlight some of the major events that will take place in the next few months, including the annual home tour and our anniversary awards dinner. We also will continue some of the activities started this summer, including pickleball and Monday Miracle Matinees.

Your health and fitness always rank high on our list of priorities, so you should expect to see more programs covering those topics, including our upcoming program on fall prevention.

We hope that there is something on our fall calendar that you find appealing and urge you to call us with suggestions if you don't. We always enjoy getting input from members, as it helps us focus on the things you would want to see.

Hope to see you at an event soon.

# Senior Citizen's Week brings out the crowds

Waterfront Village saw a record number of members out at the many events that happened during Senior Citizen's Week, August 21-26. This week, which was an expanded recognition of Senior Citizen's Day, provided social, cultural, educational, dining and fitness events. There really was something for everyone, and sure enough, many members enjoyed one or more of our daily activities over the course of the week.



*peach festival desserts*



*the beautiful office courtyard*



*more peach desserts!*



*Dr. Andrew Billingsley's  
author lecture*



*tea with Carroll Quinn at  
Hillwood*



*happy hour at  
the Boardwalk*

## September is Fall Prevention Month- Can you pass the Flamingo Test?

What's the big deal about balance? Why is it so important? Here is one important reason: a recent study showed that the inability to stand on one leg is significantly correlated to earlier death. A recently published study with a sample of 1700 people between the ages of 50 and 75 found that those who could not stand on one leg for ten seconds were greater than 84 percent more likely to die within a decade than those who could.



The good news is that is NEVER too late to improve your balance. Waterfront Village is pleased to welcome a physical therapist from Pivot to our September coffee hour. In addition, we would encourage you to check out some of these online resources for improving your balance. As always, we encourage you to take steps to stay strong, physically and mentally, so that you can remain in the driver's seat of the aging process!



# **Village Home Tour -- Save the date!**

## **Sunday, October 16th, 2022**



Waterfront Village will hold its fifth annual home tour, Homes of the Southwest Waterfront, on Sunday, October 16th, 2022, from 1:00 - 5:00 p.m. The event is the Village's largest fundraising activity and is expected to draw several hundred participants.

For the first time since 2019, the Village returns to a walking tour format after two years of broadcasting it virtually. Many volunteers will be needed to pull off this event, as help will be needed the entire day, from setting up the registration center to serving staff and volunteers at the post-tour reception. Please plan to be part of the day's events either as a spectator or volunteer. We need a good showing from members for this event to be successful, and don't forget to invite all your friends and family.

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## **Waterfront Village announces theme for Annual Anniversary and Awards Dinner**

Dust off your evening dress and get your favorite tie dry-cleaned because the Village's anniversary celebration is coming your way in November. In a tribute to the many Village volunteers and supporters who are making a difference in the lives of older adults in Southwest DC and the Navy Yard, the Village's annual dinner on November 12 will reflect the theme, "Thanks for Giving."

We will recognize some of the important people and organizations that make the work of Waterfront Village possible, and in a nod to both the theme and the season, we will enjoy a Thanksgiving dinner together. In addition to a superb catered meal, you can count on moving stories and marvelous surprises. Mark your calendars now and stay tuned for more details.

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Waterfront Village will be hosting an information table at the SW Farmer's Market this fall. This is a great opportunity to meet new members and volunteers and increase our visibility in the community.



Both American University and Georgetown University are offering special educational programming for older adults in the DC area.

**American University**

However, the option to join OLLI as a paying member remains. Membership gives you access to "study groups, or classes at American University as well as access to special lectures and programs. Please call the Village on 202-656-1834 for more information.

The Fall Semester courses also have been announced for the Georgetown University's Association of Retired Faculty and Staff Lifelong Learning Program.

The Georgetown University Learning Community offers an array of mini courses each semester that are open to all persons aged 55 and over. Fees are \$30 for each course. All courses at present are on Zoom. The courses are presented online in three or four class sessions lasting between 90-120 minutes in consecutive weeks. Please call the Village on 202-656-1834 for more information.



## Election Volunteers needed

The District of Columbia is still accepting applications for volunteer poll workers. If you might be interested in this opportunity, click the button below to be taken to the DC Board of elections.



DC Board of  
Elections

## This Month's Events



### Android Phone In-Person Tech Support Session

**September 6th, 11:00 a.m.  
Waterfront Village offices**

Do you have an android phone? Are you interested in learning how to use more of the features or troubleshooting some specific challenges? Stop by the Village office to meet with other android users and receive some assistance. If you have specific questions that you can send ahead, send them to Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org), and we will try to be ready for you.

### Breakfast at Jimmy T's on Capitol Hill Wednesday, September 7 Meet at 8:45 a.m. at 4th and M Streets

Join us for breakfast at the historical Capitol Hill breakfast and lunch spot. Serving up delicious and classic breakfast fare since 1969, Jimmy T's has been serving its Capital Hill clientele and visitors for more than 50 years. We are excited to meet there for breakfast. We will travel by Circulator bus to Eastern Market, then take the ten-minute walk to Jimmy T's. Please make note that Jimmy T's is a CASH-only establishment so come prepared. Please register on the website so we can know to expect you.





**Waterfront Village  
Monthly Coffee Drop-in  
Wednesday, September 14  
10:00 a.m.**

Staying connected is so important for wellness. Come out to this gathering to meet up with other members and catch up with one another.

During today's coffee hour, professional staff from Pivot Physical Therapy will join us. We will hear about ways we can remain strong and prevent falls. September is National Fall Prevention Month, and we hope everyone will consider stopping by this coffee gathering.

**FREE tickets Cubs at Nationals  
Wednesday, Sept. 14, 7:00 p.m.  
Nationals Park**



Join us as we head down the street to Nationals Stadium to take in a game with friends and neighbors. September is a great month for a ball game, with cooler weather on the way! Please register online for tickets or email [info@dcwaterfrontvillage.org](mailto:info@dcwaterfrontvillage.org) by September 9th to reserve your tickets. Limited numbers of free tickets are available.



**Book Club: *Finding the Mother Tree*  
Thursday, September 22, 2:00 p.m.  
Southwest Library and via Zoom**

In Suzanne Simard's first book, she brings us into her world, the intimate world of the trees, in which she brilliantly illuminates the fascinating and vital truths--that trees are not simply the source of timber or pulp, but are a complicated, interdependent circle of life; that forests are social, cooperative creatures connected through underground networks by which trees communicate their vitality and vulnerabilities with communal lives not that different from our own.

Simard writes--in inspiring, illuminating, and accessible ways--how trees, living side by side for hundreds of years, have evolved, how they learn and adapt their behaviors, recognize neighbors, compete and cooperate with one another with sophistication, characteristics ascribed to human intelligence, traits that are the essence of civil societies--and at the center of it all, the Mother Trees: the mysterious, powerful forces that connect and sustain the others that surround them.



## **Purple Heart pick-up Tuesday, September 27th**

We will be offering a limited number of Purple Heart pick-ups for those of you who have household items or clothing that you are interested in donating. These items must be securely bagged or boxed for pick-up. Please note that books are not accepted. You must email Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org) in order to be added to the list of pick-ups that day. You can also register on our website.



## **Glenstone Museum Trip Thursday, September 29 Village office at 8:45 am**

We are pleased to have secured tickets for this in-demand "local" gem, where art, architecture, and nature intersect. Glenstone, located in Montgomery County, Maryland offers a beautiful setting where we will enjoy artwork from post-WW II in both indoor and outdoor spaces. We will be eating lunch at the museum as well.

There are limited spaces for this trip, so please register on the website or by calling 202-656-1834 and purchase your lunch ticket today.

## **RECURRING EVENTS**



## **Village Walking Club Tuesdays at 8:30 a.m. Location: Meet at 4th and M Street**

These walks will remain local walks, and there is always the opportunity to do a shorter walk! We want these walks to be enjoyable for as many members who want to stroll the neighborhood. Check your email or call the office at 202-656-1834 if the weather is questionable.

## **Technology Support Sessions Wednesdays, September 7 and 21 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.





## **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! Harris Teeter offers a 5 percent discount on all purchases made on Thursdays.

## **Alzheimer's Support Group** **September 29 at 11:00 a.m.** **at the Village offices, 222 M Street, SW**



Are you caring for and/or living with someone experiencing cognitive impairment or some form of dementia? Sharing your experiences and concerns with other caregivers helps one cope. Join other caregivers from the Southwest area on the fourth Thursday of every month from 11 am to 12 noon to support one another. Groups are facilitated by Village member Carroll Quinn, a retired nurse and Vickie Henrickson, a retired social worker and also a Village volunteer. Both have had personal experiences with dementia caregiving. We meet in a private conference room at St. Mathew Church and our discussions are kept confidential. If you have questions, contact Vickie Henrikson at 202-251-7117 or Carroll Quinn 513-673-9921, or send an email to Pam at: [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org)

## **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.





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

## Calling All Amazon Shoppers!

### Thank you to our members renewing during the month of August:

Rachel Hecht  
Maria Rita Heep  
Tom Kemp  
Morris Klein  
Susan Klein  
Dick Lang  
Leslie Lang  
CA Stillions

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

August Becker  
Tony Carcaldi  
Rachel Clark  
Stephanie Dalton  
Charles Magnus  
Rhonda Moore  
Tom Walsh

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. 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 be sent to:

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



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.

Leonard Bechtel  
Executive Director

Carroll Quinn  
President

P.O. Box 70372, Washington, DC 20024  
202-656-1834 [info@dcwaterfrontvillage.org](mailto:info@dcwaterfrontvillage.org)  
[www.dewaterfrontvillage.org](http://www.dewaterfrontvillage.org)