



•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 69- November 2022

Village Announces 2022 Awards

Waterfront Village announced its 2022 Annual Award recipients earlier today in advance of the November 12, 2022, dinner and awards ceremony at Saint Matthew Lutheran Church. Three individuals and one corporate supporter will be recognized for outstanding contributions they have made to the Village.

"Waterfront Village is pleased to have so many volunteers and supporters," said Carroll Quinn, the Village president. "These awards give us a chance to recognize some of the people who have made extraordinary efforts on our behalf."

Two former Board members, Katherine Crump-Weisner and Carol Cowgill, will receive the prestigious President's Award for their leadership and hard work to establish and ensure the continuity of the Village. National Capital Bank earned recognition for the Supporter's Award for its sustained financial support and the pro bono work of its employee, Angela Beckham, as a former Village Treasurer and current senior financial adviser to the Board. The Outstanding Service Award went to James Harle, for the number, significance and diversity of his volunteer contributions during the past year.



Katherine Crump-Wiesner President's Award

Katherine Crump-Wiesner (pictured left with husband Hans) is the founder of the Friends of Waterfront Village, the Village's special donor program for large contributors. Following the lead of many non-profit organizations, she established the Friends as a mechanism for recruiting and recognizing major contributors.

Among the benefits of the Friend Society are special social meetings, recognition in the Southwester, and early updates on special events. Katherine initiated and continues to manage the Friends as part of her portfolio on the Development Committee. She writes thank-you cards on behalf of the Village, participates in the strategic fundraising discussions and helps to organize special events.

Carol Cowgill

Carol Cowgill has been a presence in the Village since its beginning. From the earliest days she was, and continues to be, an active volunteer. She served as a Board member for several years, including as Vice President of the Board.



As Vice President Carol served during a period of rapid change for the Village that presented a number of challenges. Through that period, Carol was a constant presence and counsel for other Board members. And in spite of her other many commitments, Carol always finds time to volunteer in response to calls for guidance or help for members.



National Capital Bank

For the past several years, National Capital Bank has been a generous supporter of Waterfront Village in several ways.

Through the Greater Washington Community Foundation, National Capital Bank has been a major supporter of Waterfront Village. The bank's support of the Village reflects its commitment to make surrounding communities stronger and more livable. The bank also supported its employee, Angela Beckham, to serve first as Treasurer of the Village Board and then in the critical role of Senior Financial Adviser. Her expertise and hands-on work preparing tax and financial documents is outstanding, and she helped develop many of the Village's internal control and administrative policies.

James Harle

While a member of Waterfront Village for just two years, Jim Harle (second from right in picture to right) has distinguished himself as a willing and capable volunteer. With very little support from others, Jim prepared the Village for the transition of the Village website and management system from the Club Express platform to Helpful Village



This included the transfer of data from thousands of transactions, including

membership data, donations, event registrations, volunteer training records and more. He coordinated with Helpful Village and single-handedly configured spreadsheet formats to allow the smooth transition of the digital records. He saved the Village thousands of dollars in consulting fees for this major undertaking. In addition, Jim is one of a small group of frequent drivers. He often is available on short notice to take members to their medical appointments.

Quinn said that she hopes for a good turnout on November 12. "It's clear these honorees did some pretty amazing things. The dinner gives us a chance to thank them and other volunteers and supporters."

Tickets Still Available for Awards Dinner

Tickets are still available for the November 12, 2022, Waterfront Village Annual Anniversary and Awards Dinner.



The cost of the celebration program and a three-course meal, which includes wine, beer and soft drinks, is just \$60 and includes a special souvenir gift.

If you would like a ride to the event or have a walking companion accompany you to and from the event, please contact the Village by calling 202-656-1834.

You can secure your seat(s) for the dinner by clicking the button below. Please register by the end of this week (November 5), so we can have an accurate headcount for the caterer.

Anniversary Dinner
Tickets



Home Tour Hosts Stephanie and Peter Eicher with guests



Welcome table at Saint Augustine's Church



Registration site served as gateway to tour

2022 Home Tour Makes Splash

Homes of the Southwest Waterfront, the Village's annual home tour on Southwest DC, took place on October 16, 2022, with more than 130 participants. Fortunately, it was a glorious day with plenty of sunshine and a slight breeze -- a perfect day for a stroll through our

neighborhood.

The Home Tour featured a wide variety of SW DC properties, from a Wheat Row townhouse from the 1700's to a new apartment overlooking the Washington Channel down at the Wharf. In addition to enjoying the beautiful homes, many participants commented that they enjoyed conversations with neighbors and friends.

All proceeds from the event, which totaled just over \$20,000, will be used for Village programming and services.

Thanks again to all who supported this very special day for Waterfront Village by making a financial contribution, volunteering or participating in this event.



Village set to offer Great Decisions Program in 2023

Are you familiar with the Foreign Policy Association's discussion groups called *Great Decisions*? If so, you'll be pleased to know that Waterfront Village will offer this program in 2023.

Each year, the Foreign Policy Association chooses eight critical foreign policy issues facing Americans. In groups across the country, participants discuss and debate each issue. Each session focuses on one issue from the FPA's briefing book, which is read beforehand to ensure informed participation. Some groups choose to complete a national opinion ballot to communicate their views to Congress and the White House.

Participants are expected to purchase a \$35 briefing book that provides all the reading material needed to prepare for each of the discussions. The discussions are nonpartisan and conducted in a civil manner. Group members take turns leading the discussions. Click the link below to visit this group's website. Our group will meet once a month.

If you are interested or have questions, email Pam Troutman at ptroutman@dcwaterfrontvillage.org. We will plan to do a group order for briefing books or you can order on your own. We hope to gather feedback from Village members as to a convenient day and time for those interested. Please let us know of your interest by Friday, November 25 if you plan to participate.

Winter Hats, Gloves, Scarves, and....Masks!

Now that the cold weather is here and we are gathering inside more often, we are wearing masks perhaps more than we did this summer. Be sure to refresh your masks regularly. Masks help prevent the spread of covid and other illnesses but they can also carry germs so must be replaced regularly!



Vote on November 8

Election Day is just one week away, and voting has already started. Beginning October 31, you can cast your vote by dropping off your ballot at the Southwest Library Drop Box (pictured to left) or by going to the early voting center at the Greenleaf Recreation Center at 201 N Street SW.

There are several important offices being filled this year, including the race for DC Mayor and two at-large Council seats. Charles Allen is running unopposed in Ward 6. It also is the first time we will be voting for representatives under the Ward and ANC positions after redistricting earlier this year.

For more information about voting sites and this year's election, click the button below.

[2022 Election](#)

Open Enrollment



Medicare Open Enrollment Assistance

If you are wanting to evaluate your health insurance options but don't where to start? Are you not confident that you are getting the best deal, given your medication list and your specialists?

There is help out there for you! The District's Health Insurance Counseling Program is here to help you. You can call and speak with a live person by calling 202-727-8370. They can work with you to understand your use of

medical services and then make some suggestions as to what insurance plans might be a good match for you. Last month's Village Coffee Hour featured guest Chris DeYoung from this office and he is a great resource, do not hesitate to call his office for assistance in making these complicated decisions. See below about an event for learning how to navigate the Medicare website.

Over the Counter Hearing Aids?

You may have heard on the news that some hearing aids are now available over-the-counter. What does this mean for you? Hearing health is a critical part of aging. Nearly 25 percent of those aged 65 to 74 and 50 percent of those who are 75 and older have disabling hearing loss. Hearing loss has been linked to depression, increased fall risk, and dementia. Take care of your hearing.



Recent legislation has made some hearing aids available over-the-counter. To learn more about this, click the button below. This will link you to an information page published by NIH's National Institute on Deafness and Communication Disorders. There is also an article from the Academy of Audiologists. While it is great to see improved access to hearing aids, you want to be sure you are using the right device for you. Ask your doctor or call the Village to be referred to a local audiologist.

[NIH Article on OTC Hearing Aids](#)

[Academy of Audiologists site on OTC Hearing Aids](#)

EVENTS THIS MONTH



**Medicare Open Season
Website Information Session**
Monday, November 7th
11:00 a.m. via zoom

At last month's coffee hour, Waterfront Village welcomed Chris DeYoung from the Health Insurance Counseling Program. Navigating the complex world of Medicare, supplemental plans, and Medicare

Advantage plans is not easy. During today's program, we will meet via Zoom to watch Village staff share their screen and walk through the Medicare website. This site allows you to compare plans and even enter your specific medications to find out which plan is best for you.

Vaccination Clinic

**Tuesday, November 8
10:00 a.m. to 1:00 p.m.**

Stop by the Village offices to get your covid bivalent booster, your annual flu shot, or the shingles vaccine! We are so happy to have this opportunity to partner with a local medical provider to keep us all healthy this winter. Don't delay and cross these vaccines off your to-do list.



Coffee Hour & Puzzle Exchange

**Wednesday, November 9, 10:00 a.m.
Village Offices**

This month's coffee hour will be primarily a social event. Come by to enjoy some coffee, hot cider, and time with friends. We'll enjoy a nametag ice breaker game and a chance to get to know one another! Do you know which Village members lived overseas? Do you know who has a secret juggling talent? Which Village member was the team mascot during high school?

We will also use this November's coffee hour as our annual puzzle exchange. Now is a great time to stock up on new puzzles, before the holidays and cold weather rolls into town.

Consider inviting a friend or neighbor to this event, our monthly coffee hours are a great place to introduce people to Waterfront Village

Book Club, Thursday

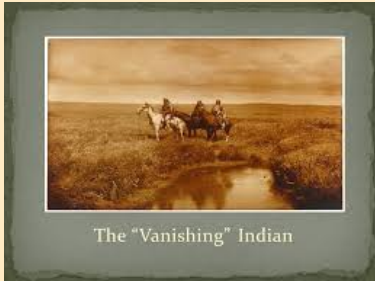
**November 17th, 2:00 p.m.
at the Southwest Library or Via Zoom**

In her book *The Magnificent Lives of Marjorie Merriweather Post*, Alison Pataki provides insight into the remarkable drive and persistence of one of America's richest women of the 20th century.

Growing up in the modest farmlands of Battle Creek, Michigan, Marjorie Merriweather Post was inspired by a few simple rules: always think for yourself, never take success for granted, and work hard—even when deemed



American royalty, even while covered in imperial diamonds. Marjorie had an insatiable drive to live and love and to give more than she got. From crawling through Moscow warehouses to rescue the Tsar's treasures to outrunning the Nazis in London, from serving the homeless of the Great Depression to entertaining Roosevelts, Kennedys, and Hollywood's biggest stars, Marjorie Merriweather Post lived an epic life few could imagine. This book is a great read of Marjorie's life and we'll sure to enjoy some great discussion at our monthly Village Book Club Meeting.



The "Vanishing" Indian

The Myth of the Vanishing Indian: Art and Policy Implications

November 17, 6:30 p.m.

Arts Club of Washington

Through an invitation from the Arts Club of Washington, Village members may attend a presentation and discussion on the myth of the vanishing Indian by Sarah Fling, historian at the White House Historical Association. This discussion will provide attendees with a chance to reflect on the Nation's history and the experience of American Indians.

Throughout the nineteenth century, American artists consciously and subconsciously excluded Native Americans from their portrayals of the national landscape, embracing a larger theme in artwork, literature, and political rhetoric which historians call the Myth of the Vanishing Indian. The White House Collection holds several historical works influenced by this myth. Sarah Fling, a historian at the White House Historical Association who studies material and visual culture in the Executive Mansion, will discuss these works which both reflected and influenced federal policy towards Native Americans in the nineteenth century and beyond.

To participate, you must register through the Arts Club by clicking the link below. A light reception will follow the discussion.

[Click here to
register](#)

Lunch at the Silver Diner
Monday, November 21
11:45 a.m

Join your fellow Village members as the team heads up to the Ball Park to enjoy this new local dining

experience, the Silver Diner. The Silver Diner has long been popular in Maryland and Virginia, and now the District can boast of its very own Silver Diner right in our neighborhood. Please register on the Village website so that we can coordinate participation.



Rubell Museum Outing **Wednesday, November 30th** **1:00 p.m.**

This museum, the second Rubell Museum in this country, features an amazing array of contemporary art and located in the former Cardoza Elementary and Randall Junior High School right here in

SW DC. This museum is sure to be another local gem that is a part of our community, so join us as we check it out together. Please register on the Village calendar or call 202-656-1834 to let us know you are coming.

RECURRING EVENTS

November Pickleball Update

As the weather is getting colder, we will look to relocate our pickleball activity to the indoor Greenleaf Recreation Center Courts. Be sure to check your email Friday mornings to keep up with the latest pickleball news from the Village.



"The city turned down our request for morning pickleball in the recreation center and offered 5:00 p.m. as an alternative. Because that would mean traveling in darkness in the winter months, we asked DPR to consider an early afternoon session instead. We hope to hear back soon," said Executive Director Len Bechtel.

In addition, we are working on a pickleball email group. Please email Pam Troutman at ptroutman@dcwaterfrontvillage.org to be added to this list. If you ever come out to pickleball and cannot find the group, call the office at 202-656-1834.

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, 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, November 2 & 19 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 p troutman@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

Thursday, October 27 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 Carroll Quinn 513-673-9921 or Vicki Henrikson at 202-251-





amazonsmile
You shop. Amazon gives.

Calling All Amazon Shoppers!

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

Laurie Frankel
Pege Gilgannon
Bonnie and Gene Harris
Gale Kaufman
Richard and Ellen Kwatnoski
Vreni Peters
Jean Sammon

Special Welcome to New Members Joining Us in October:

Joyce DeRoy and Warren King
Gail Frances
Viki Reath
Mercedes and David Shaw

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 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
www.dewaterfrontvillage.org