



•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 71- January 2023

A Note from the Executive Director

Welcome to 2023. With the new year, a lot of us will make resolutions. Some of us will declare that we want to lose weight, straighten out the house, stop snacking after 8:00, or read more books. And we will make a good effort for a few days or maybe a few weeks, and then fall back into our old habits.



As you can tell, I am not a big believer in making resolutions. To me, a resolution by itself fails to cut the muster. Rather, I place my trust in setting goals and preparing plans.

You rarely will be able to achieve the change you want without concrete, achievable goals and a reasonable plan to achieve them. And aligning your resolutions with goals and an action plan can actually be good for you!

Research shows that having a purpose in life -- goals, a sense of direction, and a feeling that there's meaning to each and every day—is critical to healthy aging. Having a purpose in life as we age is associated with a whole host of positive health outcomes, including:

- Fewer chronic conditions
- Less disability
- Improved mental health
- Reduced mortality
- Lower health care spending, and
- Higher quality of life.

There are no right or wrong goals for you to strive for. Pick something that you want to



accomplish and which you find inspiring or motivating. You may never win a pickleball tournament or hang a painting in the Louvre, but you may find you enjoy the new sport or paint well enough that you can give paintings to family as presents.

Some great goals for you to consider may fall under the following categories:

Health and fitness. Example: Work up to walking for 30 minutes, three times a week, including the weekly Village walk.

Family and community. Example: Video chat with the grandchildren every Sunday, getting any technical assistance you may need from the Village's Tech Wednesday experts.

Helping others. Example: Sign up to volunteer for a local organization, such as the SW Library, an animal shelter, a local soup kitchen, or Waterfront Village activities.

Independence. Example: Make calls to arrange for a housekeeper, automatic prescription and grocery deliveries, and Village transportation services to make independent living more manageable and enjoyable.

Living Condition Enhancement. Example: Organizing your home and arranging to have usable but unused items taken to charity stores.

Creativity. Examples: Participate in the Village's arts related programming or get involved with a local knitting group.

Fun. Example: Attend the Village's coffee hour or try out a new restaurant with the Village.

Regardless of the goals you choose, it is also important to have a plan to accomplish the goals. If the goal requires significant effort, you may want to break it up into easier to achieve pieces. If you focus on meeting these incremental milestones, you will be surprised at how quickly you make progress toward the larger goal.



And fortunately, you are not alone. The Village is here to help you set goals and establish your action plans to achieve them.

In this issue of the Navigator, we will be



previewing the year ahead for the Village. There are numerous opportunities for setting goals that can be supported by the Village's calendar of activities in 2022, including improving your physical wellness, participating in arts-related activities; learning how to reduce household risk, trying new foods, and just getting out to have some fun.

If you want some assistance in setting goals and preparing actions plans, come to our January 11 Coffee Hour for some tips and recommendations.



Village Releases 2023 Program Schedule

The Waterfront Village released its preliminary calendar for 2023 earlier today, setting the stage for a remarkable year ahead. By the end of this year, the Village seeks to host more than 150 meetings, activities and events.

"We are not being shy about anything this year. We are going full throttle to provide some of the best events in our Village's history," said Len Bechtel, executive director. "We plan to fine tune the best events from previous years while introducing some ambitious new programs for the year ahead."

Bechtel added that there are some really good trends that the Village wants to capitalize on, including the fact that there were 42 new members who joined the Village.

"New members always bring new ideas and energy to the group, and our programming will reflect the interests of the membership, he said. "It was great to see the synergy created as both old and new members interact."

Among the new programs that members can expect in 2023 are:

Great Decisions. This nationwide program gives members a chance to explore some of the most pressing current events issues in a structured discussion format that will challenge beliefs and explore the complexity of modern-day policy. There is still time to enroll in the program.

Table Games. Some of our most popular programs, including our ongoing book club, build on the shared interests of individual members. We expect that members who enjoy Board games and other intellectual challenging puzzles will enjoy a forum to pursue this interest with other Village members,

Arts Programming: For those seeking an outlet for creativity or just determined to keep their minds sharp, the Village will offer several arts-related programs. Participants will be expected to push beyond their comfort zones to express themselves in new ways.

Speaker Series: Last summer, a large portion of the Village completed a member survey, which included questions on the types of programs that members would like to see. Among the most popular are events that feature an expert speaker and/or authors. Members can expect to see a new speakers series in 2023, with special guest participants.

Although we are well into our 2023 planning, the Village invites you to suggest other potential programs, activities or events by joining us for a Zoom session on Monday, January 9. We welcome your ideas and suggestions.

Here are a couple of things that we have planned for this year so far.



2023

January

Chili and Soup Festival
Lunch at Buzzards Point
Day trip planning meeting

July

Solo Aging Presentation
Ice Cream Social
DC Villages Pickleball Tourney

February

Great Decisions Kick-off
African-American History Month
Event

March

Cherry Blossom Festival
Volunteer Appreciation Event
Cybersecurity Seminar

April

Day Trip
Money Manager Seminar
Painting Class

May

Anniversary Dinner

June

Art Show
Jug Bay Outing

August

Safe Streets Event
Senior Week
Peach Festival

September

Annual Picnic and Vendor Expo
Theater Class
Meet the Author Event

October

Home Tour
Patio Lunches
Beer and Pretzel Octoberfest

November

Medicare Open Season

December

Holiday Reception
Holiday Music Outing

Waterfront Village Office Information

We want to be sure that all of our members know how to get in touch with us. The best number at which to reach office staff is 202-656-1834. Time-sensitive emails should be directed to info@dcwaterfrontvillage.org. To reach Executive Director Len Bechtel or Member Services staff person Pam Troutman, use the following emails:

Len Bechtel: lbechtel@dcwaterfrontvillage.org
Pam Troutman, ptroutman@dcwaterfrontvillage.org



New in 2023, Waterfront Village Great Discussions Group

Waterfront Village is pleased to announce a new monthly discussion group that will meet for 8 sessions in 2023. This group, *Great Discussions*

will follow the curriculum set forth by the Foreign Policy Association. Topics include energy geopolitics, China, Iran, global famine, politics in Latin America, among others. If you are interested in this group, mark your calendars for the first meeting, which will be held Friday, February 24th at 1:00 p.m. We will announce the location, likely at the SW Library or via zoom, closer to the date. This group will generally meet on the fourth Friday of the month; this day and time was the most popular day and time indicated by interested members in a survey.

Transportation Update

Waterfront Village received a transportation update on December 12 from Metro System Orientation Specialist Reginald Ward (WMATA),



One of the most interesting topics that he covered was how to arrange rides from Metro Access. Many of you have seen Metro Access vans around the city and have perhaps heard mixed reviews on the reliability of this service. There is, however, a related service that may be of interest to some of the Village members. **Transport DC** is a service that provides \$7 Yellow Cab rides as an alternative to Metro Access vans to those who are registered with Metro Access.

We would urge Village members to rethink their view on Metro Access, and understand that by registering with Metro Access, you have access to a reduced-cost Yellow Cab ride. Mr. Ward spent several minutes reviewing criteria for Metro Access.

Metro Access eligibility is for people with disabilities, but Mr. Ward clarified that these disabilities do not have to be "long term" or constant. It may be that you have some days when arthritis or another health issue makes it difficult for you to take regular public transportation, but other days you are able take a bus or metro. This circumstance is referred to as "conditional" eligibility but still does qualify you for Metro Access.

Metro Access requires an 8-page application that is completed first by the applicant and then by the applicant's doctor who mails it to the Metro Access office. The estimated turn-around time is 14 to 21 days. Mr. Ward recommends mailing the application by Certified Mail so that delivery can be established. Currently Metro Access applications are not requiring an in-person appointment or review; the decision to approve your application is based on your doctor's recommendation.

Most importantly, Waterfront Village would like all of our members to reach out to us if you have concerns about transportation. Getting to the grocery store, to medical appointments, and to social events are an important part of life, and if you need to explore additional transportation resources, we can set up a time to do so.

EVENTS THIS MONTH



Program Idea Brainstorm

Monday, January 9

1:00 p.m. Via Zoom

All Village members are invited to attend this zoom session where we will be taking note of your program, event, and activity ideas. Have an idea for a museum to check out, a day trip to plan, or a class you would like to take? We can plan better when we hear from a wide range of members. You are also invited to submit ideas via email to info@dcwaterfrontvillage.org.

Arthritis- Motion is Lotion and Rest is Rust

Tuesday, January 10

2:30 p.m. via zoom

We are pleased to offer this Foggy Bottom/ West End Village event that will discuss some of the ways you can manage arthritis. Dr. Sophia Janson will bring her 30 years of physical therapy experience to this discussion. This program is a great way to kick-off the new year with some wellness for yourself. Click the button below to be directed to FBWEV's website where you can register.



Arthritis
Discussion

Village Coffee Hour

Wednesday, January 11

10:00 a.m.

222 M Street, SW

Come by the Village offices for a cup of coffee or tea. This is a monthly gathering where you can connect with other members and have the opportunity to



Speak with Village staff about program ideas, service needs, or just say hello.

We are looking for volunteers to assist with shopping, set-up, and clean-up for our coffee hours each month. If you are even able to assist with one or two this year, please email Pam at ptroutman@dcwaterfrontvillage.org.

Favorite Family Recipes: Soup, Stew, and Games

Friday, January 13
noon- 2 p.m.



It is January, and while it may be cold outside, something is heating up at the Village. Stop by the Village offices for a cup of hot soup or chili, and a chance to catch up with Village friends.

It is also playtime. We will also have a few table games out at this event. We have had several members express an interest in getting a games group together; if you enjoy scrabble, rack-o, bananagram, or card games, plan to come to this event and connect with other gamers. There are many new games that are on the market, and if you give it a try, we are sure you will have fun; maybe even a lot of fun.

**RSVP
here!**

Advancing the Science: The Latest in Alzheimer's Research

Wednesday, January 18
1:00 p.m. Via Zoom



This program, offered by the Alzheimer's Association's National Capital Area Chapter, will provide a clear overview of Alzheimer's and other dementias, risk factors, the role of biomarkers in dementia research, and clinical and lifestyle

interventions that are being developed to support people with dementia. We hope you will consider coming to this great program to learn more about this disease that impacts so many people.

[Click here to register](#)

Book Club

In the Midst of Winter

**Thursday, January 19
2:00 p.m via Zoom and
at the SW Library**

This story begins with a snow storm and a traffic accident but weaves a beautiful tale of three lives, intertwined in unexpected ways. The story of two academics who thought they were in the "winter" of their careers and lives and their connection to a young undocumented immigrant from Guatemala and the ways in which they journey together. This book explores themes of immigration, history, love and family. Author Isabel Allende has a special way of writing of romance and resistance and this book is no exception.



Riverside Condominium Gathering and Outreach

**Monday, January 23
2:00 p.m. at Riverside**

As part of the Village growth plan, we hope to schedule monthly building gatherings. If you live in Riverside, this get-together will be a chance for you to connect with other Village members in your complex. We have asked the building management to publicize this event so that we can roll out the welcome mat to others in the building who might enjoy being a part of the Village. Perhaps you can think of a neighbor or friend in the building who you could invite to this event. Register online or rsvp to Pam at ptroutman@dcwaterfrontvillage.org.

Games and Puzzles

**Wednesday, January 25
1:00 p.m. at St. Matthew Church**

Dominos, rummikub, and scrabble may all sound familiar, but have you heard of x, y, and z? Come to our new Village game group and try your hand at some classic games or some new games. We have fun puzzles and short, easy games as well as some games for those looking for more of a challenge. Many of us grew up enjoying time with friends and family around a table playing games. Let's connect this way here at the Village. We hope to make this a monthly gathering. RSVP by clicking the button below.



Games Group
registration

OTHER NEWS



Volunteers Sought

The Village is seeking member-volunteers who would be willing to assist with monthly coffee hours at the Village offices and at SW condo and apartment buildings.

We are specifically looking for members who would be willing to shop for refreshments, assist with set-up, and assist with clean up for these events.

RECURRING EVENTS

January Pickleball Update

As the weather is getting colder, we will look to relocate our pickleball activity to the indoor Greenleaf Recreation Center Courts. It is taking a little longer than expected to negotiate days and hours, but with the shelter no longer in the picture, we are hoping to get a mid-morning time to play.



In addition, we are working on a pickleball email group. Please email Pam Troutman at ptroutman@dewaterfrontvillage.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.
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.

Note the Thursday afternoon Walking Club will NOT meet in December.

Technology Support Sessions

Wednesdays, January 4 and 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.



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.

Alzheimer's Support Group

This monthly support group is on a pause for the month of December and will regroup in 2023.

If you or someone you know is caring for or supporting someone with dementia and support is needed, please contact the Waterfront Village office to be connected to support. You are not alone and we do not want anyone to be struggling without support. Call us at 202-656-1834.





amazonsmile

You shop. Amazon gives.

Calling All Amazon Shoppers!

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

Susan Axleroad
Marion Buelkin & Julie Farris
Shirley Buzzard
Mary Caufield & John Hoag
Daryl Eaton
Dan Felger and Jean Herz
Beverly Gray
Michael Hindi
Norma Joiner
Dan and Ligia Jones
Steve Livengood
Noreen Lyne
Ellen Spencer

Special Welcome to New Members Joining Us in December:

Shirley Clark

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.



Village Mailing Address

Please send any correspondence or payments to the following address:

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

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