



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 52 - June 2021

A message from the Executive Director

Get Out! But Do It When You Are Ready

The Centers for Disease Control has given fully vaccinated people the green light to meet again in-person. While it is a lovely idea to think that things are suddenly back to normal, it might not feel that way just yet. After a year spent avoiding people, wearing masks and washing our hands constantly, we have invested a lot in these new habits and giving them up cold turkey is going to be hard.

And it is okay to feel that way. We have had a little voice whispering in our ears that it is better to be safe than sorry, and that voice has served us well. We are still here and managed to get a vaccine. Now we must decide how we want to use the potential liberation the vaccine gave us to return to the world that the pandemic closed down. Here are a few tips to guide your trip back to normalcy.

1. **Move at your own speed.** If you are not comfortable venturing out without a mask, keep wearing it. If crowds make you uncomfortable, stay away from them. Remind yourself that you get to decide when you are ready.
2. **Start out gradually.** Outdoor activities are safer than indoor, and small groups are better than larger ones. You can build your confidence by participating in the most low-risk activities and then gain confidence to expand your contact group. Perhaps you could even start by interacting only with those you know are fully vaccinated.
3. **Keep current on emerging health conditions and warnings.** Information has always been the most valuable tool at your disposal during the pandemic. That has not changed. You should keep current on relaxed restrictions or emerging threats. Change your approach according to conditions.
4. **Continue to participate in virtual meetings as well as safe in-person events.** The most important thing is that you stay engaged and responsive. Communicating with family and building friendships are among the most fulfilling human activities. Don't isolate yourself.
5. **Never let yourself be bullied.** Your parents probably told you not to pay attention to what others say about you. It was good advice then and still is. Make your own decisions about what is right for you.
6. **Don't be controlled by fear.** Yes, go at your own pace, but also recognize if your fear is not warranted or irrational. If you are locking yourself at home even if you are healthy and vaccinated, it may be a sign that you need assistance with your return to a pre-pandemic lifestyle. If you cannot shake your anxiety, some additional counseling may be helpful.

Please know that the Village is always here to support you. While we've slowly begun to schedule in-person activities, the Village will continue to offer virtual programs and other supportive services to make sure our Village community stays safe and connected.



New Assistant Director Starts June 14



Troutman to Focus on Services and Volunteers

Waterfront Village welcomes Pam Troutman as the new Assistant Director for Member Services. In her new staff role, Troutman will be responsible for recruiting, training and supervising the Village service volunteers and directing all volunteer service operations.

"We are so happy to have concluded our search for the position with a person who is not only qualified but who brings a passion for helping others community," said Len Bechtel, who led the search committee for the Village.

For the past 12 years, Troutman has worked as a teacher at the Lutheran School of St. Andrew in Silver Spring, MD. Prior to having a family and working at the school, she served as a program supervisor for Center in the Park in Philadelphia, PA, where she directed caregiver support activities and managed in-home support efforts to help older adults age in place. She also worked as a social worker for Iona Senior Service and as an activities coordinator for The Washington House, a senior living community in Alexandria, VA. She received her Master's degree in Social Work from Catholic University and her Bachelor of Arts degree in Education and Human Development from George Washington University.

Village Hosts Lunch and a Matinee



Take a step back in time with lunch and a matinee. On Wednesday, June 23, 2021, the Waterfront Village will host a noon luncheon at Amber, a restaurant featuring eastern European cuisine, followed by a screening of the movie *Dream Horse* at the Miracle Theatre. Both are located in the 500 block of Eighth Street SE, and this event is for fully vaccinated members only.

Ambar serves Balkan cuisine and has landed a coveted spot on Washington Post food critic Tom Sietsema's list of the best restaurants in DC. The restaurant is known for its wide selections, Balkan salads and other healthy options.

The Miracle Theatre has stood at its Capitol Hill location for generations. The original building, the Meader Theater, opened on December 27, 1909 as a vaudeville theatre with a mix of entertainment, including motion pictures and live performances. The building continued to operate as a movie theatre under several names until 1960: Meader, New Meader, Family and Academy. During the theatre's many transitions and renovations it showed a variety of films including silent, triple-feature westerns and in the late 1950s, foreign films.

This is the first installment of the Village's Circulator lunch series. All venues selected for the monthly summer outings will be accessible by the Circulator bus among other options. There is no requirement to attend both the lunch and the movie. Members may attend the lunch, the movie, or both. Since members will be covering their own lunch expenses, the only pre-payment required will be for the matinee at 1:30 p.m.

[Register for the
Matinee](#)

[View the *Dream Horse*
Trailer](#)

Village Seeks to Build Membership

With recent voting records suggesting that there are more than 1,500 residences in Southwest with at least one person over 60 years old, there would appear to be more Southwest residents that can be served by Waterfront Village than the 190 members currently on our roster, according to Executive Director Len Bechtel.

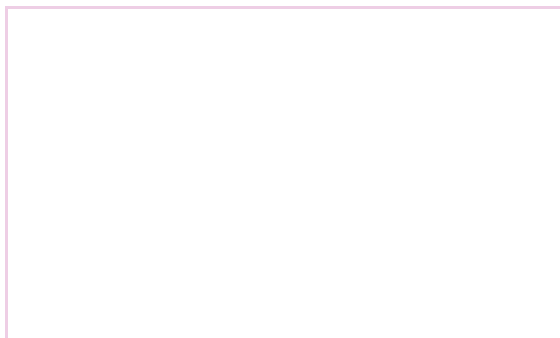
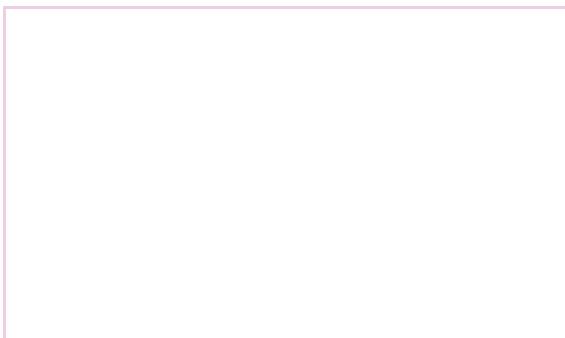


“We want to support all the residents of the Southwest and Navy Yard neighborhood who want to age in place, and the data indicate that there is more we can do,” Bechtel said.

In the Village’s strategic plan released in April, expanding the membership and making it more representative of the community as a whole were among the priorities established by the Board of Directors. Activities planned include expanding the membership through increased outreach, creating a membership fee subsidy for low and moderate income residents, and building partnerships with local apartment and condominium managers, faith communities and local elected officials to encourage older adults to seek Village assistance.

“We are particularly proud of our efforts to make Village membership more accessible for older adults for whom the membership fee was not affordable. We also appreciate the generous grant from Friends of the Southwest which is making this year’s subsidies possible” Bechtel added.

Under the Village’s new subsidy policy, any resident with an income at or below 80 percent of the gross median income for the area may be eligible for a lower membership fee. Existing members with a short-term financial hardship also may be eligible. Current members and potential new members who would like to be considered for the subsidy program should contact the Village on 202-656-1834 or at: info@dcwaterfrontvillage.org.





Villages Celebrate Pride

The DC Villages invite all to celebrate and support our LGBTQ members. The Village Pride event will be held Saturday, June 12 at 6:00 p.m. and will feature speakers, instructional dancing, and a raffle for anyone wearing pride gear! We encourage all to donate throughout the month of June to Mary's House or provide physical donations to the Wanda Alston Foundation. If you have any questions or would like to learn more about donating, contact Sophia Ross at sross@capitolhillvillage.org or call 202-543-1778 x204.

The Villages' LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to any DC residents.



Board President Invites Input

At the Waterfront Village Townhall Meeting on April 14, 2021, Board President Carroll Quinn told members that their feedback was very important to the Board and that she was open to receiving input from members on an ongoing basis. To provide a mechanism for that feedback, the Village has established a new mailbox directly to the Board President.

"I think it is important for members to have a direct line to the Board of Directors. It will help the Board understand the needs of the membership and provide members with another option for suggesting new ideas and improvement opportunities," President Quinn said.

Members can email President Quinn directly at:
boardpresident@dcwaterfrontvillage.org.

CALENDAR OF EVENTS

Meditation for the Masses Mondays at 11:00 a.m.

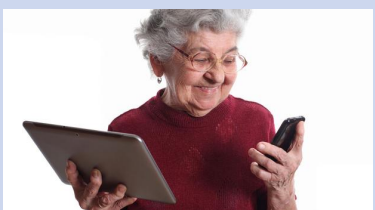
Join respected meditation leader Anandarooopa for an hour of stress relief through a series of simple breathing and contemplative meditation exercises. Open to members at all physical levels, although ability to hear directions is necessary.





Chair Yoga with Tara Kelley-Baker **Tuesdays at 5:00 p.m.** **New time Starting June 1**

Chair Yoga is a specific form of yoga as therapy developed by Lakshmi Voelker-Binder in 1982. It is practiced sitting on a chair, or standing using a chair for support. The poses are often adaptations of asanas in modern yoga as exercise. This class will be for beginners and those looking for fun.



Technology Boot Camp **Wednesdays, June 2 & 16 at 3:00 p.m.**

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.

Village Walking Club **Thursdays at 9:00 a.m.** **New time starting June 3**

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 rain or heat during the summer months.



Chair Yoga with CHV **Thursdays at 4:00 p.m.**

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.



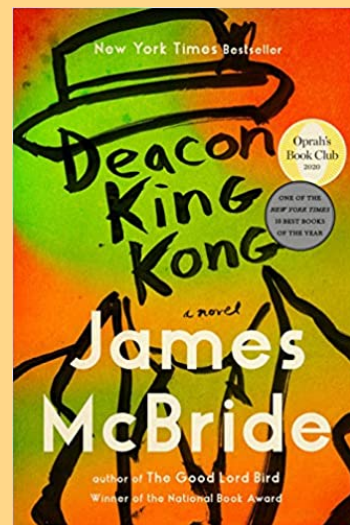
Estate Planning Made-Easy (or perhaps Easier!)

**Saturday, June 12 p.m. and
Sunday, June 13 at 2:00 p.m.**

Join us for a one-day seminar entitled "Estate Planning: Everything you Need to Know!" This program will be offered both Saturday June 12 and Sunday June 13th. Don't put off important decisions related to estate planning; David Taylor looks forward to providing you with important information on navigating this process!

Village Book Club *Deacon King Kong* Thursday, June 17 at 2:00 p.m.

James McBride has written a propulsive and comic neighborhood epic set in the 1960s with a cast of characters that are beguiling, boozed-filled, and larger than life. When a young drug lord is shot in broad daylight by a bumbling drunk known to everyone as Sportcoat, the Brooklyn neighborhood they live in is upended into suspenseful hilarity.



Articles of the Month Friday, June 18 at 4:00 p.m.

From the right, the *National Review* features an article ("A Dangerous State of Affairs" by Kevin Williamson) positing the likely outcome of the acceleration of armed citizens in a divided country. And on the left, *The Atlantic* provides commentary from Clint Smith on the dangerous nature of people who substitute their desired narrative for the history that actually occurred ("Why Confederate Lives Live On").



A Dangerous State of
Affairs

Why Confederate Lies Live
On



Village Happy Hour Fridays at 5:00 p.m.

Village Happy Hour returns this month. After a long week, come unwind with your neighbors over drinks, snacks, and gossip.

Three easy ways to register for and attend WFV events:

1. Log into our website and hit the Events tab to learn more, and then RSVP online*
2. Email your request to: events@dcwaterfrontvillage.org
3. Call the Village at 202-656-1834
4. 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 May:**

Sandy Carroll
Janet Miyazaki
Judith Walters

amazonsmile
You shop. Amazon gives.

**Did you know that Amazon
will make a donation to
Waterfront Village for many
of your purchases from their
website?**

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.

Leonard Bechtel
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President

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