

•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 72- February 2023

## Village Plans Spring Art Exhibition

Waterfront Village announced earlier this week that it plans to host a public art exhibit featuring the work of older Southwest artists, including several Village members, in June at Saint Matthew Lutheran Church. The exhibit will be the marquee event for the Village's ambitious arts programming in 2023.

"Some of the greatest artists today are in their 60s and beyond, and that is true for the arts community here in Southwest and the Navy Yard too. We will be proud to give these artists a chance for their work to be seen and supported by the public," Carroll Quinn, the president of Waterfront Village said.

The Village is currently identifying and securing the participation of Southwest artists aged 60 and better for the unique multi-discipline event, according to Quinn. The Village is hoping to involve at least 15 artists in the exhibition. By featuring older artists, the Village hopes to generate interest in the arts by members and other older local residents.



Current research suggests that participation in singing group programs, theater training, and visual arts for older adults may improve the health, well-being, and independence of participants. It enables participants a chance to tap into their creativity,

The art exhibit is just one of many arts-related programs set for 2023. While art in all forms has been well represented in Waterfront Village's programming

for a long time, some of the events and activities planned for 2023 will push our members to actively create art, according to Len Bechtel, executive director of Waterfront Village.

"There are many benefits for older adults who are active in the arts. It sparks creativity, challenges the mind, and often requires physical movement and hand dexterity," Bechtel said. "There are very few things better for older adults than taking part in an artistic activity."

Read future Navigators for more information about planned arts-related programming.



## AARP Tax Assistance Program Offers Free Tax Services

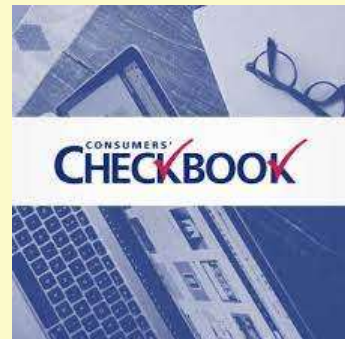
Each year, AARP Tax volunteers provide an invaluable service throughout the country as they prepare income tax returns for people.

And the services are free!

The Tax volunteers are highly trained professionals who can assist you in navigating this complicated and often unpleasant task. We are fortunate to count one of these volunteers as a member of Waterfront Village. Richard Kwatnoski will be coming to our Member Coffee on Wednesday, February 8 at 10 a.m. to give a short overview of these services. Richard will be making his remarks at the beginning of the coffee hour, so if you would like to hear him, please plan accordingly.

## DC Villages Negotiate Deal for Free Checkbook Access

The DC Villages have worked together to arrange for Village members to receive one year of free online access to Checkbook.org after submitting just one rating of a local business. This could include any service provider that you've used previously, such as a doctor, contractor, or auto repair service provider.



**How to Get Started:** If you'd like to take advantage of this new member benefit, please contact the Village office to authorize the release of your name, address, and email. Consumers' Checkbook will not sell, lease or otherwise release your personal information to any other entity. Our office will then provide you with an online access code.

## What is the Value of Consumer Checkbook Access?

Consumers' Checkbook is a nonprofit group that provides ratings and advice on local services providers. Checkbook needs your insight to become an even more reliable resource for consumers, and in return they will give you access to all their online ratings, undercover price research, and expert advice.

In addition to providing Village members with access to Checkbook's service review platform, Checkbook will also make other resources and information to Villages that can be shared in our newsletters.

This month's information centers on how to spot customer service scams. Here are some red flags to look for!

- the caller doesn't know anything about your account
- you are asked for personal information that should not be needed to handle the problem (credit card number, social security number)
- you are told you need to pay money to have your problem resolved
- the caller requests remote access to your computer or cellphone

To learn more about how to protect yourself, click the button below to read a more detailed article. These scams are common and are happening to people all over the country. If you believe you have been scammed, or if you are just not sure, please call the Village office and we will help you assess the situation.

Customer Service  
Scams



## Try Our New Member Meditation Programs

Many members of Waterfront Village practice meditation. Meditation is a practice in which an individual uses a technique, such as mindfulness or focusing on an object, thought, or activity, to train attention and awareness, and achieve a mentally clear and

emotionally calm state of mind. Meditation is practiced in numerous religious traditions.

Several members have inquired about the Village offering a meditation experience. To that end, we have three pathways that Village members can explore.



The first option is one in which several members already participate. This option is meditation program offered with chair yoga, meaning that gentle movements are incorporated into the meditation. Pamela Wilson, Waterfront Village Member, is the instructor for this program. This program is designed to promote proper breathing, meditation, positive thinking, and deep relaxation. This group meets at Westminster Presbyterian Church on Mondays at 11:00 a.m. but there is also an option to call in to this program. To call into the program, call 929-205-6099, Meeting ID 635 533 4364, Passcode 631 399.

The second option meets Wednesday mornings. This is a two-part meeting, the first segment utilizes a program called the Kirtan Kriya, and is supported by the Alzheimer's Association as an activity that can decrease stress and increase activity in the part of the brain that is associated with memory. The second segment is a Hatha Yoga segment, and participants can choose to stay for just the Kirtan Kriya or for the entire session. This program is also taught by Pamela Wilson.

The third Village meditation option is to be decided by those Village members who are looking for a smaller, Village meditation group. Village member Gail Frances will be joining us at a zoom on Monday, February 6th at 1:00 p.m., to share with us ideas for an in-person Waterfront Village meditation group. If you would like to be a part of a meditation group that is just getting started, it would be great to see you out at this zoom session.

If you are unsure where to connect, come to the zoom session on February 6th and we will help you consider which group might be a good place for you to start.

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## **Save the Date- Don't Miss These Events**

**March 6, Safety Panel Discussion**

**March 31, Southwest Chamber Players Concert**

**April 3, Breakfast at Silver Diner**

**April 18, Village Day Trip, destination to be determined**

**May 6, Village Anniversary Celebration Evening**

**June 10, Inaugural Village Art Exhibition and Reception**

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*Village members  
enjoying a terrific  
lunch out at The Point  
on a gorgeous*



January day



## EVENTS THIS MONTH

### Village Seeks Members for Key Committees

Over the years, Waterfront Village members have stepped forward and provided leadership and support for many different events, proving that it takes a village to run a Village.

We will be hosting a zoom on Thursday, February 2 to discuss the many opportunities that Village members have to actively support key functions and programs in 2023.

Among the opportunities this year are serving on the committees for the annual home tour and the first-ever 60 and better art exhibition. Other roles include being an activity host for either a ongoing activity or special one-time event.

This zoom will be at 2:00 p.m. See the weekly bulletin for this zoom link or click the button below to join the meeting.

If you are not a member of the Village but are interested in getting involved, please email Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org).

Village Committee Interest  
Zoom

### Black History Month Event *Devotion* at Miracle Theater Friday, February 3, 1:30 p.m.

We are heading back to the Miracle Theater to enjoy this great film, which tells the inspirational true story of Jesse Brown, the first Black aviator in U.S. Navy History, and his enduring friendship with fellow fighter pilot Tom Hudner. Helping to turn the tide in the most brutal battle in the Korean War, their heroic sacrifices ultimately made them the Navy's most



celebrated wingman.

Register Here for the  
Movie



### **Meditation Interest Zoom** **Monday, February 6** **1:00 p.m.**

Stop by this zoom if you are interested in learning more about the benefits of meditation and to learn about the many meditation group options that are available to you. There is a group of Village members who is interested in connecting this way, and we would love to see all of you out at this zoom meeting. If you cannot make it, email Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org) for updates.

Meditation Interest  
Zoom

### **Monthly Village Coffee Hour** **Wednesday, February 8 at 10:00 a.m.** **at the Village Office**

We are always glad to have this opportunity to connect with one another. The winter months can be gray and gloomy. Try coming out to our coffee hour to see some friendly faces.



This coffee hour will feature a brief presentation on AARP's volunteer tax preparation service. Waterfront Village member Richard Kwatnoski will starting his presentation at 10 a.m. so come on down and see us and hear about this wonderful resource.



### **Day Trip Planning Session** **Monday, February 13** **12:30 p.m. Via Zoom**

The Village is planning to hit the road to explore beyond the city on April 19. Where would you like to go? There are several possibilities, many of them accessible by train. The Village is also

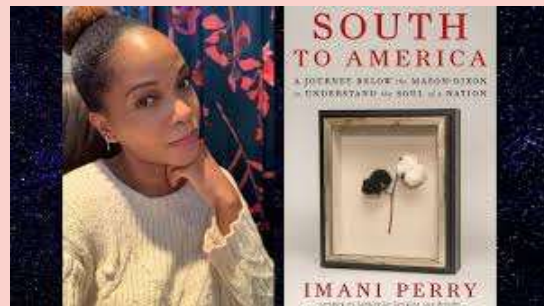
exploring some grants that might assist with day trip bus service, which is often pricey.

We would love for those interested in getting away for a day to come by this zoom session to hear about some of the options

Day Trip Planning Zoom  
Session

**Book Club:  
South to America,  
by Imani Perry**

**Thursday, February 16, 2:00 p.m.  
at the SW Library and via zoom**



This book is a winner of the 2022 National Book Award for Nonfiction. It has been described as "an elegant meditation on the complexities of the American South- and thus of America. Imani Perry is a professor at Princeton University and a columnist for *The Atlantic*. Her deep dive into the history and culture is extraordinary. We look forward to this discussion. If you prefer to participate by zoom, look for the link in the weekly and daily bulletins the week of the book club.



**Anacostia Museum Coffee Hour  
Frederick Douglass-  
The Lion of Anacostia  
Thursday, February 23, 10:00 a.m.**

Waterfront Village looks forward to recognizing Black History Month with this trip across the river for a special program that features artifacts related to Frederick Douglass. These monthly coffee hours are a great opportunity to get up close with some of the artifacts from the museum. We are excited to celebrate Black History month with this trip.

We are asking that members register for this event by February 13 so that we can secure enough free tickets. Click the button below to register. The event starts at 11:00 a.m. so we will meet at 10:00 a.m. to head down to the museum.

Frederick Douglass Coffee and  
Artifacts





## **Great Decisions Current Events Group**

**Friday, February 24th, 1:00 p.m.  
SW Library**

We are happy to hold our inaugural meeting of the Great Decisions Group. This group is open to those who have ordered the material from the Foreign Policy Association and have prepared for the discussion groups. Today's Topic is Energy Geopolitics.

If you are interested in this group, please reach out to Pam at the Village office, [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org). Participants for this group are asked to prepare for each meeting by reading the materials provided by the Foreign Policy Association. This group will meet for 8 sessions over the course of the year, and you can come to as many sessions as you would like, provided you have reviewed the material prior to the meeting. To order the materials, click the link below. If you need financial assistance to obtain the materials, email or call Pam at the Village. The cost of the material, including shipping, is approximately \$40.00. The estimated time needed to review the materials ahead of the meetings is an hour. We look forward to some good discussions.

If you plan to participate, please order your materials as soon as possible so that you can be prepared.

[Great Decisions  
Material](#)

## **Harbour Square Outreach Event Monday, February 27th, 3:00 p.m.**

We will continue our 2023 outreach efforts this month at Harbour Square. Village staff is working with residents and staff of various condo and apartment buildings in SW DC to offer Waterfront Village meet and greet sessions. Making this personal connection is a great way to welcome new people to the Village. If you live at Harbour Square, we would love to see you at this event so that you can share your experiences with the Village with some of your neighbors.



# OTHER NEWS

## RECURRING EVENTS

### February Pickleball Update

We are really happy with our pickleball Thursdays, it has been great to establish an indoor pickleball routine at Greenleaf Recreation Center.



While the Village will continue to provide staff and equipment for Thursdays, Greenleaf has added pickleball to their calendar on Tuesdays and Wednesdays at noon. Consider taking advantage of these extra opportunities.

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, February 1 and 15.**

**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

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.



For more information, call us at 202-656-1834.



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

### Calling All Amazon Shoppers!

**Thank you to our members renewing during the month of January:**

Candice Bryant  
Ann Cronin  
Peter and Stephanie Eicher  
Pat Graham  
Marie Giovanelli  
Loren and Beth Hall  
Jim and Ardith Harle  
Edie Harriet  
Lois Hochhouser  
Bruce Maxwell  
Helmut & Brigitte Murklein  
Helen Mulkeen  
Bob and Joelle Rudney

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.



Thorney Staples  
Wayne Terwilliger  
Pamela Wilson

Amazon Smile for  
Waterfront Village

**Special Welcome to New Members  
Joining Us in January:**

Barbara Bonessa and Alan Perkins  
Sig and Susan Cohen



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)