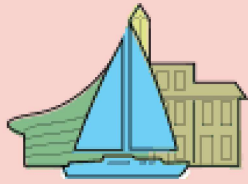


•WATERFRONT•
VILLAGE



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 73- March 2023

Village Hosts Important SW Safety Event

Recognizing the high level of concern about safety among older adults living in Southwest DC and the Navy Yard, Waterfront Village is hosting a community town hall meeting focusing on key safety issues on March 6, 2023, from 3:00 – 5:00 p.m. at Saint Matthew Lutheran Church, located at 222 M Street SW.

The meeting's theme is "Safety in Southwest: An older adult's guide to reducing risk, enhancing security and living the life in DC". The Village event features presentations on how older adults can reduce their risks while on neighborhood streets, in their homes and when online.



“Perhaps no group is more concerned about safety than older adults, and rightly so, we are just more vulnerable,” said Carroll Quinn, president of the Waterfront Village.



Quinn cited Department of Justice research that identifies the “elderly population as being more vulnerable to crime than other age groups because they are socially isolated, tend to live in urban areas, depend on public transportation, and follow predictable behavior patterns.”

The program will cover a wide range of common threats to the safety and wellbeing of older adults. District Councilmember Charles Allen will open the event. Panelists include: Kevin Harding, Captain, Metropolitan Police Department, First District, Sector 3; Tori Goldhammer, Clinical Manager, Safe at Home program at Home Care Partners; and Idriys J. Abdullah Consumer Protection Advocate, District of Columbia Department of Insurance, Securities, and Banking.

“What we are trying to do with this public meeting is to empower our older neighbors with the information and tools they need to remain safe in all the facets of their lives,” added Leonard Bechtel, the Village’s executive director. “In today’s world, no one has control over every threat, but we can do more to reduce risks and avoid many of the situations which make us most susceptible to harm.”

While Waterfront Village programs have addressed some of these issues with its members in the past, this event covers them in more detail and is open to the general public, according to Bechtel. Any local resident aged 60 years or better is strongly encouraged to attend.

Advanced registration for this event is required. From the Village’s website (www.dewaterfrontvillage.org), select the Events tab and scroll down to the event. Phone registration is also available and can be done by calling the Village Office on 202-656-1834.

Village Seeks Artists for Art Exhibit

Waterfront Village is pleased to offer older artists in Southwest DC an exciting opportunity to share their work in our upcoming Art Exhibit, featuring the work of artists aged 60 or better. If you or someone you know is an artist or crafter, we welcome you to reach out to us to begin the conversation about exhibiting the work.



Click the link below to indicate your interest in participating as an artist. If you are unsure if you would like to participate, please still fill out the form, and we will contact you to discuss your interest.

Visit our
website

Village Art Class- Register Now to Reserve a Slot

The Waterfront Village is pleased to offer an eight-week painting class open to all Southwest DC and Navy Yard residents aged 60 and better. The class will be offered over an eight-week period and conduct from 4:00 - 6:00 p.m. at the Village office, beginning in April. In addition to the eight two-hour classes, the class will include two local field trips.

Participants will be charged no fee for the class, which is part of the "year in the arts" programming sponsored by the Village in 2023.

If you have any interest in participating in this class, please click the link below. Your "registration" is not a commitment but will give us an idea of demand and will assist us with planning.

[Paint Class](#)

Waterfront Village Awarded Guidestar Gold Seal of Transparency



Waterfront Village is pleased to announce that we have earned the Guidestar Gold Seal of Transparency. This recognition acknowledges the Village's efforts to make our revenue and spending information available to all potential donors and business partners. There are four levels of transparency -- Bronze, Silver, Gold and Platinum.

The Village first earned the Bronze designation in 2019 and the Silver level in 2021. This is our first year at the Gold level, and we will continue to work toward the Platinum level. Each higher level represents greater transparency regarding our use of resources.



Try Our Meditation Program

A new group of Mindfulness Meditation is forming and meeting at the Village center on the last Monday of the month at 2pm. Sessions will last about 45 minutes.

Village Member Gail Frances will guide the gathering in Mindfulness. Gail is a life long meditator and has studied under Thich Nhat Hanh and two of his disciples from Plum Village. Thich Nhat Hanh was a Vietnamese Buddhist monk. He is known as 'the father of mindfulness.'

Hanh watched fellow monks self immolate as protest during the Vietnam war. He took orphaned Vietnamese children to France and opened Plum Village as their refuge. He came to the United States to introduce westerners to mindfulness and lead a retreat in Vermont. He was a prolific author, publishing more than 100 books in English ranging from classic manuals on mindfulness, engaged Buddhism, poems and children's stories.

All levels of meditators are welcome. For the month of March, this group will gather on Monday, March 27th at the Village offices.



Village members gathered back in January to enjoy soup and chili. Thanks to all the volunteers who prepared food for this event.



Free Zoom Cooking Classes and Demonstrations

It is a well-known fact that what we eat impacts our health. If you are interested exploring this further, consider enrolling in the six-session class entitled "Food Meets Health." This program has been used successfully by many healthcare professionals as a resource for patients and has a positive track record for creating change. To learn more, click the link below.

[Healthy Eating
Classes](#)

Body Shaming Even Impacts Older Adults

Body shaming is the act of mocking or criticizing someone for their physical appearance. Height, hair, facial features, body structure, body stance, and weight are all aspects of our physical appearance.

When you suggest products related to appearance, such as diet drinks, hair loss products, or workout recommendations, you are body shaming. When you make assumptions about someone's food, drink, exercise, or personal preferences—or suggest certain preferences—related to appearance, you are body shaming.

Even Waterfront Village has inadvertently stated things that could be considered body shaming. Recently, when a Village email suggested walking after eating a doughnut at an event, the email sent the unintended message that you should feel guilty about eating the doughnut.

“Clearly, we only wanted our members to enjoy the doughnuts, but our clumsy reference for the need to burn off calories may have either insulted some members or undermined their confidence, neither of which we intended,” said Len Bechtel, executive director of the Village.

While many may think body shaming only affects the younger generation due to the attention given to social media, the truth is that body shaming does not discriminate against age. Older individuals experience the same emotions. In fact, age may bring additional points of insecurity such as: mobility challenges, poor eyesight, hair loss, wrinkles, tooth loss, and the need for assistance performing daily activities.

The effects of body shaming can be very damaging to a person's wellbeing by producing uncomfortable feelings, unhealthy attitudes, and maladaptive behavioral patterns related to body image. The impact of body shaming can also trigger personal insecurities which can impair social functioning and interactions. Consequently, many individuals may be at risk of developing serious psychological or physical health conditions.

For more information about body shaming and how to stop it, you can click on the resources below:

[Body Shaming - HelpGuide.org](#)

[Body Shaming: Its Affect on Young & Old - Clarity Clinic \(claritychi.com\)](#)

[Let's End Body Shaming in the Workplace | InHerSight](#)



In recognition of Black History Month, Waterfront Village members attended the Artifact Coffee Hour at the Anacostia Community Museum and were treated to a special view of artifacts connected to Frederick Douglass. This was an up-close experience that included both visual and audio artifacts.

Save the Date -- Upcoming Events

March 6 Safety Panel Discussion

March 13 Pi Day in the Park

March 15 Volunteer Appreciation Event

March 25 Cherry Blossom Opening Ceremonies

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

June 10 Inaugural Village Art Exhibition and Reception

EVENTS THIS MONTH



Coffee Hour

**Wednesday, March 8, 10:00 a.m.
Village offices**

There is no special speaker this month, just a chance for members to gather together to catch up with one another. Perhaps there will be some additional discussion that springs from the Safety in Southwest

program that occurs two days before the coffee. We welcome all members of the Village to drop by to say hi to Village staff and fellow Village members at this monthly gathering.

Falafel Friday
Friday, March 10
11:45 a.m. at DC Wharf

We will meet up at the Wharf at Falafel Inc for lunch outside on the Wharf. This is a well-know and loved Wharf restaurant that offers delicious yet affordable falafels. What exactly is a falafel? It is a Middle-Eastern dish that features ground chickpeas, peas, garlic, and onion with a wonderful blend of spices, then prepared as a fritter. If you've never tried one, now is the time. This event is weather-dependent, so please follow the daily bulletin for weather updates.



Pi Day Eve in the Park
March 14
Eleanor Holmes Norton Park

Join us at Norton Park, located at the intersection of 6th and Water Streets, for a Pi Day celebration. While "Pi Day" usually refers to the number 3.14 (March 14 is also abbreviated as 3.14). we choose to celebrate one day early. What kind of pies will we have? Stay tuned for the weekly bulletin for additional details.

Navigating Online Photo Platforms
Wednesday, March 15 at noon on Zoom

Join us for a special session of our recurring technology support program. The special session will focus on photo platforms, including tips for using popular online applications like Snapfish, Shutterfly, and Amazon. There is so much you can do online, but it can be overwhelming. We are excited to welcome volunteer Paul Heaton who will try to make the platforms easier to understand and use by Village members. Click the link below to register for this program.



[Online Photo Platform Session
Registration](#)



Book Club
A Life on Our Planet
by Richard Attenborough
Thursday, March 16,
2:00 p.m. at the SW Library

A Life on Our Planet: My Witness Statement and a Vision for the Future is a 2020 book by documentarian David Attenborough. It follows the author's career as a presenter and natural historian, along with the decline in wildlife and rising carbon emissions during the period. This book is a companion to a film of the same name.

Great Decisions Discussion Group
Friday, March 24
2:00 p.m. Library

This month's Great Discussions group topic is War Crimes. This group is guided by materials prepared by the Foreign Policy Association and all those who plan to attend the group are expected to have read and reviewed the materials.



If you did not attend the first meeting of this group in February, please reach out to the Village office at info@dcwaterfrontvillage.org for additional information.



Cherry Blossom Festival
Opening Ceremony
March 25, 5:00 p.m.
Warner Theater

This is always a special event, when we kick off the Cherry Blossom Festival. This year's opening ceremony features entertainment from violinist and cellist duo Isabelle Fromme and Miray Ito, Mika Stolzman, who has been described as a "hire wire jazz" marimbist, and Anna Sato and Toshiyuki Sasaki, a singer and drummer team. Click the link below to register for tickets; they are free! This event is open to Friends of Waterfront Village as well, so if you would like to register for a guest ticket please feel free to do so! Tickets are limited, so register as soon as possible to secure your seat.

[Click here to reserve your tickets](#)

River Park Outreach Event Monday, March 27, 12:00 p.m.

The Village will continue its 2023 outreach efforts this month at River Park. Village staff members are 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 River Park, please consider attending the event and sharing your Village experiences with your neighbors.



Rock Creek Cemetery Walk Wednesday, March 29 at 9:45 a.m. Farmers Market at 4th and M

Join us for an extended version of the Walking Club. We will be heading to Rock Creek Cemetery courtesy of the Green Line. This cemetery is the resting place for several

notable figures: several notable politicians, Alice Roosevelt Longworth (Theodore's daughter), Eugene Allen, the White House butler whose life was the inspiration for the film *The Butler*, and Julius Garfinkel, of Garfinkel's department store. Please note that this will be a longer walking outing and the terrain in the cemetery is uneven. If you would like to join but would prefer to travel by car, please email Pam at troutman@dcwaterfrontvillage.org.

Southwest Chamber Players Concert March 31, 7:00 p.m. St. Augustine Church

The Southwest Chamber Player's will perform during the Cherry Blossom Festival. The concert will begin and end with works of Franz Schubert, one of our all-time great favorites, who crammed a vast repertoire of songs, symphonies, and chamber music into his all-too-brief 31 years. At the other end is his stupendous C Major two-cello quintet, composed within a few months of this death and neither published nor performed until thirty years afterward, but universally regarded as perhaps the very finest representation of the entire chamber genre. As the English poet Robert Browning's Abt Vogler aptly put it, "Hark, I have dared and done, for my resting place is found: the C major of this life; so, and now I will try to sleep." Musicians will include Village member David Ehrlich, other local musicians and vocalist Marje Palmieri.



RECURRING EVENTS

March 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.

Technology Support Sessions

Wednesdays, March 1 and 15.

Please note the March 15 time change

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. The March 15 session will focus on photo management and will be held at the special time of 12:00 noon (see above).

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 by calling 202-656-1834. This program is currently only available for full members. Harris Teeter offers a 5 percent discount on all purchases made on Thursdays.



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

Ruth Anderson
Cig Cohen
Susan Cohen
Martin Harwit
Vinh Ly
Karen O'Brien
Jean Schulman
Steve Schulman
Jeanne Wolf

**Special Welcome to new
members joining us in February:**

Michael Keane
Fredrica Kramer

VILLAGE RECRUITMENT

**Refer a new member, get a set
of two Waterfront Village wine
glasses (limit 20 glasses per
member)**



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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