

•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 51 - May 2021

Village to Conduct First Post-Pandemic Outing

The Waterfront Village will conduct its first external event since 2019 when it holds a three-course luncheon at the Arts Club of Washington on Tuesday, May 18 from 12:00 p.m. - 1:30 p.m.

The event, sponsored by Arts Club member and former Village Executive Director Bob Craycraft, will be held on the recently updated outdoor patio. Members and their guests will be given a selection of starters, entrees and desserts for \$30.00 paid at registration, and wine will be available at the Club for an additional \$5.00.

Because Village suspended in-person programming in March 2020 to protect members from COVID-19, no external events have been held since the November 2019 visit to the Hillwood Estate and Gardens. The Village is requesting that only fully vaccinated members participate in the Arts Club luncheon.

The Arts Club is located at 2021 I Street NW on a one-way street that must be approached by traveling east on Pennsylvania Avenue. Parking and transportation details will be provided after registration.



DC Villages Celebrate Older American Month



Bowser Headlines Older Adult Event

Mayor Muriel Bowser will address the District's older adults at a DC Villages-sponsored event, *DC Strong: Recognizing Our Community's Collective Response to Helping Older Adults Thrive*, on May 20 at 10:00 a.m.

The event recognizes the city's older adults and the remarkable resilience they demonstrated since March 2020 when the COVID-19 pandemic presented terrible health risks to our community. As part of the city's Older American Month festivities, the virtual program will be conducted on the Zoom platform and will include a number of the city's leaders during the pandemic.

"This Zoom event is a time of learning, remembrance, and reflection of the past year, and hope for a brighter future," according to Palisades Village Executive Director Andrea Saccoccia, one of the co-leaders of the celebration.

In addition to Mayor Bowser, the event will feature some of the key local figures who addressed the needs and service requirements of older adults during the COVID-19 pandemic. They include:

- Laura Newland – Director, Department of Aging and Community Living
- Anita Bonds – Councilmember At-Large, District of Columbia
- Gail Kohn – Coordinator, Age-Friendly DC
- Phyllis Dillinger – CEO, The Washington Home Foundation; and
- Mark Bucher – Owner, Medium Rare Restaurant

All 13 DC Villages are co-sponsoring this program. The DC area has the largest concentration of neighborhood Villages in the country. More than 1,500 DC residents age 60 and older have found friendship, purpose, and support through their involvement in their local Village.

The Cicadas are Coming!



Billions of cicadas are beginning to stir underground in D.C., Maryland and Virginia, and the first few are crawling up to begin a weekslong period of cacophonous mating.

While some may be worried about creepy crawlies, University of Maryland entomologist Michael J. Raupp encouraged people to get excited about this exceptional event.

“This is a unique, natural phenomenon that happens nowhere else on earth besides the eastern half of the United States,” Raupp said.

To get all your questions about the upcoming invasion answered, hit the button below to reach NBC News4's cicadas page.

**NBC News4 Cicadas
Page**

CALENDAR OF EVENTS

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

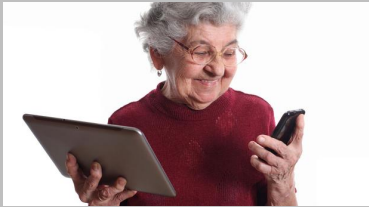
Join respected meditation leader Anandarooopa for an hour of stress relief through a series of simple breathing and contemplative meditation exercises. Open to members at all physical levels, although ability to hear directions is necessary.





Chair Yoga with Tara Kelley-Baker Tuesdays at 5:00 p.m.

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, May 5 & 19 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 10:00 a.m.

Join other Village members for strolls around the neighborhood.

Special Event: May 13
SW BID provides refreshments as the Village takes on the six SW BID walking routes of Southwest. Coffee and snacks will be served.



**New Southwest Walking
Routes**

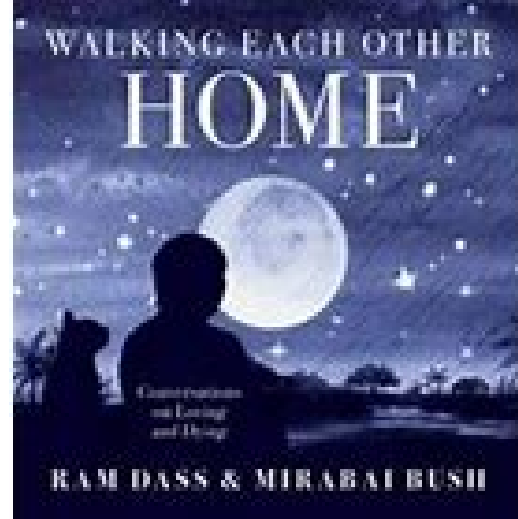


Chair Yoga with CHV Thursdays at 4:00 p.m.

Chair Yoga is a version of Yoga that does not depend as much on balance and strength but still provides movement and flexibility exercises. With Capitol Hill Village.

Village Book Club
Walking Each Other Home
Thursday, May 20 at 2:00 p.m.

Walking each other home isn't just a name, it's a promise: a promise that we are all in this often wonderful, sometimes messy, and delightfully weird world together and that it is together that we heal, grow, and build lives of meaning and purpose. Authors Ram Dass and Mirabai Bush provide a glimpse into their life-long friendship and the dying process.



Safe at Home with Department for Aging and Community Living
Thursday, May 13 at 4:00 p.m.

Last month, we invited a construction specialist and two space designers to discuss how modifications can make your home safer. This month, the Village will host the DC Department for Aging and Community Living to discuss the city's assistance programs for older adults who need home modifications. The DACL representatives will also offer Village members an immediate opportunity to receive a free assessment of their homes, including recommendations for any modifications to make homes more safe and comfortable. Come learn what the city may be able to do for you.



Village Assisted Living Series
Grand Oaks Provides Care and Sibley Medical Access
Wednesday, May 19 at 4:00 p.m.

Waterfront Village will begin a virtual series that features a different assisted living facility each month. The purpose is to help build awareness among members about the different options that may be available locally. While the Village's goal is to help our members age in place, we acknowledge that skilled care may eventually be needed by members due to health challenges.

We will start the series with Grand Oaks. The facility works with its clients to provide a personalized care plan to ensure all needs are met. This personalized assisted living care plan may include:

- 24-hour nursing care.
- Access to the on-site Johns Hopkins Wellness Program.
- Respectful hands-on assistance with your daily activities like housekeeping, laundry, transportation, bathing and dressing along with continence care.

- Direct access to Sibley Memorial Hospital's emergency, aquatic, and restorative care services and Legacy Therapy rehabilitation services.

You can take a virtual tour of the facility and meet with its staff at the meeting. The session will include a question and answer period.



**Joint Meeting: Village History Club and Article of the Month
Tuesday, May 27 at 4:00 p.m.**

In advance of Memorial Day, two of our Village activities (History Club and Article of the Month Club) will combine for a discussion of the *New York Times Magazine* article "The Man Who Told America the Truth about D-Day". The D-Day victory was a decisive leap toward defeating Hitler's Germany and winning the Second World War. It also changed the way America's most famous and beloved war correspondent reported what he saw. In June 1944, Ernie Pyle, a 43-year-old journalist from rural Indiana, was as ubiquitous in the everyday lives of millions of Americans as Walter Cronkite would be during the Vietnam War. What Pyle witnessed on the Normandy coast triggered a sort of journalistic conversion for him: Soon his readers — a broad section of the American public — were digesting columns that brought them more of the war's pain, costs and losses. You can find the article [click the button below](#).

D-Day
Reporting



**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 April:

Lewis Bashoor
Robert Evans
Wilma Goldstein

Arlene Howard
James Howard
Perry Klein
Sue Klein
Cecille Jones
Dan King
Ruth Lubic
William Lubic
Andy Peers
Danielle Peers
Emma Verdieck
Judith Winston
Michael Winston
Sheila Wood
Stephen Wood

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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