



•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 75- May 2023

2023 Village Awards Recognize Achievers

The Waterfront Village's 2023 Annual Awards will recognize a group of special people who have made the Village's work on behalf of older adults in Southwest DC and the Navy Yard possible. The awards highlight achievements in three categories and will be presented on Saturday, May 6, 2023, during the Village's Anniversary Brunch at Masala Art. RSVP's for this event are due this Friday, April 28 by noon. See below for a link to purchase tickets.



[Memory 2021: Pictured to left was the treat bag featured in the 2021 anniversary celebration.]

President's Award for Leadership -- Ellen Spencer



Ellen Spencer (seated center in picture to left) coordinates and leads the Village Book Club and has served as a long-time volunteer. She has been a volunteer for the Village since early in its existence, and she has done several things to support Village activities. Known for her adept leadership of a large groups of leaders, Ellen notifies group members of

meetings, finds locations for the meetings, manages a democratic process for

book selection which gives every club participant a chance to nominate and vote for the books they want to discuss. Once a selection is made, she helps other members obtain copies of the book by notifying the Library so that it will have extra copies available for loan. She also has been known to deliver her own copy of a book to someone who hasn't been able to get a copy. In no small part due to her efforts, the book club is one of the longest-running and most popular programs offered by the Village. It is a wonderful example of a member-organized and member-maintained program. Ellen is supported by other Book Club members, but it is her sustained interest and time that have kept it moving forward for years.

Champion's Award -- Individual -- Deborah Greenstein

Deborah Greenstein has supported the Village in many ways almost from its inception. In addition to being a generous donor and a consistent member of our Captain's Club, she has served in volunteer capacities, including serving as a site host for multiple home tours and as one of our telephone tree callers during the early days of the pandemic. She was also a member of the Membership Committee for many years. She graciously allowed the Village to feature her story in one of our fundraising campaigns in 2020, which help to raise critical funding for the Village during the pandemic. She has been generous with her donations, her time and informed perspectives in ways that has advanced Village goals and resulted in more responsive services to Village members.



Champion's Award - Organization -- The Washington Home



The Washington Home (TWH) is a DC-based foundation that seeks to improve the lives of the elderly and those facing end of life, strengthen senior communities and reduce inequality in access to care. Among the projects they support are grants to DC Villages first to help the Villages respond to the pandemic and then to extend the reach of the Villages to underserved populations in DC. Its support to Waterfront Village has enabled the Village to support a second paid employee and improve services to our most frail members. Last year, the grant allowed the Village to reach more than 3,000 residents aged 60 and better with information about the Village. Currently, Washington Home Foundation funds are supporting the Village's efforts to better understand food insecurity among older adults in Southwest DC and the Navy Yard

Outstanding Service Award -- Kathy Trickey

Kathy Trickey (picture to right with

green watering can) is among the most supportive and active members of the Village. She serves in the role of Assistant Secretary for the Board and has taken minutes at monthly meeting for an extended period of years. With a background in meeting facilitation and strategic planning, Kathy exercises strong organizational skills by sending out communications and steering



conversations toward successful resolution. She also served as a committee member of the 2022 completed home tour where she played a major role in ensuring that multiple workstreams were moving forward. Along with participating in just about every major activity hosted by Village for the past five years, Kathy contributes to the Membership Committee and helped to develop and staff several programs over the years.

AWARD & ANNIVERSARY BRUNCH TICKETS- RSVP'S DUE THIS FRIDAY, APRIL 28 AT NOON!

Have you registered for the Village Anniversary Celebration? We are excited to celebrate in a new way by heading to Masala Art for a delicious American or Indian style brunch. We have come a long way in seven years, and we are anticipating a future filled with special events and programs, new friendships, and opportunities to give and receive support to one another. Click the button below to purchase your ticket for the brunch.

[Purchase your tickets here](#)

ART OF AGES -- Village Anticipates Fantastic Art Exhibit...just one month away!

The Village is moving full steam ahead on our first Village art exhibit, entitled "Art of Ages" on June 9-10, 2023, at Saint Matthew Lutheran Church. It will feature the works of local artists aged 60 and better.

"We experienced an amazing amount of interest from many of the creative members of the Village and the Southwest DC community at large," said Pam Troutman, who has been working with local artists to produce the exhibit.



This exhibit will feature oil, watercolor, and acrylic painting, as well as

photographs and some unique mosaic, fabric, and glass works.

"This exhibit will be a glimpse into the stories and talents of several of our members," said Pam Troutman, who has been working closely with local artists. "We cannot wait to hear the reactions of visitors."

The Village also will showcase the work of budding artists in the Village's current painting class. The opportunity to offer this paint class ushers in a new chapter for Waterfront Village in which expression through the arts is a critical component of its programming.

"Research has shown the health and social benefits for older adults who exercise their creativity through the arts, and it's fun too," said Troutman.

Opening night on Friday, June 9 will include a wine and appetizer reception. Tickets for the opening reception are \$20 in advance and \$25.00 at the door. There is no fee for admission on Saturday, but donations will be accepted.

Opening Night Tickets

Support the Village Art Exhibit... Five Easy Ways You Can Contribute!

1. Buy a ticket for the Opening Reception. In fact, buy five tickets and invite five people who are not part of the Village. It is a great way to introduce people to the Village!
2. Sign up to be an exhibit host. Hosts will be stationed throughout the exhibit to welcome guests and represent the Village. We need 4 hosts for Friday night and 10-12 hosts for Saturday, where hosts will work for 2 hour shifts.
3. Reception set-up. We are looking for 3-5 volunteers to assist with some of the food set-up. We also need someone to pick up ice and deliver it to the Village office on Friday June 9 around lunchtime.
4. Take down crew. We are looking for some folks who can be available Saturday night from 5-6:30 pm as we help artists pack up their work and as we restore St. Matthew to its usual set-up. The church has been a wonderful partner for the Village so we want to leave it better than we found it.
5. Donate a bottle of red or white wine to the Village for the Opening Reception. Drop it off at the Village on any weekday before June 1. Call 202-656-1834 when you are leaving your home, so we know you are on the way.

Please email Pam at ptroutman@dcwaterfrontvillage.org if you can help with any of these tasks or donations. The next Committee meeting is scheduled for Wednesday, May 3 at 11:00 a.m. via Zoom.

New Village Walking Group Forming

The Village is forming a new walking group that will provide a great option for those who are interested in walks of 30 minutes. Our current Tuesday group often walks for over an hour, and we hope our new group will provide an option for those looking for a shorter time commitment and slower pace.

This group will commence on Tuesday, May 2 and will meet at 1:00 p.m. at the corner of 4th and M Streets. Tuesdays will be our meeting day to start off.

It would be helpful for you to register for this walk just to indicate your interest in the class. You can do so by clicking the button below. You can also email Pam at ptroutman@dcwaterfrontvillage.org.

Thirty Minute Walk, Group
Registration

Peak Season: Art Class is in Bloom

The Waterfront Village is watching the flowers bloom in the neighborhood and the art bloom at our headquarters every Wednesday afternoon. We have enjoyed several sessions in the month of April, with more scheduled for May.



"Being able to meet other members by trying out acrylic paints for the first time was a wonderful benefit, and at no cost, what could be better?" asked Village member Jean Daniel. "The teacher is very supportive and encouraging as we try a new skill in a relaxing and fun environment." The first two weeks of class has focused on the study of color. Village member Connie Hercey commented, "Each week I look forward to discovering new things about myself through art in an encouraging and supportive environment."

The Village hopes to offer a second session of this class in the fall.

Chair Yoga at Westminster Schedule Addition-

The Monday Chair Yoga group that meets at Westminster Presbyterian will also now meet on Fridays. Please make a note and share this information with friends and neighbors who might be interested.



Covid Resources still available at Village Headquarters

While both the Federal and many state governments have moved to end Covid-19 public health emergencies, we want to be sure that Village members know that we are here as a resource on this issue going forward. We have test kits still available. We will continue to monitor the announcement of additional vaccines and boosters. If you have any concerns, do not hesitate to reach out to us at the Village office.

We would also encourage you to speak to your healthcare professional regarding covid boosters. At an April 19 meeting the CDC updated several booster guidelines.

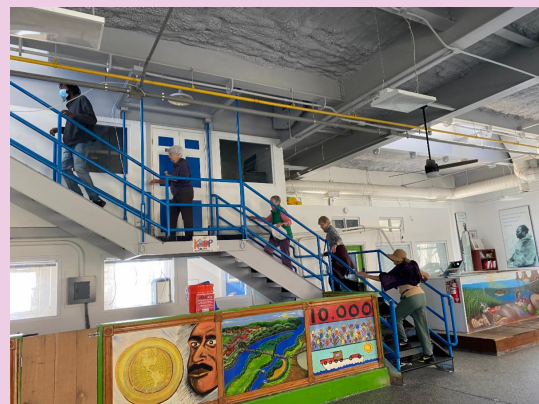
Walking Club Surprises at Every Turn

Waterfront Village's Walking Club, like many Village Walking Clubs across the country, are one of our most popular activities. The chance to get some exercise while getting to know other members of the Village makes the time doubly valuable.

Recently, the Village enjoyed a couple of special walks. First, we had a surprise visit to the Matthew Henson Earth Conservation Center, located at 2000 Half Street, SE. After a curious peek through the closed door, our walkers were welcomed by John Wood, the Center's field director, who introduced us to several of the resident raptors at the Center. These birds of prey are unable to live in the wild for a variety of reasons, but they are given a new life at the Conservation Center. We met Sky, a red-tailed hawk, and Mr. Hoots, a Eagle owl.



the view from the top of the Matthew Henson Conservation Center



climbing up to meet the Raptors

On a subsequent trip, the Walking Club headed to the Tidal Basin to enjoy the Tulip Library. It was a perfect day of blue skies and green grass. And a rainbow of tulips!



Tulip Library



walking and talking

Save the Date -- Upcoming Events

MAY

May 4-6 Smithsonian Craft Show

May 6 Village Anniversary Celebration

May 18- *Here There are Blueberries* at Harmon Hall

JUNE

June 9 & 10 Inaugural Village Art Exhibition and Reception

June 13- Trip to Jug Bay Wetlands Sanctuary

EVENTS THIS MONTH



Smithsonian Craft Show

Friday May 5, 1:00 p.m.

Meet at 1:00 sharp at 4th and M

If you purchased tickets through the Village or on your own, consider joining the Village group to head to the Building Museum to enjoy this very special exhibition of amazing crafters and artisans. We will meet at the Farmer's Market at 4th and M Street to head to the metro. This trip will not have a staff representative, but if you register to go with the group we will put you all in touch with one another.

Register to go with the
group

Coffee Hour
Wednesday, May 10
at 10:00 a.m.

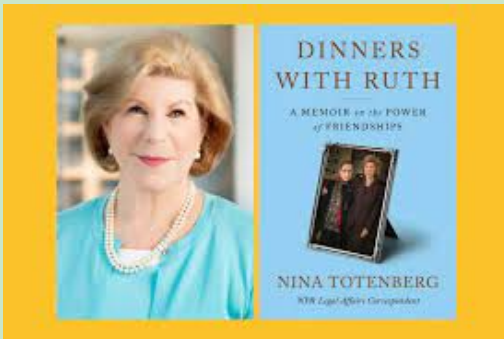
We are glad to gather each month with Village members at our offices to enjoy a cup of coffee and some good company. This is a great place to meet new friends if you are new to the Village, or if you have been a part of the Village for a long time.



**Looking for Another
Opportunity to Connect?**

Coffee and Conversation
Starbucks at the Wharf
Friday May 12, 10:00 a.m.

This is a casual gathering with no program, just a chance to get to know other Village members. For the first gathering, we'll meet at the Wharf Starbucks. Please let us know if you are interested in this kind of event, and if so, how often.



Book Club
Dinners with Ruth
Thursday May 18 at 2pm
at the Library or via zoom

This book is an extraordinary account of two women who paved the way for future generations by tearing down professional and legal barriers. The book details the long friendship of Nina Totenberg, NPR reporter, and Ruth Bader Ginsburg, and it is a testament to the power of friendship amongst women.

Great Decisions
Friday, May 19, 1:00 p.m.
Southwest Library

This monthly discussion group gathers to discuss a variety of global topics after reviewing materials provided by the Foreign Policy Association. The topic this month is economic warfare. If you are interested in joining the discussion, email Pam at ptroutman@dcwaterfrontvillage.org to obtain



materials.



Waterfront Village Meditation Group

**Monday, April 24, 2:00 p.m.
at the Village Office**

Stop by this Village group that is growing and learning together. 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.' Click below to register for this event or just plan to come!

Meditation
Registration

Shakespeare Theater Company's *Here There Are Blueberries* Wednesday May 24 Klein Theatre, 450 7th Street NW



This play, conceived and directed by Moisés Kaufman, tells the true story of an album of photographs that was sent to the U.S. Holocaust Memorial Museum in 2007.

The story of the album is told from the vantage of the researchers who are piecing together information about the figures in the photos. The images, which are integral to the play, received so much attention when the news broke of their discovery that the museum's website crashed.

We are pleased to be able to offer these tickets free of charge.

Tickets for Here There are
Blueberries

RECURRING EVENTS

Chair Yoga



Mondays AND Fridays, 11:00 a.m. Westminster Presbyterian Church

This class includes breathwork, light weight lifting, oiling the joints, seated and standing stretches (standing is optional). This program is offered by Pamela Wilson and is enjoyed by several Village and community members.

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, May 3 and 17** **3:00 p.m. by zoom**

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.

Are you interested in in-person technology help or do you have a specific technology skill that you are seeking to acquire? Email Pam at ptroutman@dewaterfrontvillage.org to discuss the possibilities!

May Pickleball Update **Thursdays at 12:00 noon at Greenleaf** **Recreation Center**

We continue to enjoy growing our pickleball group and would welcome you to come check it out. We will meet at Greenleaf on either indoor or outdoor courts, weather permitting. Look for updates for June when the weather may change the time of this event.



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.



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

Sandy Carroll
Hans and Katherine Crump-Wiesner
Veronica Davis
Robert Evans
Vyllorya Evans

VILLAGE RECRUITMENT

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

Bobbie Friedman
Susie Humphreys
Anne Rensberger
Emma Verdieck
Robert and Carol Wilkens

Special Welcome to new members joining us in April:

Susan Lewis
Aileen Schlef



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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