

•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 77- July 2023

Villages Sign City-wide Agreement

In June, the Board of Waterfront Village voted to join the other 12 Washington, DC villages in an effort to better serve older adults in neighborhoods throughout the city. All 13 Villages signed onto a memorandum of understanding (MOU), which establishes a formal framework to guide and oversee their jointly-sponsored work, under the name DC Villages Collaborative (DCVC).

“In some ways, working together is not new, as the executive directors and board presidents have been coordinating work and discussing important issues for some time,” said Len Bechtel, executive director of Waterfront Village. “In other ways, this changes everything. It recognizes that there are things we can do much better by working together than as individual villages, including communicating on important issues and competing for large mission grants.”

The MOU lays out how the 13 villages will work together and provides for an oversight council and a day-to-day operations group. While the DCVC Collaboration Council will be comprised primarily of village board presidents



and focus on strategic issues and oversight, the Leadership Group, made up of village executive directors, will address how to implement joint policies and initiatives and ensure appropriate coordination of tasks. Together, these bodies will begin work implementing the Collaborative's vision and goals in July.


For more than seven years, the executive directors of each Village have met monthly to share ideas and tackle issues of common concern. Similarly, the Village presidents have also met regularly for the past three years to learn from one another.



"We understood that there were benefits from coordination with other village for some time. The question was whether more formal collaboration would continue to benefit our Villages or distract from our focus on our individual neighborhoods," Board President Carroll Quinn said. "We thought the potential benefits were worth more in-depth consideration."

Quinn, who represented Waterfront Village on the inter-village planning committee that led the MOU development process, indicated that the effort was supported by an independent consultant to minimize any conflict of interest concerns and direct the complex strategic planning effort. The consultant guided the group through a two-year process of careful consideration, planning, debate, and discussion. The result was a proposal to form the Collaborative.

"There were a lot of perspectives to consider, but every village representative wanted a solution that would be best for both current members and future ones," Quinn said.

According to Quinn, the villages agreed that it was important that the Collaborative respect what makes each Village unique while advancing common goals and a





shared vision. It builds on the informal partnerships the 13 DC Villages have established over the years and guides our efforts to work together, share programs and expertise, pursue grants, and advocate for older adults no matter where they live in the District.

“We expect that the Collaborative’s impact on existing Villages will be significant and give members access to more programming and support, as well as increased connections with members from other Villages,” Bechtel said.

The Collaborative also provides a stronger foundation for the Village movement in Washington, D.C. , helping to ensure that more older adults in DC have access to a village or village-like services. Among the DCVC's goals are taking advantage of potential operational efficiencies and increasing the diversity of the city’s village membership base.

While the Villages have worked together successfully over the years to secure grants from the District’s Department of Aging and Community Living, the Washington Home Foundation, and several private foundations, this more formal structure will consolidate resources to make the villages more competitive for a greater number of funding opportunities.

"Instead of villages competing against one another for a limited number of local grants, we are expanding our capacity to engage with funding organizations nationally too," Bechtel said.

Among the first orders of business for the Collaboration Council is hiring a director to lead and manage collaborative efforts citywide in line with the DCVC's action plan. More news about the collaborative will be shared as decisions are made this summer.



Neighbors Helping Neighbors. Volunteers Make it Happen at Waterfront Village

The Board of Directors and Village staff are seeking member feedback regarding the role of members in Village programs, events, and services. Villages were founded on the idea of neighbors helping neighbors. There are many Village members that currently volunteer, as medical appointment drivers, tech support volunteers, or meal volunteers. Others volunteer at Village special events.

As we seek to grow the Village, we are interested in hearing from members who might have a talent they can teach, or an event they would be willing to host. Additionally, if there are other ways that you would consider volunteering for the Village, we would love to hear from you. Thanks to those who have recently stepped up as walking companions. We are looking for someone to bring refreshments for the July coffee hour as well. Please take a moment to consider your role in making the Village strong.

Email the office at info@dcwaterfrontvillage.org to let us know how you are willing to get involved.

Art of Ages Spotlights the Incredible Talent of SW Residents

If you came to the Village Art Exhibition looking for inspiration, you were not disappointed. The Village showcased the work of over a dozen artists in the first-ever event. Nearly one hundred people celebrated the opening of the exhibition on a gorgeous night; refreshments were served on the patio and the art work was on full display inside of St. Matthew's Lutheran Church.

The Village would like to thank the artists for sharing their gifts and talents as well as the many, many volunteers who donated wine, assisted with planning, shopped for the reception, helped with publicity, set-up the exhibit, and cleaned up at the end. It takes a Village to put on an Art Exhibition.



Photographer Eduardo Gyles reconnected with a former student from Jefferson Middle School.



Guests enjoyed a beautiful night out on the patio of St. Matthew Lutheran Church.



Oil painter Sandy Carroll discusses her work with an exhibition guest.



Beautiful music added to the experience.

Circuit Transportation Arrives in SW

Spread the word, the Circuit is here. Not the Circulator, but the Circuit. This is a new transportation service that is available in SW DC. It is designed to take people from place to place within SW. On a recent visit to the Village Coffee Hour, Operations Manager Anthony Jackson said, "this is designed to take you to places too far to walk but too close to drive."

There is no cost for those 60 and older. This service is very similar to Uber. You must download the app and then you can use it to request the ride. The wait time is typically less than ten minutes. The vehicle, pictured below, is an electric vehicle that can seat five people.

Waterfront Village would encourage ALL of our members to download this app and use this service for getting around DC. This service can

take you from your home to the Farmer's Market, the Wharf, Buzzards Point, the Library, the Village offices, or the Post Office. The more we use this service, the more we can support this model and make sure it is here to stay.

If you need assistance in downloading or using the app, consider coming out to an in-person technology session on Wednesday, July 5th at 3pm. If you use an iphone, you will need to be sure to bring your apple id and password. We will use this tech session to assist members in downloading and using the app for Circuit. If you do not have a smartphone, please contact the office at info@dcwaterfrontvillage.org or call us at 202-656-1834 and we can assist you with an alternative.



Guests of the Village Art Reception ride the Circuit home after the event

Sidewalk Shoveling Exemption Program is Open

The District's program that allows qualified residents who are disabled and/or 65 or older to be exempt from snow removal requirements in the District. There is a link below to the form that you need to submit to be approved. You must sign up for this program over the summer, so if it is of interest to you, click the link below.

[Snow Shovel Exemption Form](#)



Working Members of Waterfront Village

If you are a current or prospective member of Waterfront Village who is still employed, on an part- or full-time basis, we are interested in connecting further with you. We know who some, but not all, of you are. If you are one of the working Village

Connected, associated, belonging, tied, neighbors, friends...

One of the primary purposes of the Village is to facilitate connections between neighbors. Did you know that the Village has a directory of members? You can access the directory by signing into your profile and clicking the Member tab on the website. You will see a Member Directory tab that you can click to see member names, email, and phone numbers.



Are you listed in the directory? We would encourage all of you to list your contact information in the directory. To add your name to our directory, email Pam at ptroutman@dcwaterfrontvillage.org and simply put the phrase "directory permission granted" in the subject line.



Villagers enjoyed a spectacular morning at the Jug Bay Wetlands Sanctuary in June. Thanks to Jim Harle for being our host and guide.

EVENTS THIS MONTH

In Person Tech Support Group to Assist with Circuit App

**Wednesday, July 5, 3:00 p.m. at the Village
offices**

Bring your phones and stop by the Village office to get some help with downloading the Circuit App to your phone. The Village is encouraging all Village members



to download this app and take advantage of this terrific transportation service that is now available.

Please register if you plan to attend this session

Smart Technology for the Home

**Saturday, July 8, 11am-3pm
MLK Library**

The DC Assistive Technology Program is showcasing the latest smart technology designed to bring ease to everyday home activities, from some well-known tech like the Alexa and the Apple iPad, to some less well-known (but just as reliable) tech like the Hero Medication dispenser and Kasa Smart light bulbs. Get a hands-on feel for what might work for your home! The best time to learn about some of this technology is BEFORE you need it.



If you are planning to go to this event or if you would be willing to go and learn about some of this technology and report back to Village members, please email Pam at ptroutman@dcwaterfrontvillage.org.



**Monthly Village Coffee Hour
Wednesday July 12 at 10:00 a.m.**

Village Offices, 222 M Street

This month's session will be a discussion about the various home delivered meal services that members use. Preparing healthy meals is an important task that we all must do each day. Fortunately, there are many wonderful services out there to make this task easier. Some of these services provide ingredients for you to cook the meals, while

other meal services send ready-to-heat meals. You have probably heard of Hello Fresh, Blue Apron, but have you heard of Factor75 or Mighty Meals? We will be sharing information on these different services at this month's coffee hour.

If you have experience with any of these services, please share your thoughts with Pam via email, ptroutman@dcwaterfrontvillage.org.

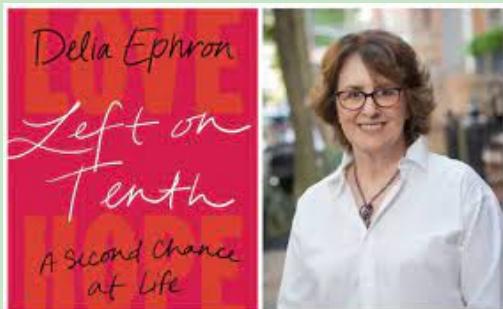
Ice Cream Social

Monday July 17, 3:00 at the Village Offices

It's July and time for ice cream. Join us at the Village office; we will have low sugar options available as well. Consider inviting a friend or neighbor who might want to join the Village.



[Register for the Ice Cream Social Here](#)



Book Club
Left on Tenth
Thursday July 20 at 2pm
at the Library or via zoom

Please note this book is a rescheduled meeting from June

Author Delia Ephron, the bestselling, beloved writer of romantic comedies like *You've Got Mail* tells her own late-in-life love story, complete with a tragic second act and joyous resolution. Delia Ephron had struggled through several years of heartbreak. She'd lost her sister, Nora, and then her husband, Jerry, both to cancer. She channeled her grief the best way she knew: by writing a *New York Times* op-ed. The piece caught the attention of Peter, a Bay Area psychiatrist, who emailed her to commiserate; after several weeks of exchanging emails and sixties folk songs, he flew east to see her. They were crazy, utterly, in love. But this was not a rom-com: four months later she was diagnosed with AML, a fierce leukemia.

In *Left on Tenth*, Delia Ephron enchants as she seesaws us between tears and laughter, navigating the suicidal lows of enduring cutting-edge treatment and the giddy highs of a second chance at love. With Peter and her close girlfriends by her side, with startling clarity, warmth, and honesty about facing death, Ephron invites us to join her team of warriors and become believers

Camino Trail Movie and Discussion

Friday, July 21 at 1:00 p.m.

Join us for a viewing of the film "The Way," which tells the story of a man who has lost his son and embarks on the famous hiking trail called El Camino de Santiago. Executive Director Len Bechtel will share his experiences of hiking this trail after the film.



Waterfront Village Meditation Group Monday, July 24 at 2:00 p.m. at the Village Office

Stop by this Village group that is growing and learning together. Thanks to Kathy Trickey who facilitated last month's meeting.

Breakfast at Central Kitchen Cafe Wednesday, July 26

**Meet at 4th and M Streets at 9am or
at the Cafe at 9:30 a.m.**

The Cafe at DC Central Kitchen is open in Southwest, and we are looking forward to welcoming them to the neighborhood by enjoying some of their delicious breakfast food.



[Click here to register for this event](#)

**Great Decisions
Friday, July 28, 12:45 p.m.
Southwest Library**

Latin America



This month's discussion will feature the topic of Latin America, which was rescheduled from last month. We are looking forward to an interesting discussion. Meet us at 12:45pm to say hello and we'll start our discussion at 1:00 p.m.

Please click this button to register for Great Decisions

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 9:00 a.m.

Wednesday Short Walk 1:00 p.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 at 3:00 p.m.

July 5 in person, July 19 via zoom

Please note that July 5th's meeting will focus on loading the Circuit App onto your phone and we will meet in person at the Village office.

July Pickleball Update

The Village pickleball group will continue to meet on Thursdays at 9am at the Jefferson Courts. If you plan to attend the sessions, please register by 4pm the day before so that we can confirm that we have enough participants.



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 June:

Marlene Johnson
Patricia King
Terry Parmalee
David and Jo Ann Reiss
Elaine Riccio
Deborah Sherwood

VILLAGE RECRUITMENT

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

Special Welcome to new members joining us in June:

Valerie Amerkhail
Monica Ingram & Lawrence Smith
Karen Jones
Alice Kelly
Janet Knab
Sheila Wolf



Need help paying for your 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.

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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