

•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 79- September 2023

Village Transition Begins Troutman Tapped to Lead Village

Waterfront Village Board President Carroll Quinn announced the selection of Assistant Director Pam Troutman as the Village's new executive director beginning January 1, 2024.



The announcement was made at the Peach Festival on August 21, 2023, on the patio of St. Matthew Lutheran Church. The decision was made after several months of deliberation and negotiation by the Board. Troutman will work with current Executive Director Len Bechtel to ensure a smooth transition before Bechtel retires on December 29, the last workday of 2023.

"After considering all of our options, the Board decided that the best thing we could do for the Village was offer Pam the executive director's job when Len leaves," Quinn said. "She is doing a great job now, knows many of the ins and outs of operating a village, and will ensure continuity and future success." Troutman got her start as a care manager at Iona Senior Services and spent several years leading social work teams that provided support to people aging in place and their family caregivers in Philadelphia.

Troutman started working for the Village in June 2021 and has been responsible for connecting volunteers with members who request services and hosting many of the Village's programs and activities.

"Other than Pam, I would be hard pressed to name someone who could step in here and not skip a beat. Members should feel very confident that the Village will continue to evolve in positive ways," said Bechtel.

Bechtel's position is just one of the key leadership roles turning over later this year. President Quinn's term as a Board member will expire this year, making her ineligible to continue in the president's role. The Village is currently recruiting new Board members and is open to suggestions of potential community leaders who could serve a three-year term.

The Village is currently recruiting candidates to fill the Assistant Director position to be vacated when Troutman is promoted. To see the job announcement, please click [Assistant Director Announcement](#).



Village Hosts Annual BBQ and Home Expo

Waterfront Village will host a Barbeque and Home Services Expo on Thursday, September 14, 2023, starting at 5:00 p.m. Weather permitting, the fun-filled event will take place on the outside patio of St. Matthew Lutheran Church at the corner of M Street and Delaware Avenue SW.

"This event was a huge success last June, and we are excited to bring it back this year," said Len Bechtel, executive director of the Village.

Last year's caterer, Mission BBQ, returns this year with even more flavor-filled treats for participants. The Village has welcomed over thirty new members this year, and many of these newcomers are expected to participate. About 70 members attended last year's BBQ.

"While it is great to have a big social event, this event is even better because of the valuable information that will be shared at the home expo," Bechtel said.

In addition to the BBQ, the Village has invited a variety of service providers, covering everything from home care to physical therapy to legal and financial services. They will have tables inside the church to provide you with information on these services, so you are prepared if you ever need them. Several city agencies will also be present. Take some time to meet some of these providers.

Tickets for this event are limited, so please be sure to register for this event as soon as possible. Don't take a chance that you will be left out. You can register by clicking the button below.

Click here to register for the
BBQ



New Group Focuses on the 2024 Elections

A new Village action group is forming to identify options for inserting issues of importance

to older adults into election discussions in the 2024 cycle. The group's first meeting is scheduled for September 7 at 11:00 a.m. to brainstorm issues and strategies for the new group.

The meeting advances ideas first discussed among Village members during a coffee hour presentation and discussion led by Village Member Majorie Lightman, who made the point that if you want action taken on issues of importance to you, then you must speak up and be seen. Please register for this event by clicking [Election Issues Interest Group](#)

Senior Games Still Seek Competitors

Registration for the DC Senior Games is OPEN. The games will take place across several venues from September 8 - September 30, 2023.

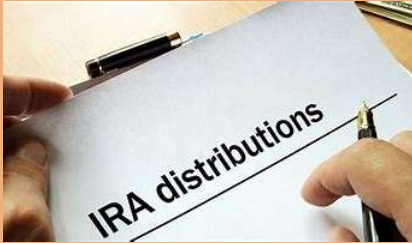
DC residents, age 48 and over, as of December 31, 2023, are eligible to participate in the Senior Games. The deadline for registration is September 8.



"The Senior Games are like little league for me; a place where the competitors can test themselves and have fun" said Pam Troutman, assistant director of Waterfront Village. "I hope we can get some members out there to show us what they can do."

Events include: Softball, Pickleball, Tennis, Swimming, Basketball Free Throw and Hot Shot, 3-on-3 Basketball, Track and Field, Bowling, 5K, 10K, Cornhole, and more.

For more information on the Senior Games, including registration instructions, please click [Senior Games Registration](#).



IRA Distributions Given to Charity Can Lower Tax Bills

Many older adults who have made tax-deferred investments through Individual Retirement Accounts (IRAs) can lower their tax bills and still help others by donating a portion of their required minimum distributions to a charity.

As we enter the second half of 2023, many of you may now be planning your end-of-year donations. If you're 72 or over, you also may need to take required minimum distributions (RMDs) from your individual retirement accounts (IRAs). Given recent tax changes, these decisions should be considered together.

Many IRA holders are unaware that they may make donations directly from their IRA to qualified charities and avoid taxes on those contributions. The IRS permits a direct transfer of up to \$100,000 from an IRA to a qualified charity. This transfer is called a Qualified Charitable Distribution (QCD). While IRA distributions are typically included as taxable income, QCDs are excluded from income while still counting towards your required distribution.

If you are open to helping non-profit organizations using QCDs, we are hopeful that you will consider donating to the Waterfront Village (WV) or another non-profit you support. Your donation will help us fulfill our vision of a Waterfront Village that empowers its members to age with dignity, engage actively with their neighbors and community, and enjoy their desired quality of life in their own homes.

Qualified Charitable Distributions



A QCD must be paid directly from your IRA to a qualified charity. You can also donate part of your required minimum distribution to charity and withdraw the rest as income. Funds withdrawn as income will be taxed.

For individuals who can use QCDs, they are likely the most tax advantageous way to give to charity. Note that QCDs can only be made from IRAs and not from employer retirement plans such as the Thrift Savings Plan (TSP). To make a QCD to the Village, contact the broker, financial advisor or custodian for your IRA. They will provide you with the required form and directions.

Mark Your Calendars Now for these Upcoming Events

October 11 - Free Breakfast and Vaccine Clinic, location TBD

November 8 - Coffee Hour and Glaucoma Screening

Village Home Tour Tickets Now on Sale



Waterfront Village opened tickets sales for its 2023 home tour "Homes of the Southwest Waterfront". This very popular local event will take place on Sunday, October 8, 2023, from 1:00 p.m. to 5:00 p.m. Saint Augustine's Episcopal Church will serve as the registration headquarters again this year.

To purchase a ticket for this year's tour, please click [Home Tour Tickets](#) or by calling 202-656-1834.

Village Spirit Wear is Back

Be sure to show your Village pride by purchasing a jacket, hat, long or short-sleeved t-shirt to wear when you are out and about. Wearing your Village gear is a great way to let your neighbors know that you are involved with the Village.



New colors and products are for sale, so click the link below to be taken to the sale site. Pay directly online or call the office if you need assistance. The orders will be delivered to the Village office, and we will let you know when they are ready for pick-up!

Waterfront Village Spirit Wear
Website

New Class Seeks to Tap Your Creativity

Did you ever wish you could come up with a better way to do something? Do you marvel at how other people seem to solve problems? Are you hoping to express yourself better artistically, whether as an actor, painter or poet?

Waterfront Village is offering a two-part class that will help participants realize their creative potential. The class will use a series of challenges and exercises to unleash your existing creativity. The goal is to help you harness your creativity for solving everyday problems and for supporting your artistic pursuits. The class is scheduled for two three-hour sessions on consecutive Thursdays, September 28 and October 5, from 4:00 p.m. - 7:00 p.m.

"As we age, we sometimes let our creativity get lazy. This class is designed to stimulate our brains, our bodies and our souls," said Len Bechtel executive director of the Village. "Participants will view the world a little differently after taking this class."

The class will be conducted by Mark Osele, who has spent 32 years reviewing inventions for the U.S. Patent and Trademark Office. He has been exposed to interesting new ways to improve everyday objects and tools. He also has moonlighted as an actor in local professional theatre, published fiction as a author, and sold pieces of visual arts he created.

"This class will be challenging, fun and unique," Bechtel said. "It will definitely be an experience participants won't forget."

Village Volunteer Corner

Each month, the Navigator will highlight volunteer opportunities. Volunteering at the Village is a terrific way to meet and get to know other members and to support the work that is happening.

We are seeking volunteers for the following:

- **Drivers.** Daytime drivers who can provide transportation for members to doctor's appointments are in great demand. Our current drivers are very busy, and a few more drivers would help to lighten their load;
- **Village Representatives.** By serving as an outreach contact at the Farmers' Market on any Saturday in September or October, you can us build our membership and find more volunteers. We are looking for representatives to sit at our table at least one week in the two-month period. We will also be encouraging home tour ticket sales.
- **Waterfront Village Home Tour.** More than 50 volunteers are needed to support the Village's largest fundraising event of the year. We need volunteers to serve as home monitors, registration clerks, set-up and clean-up crew members, and publicity and ticket sales staff.

Please email Pam at ptroutman@dcwaterfrontvillage.org if you are interested in lending a hand.



EVENTS THIS MONTH



**Waterfront Village
Meditation Group
Monday September 11 and September
25, 2:00 p.m.
at the Village office**

We are happy to see the Village meditation group growing each month. The group will now be held on the second and fourth Monday of the month. Please come prepared with footwear to wear as some of the meditation sessions may include time outdoors on the patio. Next month the meditation listing will move to the recurring events section of the newsletter so look for updates there.

Coffee Hour

Wednesday September 13

10am at the Village Office

This month's coffee hour will feature some time to get to know one another a little better. Do you know which Village members also live in your building? Do you know who worked in the same Federal Department as you? Which Village member grew up right here in SW? We hope everyone will stop by this event and make some new connections.



Metro Access - Why I Use It and Why You Should Too!

Monday, September 18

1:00 p.m. via Zoom

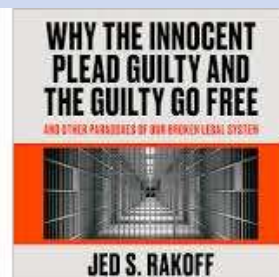
This presentation will be brought to you by member Rachel Hecht, who has recently begun using Metro Access to get to appointments. Here's what Rachel has to say: "MetroAccess is not just for those with walkers, or who use wheelchairs. Nor is it just for medical appointments."

It is for all people who need a little help with traveling around the Washington region on either a temporary or permanent basis. In a Zoom program, Village member Rachel Hecht will tell you about her experience in applying to MetroAccess and in using its services. This will be a zoom session.

Book Club

Why the Innocent Plead Guilty and the Guilty Go Free by Jed S. Rakoff

Thursday September 21, 2:00 p.m. at the SW Library



Federal judge Jed S. Rakoff, a leading authority on white-collar crime, explores a variety of legal conundrums in *Why the Innocent Plead Guilty and the Guilty Go Free*, a startling account of our broken legal system. Grounded in Rakoff's twenty-four years as a federal trial judge in New York in addition to the many years he worked as a federal prosecutor and criminal defense lawyer, Rakoff's assessment of our justice system illuminates some of our most urgent legal, social, and political issues: plea deals and class-action lawsuits, corporate impunity and the death penalty, the perils of eyewitness testimony and forensic science, the war on terror and the expanding reach of the executive branch. A fundamental problem, he reveals, is that the judiciary is constraining its own constitutional powers.

Like few others, Rakoff understands the values that animate the best aspects of our legal system—and has a close-up view of our failure to live up to these ideals. But he sees within this gap great opportunities for practical reform, and a public mandate to make our justice system truly just.

**Great Decisions:
Iran at a Crossroads
Friday September 22, 12:45 p.m. at
the Southwest Library**

After the fall 2022 anti-government demonstrations and a variety of economic and political challenges, including a new generation of young adults who have internet access, Iran is indeed at a Crossroads. Come to this session of Great Decisions. Participants are asked to prepare in advance by reading the Great Decisions materials. If you are interested in attending this session and would like to review the materials, email Pam at ptroutman@dcwaterfrontvillage.org.



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 **Wednesday, September 6, 3:00 p.m.**

This month our tech support meeting will be held just once, on Wednesday September 6.

This will be a zoom session and the link can be found in the weekly bulletin that week. If you have additional tech support needs, please do not hesitate to reach out to the Village office and we will be glad to assist you.

September Pickleball Update **Thursdays at 8:30 a.m.** **Jefferson School Courts**

The Village pickleball group will continue to meet on Thursdays at 8:30 a.m. at the Jefferson Courts. If you plan to attend the sessions, please register by 4:00 p.m. 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 August:**

Judy Judd-Price
Tom Kemp
Marjorie Lightman
Charles Magnus
Rhonda Moore
Wilbur Smith
CA Stillions

**Special welcome to our new
members joining us during the
month of August:**

Susan Berman
Olinda Gonzalez
Harriet Haymon
Cindy Stevens
Sharon Thompson

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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