



The Navigator

A neighborhood-based membership organization supporting
older residents of Southwest Waterfront and Navy Yard

Issue 81- November 2023



President Quinn Readies for Board Departure

When the Waterfront Village Board of Directors convenes for its first meeting of 2024, it will be the first time since 2017 that Carroll Quinn will not be sitting in the room as a voting Board member. During her time on the Board, Carroll has served as Secretary, Vice President and, for the last three years, as President.

"There is no doubt about it. Carroll provided leadership when the Village needed it most," said Len Bechtel, who has served as the Village's executive director for the last four years. "She has been critical in bridging the experience gap from the Village's founders in 2016 to today's Board of Directors and kept the Village moving during the pandemic."

During Quinn's term as president, the Board issued its second five-year plan, expanded the Village staff, issued key financial and human resource policies, and strengthened the Village's financial position. The Village hosted or promoted 967 activities and events during her tenure as president, including both in-person and virtual programming.

"By any measure, Carroll and the Board's performance during the last year has been pretty remarkable" Bechtel said.

According to Board Member Caroline Ashe, Carroll's contributions cannot just

be measured by numbers. She also impacted the lives of many individuals.

“Her legacy is not just in the achievements she made but also in the lives she touched. Her kindness, generosity, and endless support have created a community that cherishes her leadership and will continue to be inspired by her example,” Ashe said..

Barbara Ehrlich, the Village first president and a founding member of the Village, remembers being impressed by Carroll from the first day they met. She said that Carroll was already very involved with activities throughout the community.

“I thought she was a great pick to be a board member, and I don’t think we could have selected anyone better than her to be president. She has been marvelous as a leader, and the Village has made so much progress under her,” Ehrlich added. “She gave us the vision for the future of the Village here in Southwest.”



DC-Area Villages Host National Event

The Washington Area Village Exchange, a collaborative effort among more than 50 Villages from the District, Maryland, Virginia and West Virginia, hosted the first national face-to-face Village conference since 2019 in Silver Spring, MD on October 7, 2023.

Pam Troutman, who will begin her appointment as the Village's executive director at the start of 2024, represented Waterfront Village at the event.

"The conference presented us with a great opportunity to learn about best practices, new programs and management ideas as we look ahead to planning for next year, with a leadership transition and with increased demand for both services and programs," Troutman said. "We need to be forward thinking, and the event gave us an opportunity to engaged with Village leaders from across the country."

Sessions at the conference included topics such as managing through Board and

leadership transitions, building relationships with sponsors and community partners, and caring for frail members, among many topics.

"This was a terrific way to learn from other Villages and get a feel for what may work here and what may not," Troutman said, pictured to the right with Manual Acevedo, the CEO and Founder of Helpful Village, a software company with a special focus on supporting Village membership and management functions.



Troutman added that the information gained at the conference will be useful over the next few months as she works with the Board and the outgoing executive director to develop a program plan and schedule for 2024.



Second Wind Chorus, Come Sing with Us!

You may recognize one of the faces in this picture as Akiko Sprague, Village member and volunteer driver. When she is not driving members to medical appointments, Akiko spends Tuesday afternoons with Second Wind.

Second Wind is a community chorus that practices and performs across the District. For nearly 20 years, the group, which is based in the Capital Hill neighborhood, has sought to assemble members who have enjoyed singing in the past and wanted to pursue their love of music again, henceforth its name, Second Wind.

"I have been with the group since 2004 (19 years). I always loved singing since my young days. I saw the ad in Hill Rag magazine way back and joined. I have been the Treasurer and Archivist since the beginning," Sprague said. "We are blessed with very capable professional music directors and accompanists."

At the moment, about half of the singers also are members of Capitol Hill Village, but Sprague would like to see more members from Southwest DC represented.

"Getting to sing with Waterfront Village friends would be really wonderful," she said."

The group gathers on Tuesdays from 12:30 p.m - 2:00 p.m. Interested

individuals are welcome to come to participate in an upcoming session for free. The group will hold a performance on December 9th at Capitol Hill Art Workshop and will then break until February.

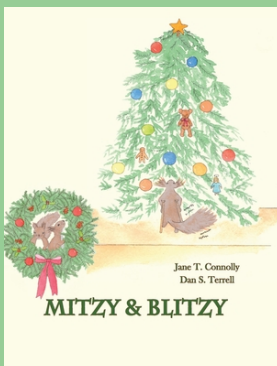
Waterfront Village member Akiko Sprague (pictured above, second from right) would be happy to talk with her Southwest DC neighbors about this group, Reach out to Akiko if you'd like to learn more, by sending an email to: amsprague@verizon.net.

Tech Support Scam Warning

Have you ever seen a pop-up on your computer screen that indicated that your computer is in need of a tune-up or a clean-up so that it will run properly? The Village Tech team would like to alert members of an uptick in recent technology support scams. Please click the button below to read an article and watch a video from the FTC so you can protect yourself.



[Tech Support Scam Information](#)



Village Member Completes Book Trilogy

The Village would like to congratulate member Jane Connolly on the publication of the third book in her series of modern fantasy reminiscent of classic fairy tales, set in southeast Germany and features Annika and Martin and their adventures in the forest. This book, entitled "Mitzy and Blitzzy: A Christmas Story" comes just in time for the holidays and is another sweet tale of friendship and

helping one another...sounds a little bit like the tale of Waterfront Village! The link below will take you to the full listing at Politics and Prose, now open right in our neighborhood!

[Click here to see the Politics and Prose listing of Jane's Book!](#)

Celebrating your Birthday?

Have you ever received a surprise in the mail? Just this past month, one of the Village members asked for donations to Waterfront Village for his birthday in lieu of gifts. As a result, the Village



received \$1100 in donations! What a nice surprise. Perhaps you would consider supporting the Village in this way. As you know, donations can be made online to the general fund or mailed to Waterfront Village, PO Box 70372, Washington, DC 20024.



We Love to Hear from You....

Trying to get in touch with the Village? Please make a note of our most recent contact information.

Reach us by phone at 202-656-1834

Reach us by email at info@dcwaterfrontvillage.org

Reach us by mail at Waterfront Village, PO Box 70372, Washington, DC 20024

Text messages are transcribed and sent via email, so text messaging is not as fast as calling us!

Village Seeks to Promote Member Library

We have several published authors in our membership and are looking to start a small library that includes member publications as well as resource books that might be helpful to members. If you are an author, we would love to include a copy of your work in our library. If you know of a book that helped you in your retirement years and beyond, we are welcoming donations and suggestions. Email Pam at ptroutman@dcwaterfrontvillage.org.

EVENTS THIS MONTH

Barbie Movie **November 6, 1:00 p.m.** **Miracle Theater**

This is not the Barbie you might remember...this critically-acclaimed film tackles a variety of social issues in this stylized movie. The musical scenes will leave you tapping your feet, and you will enjoy the thoughtful monologues and hilarious ending scene. There truly is something for everyone in this film. Invite a friend and register by clicking [BARBIE](#) so we can get a headcount. Tickets will be for sale up at the theater for \$6.00.



Don't forget to dig out your pink or your sequined sweater for this event, prizes will be awarded for the best-dressed Barbie and best-dressed Ken!



Monthly Coffee Gathering **Wednesday November 8, 10am** **Village Office**

We are looking forward to gathering back at St. Matthew in our usual location for our monthly coffee gathering. Come enjoy some time with fellow Village members. This month we will also be offering glaucoma screening, thanks to the Prevention of Blindness Society of Washington, DC. If this screening is of interest to you, email Pam at ptroutman@dcwaterfrontvillage.org. We can accommodate 7 people per hour and a total of 28 people over the morning and early afternoon.



Come Explore Earthwatch **with Appetizers and Friends**

Friday November 10
1:00 p.m. at the Village office

Dish up your favorite international appetizers for an afternoon adventure. Village member Jim Harle will give an illustrated talk about his 18 expeditions with Earthwatch, an organization that allows semi-adventurous souls to participate in research in a variety of locations. Join Jim as he takes you to places like Armenia, Mongolia, Senegal and Paraguay engaged in research areas including ethnomusicology, tree studies, religious practices and butterflies.

Visit our
Website



Older Voices of Southwest Group **Wednesday, November 15, 1:00 p.m.** **Village Office**

Many of you have joined us at the Village office for discussions around issues of concern to older adults in SW DC. While early meetings were

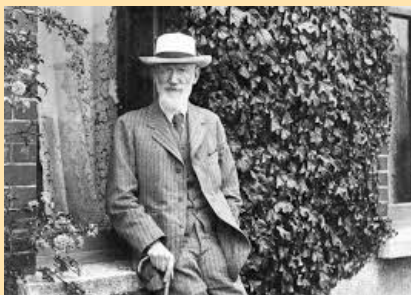
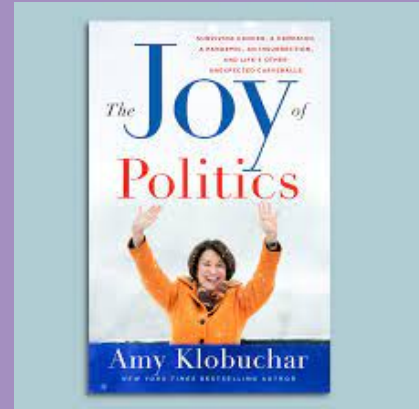
somewhat focused on local elections, the group had shift focus. The group is working towards identifying issues, problems, and possible solutions and goals, all with the aim of improving the quality of life for older adults in SW DC. All members are welcome to come to this group and coming once does not commit you to further action. Consider coming so that your voice can be amplified.

Book Club
The Joy of Politics
by Amy Klobuchar

Thursday November 16, 2pm at the SW Library

In her candid, honest, and at times bitingly funny memoir, the pragmatic senator shares insider stories from these historic moments, while also inviting readers into her personal life. An underdog in the 2020 Democratic presidential primary campaign, she built surprising early momentum--only to suspend her candidacy in order to support Joe Biden. Within weeks of returning to work in the Senate, the sudden onslaught of COVID-19 hit her family directly. Her husband got very sick and spent a week in the hospital on oxygen and a month in isolation. Klobuchar shares her experience facing a cancer diagnosis while watching her beloved father succumb to Alzheimer's. She recounts the dramatic narrative of January 6 and how close we came to losing our democracy. And, with her signature humor, she reveals what it's like to work with some of her more...well, interesting...colleagues.

At the crux of these stories is a narrative of resilience – of personal resilience and the resilience of a nation – and, improbably, joy.



Arms and the Man
Saturday November 18
Meet at 1:45pm at the metro
Undercroft Theater

George Bernard Shaw shatters romantic illusions about love and war in one of his most popular comedies. In the aftermath of the Serbo-Bulgarian war of 1885, heroes turn out to be hypocrites and cowards turn out to be heroes. What is a romantic girl to do when she realizes she may be in love with the wrong one? [Click here to read more about this play.](#)

We will meet at the top of the Waterfront Metro Station escalators at 1:45 p.m. to travel to the Mt. Vernon Square station for the 2:30 p.m. curtain at the Undercroft Theater at Mt. Vernon Square Methodist Church. There is no charge for this open-seating preview performance, but donations are accepted.

Intermission with refreshments available for purchase. The Undercroft Theatre is ADA compliant. Masks are recommended but not required.

Additional questions? Call Bob Craycraft at 202-812-0291 or email bobcraycraft43@msn.com

Village 2024 Planning Meetings

November 29, 1:00 p.m.
Village Office

November 30, 1:00 p.m.
Via Zoom



Village staff is seeking member input for 2024 program planning. In 2023, the Village significantly increased its investment in arts programming with the first annual Art Exhibition, a painting class, three free Shakespeare Theatre Company productions, and a creativity class. We also piloted our first Aging Solo class. What would you like to see next year? Please come out to the Village office or join us via Zoom so we can hear from you.



Chair Yoga at Westminster Update

This program, offered by Pamela Wilson on Mondays and Fridays at Westminster, continues to be popular in the Village and the community.

We would encourage you to consider a donation of \$5 per class to help cover costs of opening the church, heating and cooling, etc. Thank you!

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. A \$5 donation is welcome.

Village Walking Club
Tuesdays at 10:00 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.



Technology Support Session
Wednesday, November 8, 3:00 p.m.

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, do not hesitate to reach out to the Village office and we will be glad to assist you.

Waterfront Village Meditation Group
Mondays, November 13 and 27
2:00 p.m. at the Village Office

This Village group is growing. Please come and join us as we explore this wellness practice. If you have not ever tried meditation but would like to try this out, we welcome you.



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



Thank you to our members renewing during the month of October:

Hara Bouganim
Tony Carcaldi and Tom Walsh
Joyce DeRoy and Warren King
Gail Frances
Morris and Susan Klein
Richard and Ellen Kwatnoski
Vreni Peters
David and Mercedes Shaw

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

P.O. Box 70372, Washington, DC 20024
202-656-1834 info@dcwaterfrontvillage.org
www.dewaterfrontvillage.org

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