



The Navigator

Neighbors Helping Neighbors- Waterfront Village

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

Issue 82- December 2023

A Farewell from Executive Director Len Bechtel

While some may approach life from the perspective of all good things must come to an end, I like to look at the world as a place where one adventure ends only when another one begins. On December 29, 2023, I will complete my last day as a Waterfront Village's executive director and start my first day as a Village volunteer. My journey down a new path will allow me to achieve four or five other personal goals, including traveling, writing and getting back in physical shape.



From the beginning, the opportunity of working at Waterfront Village was a wonderful match for me. After spending 34 years in the federal government, I wanted a job where I could make a contribution to my community and directly interact with my clients. The Village gave me that chance and so much more. My on-the-job training took off like a rocket as the COVID-19 pandemic presented the Village and its members with challenges we never dreamed possible.

Working as a Village executive director is very humbling because it becomes so apparent that there is very little that can be accomplished without the help of others. I learned to appreciate the sacrifice and generosity the Village receives from a large number of volunteers and supporters.

My gratitude for the assistance I received in carrying-out the work of the Village could not be greater. I first have to thank Carroll Quinn, who will be stepping down as Board President at the end of the year, for her leadership, guidance and kindness. She is a special person who has made Waterfront Village a better organization. I also want to recognize the other eight members of our Board; most of them who have been here during my entire tenure, for the many hours they spend on Village matters. Each member makes significant contributions of both time and resources to support our important mission. Thank you Andy,

Ardith, Caroline, Diane, Ed, James, Judith and Peter.

After spending my first 18 months as the only staff member, I was very happy when Pam Troutman joined us in mid-2021. Not only did we find an amazing and insanely talented person to work for the Village, Pam is also a special person and friend. She jumped in with both feet and has been swimming upstream – in a good way – ever since. Between us, we never said no to a good idea, even if it made us sometimes feel like we were running a marathon. I am confident that the baton will not be dropped when it is passed to Pam in 2024.

Finally, I want to express my appreciation to the members and volunteers of this amazing organization. Thank you for sharing your lives with me. I have learned so many things from you and about you, that my life will be forever enriched by the experience. While I will hold the title of Executive Director for just 29 more days, I will carry the wonderful memories of Waterfront Village with me for the rest of my life.

Welcome to Tricia Johnson, Assistant Director of Waterfront Village

Waterfront Village is pleased to announce that today, December 1, Tricia Johnson has joined the Village team as the Assistant Director. Tricia comes to us with terrific experience working in the non-profit setting. She has extensive experience with communications, fundraising, and programs that deliver tangible care and support to communities. Tricia has been involved with programs that serve service members and their families, among others.



"We are really pleased to welcome Tricia," said incoming Executive Director Pam Troutman. "She brings an exciting skill set to the table; she is already involved locally and really embodies the Village mentality of neighbors helping neighbors."



Member Support Provides Critical Funding for Village Service to SW

As we approach the end of the year, consider Waterfront Village if you have IRA distributions that you will take before the end of the year. Distributions that go directly to non-profits, such as Waterfront Village, are not taxable.

"We have been very lucky to develop

additional Village revenue streams over the past several years, but individual contributions still represent a very critical source of revenue for us," said Ed Peterman, chair of the Village's Development Committee. "We would definitely struggle without them."

Waterfront Village is supported by a variety of funding sources, including grants, District government funds, and donations. Did you know that Village members and the Board provide the Village with donations that account for nearly 24% of the annual budget? This extraordinary level of support allows the Village to screen and train volunteers, offer educational and social programs, and support those facing health challenges.

"We appreciate the contributions we get from members, their friends and other community members," said Len Bechtel, the Village's executive director. "A lot of small donations can make a big difference, so we are grateful for every level of support."

If you are not already a Village supporter, we would invite you to consider making a donation to the Village as the year comes to a close. Whether you give \$25 or \$500, your donation has real impact right here in Southwest DC.

[Click here to make a donation](#)

Village Members Seek to Make Their Voices Heard on Key Issues

Members of Waterfront Village have gathered for several sessions to identify local issues of importance to older adults in Southwest DC and the Navy Yard. The group hopes to share concerns and offer potential solutions to local agency officials, the business community, and elected leaders. The goal is to mobilize a movement for positive change on issues of concern to older DC residents. Among the issues that have been discussed are transportation, sidewalk safety, a need for a local urgent care center, affordable home care, and universal design for new buildings. This group will meet on an ongoing basis to evaluate concerns and priorities and to plan for action.



To view a draft of notes from these meetings, click [SW Senior Issues](#). Many of these concerns dovetail with DC's Age-Friendly Task Force. To view the Age-Friendly DC Strategic Plan, click [Age-Friendly](#).

VILLAGE VOLUNTEER CORNER



The New Year is around the corner and we look forward to building out our volunteer team. Consider being a part of the terrific work that the Village is doing here in SW DC. Volunteers are needed for the following functions:

Coffee Hour Hosts and Refreshment Support

Help us welcome new members and guests, while keeping everyone happy and engaged.

Village Event Host Team

Our major events do not happen overnight. We need volunteers to work months ahead of the events to make sure they are well planned and executed. Help out with one or more of these events as your schedule permits. They include the Art Exhibition Reception, Ice Cream Social, Peach Festival, Village BBQ, and Anniversary Brunch.

Event Photographer

If you hold a great event and all participants, how can we provide it to those who missed the event? By showing them the pictures, of course. Come to Village events and take pictures. We are looking for photographers to take pictures at our events.

Researcher

Are you the kind of person who enjoys learning new things by scouring the internet. Assist the Senior Voices group with researching specific topics

Notetaker

We have several opportunities for someone to assist committees and workgroups by taking notes. If you are a good listener and notetaker, we could use your help.

Art Exhibition or Home Tour Planning Committee Member

The art exhibition is a major product that requires committee members with many different skills, from display experts to party planners. If this is something that may interest you, just sign up and see where you could make a contribution. Many hands can make light work for everyone involved.

Board Committee Member

Want to take on work that deals with Village policies and oversight? A position on one of our Board committees might be right up your alley. We are currently looking to find volunteers who have finance or fundraising skills.

If you would like to make a difference by volunteering for any of the positions listed above, please contact Pam at ptroutman@dcwaterfrontvillag.org. She will

discuss your interest with you and provide additional information. If you are not sure about it, come to the January Coffee Hour and chat with Village staff about the possibilities.

EVENTS THIS MONTH

Final Class of Solo Aging Tuesday, December 5, 1:00 p.m. at St. Augustine's

The Village's pilot Solo Aging program will complete its successful run later this month. This six-week program has provided an opportunity and an organized structure for Village members to consider options and issues that are part of growing older.



"When you are considering these issues alone, without the resources and organization of this class, they can be pretty daunting," said incoming Executive Director Pam Troutman. "The supportive environment is the spoonful of sugar that helps the medicine go down."

The discussions have been excellent and we are looking forward to hearing from the participants as we seek to evaluate this pilot class.



I am glad I signed up for the Solo Aging course. It has offered useful information and resources to help someone in the decision making process of what to do as you age. I took this course so no one has to make the difficult decision for me.

-- Village Member Jane Connolly

Thanks to a grant from Friends of Southwest, the Village has plans to offer this class twice in 2024, once virtually and once in-person. We hope that all Village members will consider taking this course. For more information about the Solo Aging classes, please call the Village on 202-656-1834.

Chamber Music Concert Tuesday, December 5, 7pm St. Matthew Church

An intimate evening of chamber music for



flute, oboe and piano. Flutist Sabatino Scirri, oboist Daniel Bates and pianist Ryo Yanagitani will perform works by Telemann, Dring and the North American premiere of "Heatwave" by Iain Farrington. Websites of the performers can be found below. There is no cost for this concert.

Mayor Celebrates the Holiday with DC's Older Residents

Mayor Muriel Bowser will host the city's older residents with at the Mayor's 25th Annual Seniors Holiday Celebration at the DC Armory. The event is a special gathering of hundreds of District resident aged 60 and over. This year, the 13 DC Villages would like to encourage our members to attend this event. It is a good way to meet other DC neighbors and interact with District and Federal representatives from agencies that serve older adults. The information at this event can literally save lives, according to Waterfront Village Executive Director Len Bechtel.



"This event is as close as the District government comes to making information about all of its programs for older adults available in one place," Bechtel said.

Attending the event is also a good way to show our appreciation for the support that the Villages have received from the Department of Aging and Community Living, the DC Council and the Mayor. Village staff will accompany Waterfront Village members to the event on the subway (short walk from the metro to the DC Armory). The event starts at 10:00, and a pretty decent free lunch will be provided, too! To get more information and to register for the event, click [**Mayor's Holiday Party**](#)

"The District government's support really helped DC Villages elevate our services since the beginning of COVID-19, and a great turnout will help us express our appreciation," Bechtel said. "I love this event. It brings together people from across the city."

We also want you to wear your Village spirit wear (shirts, caps,

jackets). Let's have a lot of fun at the event and spread the word about the Villages. We will meet at 9:30 a.m. on December 13 at the top of the Metro.



Thursday December 14, 1:00 p.m.

Interested in stopping by to say hello to Village members during the holiday season? We'll be doing holiday visits on Thursday, December 14 in the afternoon. Email Pam if you are interested in helping with deliveries.



Waterfront Village Holiday Party Friday December 15, 2:00 p.m. at the Village Office

This might be the last chance to celebrate with Executive Director Len Bechtel and Board President Carroll Quinn. Come gather with your fellow Village friends to celebrate another wonderful year in the life of Waterfront Village.

[RSVP for the Holiday Party
here](#)

Book Club -- King: A Life Thursday December 21, 2pm at the SW Library and Via Zoom

According to the *New York Times*, Jonathan Eig's is the first comprehensive biography of King in three decades. It draws on a landslide of recently released White House telephone transcripts, F.B.I. documents, letters, oral histories and other material. This book, just released this year, is already changing

"King: A Life is such a nuanced, detailed biography, it's like having Martin Luther King sitting in your living room, reading a newspaper."

—Neil Steinberg,
Chicago Sun-Times

the way that future generations will look at this civil rights hero.

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

Monday, December 11

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. The group will only meet once in December but will resume twice a month meetings in January.





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



Members Renewing in November

Carol Cowgill
Darryl Eaton
David and Barbara Ehrlich
Laurie Frankel
Gene and Bonnie Harris
Maria Rita Heep
Mary Moran
Bob and Joelle Rudney
Jo Ann Scott
Kathy Trickey
Eva Whitaker
Susan Axelroad

Welcome to our New Members

Susan Goodman

Have a neighbor or friend who
might be interested in joining the
Village? Please reach out to
them. Our current members are
our best bridge to future
members.

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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