



The Navigator

Neighbors Helping Neighbors- Waterfront Village

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

Issue 83- January 2024



A Message from our New Board President, Peter Eicher

As I begin my term as president of the Waterfront Village Board of Directors, I want to take this opportunity to share a few initial thoughts with you, our members.

First, I know that I have big shoes to fill replacing Carroll Quinn, as Pam Troutman does in replacing Len Bechtel as Executive Director. Both Carroll and Len have been amazing leaders, who deserve much of the credit for the Village's success. I want to thank them again for all they've achieved. Replacing the Village's two top leaders at once is no easy task, but we're committed to as seamless a transition as possible. We should be well set for that—Pam's been assistant director for two and a half years, and I've been on the Board for four years, most recently as vice president, so we're confident that continuity of services and programs shouldn't be a problem.

Second, both Pam and I are committed to making the Village even better for its members. We're already discussing how we might build on existing services for our full members who need a helping hand, and how we can expand our already impressive array of social and educational programs. One of our key goals is to fight social isolation—our programs are a wonderful way to stay active and make friends.

Third, I want us all to remember that the Village is a member-driven organization. We thrive on your ideas, initiatives, and participation. I look forward to hearing from you on ways we can further improve the Village. To this end, we've scheduled a town hall meeting for January 24th, where I hope I'll get to know more of you and hear any concerns or ideas.

Fourth, but not least, the Village can't operate without volunteers. We're not just an organization that provides services for a membership fee. We're an organization of neighbors helping neighbors. So, I want to offer thanks

to those of you who have already been volunteering and ask everyone to consider helping in any way you can, be it as a driver, serving on a committee, or even just helping with a single event. We're counting on you. I wish you all a Happy New Year and look forward to getting to know more of you at Village events.

A Message from our New Executive Director, Pam Troutman

Happy New Year and welcome to 2024. I have never been more excited looking ahead to a new year. Waterfront Village can look back at 2023 with pride; nearly 850 services provided to members and exciting events that included the Home Tour, Artists of Southwest Inaugural Exhibition, Shakespeare Theater Company performances, Southwest Chamber Music concerts, the Barbeque and Home Expo, a trip to Jug Bay Nature Preserve... and these are just the highlights.



These programs, while amazing for their content, also provide a terrific place for neighbors to connect with neighbors. In 2024, be on the lookout for more arts programming (a story-telling workshop, a collage class, a dance performance) and some local trips. A list of programs and tentative dates is below. Don't forget to bring a neighbor when you come out to join us.



In addition, the Village looks ahead to providing support for members who are experiencing new challenges, big or small, or have come to decisions points. Village staff are available to meet with you to talk through whatever you are facing. When you are connected to the Village you are not alone, we are here to Navigate together.

The Village also adopts the view of worldwide Scouting groups: Be Prepared. One cannot remove all uncertainty from the future, but with programs like the Solo Aging class, monthly educational coffee hours, and our September Home Expo, the Village can help our members and the community to be at the ready with information and personalized plans for the future.

This is no small agenda for 2024, but our team is ready. Our Board of Directors, staff, volunteers, contributors, and partner organizations all play a key role in executing

these plans. We are grateful for all that you do. Please reach out to the Village staff if there is anything we can do.



Events Preview for 2024

January

Chili Fest, January 12
Village Town Hall, January 24

February

Virtual Solo Aging, starts Feb. 1
African American History Museum
Trip, February 9

March

Cherry Blossom Art Workshop, date
TBD
Cherry Blossom Opening, March 23

April

Anniversary Event, April 6
Lorton Workhouse Day Trip, April 26

May

Storytelling Workshop, dates TBA

June

Magic Flute, STC, June 1
Art Exhibition, June 7 & 8

July

Ice Cream Social, July 16

August

Senior Week, August 19-23

September

BBQ and Service Expo, Sep. 12

October

Home Tour, date TBA
Solo Aging, starts October 2

November

Service Event
Friendsgiving, November 25

December

Holiday Party, date, TBA

*Please note these dates are subject to change, some dates may shift
due to location availability,*



MANY thanks to all of you who gave to the Waterfront Village End of Year Campaign to honor the work of Len Bechtel and Carroll Quinn. We reached our goal and are excited to look ahead to the new year, knowing that we have so many generous supporters. Thank you!

Village Plans to Expand Art Exhibition in 2024

After a terrific inaugural Art Exhibition, we are pleased to announce an expanded art experience in 2024. "Last year's event really exceeded our hopes," said Executive Director Pam Troutman. The interest from the artists, the reception from the community, all validates what we know, that art can really provide a platform for people to connect." The Village is excited to include some fun additional program components this year.



In addition to showcasing local artists, we believe this event can also raise key financial support for the Village. Under the leadership of Board Development Chairperson Ed Peterman, we are excited to announce the inclusion of a silent auction. We are also hopeful that the Art Exhibition will expand the Village's footprint into the larger community as we seek additional sponsorships and grants for this event. The long range vision is to have two larger fundraising events during the year - the Home Tour and the Art Exhibition.

Last year's event had a great team of Village members who helped bring the vision to life. If you're interested in getting involved, join an informational Zoom on January 9 at 1:30 p.m. We will need a team of people to assist with planning the art exhibition, silent auction, communications, and more.

(Not just) Solo Aging but Aging Well

As part of the Village's commitment to partnering with members to prepare for the future, we will be offering a 5-part Virtual Program starting **February 1st**. We are very excited to offer a new and updated version of Solo Aging; the most important thing to know about this course is that it is a course that



offers huge benefit to EVERYONE, not just those folks who do not have a life partner. Our aim in offering this class is to provide a structured and organized framework to look ahead to the future, to learn about the resources that are out there, and to equip you to take action to ensure that your wishes and plans are clear to those around you. Click the button below to register. Surely your future is worth a couple of hours of time!

Register for Aging
Well

Make it Easy to Connect- The Village Directory makes it Happen

Phone books may have become a thing of the past, but the Village has an online directory that is available once you sign into your membership profile. If you have never done so, email Tricia at pjohnson@dcwaterfrontvillage.org or come to our Tech Talk this Wednesday, January 3rd to learn how to do so.

We do not list anyone in the directory without their permission. To grant permission, send an email to support@dcwaterfrontvillage.org with the words "Directory permission granted" in the subject line and we will be sure you are listed. Our directory lists name, phone, and email, not physical addresses.

VILLAGE VOLUNTEER CORNER

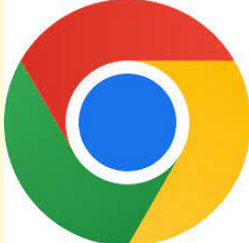


As we enter 2024, we look forward to growing our volunteer team. Many of our most active volunteers are our members. If you are a member who has not yet found a place to volunteer with us, reach out to Tricia at pjohnson@dcwaterfrontvillage.org.

Volunteer opportunities include special event support- event planning, hosting, publicity, community outreach, coffee hour hosting and refreshment shopping, member telephone check-ins, and more. If you are willing to lend a hand, let us know by emailing Pam at ptroutman@dcwaterfrontvillage.org.

EVENTS THIS MONTH

Tech Talk: Gmail and Google
Wednesday, January 3, 3:00 p.m.



via Zoom

Join this zoom session that is especially useful for those of you who have gmail addresses. We will be discussing gmail tips and also learning about some of the other platforms that come with gmail, such as google docs, google drive, and google photos. Click

HERE to join the Zoom Meeting.

Meet the New Assistant Director Friday, January 5, 1:30 p.m. via Zoom

Stop by this Zoom session to say hello to Tricia. She is excited to be a part of the Village staff and hopes that if you have not already met her, you will have this chance to meet her via zoom. The Zoom link will be distributed in the weekly bulletin.



Sleep Specialist to Share Tips First 2024 Coffee Hour Wednesday, January 10 at 10:00 a.m.

We hope to wake you up with a very special event featuring Dr. Catherine Okuliar with tips on how to get a better night's sleep.

Dr. Okuliar graduated from the The University of Texas School of Medicine at San Antonio in 2002 and currently specializes in internal medicine at Medstar Georgetown University Hospital and is part of the DC Internists concierge practice.

You will want to reserve every second Wednesday for this year's slate of coffee hour speakers. We have some really interesting and important experts lined up to talk about issues critical to those who are retired and beyond.

Annual Soup and Chili Gathering Friday, January 12, 12:30 p.m. at the Village Office

The tradition continues! Get out your crock pots and cook books, or at the very least, bring your appetites and join us for the chance to sample a variety of hot soups and chilis. We have some terrific chefs in the Village, and this event is sure



to hit the spot on a cold afternoon in January. Please be sure to rsvp for this event by clicking the button below. We need a head count to ensure enough food.

If you are willing to bring a soup or some bread for this event, email Tricia at pjohnson@dewaterfrontvillage.org to let her know what you are bringing. We are still looking for a few chefs to add to this event!

Register here for the Soup
Social



Senior Voices Advocacy Group **Monday, January 15, 1:00 p.m.** **Village Office**

Our voices and advocacy group will continue to meet on a regular basis to discuss priorities and action steps. The group has identified several areas of interest, including health and long term care services, transportation and sidewalk safety, and addressing systemic ageism, among others. If you are interested in lending your voice to these shared concerns, please drop by this session.

Book Club -- King: A Life

**Thursday January 18, 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 the way that future generations will look at this civil rights hero.

"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



Autobiographical Collage Experience
Friday January 19 and January 26
1:30 p.m. to 3 p.m.
St. Augustine's Church

Limited capacity

We are excited to welcome local artist Karen Allen to lead us in this activity. Additional details will be forthcoming. If you are at all interested, please register by clicking the button below. Karen is one of our Art Exhibition arts and we are excited to offer this program.

[Click here to register for the Collage Workshop](#)



Village Town Hall

Wednesday, January 24, 3:00 p.m.

Location TBA

Join us for an important Village meeting; the new President of the Village Board of Directors, Peter Eicher, and new Executive Director, Pam Troutman, are looking

forward to connecting with you over refreshments. Come express your hopes for the Village future and share your thoughts.

911 and Emergency Response Information Session on Zoom

Monday, January 29, 1:00 p.m.



Please mark your calendars now for this session. One of the issues of concern that was identified in our recent Solo

Aging course was the issue of how to prepare for an emergency, what happens when 911 is called, and how to best navigate all that follows an unplanned medical event. We are pleased to welcome Danielle Drumgoole from the District's Office of Unified Communication. Danielle will be able to share critical information with us.

This session will be offered via zoom so that ALL of our members can participate. The link will be listed in the weekly bulletin.

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, January 3, 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. This session we will be learning about gmail and google drive.

Waterfront Village Meditation Group

Mondays, January 8 and 22

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 by 3:00 p.m. on
Wednesday or email Pam at
ptroutman@dcwaterfrontvillage.org

Farewell Mr. Bechtel



At the holiday party on December 15, a team of Village singers serenaded outgoing Executive Director Len Bechtel to the tune of Mr. Sandman but with Village-specific lyrics. He indicated that he plans to transition to the role of Village volunteer beginning January 1.



Members Renewing in November

Susan Axleroad
Jorg Burgi
Shirley Buzzard
Mary Caufield
Dan Felger
Deborah Greenstein
Jean Herz
John Hoag
Norma Joiner

Steve Livengood
Noreen Lyne
Barbara Peirce
Ed Peterman
David Reiss
JoAnn Reiss
Rod Ross
Ellen Spencer
Pamela Wilson

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

Do not mail anything to our physical address, it is very likely to get lost.



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.

Pam Troutman
Executive Director

Peter Eicher
President

Waterfront Village | PO Box 70372, Washington, DC 20024 www.dewaterfrontvillage.org

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