



# The Navigator

## Neighbors Helping Neighbors- Waterfront Village

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

Issue 85-March 2024

## There's more than Cherry Blossoms in Bloom at the Village



### While March roars IN like a lion, the Village Rolls OUT the Welcome Mat

Waterfront Village is excited to announce a spring **Welcome Campaign**, an exciting few months where we will look to connect with Navy Yard and Buzzard Point as well as residents of Southwest who haven't yet plugged into the Village.

"March is the perfect month to kick off these efforts," said Executive Director Pam Troutman. "People are ready to get outside and enjoy warmer days and the beautiful Cherry Blossoms."

There are several Village members who reside in the Navy Yard community, and that is a great start. Just this past week the office fielded a call from a Navy Yard resident who is looking to "make connections and friends in the community." The timing could not be better, as the Village plans to do some "boots on the ground" outreach efforts in early March. Join us on March 14 at the Navy Yard Starbucks at 401 M Street at 10am for a coffee gathering, and on March 28 we'll depart from that same Starbucks, on our inaugural Navy Yard Walking Group. See the Village calendar for details.



*Map of the Navy Yard*



*Map of Buzzard Point*

Buzzard Point is also on our radar. While many of these units are still being built, the sheer number of units that are going up give us confidence that some future Village members are soon to arrive. We will also connecting with the Capitol Riverfront BID and hope they can help us get the word out to developers and property managers that they have an amazing amenity awaiting their future residents: a Village. We look to you, all of our members who live in Southwest, to help us connect with neighbors who have not yet joined the Village.

"So many times we have heard people say that they have been meaning to join the Village and just have not made it a priority," said Executive Director Pam Troutman. "We are looking to dig a little deeper to understand why people hold off on joining. The Village is an amazing community of people, and the time to join is now, when you can get to know folks and make new connections. We want to make it as easy and as welcoming as possible."



To that end, the Village plans to partner with our members to invite friends and neighbors to several special events this month. One of the highlight events will be a visit from one of the **National Symphony Orchestra's Chamber Groups** on Monday March 18. We will have an Open House at the end of that program and are looking for volunteer hosts to connect with any new guests that attend. We also plan to open our Coffee Hour programs to guests in the coming months, as those events are a nice point-of-entry into the Village experience. If you are member, please take a minute right now and consider who you can bring to one of our March events.

Finally, stop by the office to pick up a Village welcome card. Village members are our best ambassadors. As you go about your day, be on the lookout for people who might enjoy the Village. We have new welcome cards printed, they will fit into your pocket, and they are a great way to spread the word about the Village.



## **We're Listening! A Follow-up to the Village Town Hall**

### **A Message from the President, Peter Eicher**



*I was delighted with the great member turnout at the January 24 Village Town Hall, the constructive discussion, and the many practical suggestions from members. The Village is here to serve its members, so we listen when you have ideas. Below is a rundown of your suggestions and what's been done or planned:*

- ❑ **Purchase a microphone and speaker to make it easier to hear at meetings:** This has been approved and is underway.
- ❑ **Include all members in the Village directory:** We agree that this is a great goal, but we need your permission to include you. Look for the directory permission clip board at the next Village event you attend.
- ❑ **Let members know when volunteers are needed for specific tasks rather than just calling for volunteers in general.** The Navigator has for some time included a *Village Volunteer Corner* and you can continue to learn of specific volunteer needs there; also look for announcements in the *Today in the Village* bulletins. Currently, we especially need volunteers for the Art Show and Home Tour committees. We also reiterate that we need volunteers for the Village Board development and finance committees. Please contact Pam or Tricia if you're interested.
- ❑ **Solicit help from members for administrative tasks:** We've done this in the past (some of you will remember our envelope-stuffing parties!) and will continue to do so as the need arises.
- ❑ **Put presentations from Village speakers on the website, so members who miss a talk can watch later:** The first video is loaded in the *Village Video Library*. Videos can be viewed once you sign into your member profile.
- ❑ **Invite members to meetings of the Village Board of Directors:** The board discussed this but was reluctant both for logistical reasons and because meetings may include sensitive information. As an alternative, the Village will schedule regular Town Hall meetings where Board members will be available to interact with members and members are always free to address concerns or ideas to the board through the executive director or the president.
- ❑ **Set up a system for someone who has an extra ticket to an event** that they want to donate or have company for or if you plan to attend an event and would welcome your fellow Village members.

These announcements should be sent to [info@dcwaterfrontvillage.org](mailto:info@dcwaterfrontvillage.org) by 3pm to be listed in the daily bulletin the next day.

□ **Report to members on services rendered:** We've begun to include this in the monthly Navigator (*Waterfront Village at Work*)

□ **Identify partner organizations at which members can volunteer:** Our one effort at this (for DC Central Kitchen) yielded just two volunteers, too few to be able to proceed. Our first priority is for members to become volunteers for the Village. We'll let you know as we identify other volunteer opportunities.

□ **Provide help with writing obituaries.** A member has volunteered to provide informal help to members who want assistance in writing their own obituaries. Let us know if you're interested. We also hope to provide another class on obituary-writing at some point in the future.

□ **Begin a Village oral history program:** Providing members with the opportunity to record their oral history is a wonderful idea. It's too large a project for Village staff to take on, but we'd welcome and try to facilitate a club of members who want to undertake this. Let us know if you'd like to be an organizer.

Thanks again for your attendance and your ideas. We really do value member engagement.

## Village Annual Report is Here

The Annual Report is a great way to reflect on the last year; events, services, and all of the wonderful work that happens here. To read the 2023 Annual Report, click the button below.



[Click here to download the Report](#)



## Anniversary Brunch Tickets Now On Sale

We look forward to Celebrate the Village's Eighth Anniversary on Saturday, April 6 at 11am at Maker's Union. Click the button below to purchase your ticket now.

[Purchase Anniversary Tickets](#)



## SPOTLIGHT EVENTS

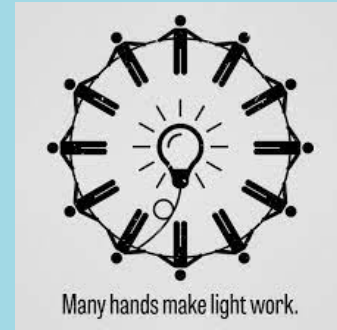
### Art Exhibition Planning Zoom Monday March 4, 1:00pm

"I found I could say things with color and shapes that I couldn't say any other way—things I had no words for."

Georgia O'Keeffe

Artists may use their brushes to express themselves, but we need to use our words on the planning zoom to make sure we have everything covered to execute a great Art Exhibition event. Lend us your voice and your skills as we prepare for this much anticipated April event at the Village. Click **HERE** to join the meeting.

Are you an artist 60 and better who lives in the Southwest or Navy Yard community? Email Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org) to learn about participating in our Art Exhibition.



### Great Decisions Friday, March 8 at the Southwest Library

This month our topic is climate technology and competition. From the FPA website: will the United States and China, with other powerful countries following suit, approach current and future climate initiatives with an increased commitment to trade protectionism and nationalism, by various measures including trade restrictions? Or could a growing spirit of international accord develop to confront the "common enemy" of climate change?

### Monthly Coffee Hour Wednesday March 13

10am at the Village Office



Both Barbie and Ken need to know how to keep things safe in Barbie's World. Let's have a conversation about the things we can do to keep

us safe in our homes. Go Go Access is in the business of helping us age in place. They do safety evaluations and lots of different kinds of installations, from grab bars to stairlifts, wood or iron railing, bathroom modifications that include walk-in and barrier free showers and, of course wheelchair ramps.

A representative from Go Go Access will be here to answer all of our questions. Enjoy the company of village members and light snacks with your coffee. Please let us know if you are able to bring something to share.

Register for the Coffee Hour  
Here

**NSO Comes to Southwest  
Village Open House  
Monday March 18  
11:00 am at the Village office**



What a treat! The NSO in your Neighborhood is not just coming to our neighborhood but is coming to the Village office to perform at St. Matthew Church. This chamber trio includes Heather Green, violin, Mahoko Eguchi, viola, and Paul DeNola, bass. We could not be more excited to be hosting a NSO In Your Neighborhood Program! Invite your neighbors for the performance and a Village Open House afterwards. We hope that neighbors who have been too busy to join the Village might stop by our Open House to meet members and learn about the great programs we offer.



**Village Advocacy Group**

**Tuesday, March 19  
11am at the Village Office**

The Village Advocacy group continues to make progress toward identifying priorities and they were happy to learn that MedStar is putting an urgent care in Navy Yard. The Advocacy group has identified several issues to address, including pedestrian and sidewalk safety, long-term and home care, and a senior cooperative labor exchange.

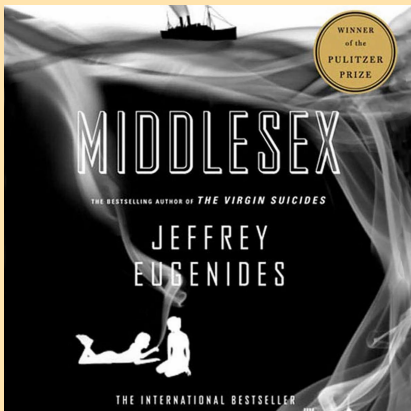
**Monthly Happy Hour  
Wednesday March 20  
4:30 p.m. to 6 p.m.**

The barstools were full at Bartaco on the Wharf for the first Happy Hour of the year.

It was great to see so many members out chatting with one another; thanks to Bartaco for welcoming us!



Our next Happy Hour will be at Walters in the Navy Yard neighborhood, just a few steps off the Circulator stop at 10 N Street, SE.



**BOOK CLUB  
MIDDLESEX  
BY JEFFREY EUGENIDES**

**Thursday, March 21, 2pm  
at the SW Library and Via Zoom**

Middlesex is a story of epic proportions that tells the tale of Calliope – a character who was born intersex and raised as a girl – but who, during their adolescence becomes Cal. It spans almost a century and traces the Stephanides family from battle-torn Greece and Turkey in the 1920s, across an Atlantic voyage, from the street corners of Detroit, through World War II, and out to the suburban haven of Grosse Pointe, Michigan, and offers its readers a rich and complex family drama.

We will send the zoom link out with the weekly and daily bulletin.

**The Cherry Blossom Opening  
Ceremony is Saturday, March 23rd  
at 6 p.m.**

This year's Opening Ceremony will feature several exciting performers, including the Washington Ballet, world renowned dancer



Jo Kanamori, and other amazing Japanese performers that you will not want to miss. To learn more about the show, click **HERE**.

Click the button below to register for your FREE tickets today!

Click here to register for your Cherry Blossom Ceremony Tickets

## Home Tour Meeting

**Monday, March 25**  
**11:00 am via Zoom**

If you are interested in lending a hand with the Home Tour, stop by this zoom to learn about the ways you can help. This is a wonderful Southwest Tradition, come be a part of it!



## NEWS YOU CAN USE

### Waterfront Village at Work

February was a month to make some plans and gather information for many members of Waterfront Village. *Aging Solo*, a five-part class adapted from material from Iona Senior Services, met every Thursday in February to discuss strategies for making plans for the future, to learn about local resources, and to take time to reflect on choices that lie ahead. Approximately 20 people attended this class. A follow-up in-person session will be held in March. The Village is proud to partner with the community to plan ahead.

The Village also began distribution of "What If" kits; this kit is an organized approach to recording information that is critical to your emergency contacts in the event they need to step in to assist you in managing your affairs. Thanks to WAVE, the Washington Area Village Exchange, for providing a grant to help us distribute these kits.





Finally, in February, the Village provided over 60 different services to members, including our regular check-in calls, deliveries, and family support. We also were pleased to know that we have many cat-loving volunteers in the Village; we will be assisting a member with cat care while she is away in March.

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## **Village Collage Class Grows our Arts Community**

"Where do I start?" inquired one of the participants.

"I don't know," answered the class instructor, local artist Karen Van Allen. She explained to the class that collaging is personal, a journey you take alone. You may start out going one direction, yet end up in a completely different way.

The Village members who signed up for the Collage Class soon discovered it was more than just fun with scissors and glue. It was an opportunity for them to express themselves in a private and serious way that allowed them to capture moments, places, people and things they will always remember. Each table was set up to be their own studio, where they could contemplate and carry on their work in privacy.

The artist made several items available--an enormous pile of magazines, maps covering places across the U.S and Europe, scraps of colored paper...all items that became pieces of a story. Even after two sessions, many of the participants were still eager to continue.



Thanks to instructor Karen Van Allen and to the Southwest Community Foundation for funding for this program.

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## **February Round Up**

Members enjoyed an outing to the National African American Museum and an informative and useful presentation at the monthly Coffee Hour

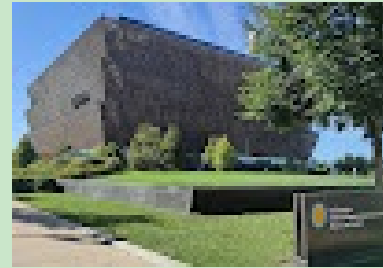
from Memorybank.



Everyone took home a complimentary "What if Kit" to ensure all their important information would be recorded in a single document.



In honor of Black History Month, we took a trip to the African American museum. We couldn't possibly see all of it, but members did their best.



**Many Thanks to our February Supporters.  
Your Generosity Makes the Village Possible!**

Anonymous  
Bob Craycraft and Chris Beck

Johanna Cummings  
Janessa Robinson

## AARP Free Tax Preparation Assistance

This free service is a great way to check your taxes off your list! Assistance is available at the SW Library **by appointment only** from Feb 5 to April 15. To make an appointment, call 202-656-0442.



Be certain that you have, or will have, all of your 2023 tax documents, photo ID, Social Security card, and health insurance information before scheduling an appointment.

# VILLAGE VOLUNTEER CORNER

The Village is seeking volunteers for the following opportunities:

1. Navy Yard Outreach Team for March and April- join us for one walking group or one Starbucks gathering each month
2. Village Open House, March 18: distribute information to your community or help us greet community members on the 18th.
3. Art Exhibit Committee or Home Tour Committee; check out the dates on the Village calendar

If you are able to help, email Pam at [ptroutman@dcwaterfrontvillage.org](mailto: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. A \$5 donation is welcome.

### Village Walking Club

**Tuesdays at 10:00 a.m.**

**Wednesdays Short Walk 1:00 p.m.**

**Location: Meet at 4th and M Street**

Walk with us on Tuesday for an hour long exploration of our neighborhood. Walks sometimes end in a coffee shop! Shorter walks are on Wednesdays. We want these walks to be enjoyable for as many members who want to stroll the neighborhood.



### Waterfront Village Meditation Group

**Mondays, March 11 and 25**

**2:00 p.m. at the Village Office**

This moment is the one that matters. Mindful meditation gives you freedom- freedom from yesterday's regret and freedom from tomorrow's anxiety. Freedom to live in the present moment - as this moment is really all we have. Start living in



freedom and enjoy each breath and each moment. If you live in the past or future, you are missing out on your life.

***"Live as if you were to die tomorrow. Learn as if you were to live forever." Ghandi***

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## **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; call the office at 202-656-1834 to sign up for the shuttle.



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## **Upcoming Village Events**

April 6- Anniversary Brunch at Maker's Union on the Wharf  
April 26- Day Trip to Lorton Workhouse Art Studio  
May- Story Telling Workshop (Mondays in May)  
June- 7 & 8 - Art Exhibition  
July 16- Anacostia River Explorers Private Boat Tour  
July 23- Ice Cream Social  
August 19-23- Senior Week  
September BBQ and Home Service Expo, date TBA  
October 6- Home Tour  
November 25- Friendsgiving

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## **New Members in February**

Margit Bergquist-Tracey  
Ray Olson  
Martha Parker  
Barb Rehm

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.

## **Renewing Members**

Ruth Anderson  
Candice Bryant  
Ann Cronin  
Peter and Stepanie Eicher  
Marie Giovanelli

Jim and Ardith Harle  
Michael Hindi  
Philippe Hutinet  
Helen Mulkeen  
Frani Williams



# 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

P.O. Box 70372, Washington, DC 20024  
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