



The Navigator

Neighbors Helping Neighbors- Waterfront Village

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

Issue 86-April 2024

“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” — Audrey Hepburn.

Anniversary and Award Brunch ***Sometimes Thanksgiving Comes in April!***

This spring, Waterfront Village celebrates eight years of being together. Together through our beginning days of establishing ourselves as a non-profit--together through the hiring of our first and then second executive director--together through the pandemic and then past that time. In recognition of the achievements of our past and the special people and organizations who have helped get us to this special place, we will meet at 11 a.m. on April 6 at Maker's Union at 11 a.m. to celebrate together.



We have grown into a group of 210 people who truly are *navigating together*, as our motto says. Our Village calendar is full: we regularly offer twenty or more programs and events each month. These programs are varied and member-driven. Walking Club, Meditation Group, Book Club, and Great Decisions are just a few of our monthly programs supported by our members. In the works is an art experience group and tai chi which was brought to you by popular demand. If you are seeking an active and engaged retirement life, the Village is the place to be. The Village is proud of our recent foray into future planning as we continue to offer Solo Aging and related programs that equip

and train members to be ready and in the driver's seat for their futures. Our amazing team of volunteers continue to offer critical services that support aging-in-place.

We will be celebrating all of this at Maker's Union on April 6. Specifically, we look forward to thanking Carroll Quinn, who was a member and President of the Village Board of Directors. She is a faithful leader whose thoughtfulness and caring are evident to all who meet her. We will also recognize Service Award recipients Mary Moran and Akiko Sprague, who have provided countless hours of important service to Village members. St. Matthew Lutheran Church, who hosts our offices and many of our events will be recognized as our Champion's Award recipient.



Carroll Quinn



Our office and event space hosts

We hope to see many Village members out at this event. In many ways, as a Village family, this is our version of Thanksgiving. We come together with our family of choice and exchange thanks with one another. Come out and join us.

Expressions of a Lifetime

The Village Art Exhibition returns for Year Two

Mark your calendars for June 7 and 8 when the Village will once again celebrate the work of older artists who live in Southwest and the Navy Yard. Last year was our inaugural event and this year's experience will be even more special. New artists will be joining some of our artists from last year, and we will hold a silent auction to raise support for the Village.



We welcome artists who are 60 years of age and better to submit their work by clicking on the button below. Submissions must be received by May 3rd. Artists must live in Southwest or Navy Yard or have a connection to these communities.

We also invite those who support the Arts to join our *Expressions of a Lifetime* Patron group. Patrons are asked to contribute \$250 or more and will be listed on our Patron wall and in our Art Exhibition Program. All proceeds from this event, from the auction, from individual patrons, and from organizational sponsors, will go to support the work of Waterfront Village. If you are interested in becoming a Patron, email Pam at ptroutman@dcwaterfrontvillage.org.

[Click here to be directed to the Art Submission Form](#)

Upcoming Program Offerings

Please see below for the article on the Storytelling four-part workshop starting on April 30. Thanks to Village member Kitty Johnson for facilitating this program.



Please also mark your calendars for May 9, when we will kick off a free 6 week Tai Chi Session. Register for the limited spots online on the Village Calendar.

SPOTLIGHT EVENTS



April 5 Arts Club of Washington Friday Concert Series

Noon-12:30pm

2017 I St NW, Washington DC 20006

Email Bob Craycraft at bobcraycraft43@msn.com to register.
Transportation is on your own.

It is always special to go to the Arts Club; this program will include:
DiLutis Clarinet, Cello, Piano Trio
Trio in B-flat Major, Op. 11 - Ludwig van Beethoven (1770–1827)
Allegro con brio
Adagio
Tema con variazioni

Monthly Coffee Hour
Wednesday April 10,
10am at the Village Office
Featured speaker:
Staff member of Attorney General

Monthly coffee gatherings are a great way to stay in touch with fellow Village members. Also pick up some useful tips from a representative of the District's Attorney General. Their mission is to connect the office's resources and services to the advocates, community-based organizations, and residents in the District. We will hear about ways to keep ourselves safe.



**Great Decisions Group Meeting-
Risky Science Across Borders
Waterfront Village office
Friday April 12, 2pm**

Scientific advances benefit from collaboration between researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation's national security? Is there a middle ground between sharing information and denying access? How can we regulate cooperation? Those interested in participating in these discussions should contact Rachel Hecht at rreht@gmail.com.

Freer Gallery, "Whistler's World"

**Friday, April 12, 3pm
Meet at the Gallery at 2:45pm**

For James McNeill Whistler (1834–1903), watercolor was the medium through which he reinvented himself in the 1880s and painted his way into posterity. Although he used watercolor for preparatory studies in his early years, he only embraced the medium in earnest in the period that followed the scandals occasioned by a public falling-out over the Peacock Room with his patron, Frederick Leyland, and a financially disastrous libel suit against Victorian art critic John Ruskin. Beginning in 1881, Whistler abandoned large-scale pictures in favor of diminutive, quickly executed "notes" and "arrangements." "I have done delightful things," he confided to a fellow artist, "and have a wonderful game to play." Whistler's "game" had a dual purpose: to refer to both his latest work and his plans for selling it. Please register on the Village website so we can know to expect you.



Register here for Whistler's World Tour with Jeanne Wolf

Remember the Pearl
Sunday, April 14, 2pm
Westminster Presbyterian Church

This event is an opportunity to learn about some extraordinary local history. This event will commemorate the 176th Anniversary of the 1848 attempted escape of enslaved people to freedom from Southwest DC. When you look at the Wharf today, it is hard to imagine, but so important to remember the history of our neighborhood. Come out to this event to learn and remember.



Village Advocacy Group

Tuesday, April 16
1pm 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.

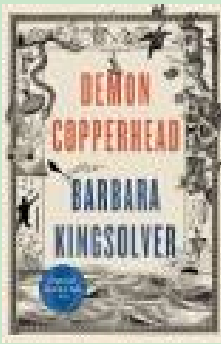
Monthly Happy Hour
Bartaco
645 Wharf St. SW

Wednesday April 17
4:30 p.m. to 6 p.m.



Plenty of booths and barstools available at Bartaco on the Wharf for our upcoming Happy Hour. We received such a warm welcome, we are headed back to Bartaco. Try out their happy hour food menu.

[Register here for Happy Hour](#)



BOOK CLUB

Demon Copperhead **by Barbara Kingsolver**

Thursday, April 18, 2pm
at the SW Library and Via Zoom
(We will send the zoom link out with the
weekly and daily bulletin.)

From a blurb from Amazon: Set in the mountains of southern Appalachia, *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival.

Who's Watching the Wharf? **April 23, 2:30pm**

Meet Diane Groomes, Director of Security and Public Safety for the Wharf.

Diane Groomes, former Assistant Chief of MPD, now serves as the Director of Security and Public safety at The Wharf.

During her 27 year career with MPD, Diane ran Patrol Strategy for nearly 10 years and recognizes the importance of community policing. She is warm and engaging and has developed relationships with Washingtonians young and old alike, attending community meetings and always bringing positive energy to her interactions with the people she meets. Groomes is an enthusiastic fan of all the local sports teams, the Nats, the Caps, the Wizards, and the Mystics.



You must register to join this outing, space is limited.



Home Tour Meeting

Monday, April 29
11:00 am via Zoom

We need all hands on deck for this wonderful event. 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 well-loved Southwest Tradition, come be a part of it!

Art Exhibition- Expressions of a Lifetime
Planning Session
Wednesday, April 24th at 2pm via Zoom

Join us to hear an update about this event;
Expressions of a Lifetime is scheduled for
June 7th and 8th. We'll be meeting by zoom to
discuss next steps.



Painting by Village member Tom Walsh



**Story Telling Workshop, 4 sessions
facilitated by Village
member Kitty Johnson
4 Tuesdays, Starting April 30,
2:00pm**

Strengthen your mind and explore your personal voice through the art of storytelling. In this workshop, we'll brainstorm and hone ideas, mold them into stories, and polish our performance skills. We'll then share our stories with Village members at a TBA event in June. Kitty Johnson is an award winning playwright and has been incorporating storytelling into her international workshops for students, teachers, and refugees since the last century. She fell in love with the art of personal on-stage telling when she studied with Story District here in DC.

This workshop will meet for four sessions: 4/30, 5/7, 5/21 & 5/28.

Register here for this terrific Story Telling
Workshop

NEWS YOU CAN USE

Smart 911- Sign up with this Local Service

District residents can provide first responders
with critical information such as emergency

contacts, primary care physicians, health conditions, and medication lists through the Smart 911 Program. This is an online platform where you complete a profile; when you call 911 from the number listed on your profile, the call center will see a pop-up screen indicating that there is additional information available about you. Click **HERE** to register with this free city service.



Five Wishes

Five wishes is another wonderful resource for members looking to plan for end of life conversations and decisions. These conversations are not always easy, but having a structure to guide your thinking can make a world of difference. Check out

their website at **Fivewishes.org**. You can download a free information packet there.

Parkinson's Interest

The Village is seeking feedback from members regarding Parkinson's Disease. If you have a Parkinson's Diagnosis or have been diagnosed with a related disorder, email Pam at ptroutman@dcwaterfrontvillage.org.

Waterfront Village at Work



The National Symphony Orchestra comes to St. Matthew



Our first Happy Hour in Navy Yard at Walter's was well attended.

The Village provided over 70 services to members during the month of March. We were also happy to welcome GoGo Access to our monthly

coffee hour, where members were provided with information about home safety modifications. Graduates of both sessions of the Solo Aging class met to discuss next steps in planning for the future. We are thrilled to share that EIGHT new members joined us in March. Thanks to all the volunteers and donors who support the Village!

Program Spotlight

Meditation Group

Some people say "I can't do meditation- I tried; but, I can't get my mind to go blank." Mindful meditation is not about getting your "mind to go blank." It is about practicing to have your mind in the same space and time as your body. When you practice mindfulness, you will be thinking about doing the dishes when you are doing the dishes. You will not be thinking about what you should wear to dinner, or about the last chapter of the book you are reading. When you are walking, you will be thinking about the walk. Mindfulness living removes anxiety about the future and regret about the past. This is because practicing mindfulness puts the mind in the present moment-not the past nor the future. There is really no disconnect between the mind and body. So if you let the mind control your thoughts and think about the past and future, your body will manifest signs of anxiety and regret. Your body will adjust to be in the space and time of your mind.



Mindful meditation is a practice to train our mind to be in the space and time of our body-not the reverse. This gives us freedom-from anxiety and regret and stress. Our body relaxes in this freedom and we begin to be very peaceful. Mindful meditation is a means to live one's life in the present moment. This moment is our life-not the past, not the future. Of course, our mind is never "blank"; mindful meditation trains our mind to stay with the body. Then we can live a life of freedom.

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

Candice Bryant, Lois Campbell, Heather Foley, Jack Gerard, Yoko Lawless, John McGrath, and Nadine Yuvienco

VILLAGE VOLUNTEER CORNER

The Village is seeking volunteers for the following opportunities:

1. Anniversary Event hosts- help with nametags and greeting members.
2. Coffee Hour, April 10, someone to donate refreshments and people to assist with cleanup.

If you can assist with either of these, email the office at info@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, April 8 and 22

2:00 p.m. at the Village Office

How often do you get to participate in an activity that is immensely gratifying, easy to do, and free? Join us for meditation.

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

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.



Upcoming Village Events

May 15- Story Telling Evening Out
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

New Members in March

Vania Georgieva
Kay Dixon
Martin and Donna Gleason
Iris Harvey

Skip and Anne Roberts
Doug Ruby

Renewing Members

Christina Cerna and Stephen Rose
Johanna Cummings
Judith Farley
Stephen Hughes
Kitty Johnson
Rikki Kramer and Michael Keane

Bruce Maxwell
San Myint
Victoria Peckham
Ane Powers
Akiko Sprague

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

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