



# The Navigator

A neighborhood-based membership organization of paid staff, volunteers, and vendors supporting Southwest Waterfront and Navy Yard residents who wish to age in place.

Issue 14 - March 2018

## 2018 Strategic Goals Announced

At the December quarterly meeting of the Village Board of Directors and its Executive Director, three strategic goals were identified for 2018:

1

### Expansion to the Navy Yard

Near-Term: To grow the Village membership from 100 to 150 households, the Village's original outreach efforts to Navy Yard communities will be redoubled, and Village events will regularly be held in Navy Yard facilities.

2

### Friends of Waterfront Village

Mid-Term: To reduce the reliance on fundraising events and Member donations, a philanthropic giving society of enthused individuals and organizations will be developed to each year assist with funding Village operations.

3

### Planned Giving

Long-term: To ensure the long-term sustainability of the Village, a program of planned giving will be developed to include major gifts, endowments, IRA distributions, and bequests.



### Add Seabury's Enhanced Mobility Card to Your Transportation Tool Kit

Seabury Resources for Aging now offers an Enhanced Mobility Card that provides subsidized transportation funds for eligible

DC residents through a prepaid debit card. Customers use the card to pay for transportation-related expenses including taxi services, some mobile transportation apps, private transportation providers, intercity bus service and bike-share services. The customer's income and Seabury's sliding fee scale determine the level of subsidy provided. [Learn More](#)

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## March Calendar

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Lunch in the Neighborhood moves to Gordon Biersch Navy Yard on **Friday, March 2**. Perhaps best known for their selection of authentic German lagers, Gordon Biersch also offers a wide variety of freshly prepared foods. Lunch in the Neighborhood will repeat **Friday, April 6**, at a location to be announced, and continue monthly, on the first Friday.

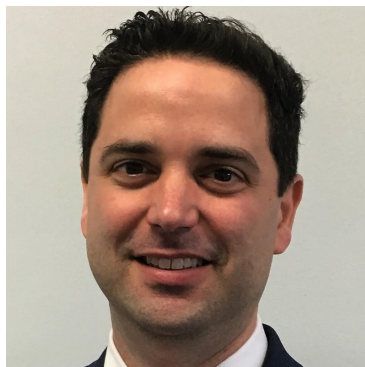
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Friends of Waterfront Village  
**2017 Campaign**  
Wellness Outreach Series

After a brief Winter hiatus, our Wellness Outreach Series resumes on **Wednesday, March 7**, with Balance Lifestyles sessions to address the Balanced Care Method™, recognizing and managing social isolation, and living with pets. Just for fun, we will complete a Mind Fit exercise, and enjoy a light round-table lunch with our presenters. Continues **March 28** (see below) with "Understanding Hospice and Palliative Care" and "Caring for the Caregiver."



Mary Mitchell RN  
Client Care Manager  
Home Care Assistance



Tim Hawk  
Home Care Liaison  
Home Care Assistance



Rachel Waddick  
Executive Director  
Pawtricity Foundation



You can put your new balanced lifestyle techniques to work as the Cooks Crew (the Village Culinary Club) organizes a potluck dinner for Village members and their guests on **Wednesday, March 7**. If cooking's not your game, you're welcome to bring a beverage to share or help clean up.

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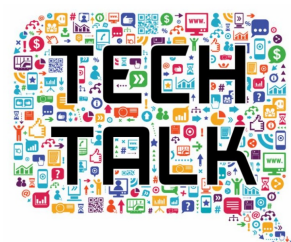
Waterfront Village is joining senior villages nationwide in developing programming and activities to engage more senior men in Village life. Our Men's Coffee & Conversation group is having a happy hour at the Tap Room at Union Stage, the newest performance venue at The Wharf on **Thursday, March 8**. 16 beers on tap plus New Jersey-style pizza.

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Our monthly home barbering service is offered **Monday, March 12**, between 9am and noon, and repeats the second Monday of each month. Please book directly with Leslie Bryant at 202-368-4603. \$30 haircut/\$35 haircut with shave, plus a \$10 travel charge shared across up to four appointments. [www.theladyclipper.com](http://www.theladyclipper.com). Repeats **April 9**. **Contact the Village** for ladies' stylist referrals.

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Dick and Leslie Lang will hold an open house focusing on helping Members with their mobile devices and laptops on **Wednesday, March 14**, and we'll have some extra helpers to assist with downloading the Waterfront Village app (the first from a D.C. Village!) and tips on navigating our website.

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The Village Book Club will be meeting on **Thursday, March 15**, to discuss *Finding Magic* by Sally Quinn. The book is a reflection on Ms. Quinn's spiritual life that has helped her stay grounded in the political world that surrounds Washington, D.C.

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An Open House informational meeting for prospective Village members and volunteers is being held **Thursday, March 15**, at Riverside Condominiums, 1435 4th Street, S.W., from 4 - 6 pm. Open to the public, and light refreshments will be offered. Repeats **Thursday, April 12**, at Carrollsburg Condominiums, 1250 4th Street S.W., from 4 - 6 pm.

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The Village Classic Film Club travels to Silver Spring for a film noir double feature of "Casablanca" (1939) and "The Breaking Point" (1950) on **Saturday, March 17**. Both films will be introduced by film historians who will be available for book signings following the screenings.

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Tour one of the most remarkable historic sites in the Eastern USA, the Gettysburg National Military Park, on a motorcoach tour led by Alan Gropman, military historian with the National Defense University, on **Wednesday, March 21**. A picnic lunch catered by a local restaurant on the scenic park grounds is included in the day trip.

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**AGING<sup>2.0</sup>**

Waterfront Village is pleased to partner with Aging2.0 on **Wednesday, March 21**, for a Southwest walking tour followed by an evening of networking and discussions on livable communities hosted in our own rapidly evolving Waterfront.

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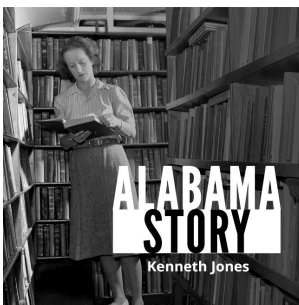
Come to a Spring-themed wreath-making class on **Tuesday, March 27**, taught by Jenelle Leonard, who taught the holiday class that several members enjoyed. Materials will be provided as part of the \$15 fee.

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The Waterfront Village Wellness Outreach Series continues on **Wednesday, March 28**, with a discussion of hospice and palliative care by Tiffany Richards of VITAS Healthcare, followed by "Caring for the Caregiver." After the sessions, attendees may enjoy a light lunch discussion with our presenters.

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Village Night at "Alabama Story" is **Thursday, March 29**. A librarian in segregation-era Alabama buys a new children's book for the library, but the seemingly innocent book draws the ire of an intolerant state senator who leads a crusade against the book. This Washington-area premier is based on a true story. A post-performance discussion is included.

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The Village offers complimentary transportation to its Full Service members **every Thursday** to Navy Yard amenities including Bank of America, Harry's Reserve, Harris Teeter, Wells Fargo, and the U.S. Post Office on L Street SW. We're also happy to make stops along 4th Street SW as requested.

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## Save the Dates:

April 3 - Village Night at "Hold These Truths"

April 6 - Neighborhood Lunch

April 12 - Carrollsburg Open House

April 19 - Village Book Club

**April 20 - Special Event: Cherry Blossom Cruise to Alexandria**

May 19 - LGBTQ Older Adults Workshop

**June 13 - Special Event: Mount Vernon Gardens Tour and Dinner**

June 27 - Village Matinee at "Camelot"

July 17 - Village Night at "Dave"

Three easy ways to register:

Visit our [website](#) to learn more and RSVP on-line

Email your request to [events@dcwaterfrontvillage.org](mailto:events@dcwaterfrontvillage.org)

Call Village Registrar Carolyn Lieberg at 202-903-8529



Full Members enjoy our events plus:

- Telephone check-ins
- Weekly grocery/bank/USPS shuttle
- Friendly Companion visits
- Basic handyman help
- Reading for the visually impaired
- Uber, airline, rail booking service
- Prescription, grocery, meal delivery
- 16 roundtrips per year in the District or Arlington County by our volunteer drivers

### Welcoming our new Members

James Burleson

Akiko Sprague

Terri Tedford

Frani Williams



Next month, we'll have a complete report on our Anniversary Gala held February 13 at Westminster Presbyterian Church.

### Thanking our renewing\*

#### Members:

Robert Evans

Janis Hoffman

Ann Kurzius

Victoria Peckham

Julia Sayles



100% Renewals for February!

**Learn More About our  
Free 60-Day Trial  
Membership**



**Learn more about volunteering for Waterfront Village**

**Website Benefits Donations Events Contact**

**A Member of the National  
Senior Village Movement**

**Barbara Ehrlich  
President**

**Bob Craycraft  
Executive Director**



**202-656-1834  
info@dcwaterfrontvillage.org**

