

**Happy  
Lunar New  
Year**



**Year  
of the OX**

## **PCV EVENTS**

Generally advance registration is required. For PCV-hosted events, PCV members should log into their accounts and click on “Register” button on the desired event. If you are a member without a login password, please inform us at [info@potomaccommunityvillage.org](mailto:info@potomaccommunityvillage.org) and the password creation email will be sent to you. Non-members should click on “Register for this event” link and follow instructions to provide the required information and then again click “Register for this event”. The Zoom link will be provided in the confirmation email.

**Monday, February 15, 4:30 - 5:30 pm - PCV Lunar New Year Party.** Click [Lunar](#) for details and to register. Further in this Post is a chicken-bok choy recipe and a link to a recipe for making dumplings, a Lunar New Year tradition.

**Tuesday, February 16, 2:00 - 3:00 pm - PCV Book Group** will discuss *The World That We Knew* by Alice Hoffman. This is a members' club but non members can attend it once and try it out. Click [Bookgroup](#) to learn more and register.

**PCV's monthly birthday party**, usually scheduled on the 2nd Friday of the month, is this month combined with the Lunar New Year party on Monday, Feb15th. If your birthday is in February, please write to us at [20854HelpDesk@gmail.com](mailto:20854HelpDesk@gmail.com), so we can celebrate it with you and send you a greeting card! On details on our combination Birthday-Lunar New Year Party, click [Lunar](#) .

## **BILLBOARD**

Area organizations are presenting Zoom programs for varied interests. A listing for the next few weeks is provided here to help you plan ahead. The PCV calendar has details for these events as well as others and they are free and open to all. Click [Homepage](#) and select EVENTS tab. Generally advance registration is required. Please see the individual listings for further relevant details.

**Thursday, January 28, 6:30-7:45 PM. Start the New Year with Meditation**  
Bring joy, peace, positivity and relaxation into your daily life, and begin the New Year with a fresh start. Click [Meditation](#) for details and to register.

**Tuesday, February 2, 2-3:00 PM. Three Lynchings in Montgomery County - A Historical Look.** Researcher Sarah Hedlund presents comprehensive narratives on the three cases in remembrance and recognition of this darker side of Montgomery County's history. Click [Montgomery](#) for details and to register.

**Thursday, February 4, 1-2:00 PM. Van Gogh in Paris and the Culture of Flowers.** Did you know that "Sunflowers" is essentially a still-life painting? Learn more from the many still-life paintings of flowers by Vincent Van Gogh. Click [Van Gogh](#) to learn more and to register.

**Thursday, February 11, 12-1:00 PM. Women's Heart Health Month.** Cardiologist Dr. Kaitlin Baron will talk about heart disease, diet, exercise and hormonal changes. Please register by Feb 9. Click [Heart](#) for details and registration.

**Thursday, February 11, 12.45-2:30 PM. Combatting Domestic Terrorism and Armed Para-Militaries.** The speaker is Mary McCord, Legal Director at the Institute for Constitutional Advocacy and Protection (ICAP). Click [Terrorism](#) for further details and to register by Feb 9.

**Saturday, February 13, 2-3:00 PM. Historical Perspectives on Slavery in Maryland and Washington DC.** Did you know that slavery in Washington DC area evolved differently from other areas? Learn why from James A. Johnston of Montgomery History. Click [Slavery](#) for details and to register.

**Thursday, February 18, 3-4:30 PM. The Racial Wealth Gap.** Pamela Queen, Maryland General Assembly delegate will discuss the causes and policies underlying the racial wealth gap. Click [Wealth](#) for details and to register by Feb 16th.

**Tuesday, February 23, 2:00-3:00 PM. Finding Solace at Roosevelt Island.** Local naturalist Melanie Choukas-Bradley dives into the natural history and beauty of Theodore Roosevelt Island in her new book, Click [Roosevelt](#) for details and to register.

**Wednesday, February 24, 12.45-2:30 PM. "A Lab of One's Own: One Woman's Personal Journey Through Sexism in Science"** with Dr. Rita Colwell, one of the top scientists in America and the groundbreaking microbiologist who discovered how cholera survives between epidemics. Click [Sexism](#) for details and to register by Feb 22.

	<p>President Lyndon B. Johnson proclaimed the first</p>	
	<p>American Heart Month in February 1964.</p> <p>National Wear Red Day is February 5, 2021.</p>	
	<p>Wear red and send your picture to <a href="mailto:info@potomaccommunityvillage.org">info@potomaccommunityvillage.org</a> and we will include it in the next PCV Post!</p>	

### Dear Members!

Hope you explored PCV's new **Members' Notebook** or the **Covid Information** page on the PCV website -Pssst, they are both just for members!

This week's Member's Notebook has information on how to make our homes safer and more comfortable as we age, based on the program PCV hosted earlier this month. The Covid Information page has the latest information on where to get vaccinated and the guidelines for who is eligible. Did you know that if you have been a patient at a Johns Hopkins hospital in the past two years you can qualify for a vaccine there even if none of your doctors are in the Hopkins system? Our Covid page tell you how to do that.

**Both these sepcial sections are only for PCV members**, but you need to sign into the website to access it. Sign in here [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org). Then click Village Info in the top menu and, in the list that opens up, click on Members' Notebook. For Covid information, click on Covid on the top menu bar. If you don't have a password to sign in, please email our IT chair, Sheila Taylor at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) and she'll get you set up.

### We also need some help to keep PCV functioning well.

- We need a volunteer or two to enter events information on the PCV calendar (we'll teach you how to do it).
- Our Communications Team needs people to help with the following: proofreading; someone to create and submit our ads for the Potomac Almanac (we'll teach you what to do); people to write occasional short articles highlighting one of our members; someone who will research all of the changes going on with Covid vaccination locations and rules to enable us to keep our Covid page updated and current.
- Our Members Activities Team needs people to help design and implement events for social connections between members, virtual now, and in person later on this year.

For more information about any of these possibilities, please email us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org), or call the Help Desk at 240-2212-1370, and we'll get back to you promptly.

### **PCV Earns Kudos!**

We are delighted that a grateful member was able to get her COVID vaccination by making an appointment via the links on PCV website. She logged into the website with a PCV volunteer's help and then used the links in it to access the vaccination portals.

*Thanks for Renewing your PCV Membership*

**Nur Nossuli**

**Sonya M Okin**

## **A Recipe to Celebrate Lunar New Year**

### **CHICKEN AND BOK CHOY STIR FRY -- serves 4**

FOR SAUCE: 2 TBS honey; 1/2 tsp freshly grated ginger; 2 cloves garlic grated/minced; 2 TBS soy sauce; 1 TBS rice wine vinegar/apple cider/white vinegar. Stir together all the ingredients for the sauce and set aside. If adding to noodles, double the quantity of sauce.

1 pound of boneless chicken breasts, cut into 1 inch cubes; one head bok choy; 2 carrots and 6 scallions.

Prepare the bok choy by washing and slicing into one inch strips. Prepare the carrots by peeling them into strips or by using 1/2 cup of matchstick carrots. Dice the scallions.

Cook chicken in wok or frying pan in 1 teaspoon sesame oil, stirring for about 5 to 7 minutes, i. Add in bok choy, carrots and scallions. Stir continuously for about 3 minutes and then add in the sauce. Cook for another minutes or so, until the sauce has coated everything and is heated through. Serve with a TBS of sesame seeds sprinkled on top, to look pretty and add some subtle flavor.

If you wish, serve with cooked lo mein or other thin noodles, having made additional sauce.

Here is a link to a recipe for dumplings from a Chinese cookbook, courtesy of PCV member Lisa Wang. [Dumpling recipe](#)

Lisa and Allan Wang will be our presenters at PCV's Lunar New Year party.

## Selected for You

- **Montgomery County Recreation** offers a virtual recreation hub for residents to enjoy from home. Click [RecRoom](#)
- **Montgomery County Transportation Options for Older Adults** has a lot of useful information. Click [Transportation](#)
- **On-line OASIS** programs-Click [OASIS](#)
- **Potomac Almanac**- For the current issue click [Almanac](#) and then select "Potomac Almanac" in the list
- **Suburban Webinar Series** - Many are free, registration may be required. Go to [events.suburbanhospital.org](https://events.suburbanhospital.org)



We are deeply grateful to one of our members for a donation to Potomac Community Village. Such generous donations help provide transportation, personal support, and social, cultural, and educational activities for our members. Thank you!



## COVID UPDATES

**Check the PCV website for details.**

**Did you know that according to the MD state site, Safeway and RiteAid will start offering vaccinations on Monday, Feb 1, with two Safeway locations in Montgomery County? You would know this if you visited the COVID 19 INFORMATION page on PCV website. You can check it out anytime.**

**Just click [here](#) to access the Members' Only Covid 19 Information page on PCV website.**

This page lists the websites and provides links for all the various locations--state, county, hospitals, pharmacies, grocery stores which are offering vaccines now (or will be soon). The intent of this page is to provide current information and is updated by your dedicated volunteers as additional information becomes available. You can always access here the latest information on COVID and vaccinations without having to look through your old emails.

Please contact our helpdesk at either [20854helpdesk@gmail.com](mailto:20854helpdesk@gmail.com) or 240-221-1370 if you need assistance in preregistering for an appointment or to set up an appointment.

Also, please let us know at [info@potomaccommunityvillage.com](mailto:info@potomaccommunityvillage.com) if you have been successfully vaccinated so we can possibly plan a few outdoor events as the weather improves.

### **LINKS TO COUNTY WEBSITE PAGES ON DIFFERENT TOPICS**

Click [Vaccine](#) and pre-register at the earliest to get an appointment for COVID vaccination. The registration is easy and quick with just your demographic and contact details. The registration can be for your own vaccination and/or for somebody else who is eligible as per the stated requirements of age etc.

Click [Email/Text Updates](#) to hear the latest about the status on vaccination from the county. They will send you more details as soon as they are available.

To understand the vaccine priority groups, click [Priority](#)

To visit the Covid 19 Information Portal click [Covid](#)

To visit the County's Testing Portal click [Testing](#)

**PCV Help Desk 240-221-1370 Mon-Fri 9 am to 5 pm**

**[20854helpdesk@gmail.com](mailto:20854helpdesk@gmail.com)**

**<https://www.potomaccommunityvillage.org>**

**[info@potomaccommunityvillage.org](mailto:info@potomaccommunityvillage.org)**