



Potomac **Community Village**

PCV POST MAY 16, 2021

What Wonderful News!

How wonderful it was to hear the CDC say that vaccinated people no longer need to wear masks outside or inside! While we'll still be following all county rules about masks and gatherings, we can now plan to "re-open," to "come out," and that's what we're doing!

Our first "coming out" event is a lunch outdoors on Wednesday, June 9 and it is just for vaccinated members. We also have a walk scheduled for Thursday, June 17. Details on these two gatherings are below in the PCV Events section.

Now that we can gather together again, we want to create more of what are called "affinity groups," small groups of members who get together regularly to do activities they enjoy, such as our book discussion or Scrabble groups. Maybe you like outdoor games such as bocce, or indoor games like ping pong or bridge or some of the newer board games. Maybe you like to bike ride, or take a more strenuous walk than our easier walking groups. Perhaps seeing and talking about old movies appeals to you. Or reading thought-provoking essays and discussing them with others. One local Village calls their group that does that Wyze Guyz, and this month they are discussing a recent Atlantic Magazine

article on returning the national parks to the Native Americans. Click [here](#) to read it.

Perhaps you like to try new restaurants or new-to-you cuisines, so would love to be part of a group that goes out to eat every few weeks. Perhaps you like to knit or crochet or do other hand-crafts and would enjoy getting together with a small group that shares those interests. One local Village has a creative name for their handicraft group – it's called Purls of Wisdom. All affinity groups will be able to publicize their events in the PCV Post and on our PCV website, to attract other members with similar interest along with ideas and knowledge to share. If you're interested in developing an affinity group, or would just like to know more about what might be involved, please contact the Help Desk at 240-221-1370 or at 20854HelpDesk@gmail.com.

It's also Happy Birthday time as PCV celebrates its ninth birthday this month, so kudos are in order to our founding members - Jane Blocher, Shirley Dominitz, Owen Ritter, Nelly Urbach and the late Leonard Cahan. We're looking forward to a belated birthday celebration later this year. In the meantime, we want to wish a happy birthday to our May PCV babies - Abe Akresh, Margie Lappen, Karen Lechter, Steve Lorberbaum and Shirley Pearlman. If you have a May birthday and you're not listed above, please let us know. And also let us know if you have a June birthday, so we can celebrate that next month. Please contact the Help Desk - 240-221-1370 or at 20854HelpDesk@gmail.com.

Our coming out lunch is the first of many more social gatherings for members like a back yard ice cream social or cocktail hour, other outdoor lunches, but we need people to offer their homes, offer to take the lead on these member-only social events.

Please let us know if you'd like to be part of the Members Social Activities Committee, even if just for one event, or help out in any way, i.e. offering your home, shopping for needed items, scouting out which restaurants offer covered outdoor seating and will take reservations, by contacting the Help Desk at 240-221-1370 or 20854HelpDesk@gmail.com.

PCV EVENTS

Advance registration is required for PCV-hosted events. PCV members log into their accounts and click on the "Register" button for the desired event. If you are a member without a login password, please inform us at info@potomaccommunityvillage.org and the password creation email will be sent to you. Non-members should click on the "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.

Tuesday, May 18, 1:30 - 3:30 pm. PCV Book Group will discuss *Girl In The Blue Coat* by Monica Hesse. This is a members' club but non-members can attend once and try it out. Click [Girl](#) to learn more and register.

Wednesday, May 26, 7:00 - 8:00 pm. Summer is almost here! Sun Protection and More. A talk on sun protection and skin cancer detection by Dr. Alison Ehrlich, former chair of dermatology at George Washington University. Click [Sun](#) to learn more and register.

Wednesday, June 6, 12:00 - 1:30 pm. It's a "coming out" lunch gathering, just for vaccinated members, after a very long time of not seeing each other in person. We'll be at the Fontina Grille in King Farm, selected for two reasons: 1) they have a covered outdoor eating area, so we can eat outdoors in the shade, and 2) they take reservations! (We could not find a Potomac restaurant that offered both of these options.) Attendees will pay for their own meal. The restaurant asks that we pay in cash to make the check-out go more smoothly, but it is not required. Lunch menu prices average about \$13. *RSVP is required*, no later than Monday, June 7 at 12 noon. Click [Lunch](#) to learn more and register.

Thursday, June 17, 10:00 - 11:00 am. PCV Walk at Hadley's Park for both easy strollers as well as faster walkers. We're meeting at 10 am this time, to go out earlier in the day and avoid the afternoon heat. Just

for members who've been fully vaccinated. You are welcome to bring a bite to eat so we can sit and chat in the shade of the gazebo after the walk. PCV will provide bottled water. Click [Walk](#) to learn more and register by June 16 at 7pm.

Thank You for Renewing Your PCV Membership

*Phyllis Gittleson, Karen Lechter, Joan Levenson,
Nancy Peterson, Johng Rihm, Penny Winder*

PCV POST IS MOVING TO A MONTHLY BASIS

The next issue of PCV Post will be arriving in your inboxes on June 1, 2021. From then on, it will be a monthly newsletter delivered to you via email on the first day of the month.

Do you like to talk on the phone?

PCV needs a few more people to serve as Help Desk agents. You'll respond to phone calls and emails that come to the Help Desk (you'll get the PCV cell phone to keep with you during the few weeks that you serve as a Help Desk agent), and you'll also enter information in the PCV database. There will be training as well as the help you need to get going. It's a great way to provide support to other PCV members. To learn more, please email us at 20854helpdesk@gmail.com.

NEW PCV ENDEAVORS ON HEARING LOSS AND BRAIN HEALTH

Do you, or does someone you live with, have difficulty with hearing? Would you like to enhance your own brain health or want

to help someone you live with who is developing mild cognitive impairment?

See below for details on both of these new offerings from PCV.

Difficulty with hearing? Have you tried hearing aids and they are just not doing the job for you, so you feel cut off from other people? Do you need to have the sound turned up so high on the TV that no one else can be in the room with you?

There are many devices that can help you hear better, called, broadly, ALD's --assistive listening devices. PCV has a volunteer who can help in determining which of these might be helpful to you, and the option to work with her is open to PCV members and volunteers.

Did you know that there is software, called smart phone app translators, which, when installed on a smart phone, will pick up the sound from whoever is talking, and caption what that person is saying in real time? And there are other devices that amplify speech but not the background noise, making it easier to hear the person who is speaking via your hearing aids.

Our volunteer, Caroline Lewis, learned much of what she will share with us from personal experience with her mother, now in her 90s and totally deaf, but able to live in an independent retirement community and fully participate in all of the offered social and cultural activities. Caroline grew that interest into one that helps other hearing impaired individuals select and coordinate assistive listening devices to enhance their own lives.

If you are interested in knowing more, or in having Caroline help you, please contact the PCV Help Desk, 240-221-1370 or 20854HelpDesk@gmail.com.

Improving brain health. PCV will soon be offering a free program for improving brain health for those with mild cognitive impairment AND for those of us who just want to work on increasing our memory skills and enhancing our brain health. The program, called StrongerMemory, asks

participants to engage in three easy activities for 20 to 30 minutes a day – writing by hand, reading out loud and doing simple math problems.

The program is presented by Goodwin House, a northern Virginia non-profit that operates several senior living residences with services that range from independent living to memory care. This is a program that has worked well with their residents, and they have offered it to Villages through the Village to Village Network as a way to let others know about this simple but effective program.

PCV's members and volunteers will have priority as we form groups to work with a facilitator once a week for 12 to 15 weeks, but this program is open to all. We will start off on Zoom, and expect to move to in-person weekly gatherings once it is safe for us to do so. All participants will get a 237-page workbook in a PDF format to print out.

If you are interested in being part of this new brain health program, or would just like to know more, please email us at info@PotomacCommunityVillage.org. A video on the StrongerMemory program's beginnings and how it is now operating was presented by the Village to Village Network in March. To view it, please click here. https://www.youtube.com/watch?v=DrvcPb0u_Jo .

HERE IS A GREAT REASON TO VISIT THE PCV WEBSITE

Did you know? Members can now look up a variety of service providers who have been suggested by other members. Go to the Members menu on our website and select the Preferred Providers menu item. The providers are divided into categories to make it easy for you to locate the person or business you would like. The providers shown are not screened or rated. However, if you click on a particular provider's name, you will see additional information and the name of the person who gave us the recommendation. Also, if you have a favorite provider and would like to share the information with our members, please email the details to info@potomaccommunityvillage.org

Washington Consumers' Checkbook is also available to members. Contact the Help Desk for access to it.

Click [here](#) to visit 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 and grocery stores that 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 Help Desk at either 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.org if you have been successfully vaccinated so we can possibly plan a few outdoor events as the weather improves.

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. 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, May 20, 4:00 - 5.00 pm. A Night at the Opera. New York City music journalist and pianist Vivien Schweitzer will present a multimedia talk on opera from the Renaissance to the contemporary era. Click [Opera](#) for details and to register.

Sunday, May 23, 2:00 - 4.00 pm. Biden's Foreign Policy in the Middle East and North Africa. Click [Policy](#) for details and to register.

Thursday, May 27, 1:00 - 2:00 pm. Finding a Happy Balance A Suburban Hospital Physical Therapist will share practical and useful changes that can be made to a home and while on the move to avert the incidence of preventable falls. Click [Balance](#) for details and to register by May 26.

Thursday, May 27, 5:00 - 6.00 pm. Artist Talk: Imogen-Blue Hinojosa Imogen-Blue Hinojosa performed Prologue: Invocation at The Kreeger Museum on March 18, 2021. She will participate in a virtual conversation discussing this work. Click [Art](#) for details and to register.



Have you ever wondered why supermarkets make all the sick people walk to the back of the store to buy their medicines while the healthy people can buy cigarettes right at the front?

COVID UPDATES

All state mass vaccination sites, CVS, Walmart and Walgreens are now accepting walk-ups

All 13 State-operated mass vaccination sites are now accepting walk-ups as well as people seeking COVID-19 vaccinations with appointments. If walking up doesn't appeal, you can also make your own appointments now at both the [State's mass vaccination sites](#) and [at Montgomery County clinics](#).

Homebound can get in-home vaccinations

Call the Maryland GoVAX COVID-19 Vaccination Support Center at 1-855-MDGOVAX (1-855-634-6829) from 7 a.m. to 10 p.m. seven days a week. Please choose the option "No Arm Left Behind" and a support center advocate will take your information for in-home vaccination coordination.

Great news for parents and grandparents! The Pfizer COVID-19 vaccine became the only vaccine available to anyone 12 and older. Those preregistered on the County website will be invited to schedule an appointment. The process of vaccinating this age group began at County sites on Thursday, May 13.

LINKS TO COUNTY WEBSITE PAGES ON DIFFERENT TOPICS

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](#).

Helping Low-income Families Earn an Internet Discount During the Pandemic

The Emergency Broadband Benefit (EBB), an FCC program, will provide low-income households, during the COVID-19 pandemic, with a temporary \$50-per-month discount on home internet service. The EBB discount should cover the entire monthly cost of home broadband. The benefit will last until federal funding runs out or six months after the U.S. Department of Health and Human Services declares the pandemic is over.

“There are at least 28,000 Montgomery County families earning less than \$50,000 per year who do not have home broadband,” said County Executive Elrich. “Our goal is to get home Internet for at least 10,000 families who don’t have it now.”

For additional information about the Emergency Broadband Benefit, visit <https://www.getemergencybroadband.org/>, or by calling 833-511-0311 between 9 a.m. and 9 p.m. any day of the week. People can apply for EBB online, by telephone, or by mail. Enrollment will take longer if applied for by mail.

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

20854helpdesk@gmail.com

<https://www.potomaccommunityvillage.org>

info@potomaccommunityvillage.org