



Potomac **Community** Village

PCV POST JULY 1, 2021

President's Message

This past month PCV has started to emerge from the pandemic lockdown. We held a very well attended outdoor luncheon, started to poll our members on ideas they have in helping us serve them and started talks with the Potomac Community Center for using its space. Hopefully, soon we will be able to hold in-person meetings on a regular basis in the fall.

In July we have another luncheon scheduled as well as our regular monthly zoom program. We are evaluating the responses to the members' poll conducted over the phone and will try to implement the results soon. This will require additional volunteers to initiate new activities.

We especially need help with communication. Archana Dheer is leaving us for the west coast after serving admirably as our secretary and communication person for the last year. We need people to step forward and help fill the gap this will create. Please call me at 301 299 5097 or e-mail owenritter@msn.com if you can help.

On behalf of PCV, I thank Archana for her tireless efforts and wish her well in her new endeavors!

Thanks also to all our members and volunteers for their support!

Owen Ritter,
PCV President



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.

Wednesday, July 7 9:30-11:30 am, PCV members' walk at Rio followed by a light brunch at the Silver Diner. Click **Rio** to learn details and to register by July 6.

Another PCV Lunch on July 15

Please mark your calendars for the 2nd PCV lunch at **Fontina Grille**, 801 Pleasant Drive, Rockville, MD 20850 (301-947-5400), on **Thursday July 15, at 11:15AM**. Parking is available all around the restaurant. The lunch will be outdoors under a tent.

Cash is the preferred payment method as no individual checks/credit cards will be accepted. Each table will receive one bill to be divided among the people at that table.

This is a **Members Only event** - please try to register by signing into your account at the PCV website, then click on the event- which is lunch on July 15. Otherwise, please call the Helpdesk and you will be walked through the process.

PCV Book Group is on hiatus for the summer and will return on Tuesday, Sept 21 at 1:30 pm to talk about *American Dirt* by Jeanine Cummins. Click <https://tinyurl.com/Jenncummins> to see its review in the NYTimes and in the Washington Post at <https://tinyurl.com/WaPojenncummins>.

The next book to be discussed on Oct. 19 is *The Hour of the Witch* by Chris Bohjalian. Click <https://tinyurl.com/witchhour> to read its review in the Washington Post.

Book Group is open to all PCV members and volunteers and is open to non-members to try out once.

Kudos to PCV "Phone-Call" Volunteers

PCV has received many accolades about our volunteers who telephoned members on a somewhat regular basis. Many have

developed great friendships and both caller and recipient have received much fulfillment from the resulting conversations. In many cases the recipient and caller found they have similar interests or have lived abroad in similar countries, and have much to reminisce about. In other cases they both know a foreign language and maintain their communication skills by this activity. In other cases it is a simple chat to find out how the other is doing and if PCV can help in any way!

Please call the PCV Helpdesk at 240-221-1370, or email 20854Helpdesk@gmail.com if you like to be connected in this fashion.

The Help Desk can be called on for short-term or one-time help. PCV can help with errand running or occasional meals if you're dealing with, for example, an arthritis flare-up or recovery from surgery. Please call, so PCV can connect you to a friendly volunteer.

NEW MEMBERS

Arthur & Sandra Becker, Maxine Himmelfarb,
Cynthia Leithauser

Thank you for renewing your membership!

Judy Abrams, Marcia & Abraham Akresh, Janet Banerjee, Jane Blocher, Elizabeth Cahan, Judy Chung, Meryl & Jeff Cohen, Vic Cohen, Robert & Peggy Davidson, Richard & Kathleen Fazzone, Joan Forest, Daniel & Myra Framm, Dorothy Gardner, Richard & Joan Gorman, Carol Hankin, Yvonne Klenk, Sheilah Kaufman, Katherine Klotz, Margie & Arthur Lappen, Carol & Martin Lefkowitz, Steve Lorberbaum, Everly Conway de Macario & Alberto J.L. Macario, Thalia & Arthur Meltz, Barbara Patigalia,

Barry & Linda Perlis, Shirley Pearlman, Cecelia Plost, Eddie Rivas & Kathryn Pontzer, Margie & Owen Ritter, Morris Rosen, Jeffrey Rubin & Michele Bloch, Min Ricard, Joyce Rudick, Mel & Millie Rumerman, Susan Schaner, Dita Smith, Susan Tipton, Nelly Urbach, Phyllis & Allen Weltz, Connie Winternitz, Michael & Harriet Yoselle

Time to extend a big thank you to our wizards behind the curtain, Mel and Archana!



Both Mel Rumerman and Archana Dheer deserve our thanks for keeping us up to date during the lockdown due to covid-19. They are the PCV members who have written and distributed our weekly, then bi-weekly, and finally our monthly online newsletters. Mel was our "behind the scene" writer of the weekly Sunday Bulletin throughout 2020. His tremendous efforts kept the PCV community well informed through the pandemic and the lockdown.

Archana had been doing other communication tasks for a year and then also took over from Mel in January, 2021 and published the first online newsletter of the New Year, the PCV POST. She has continued until now, and through the past year and a half, both have kept us informed about our own Village's activities and events sponsored by other Villages as well, gave us current information on everything related to covid-19, included interesting community news, and sometimes included amusing anecdotes and comics.

This is Archana's last PCV POST as she leaves us to follow her family's plans, and we all wish her well!

Helping PCV to Grow and Thrive and Serve our Community

The PCV Board and many of our members are working hard at revitalizing PCV after the long period of covid restrictions, but to do that we need everyone to help out, even for just a little bit of time.

We need volunteers (non-members too) to assist our program chair, Ben Consilvio, in finding good speakers on pertinent topics and making the needed connections. Ben can be reached at bconsilvio@yahoo.com.

We need members to share their ideas on educational and wellness programs that PCV could / should offer and to then volunteer to be part of a planning group to make them happen. To offer your assistance, even for only for one event, please contact the Help Desk at 240-221-1370 or 20854HelpDesk@gmail.com.

We need people to write short articles for the monthly PCV Post. It could be interviews with interesting members; or perhaps a short article on something you learned from a news item (and we'll include a link to the news item); or a short re-cap about a recent PCV event. To volunteer, please contact PCV President Owen Ritter at owenritter@msn.com.

We have a number of members who've expressed interest in having PCV offer Healing Circles or other programs to deal with grief and loss. If this is something that is of interest to you, please contact us - 240-221-1370 or 20854HelpDesk@gmail.com.

There are many possibilities for educational and wellness events for our entire community, and for fun social events and added benefits and services for members – *but we can't do it alone* – it really does take a village. Please be in touch. Please contact the Help Desk or email us at info@PotomacCommunityVillage.org to offer your help, your suggestions, your ideas, your time.



WE'RE PARTICIPATING IN THE

***GIANT FOOD
COMMUNITY BAG PROGRAM***

Yayyyy! We are happy and proud that this month PCV has been selected as the recipient of the Giant Food Community Bag Program.

Every month, leadership at each store location chooses a local non-profit to be the default beneficiary from the Community Bag Program. This organization's name is posted on the reusable bag rack during their benefiting month. This month it is PCV!

This bag is a durable, reusable shopping tote and every time one is purchased for \$2.50, Giant Food donates \$1 to a local non-profit. Community Bag donations support groups focused on Education, Civic, Health & Wellness, Hunger Relief and Military/Veterans Organizations.

For the month of July 2021, Potomac Community Village will receive a \$1 donation from each purchase of the \$2.50 reusable Community Bag at the Giant Food store located at 9719 Traville Gateway Drive, Rockville MD. ***Make sure you get this bag this month!***

Brain Health - Exercises for better memory, better focus

PCV is about to start our brain health program, called StrongerMemory, and our initial group is now full. However, PCV members and other community members are welcome to participate as individuals, working on your own. If you wish, you can also participate in the research being conducted on this program by George Mason University faculty.

The StrongerMemory curriculum, developed by Goodwin House, is designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. The program encourages participants to spend 20 to 30 minutes a day doing RJA exercises (Reading aloud, Journaling or writing, and doing simple Arithmetic problems). Through consistent use of StrongerMemory exercises, participants have noticed improvement in their ability to focus, find misplaced items and remember conversations. If you are interested in participating in the StrongerMemory program on your own, please be in touch with us at info@PotomacCommunityVillage.org.

The goal of the research is to see if there is a measurable difference in memory function, cognition and life satisfaction as a result of the RJA exercises. The Goodwin House developers of StrongerMemory believe there is, but it's mostly based on anecdotal evidence that has not been stringently measured.

The researchers will do an initial assessment of the participants prior to the start of doing the RJA exercises (or within the first two weeks), then 8 weeks into it, and then at 12 weeks. The assessments will be done on Zoom, and will take approximately 20 to 35 minutes each. If you want to participate in the research, please tell us

at info@PotomacCommunityVillage.org and we'll provide the research team with your contact information (name and phone number). The graduate students in social work who are doing this research will ask for demographic information, and will ask you to keep track of how frequently you do the three RJA exercises and the length of time you did each. A check-off sheet will be provided to make the tracking very easy to do.

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.

WEDNESDAY, JULY 7, 1:00 - 2:30 PM. THE BEAUTY AND SCIENCE OF THE MAGNOLIA FAMILY Learn about magnolias' evolution, diversity, and flowers and see many colorful, original photos of magnolia specimens in the DMV. Click [Magnolia](#) for details and to register.

SUNDAY, JULY 18, 11:00 AM to 12:00 PM. THE KIMONO IN PRINT: 300 YEARS OF JAPANESE DESIGN takes you to the exhibition in the Worcester Art Museum. Click [Kimono](#) for details and to register by July 15.

WEDNESDAY, JULY 28, 1:00 PM to 2:30 PM. ADVANCED CARE PLANNING WORKSHOP with Mary Ann Buckley, LCSW-C, C-ASWCM, Executive Director of Care Management, Corewood Care. Click [Plan](#) for details and to register.



Did You Know This?

The names of three streets in Potomac are being changed from being named after Confederate soldiers to those that honor local African American historical figures of the last century.

Click <https://tinyurl.com/New-street-names> to learn more about this great development.

COVID UPDATE

Masks not required outdoors but still required on trains, planes and other public transportation.

People who are fully vaccinated no longer have to wear masks in outdoor transportation settings, including at airports, train stations, ferry docks and on vehicles with outdoor spaces, according to updated guidance from the Centers for Disease Control and Prevention.

Washington Post: [here](#)

Maryland state of emergency ends on July 1

On June 15, Governor Hogan declared the Covid-19 **state of emergency** will end in two phases:

1. Emergency mandates and restrictions will be terminated as of July 1. There will no longer be any statewide mask order in effect for any

settings, including schools, camps, and child care facilities.

2. There is a 45-day administrative grace period through August 15. July 1 will mark the beginning of a 45-day grace period, where certain regulations will continue to be relaxed to complete the administrative transition out of the pandemic. This includes such provisions as renewing driver's licenses, winding down emergency health operations, and the moratorium on evictions related to COVID-19.

Maryland's online vaccine record and call center

- MyIR is Maryland's online immunization record system. For an online record of your Covid-19 vaccination, view your account at [Maryland MyIR](#).
- The Covid-19 Call Center has reduced hours. It is now open Monday through Friday from 9 a.m. to 5 p.m. Please call 240-777-2982 with your Covid-19 questions.

Shared Streets to be continued through the summer

The County Department of Transportation's led the Shared Streets program during the Covid-19 health crisis and will extend it through the summer. The program allows residents and businesses to use public spaces for in-street activities such as biking, walking, outdoor dining and retail activity. The concept aims to bring residents together in a safe outdoor environment while supporting county businesses that have struggled from the economic impacts of Covid-19.

Prime examples in our area are the closed portion of [Arlington Road](#) in Bethesda for bikers, hikers and pedestrians and the closed portions of Woodmont Avenue along Bethesda Row and Norfolk Avenue in Bethesda's Woodmont Triangle, where restaurant diners can eat outside at tables and chairs set up in the street.

For more information on the Shared Streets program and a listing of locations click [here](#).

PCV Help Desk 240-221-1370 Mon-Fri 9 am to 5 pm
20854helpdesk@gmail.com
<https://www.potomaccommunityvillage.org>
info@potomaccommunityvillage.org