



Potomac **Community** Village

PCV POST February 2022

PRESIDENT'S MESSAGE

I'm pleased to announce that Potomac Community Village is initiating a HOME SAFETY PROGRAM, tentatively scheduled to begin in April. We'll feature an open-to-all event with a speaker, and a special opportunity for PCV Members to be reimbursed 50% of the cost of one approved safety change (such as installing a bathroom grab bar) up to a maximum reimbursement of \$100. Approved contractors are being suggested whom we are encouraging to offer discounted rates to our Members. We are launching this program in the hopes that Members will be proactive in making their homes safer, before an accident occurs. More information will be forthcoming.

Thinking ahead, when the weather permits, we would like to offer some outdoor events. Please call the Help Desk (240-221-1370) with your ideas for these events and your offer to help plan them and to work with other Members to make good things happen.

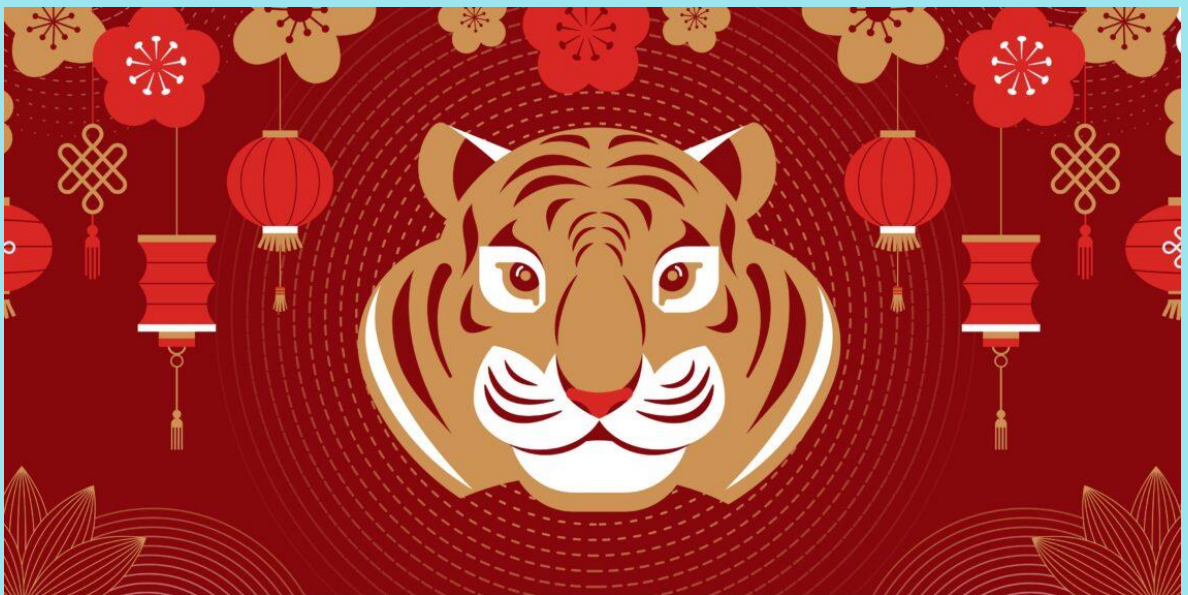
Thank you to all our Members and Volunteers for their continued support of the village.

Owen Ritter,

PCV President

UPCOMING PCV EVENTS

Advance registration is required for PCV-hosted events. PCV Members log into your 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.



Mark the Lunar New Year at a PCV Happy Hour on February 10

Celebrate the "Year of the Tiger" on Zoom with fellow PCV Members. We will meet on Zoom on **Thursday, Feb 10, from 5 - 6 pm** to share recipes, stories and good conversation. Its free and you can RSVP by clicking [LUNAR](#).



PCV's Book Discussion on February 15

This month the **PCV Book Group** will meet on Zoom on **Tuesday, February 15, from 1:30 - 3 pm** to discuss the novel "Stoner" by John Williams. This book has emerged as the greatest American novel you've never heard of. Click [STONER](#) to read its review in the *Harvard Review*. To register click [BOOK](#).

Book Group is free and open to all PCV Members and Volunteers and is open to non-Members to try out once.

Upcoming Book Discussions

March 15 "News of the World" by Paulette Jiles

April 19 "The Guest Book" by Sarah Blake

May 17 "The Girl with the Seven Names" by Hyeonseo Lee

June 21 "Snow in August" by Pete Hamill

Bone Health for Seniors

with Dr. Pallavi Gowda on February 24

Join an important educational Zoom on **Thursday, Feb 24 from 7:30 - 8:30 pm** on how to preserve your bones as you age. Dr. Pallavi Gowda is committed to helping seniors enjoy an optimal state of wellness and emotional well-being. She received her medical degree from Kentucky College of Osteopathic Medicine followed by a Masters in Health Administration from George Washington University. She specializes in osteopathic manipulation for musculoskeletal disorders, cardiovascular disease, obesity management, and cancer screening, among other health issues. Don't miss this interesting and helpful Zoom presentation. To receive the Zoom link, click [BONES](#).

Welcome New Member

Ellen Davis

Thank you for renewing your membership

Eleanor Sorbello

Margarita S. Studemeister & Charles Vela

Anne Mathews-Younes & Robert Younes

Announcing the Winner of the

PCV Gift Card Draw

Congratulations to MaryAnn Goldenson. Her name was drawn randomly from a list of all those who completed the PCV survey.

The Villages Movement

Celebrates its 20th Anniversary

As Potomac Community Village enters our second decade, the national Villages movement is celebrating 20 years. The Anniversary is a celebration of the start of the Villages movement in 2002 in Beacon Hill, a Boston neighborhood. Across the U.S. this grass-roots movement has grown to more than 300 active Villages. Villages offer services and community engagement for seniors who choose to remain in their homes as

they age, for as long as it is safe to do so. Villages are local, usually organized by geographic neighborhoods and are non-profit, volunteer and membership driven.

The Village to Village Network (VtVN) was founded in 2010 to share best practices and offer guidance to a growing national movement. Many Villages partner with, and augment health and aging networks and government agencies at the local and state level.

PCV Enters its Second Decade of Service - A great way to celebrate the 20th Anniversary of the national Villages movement is to take another look at the variety of activities and helpful services offered by our own Potomac Community Village (PCV). During the Pandemic, PCV has offered over 100 events and activities, most free of charge and many open to everyone. There are so many ways to be involved with PCV from volunteering to enjoying our many online events! Refamiliarize yourself with Potomac Community Village by clicking [PCV](#).

Update on Upcoming Elections

Primary elections are coming up on June 28

Early voting will be June 16 - 23.

New boundaries for County Council, legislative and U.S. House of Representatives districts.

As a result of population changes reflected in the 2020 census, and the election that approved an increase in the number of County Council districts, there are new boundary changes that affect Potomac. Currently, there are 5 districts where council members are elected by the residents of their district, and 4 at-large council members, elected by all county voters. This will increase to seven districts where council members are elected by the residents of their district, plus 4 at-large members. Since the size of the county has not changed, council district boundaries needed to change. As an example, Potomac's Fox Hills West neighborhood, which had been in District 3, will now be in District 1.

To determine your County Council District on an interactive map, click [VOTE](#).

The boundaries of state legislative districts have also changed, as have federal House of Representative districts, to take into account shifts in population across the county and across the state.

Most of Potomac has been in state legislative District 15, and will remain that way. But there have been some small changes. A section of Potomac east of Seven Locks Road in the area that includes Ivymount Terrace has been in District 16, but will now be in District 15, for example. To determine your state legislative district on an interactive map, click [STATE DISTRICT](#).

We've also been represented by State Senator Brian Feldman, and Delegates David Fraser-Hildago, Lily Qi and, until recently, Kathleen Dumais. However, Ms. Dumais was named a judge in November by Governor Hogan. He named Linda Foley to be her replacement in December. To learn more about Ms. Foley, click [here](#).

Potomac will continue to be in U.S. House District 6, currently represented by Congressman David Trone.

Valuable Resources

Estate Planning Tips and Tricks Many people do not have estate plans nor even simple wills. Planning for end-of-life concerns is sobering and requires multiple decisions. A Washington Consumers' Checkbook article helps make it easier. Author Kevin Brasler offers help with creating your estate plan and avoiding mistakes while saving money. Click [ESTATE](#).

Holy Cross Health publishes a health and wellness newsletter with loads of information and classes. Among them in the current Winter issue are free caregiver support groups for adult children caring for aging parents, as well as for

caregivers of ill or aging spouses. For the newsletter, click [CAREGIVER](#).

Montgomery County Offers Free Home Safety Checks

Jim Resnick, Program Manager for the Montgomery County Fire & Rescue Service reminds PCV Members that they can register for a safety check of their homes. Click on [HOME SAFETY](#) and scroll down to click on "Request a Home Safety Check," or call 311 and request a "Home Safety Check."

Happy Lunar New Year
to our Members who Celebrate



In honor of Lunar New Year, Academy Award winning composer
Tan Dun debuts his soundtrack of *Crouching Tiger, Hidden
Dragon*
revised for the Shanghai Quartet.

Register to listen to the performance on Feb 11 at 7 pm by
clicking [SHANGHAI](#).



We Love our Members & Volunteers



Movie Screening of "The Age of Love"

presented by the Charles E. Smith Communities

February 15, 2pm

The movie entitled "The Age of Love," follows the humorous and poignant adventures of thirty older adults who sign up for a first-of-its-kind speed dating event exclusively for 70 to 90 year olds. From anxious anticipation through the dates that follow, it is an unexpected tale of brave older adults who lay their hearts on the line and discover how emotional needs and desires change. Following the film there will be a discussion with the film's director, Steven Loring, and Amy Schoen, Professional Life Coach and Dating/Relationship Expert. The event is open to all by clicking [LOVE](#).

OF NOTE...

Free Movies offered by AARP. "Movies for Grownups" is an AARP program offering current movies for free. For a schedule click [MOVIES](#).

Free Durable Medical Equipment

The Maryland State Dept of Aging has a durable medical equipment loan program, at no cost. Examples of durable medical equipment include wheelchairs and walkers.

For further information click [DURABLE](#).

Free Fitness Classes of All Sorts. Senior Planet offers free on-line fitness classes through AARP. Get moving and get healthy with the many levels and types of exercise classes by clicking [FITNESS](#).



"I didn't say I would help. I said I'd accompany you."

BILLBOARD

Other Events of Interest

Area organizations are presenting programs for varied interests. Among events included on the PCV Calendar of Events for the month of February are:

- Gentle Yoga with Judy (**every Monday**), sponsored by the Little Falls Village. Click [YOGA](#).
- Navigating Life's Journey: Decluttering and Downsizing, sponsored by Chevy Chase at Home and others (**Feb 4**). Click [DECLUTTER](#).
- Museum Series: Dumbarton Oaks (**Feb 4**). Click [DUMBARTON](#).
- A Conversation Between Justice Sonia Sotomayor and Dean Trevor Morrison (**Feb 9**). Click [SOTOMAYOR](#).
- National Caregivers Day, Carecon (**Feb 18**). Click [CAREGIVER](#).

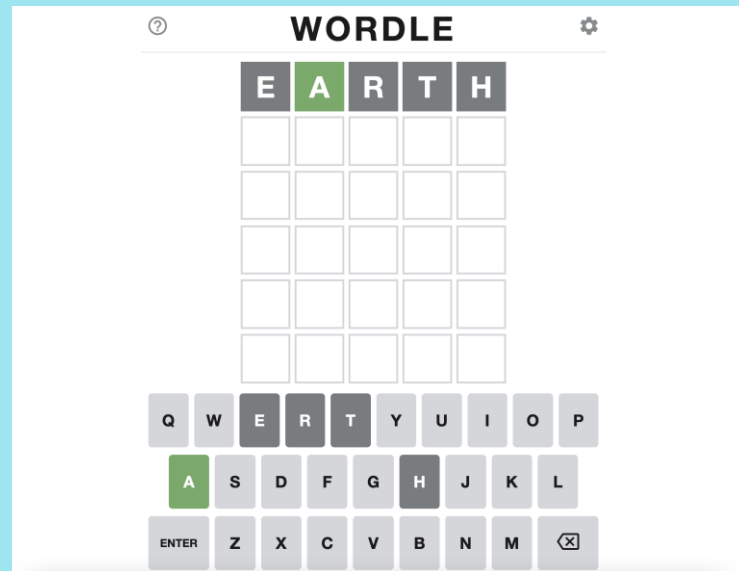
The PCV calendar has details for these events, as well as others. These events are free and open to all. To see all the events click [Homepage](#) and select the EVENTS tab. Generally advance registration is required. Please see the individual listings for further relevant details.

Enjoy Activities with Nearby Area Villages

With so many Villages nearby, there are many activities and programs open to all. Why not participate and possibly meet people from other area Villages? The Silver Spring Village has

created a website with events for everyone. To peruse upcoming events and to register, click [AREA VILLAGE EVENTS](#).

Wordle is All the Rage!



For anyone not familiar with the online game Wordle, the aim of Wordle is to guess a five-letter word in six tries. If you guess the right letter in the word in the correct place the letter turns green. If it is the right letter, but in the wrong place, it turns yellow, and if the letter turns grey it is not in the word at all. According to *The New York Times*, the game was invented by Josh Wardle, a software engineer in Brooklyn who created it for him and his partner to play. Releasing the game to the public in mid-January, today, according to *The Guardian*, the game has over 2 million players. Here is a good YouTube video explaining how to play Wordle. Click [WORDLE](#). To play Wordle on your phone, tablet or computer go to [Wordle](#).

February is Black History Month

February marks Black History Month, a federal recognized holiday in the U.S., honoring the contribution and achievements of Black people in history.



Explore Black history through a series of PBS documentaries that connect today's issues with past events. Click [PBS](#) to find the programming.

NEW SCAM ALERT

Recently our neighborhood has been plagued by a new type of fraudulent form of robocall. The originators of these calls often use automated devices to make it appear that calls originate from our area code. Calls are often labeled "name unavailable." Of particular concern are those coming from callers claiming to be a Medicare advisor or Medicare Center. They also say they are using a recorded line.

So, **BEWARE.** If a fraudulent caller is using a recorded line they may simply be trying to steal your voice "print" - like a fingerprint that consists of your unique voice. Some companies, like Verizon, are using your voice "print" for verification of your identity. So it's best to let unfamiliar calls go to voicemail, rather than answering with your unique "voice" print. If

the voice message turns out to be from someone you know, you can always call them back.

WHAT MASK SHOULD I WEAR?

This Chart from The Wall Street Journal is a helpful guide to the protection offered by various means, from no mask to N95-quality masks. Current guidance recommends wearing an N95-quality mask to best protect against Omicron:

Time it takes to transmit an infectious dose of Covid-19

		PERSON NOT INFECTED IS WEARING			
		Nothing	Cloth mask	Surgical mask	N95
PERSON INFECTED IS WEARING	Nothing	15 min.	20 min.	30 min.	2.5 hours
	Cloth mask	20 min.	27 min.	40 min.	3.3 hours
	Surgical mask	30 min.	40 min.	1 hour	5 hours
	N95	2.5 hours	3.3 hours	5 hours	25 hours

It will take 25 hours for an infectious dose of Covid-19 to transmit between people wearing non-fit-tested N95 respirators. **If they're using tightly sealed N95s—where only 1% of particles enter the facepiece—they will have 2,500 hours of protection.**

COVID UPDATE

Although supplies are limited, there seem to be plenty of free Covid test kits (2 tests per kit, 2 kits per household), as well as free high-quality N95 masks (4 per household) available at Montgomery County Libraries. Click [FREE MASKS & TESTS](#), for locations, dates and times.

Order free test kits from the federal government by clicking [FED TEST KITS](#). Free N95 masks will be available to be picked up at community health centers and pharmacies across the US, soon.

Montgomery County Executive Marc Elrich stated that "While we are doing better in Montgomery County compared to the rest of the nation, Omicron is still prevalent," and he advises everyone to get boosted, and remain vigilant.

As of November 20, all persons in Montgomery County over the age of two must wear a face covering in any location accessible to the public, in effect until Feb 21, when the policy will be reviewed.

Please review current guidance on what masks are recommended by clicking [CDC MASK](#). CDC details about the omicron variant are available by clicking [OMICRON](#)

Third Doses/Booster Shots. The Montgomery County Department of Health and Human Services along with private organizations such as pharmacies and health care providers, offer booster shots to everyone over the age of 18. A helpful link for appointments for all three vaccines (Pfizer, Moderna and J&J), can be found by clicking [VACCINE ELIGIBILITY](#). Additionally, to access the easy-to-

use Maryland State COVID Vaccine/booster site, click [MD VACCINE APPT.](#)

For complete County information visit the County's Multi-lingual COVID Site by click [COVID INFO PORTAL.](#)

If you need help to make an appointment at a County-operated vaccination site, please call the COVID-19 call center at 240-777-2982 Monday through Friday from 9 am to 5 pm.

Free Taxi Cab Service. For residents 65+ and those with disabilities, free taxi rides to get vaccinations or testing are sponsored by the Montgomery County Department of Transportation. Instructions to get a free taxi code can be found by clicking [TAXI.](#)

PCV Help Desk is Here for You

PCV has received accolades about our volunteers who telephone 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 other cases, the recipient and caller found they have similar interests or have lived abroad in similar countries and have much to reminisce about. Occasionally, they both know a foreign language and maintain their ability to communicate in that foreign tongue, together. 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 would 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.

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