



Potomac Community Village

PCV Post – May 2022

PRESIDENT'S MESSAGE

On April 28th we kicked off our "PCV Safe Home" program. Our friend and nationally-known expert on aging in place, Louis Tenenbaum brought us up to date with his engaging presentation entitled *Unleashing Your Hidden Powers to Enhance Your Home Safety*.

The Safe Home program also includes our new *PCV Safe Home Bonus Program* for members. This program offers members a rebate for a home safety improvement, such as installing grab bars, ramps or railings, for up to \$100 or 50% of the cost, whichever is less. PCV members will soon receive specific information on how to apply.

If you know of other Potomac residents who might benefit from the many offerings of PCV, the inauguration of the "PCV Safe Home" program is a perfect time for them to join PCV and take advantage of the help and guidance we offer, as well as the rebate program. New members will discover that Potomac Community Village has not only survived the pandemic, but adjusted by creating innovative programming and services to help our members cope during this difficult time and into the future.

Additionally in May we are inviting all members to attend our monthly Board of Directors Meeting. While all Board Meetings are open to members, with the elections of officers coming up, this is a unique opportunity for you to see the inner workings of our village and consider taking a leadership role.

With the spread of the Coronavirus less of a concern, and state and county restrictions easing, we continue to explore how our Village can best serve our members with both safe indoor and outdoor events. We're looking for people to offer their backyard for outdoor members' events, to offer to lead walks for our members and friends, to plan trips to outdoor locations, such as nearby gardens, and to plan some indoor restaurant events, such as brunches, lunches or desserts. Please share your ideas and let us know how you can help by contacting us at info@PotomacCommunityVillage.org, or 240-221-1370.

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.

HOW TO CONNECT ON ZOOM for a PCV EVENT (after you have registered for the event)

When you register for a Potomac Community Village Zoom event on our website, you will immediately receive a confirmation email of your registration. The link you will need to get into the Zoom event is contained within that confirmation message. There will be a big red button that says, "JOIN ONLINE MEETING." Click there. It is a link to gain access to the event a few minutes before the start time. Note also that another confirmation email will come one day before the event with exactly the same information including the **"JOIN ONLINE MEETING"** big red button to click.

May PCV Board Meeting: Open House, Tuesday, May 3

Come see the inside workings of the Potomac Community Village on **Tuesday, May 3, 7 pm**. While board meetings are always open to members, we encourage you to attend on May 3 to see the opportunities that come with taking a leadership role in Potomac's own village. With our annual election of officers coming up, this is a unique opportunity to consider contributing to the future of PCV and its important role in our community. To register click [BOARD](#), or call the Help Desk at 240-221-1370.



**PCV Ice Cream Social, Monday, May
9, 2 pm**

We all SCREAM for....

It's time to celebrate a little normalcy after the restrictions of the pandemic! Join fellow PCV members for a wonderful get together in a member's back yard. Our outdoor "PCV Ice Cream Social" is sure to be delicious and enjoyable with the camaraderie of fellow PCV members. We will gather on **Monday, May 9, 2 - 3 pm**. To register and find out the location for this event click [ICE CREAM](#), or call the Help Desk, 240-221-1370.

Coffee and Conversation on May 10 and May 24



PCV continues its popular "Coffee and Conversation" series with two get-togethers scheduled in May. Members are invited to get together on **Tuesday, May 10, from 3 - 5 pm** outside at the Starbucks at River and Falls Road shopping center on the Safeway side. Click [COFFEE](#) to sign up, or call the Help Desk at 240-221-1370.

On **Tuesday, May 24, from 3 - 5 pm**, members will gather outside at Starbucks on Seven Locks Road at Fortune Terrace. Click [CONVERSATION](#) to sign up or call the Help Desk at 240-221-1370.

In addition to seeing old and new friends, PCV members have found that these opportunities to chat and enjoy a cup of tea or coffee have often inspired new ideas for our community. Come join in the conversation and the rewards of contributing your ideas to help PCV thrive.

Churchill Musicians' Club Performs for PCV on May 16

Tune in on Zoom on **Monday, May 16, 7 pm** for a lovely performance, just for PCV members, by the Churchill High School Musicians' Club. The Club has generously performed for us in the past, and we are amazed with the talent of these young musicians and their willingness to share a special concert with us. Visit the PCV website, click on "Events," and follow the link to register. If you need help registering, please contact the Help Desk at 240-221-1370.

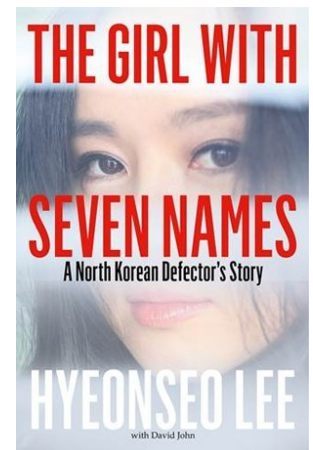
PCV's Book Discussion on May 17

This month's **PCV Book Group** meets on Zoom to discuss *The Girl with Seven Names*, a North Korean Defector's Story, by Hyeonseo Lee. Click [BOOK](#) for some information about the author and book.

We will meet on Zoom on **Tuesday, May 17, from 1:30 - 3 pm** to discuss the novel. To register click [ZOOM](#), or call the Help Desk at 240-221-1370. 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

Tuesday, June 21 *Snow in August* by Pete Hamill



Come Walk with PCV on May 19



PCV members and volunteers are invited to a leisurely walk on the loop around the Lake at RIO Washingtonian a couple of times (or more if you're energetic), and then have a snack or lunch at the Silver Diner's outdoor dining area. (Each loop is just under a mile, on a paved surface.) The date is **Thurs May 19, 10:30-11:30 am**. For where to meet and other instructions, and to sign up, click [WALK](#), or call the Help Desk at 240-221-1370.

Let's Play Scrabble on May 23

On **Monday, May 23, 2 pm**, we plan to play Scrabble outside on the patio of a private Potomac home. It's a low-key, friendly game. Please sign up so we know how many chairs and Scrabble boards to set up. Click [SCRABBLE](#), or call the Help Desk at 240-221-1370. **NOTE:** If our Ice Cream Social on May 9 is rained out, this date will become the Ice Cream Social, instead of Scrabble.



A Rabbi Chaplain's Story

Join us on Zoom to hear about the fascinating work of a Rabbi who serves as a Chaplain on **Thurs, May 26 at 7 pm**. Visit the PCV Website, click on "Events," and follow the link to register, or call the Help Desk at 240-221-1370.

Welcome New Members

Martha McClelland

June Meyers

Thank you for Renewing your Membership

Margie Holman & Bob Lawrence

Joan Levenson

Caroline Lewis Anne Nunez

Gene Reese Sheila & Barry Taylor

What PCV did in April...

We Walked on the River Trail at the C & O Canal on April 23



Ten PCV members went on a walk on River Trail in Great Falls Park. We stopped at one of the biggest trees in our area, a Sycamore, estimated to be more than 100 years old and more than 4 feet wide at the base. There are several of them along the trail.

See more photos of this walk and past PCV events by clicking [PCV PHOTOS](#) on the PCV website, www.PotomacCommunityVillage.org.



PCV Kicked Off its New Program, "PCV Safe Home" with "Unleashing Your Hidden Powers to Enhance Your Home Safety"

On April 28, PCV kicked off its new program "PCV Safe Home" with a well-attended Zoom presentation led by Louis Tenenbaum, a leader in the national aging-in-place movement. Mr. Tenenbaum discussed both the broader issue of aging in one's home from a real estate & political perspective as well as local aging and home safety issues. He engaged listeners with his insights on current proposed legislation to implement a tax credit for senior home modifications, and discussed existing county and state credits and incentives. To support Louis' campaign to introduce a bill for a federal senior home modification tax credit, click on [HOMES RENEWED](#).

In April we also met for Book Club (on April 19) and enjoyed
"Coffee and Conversation" on April 26

Members' Corner... *A new Column of Contributions from our Members**

What a Wonderful Village We Are!

Potomac Community Village came through to help a member in a way that says we really are neighbor helping neighbor! A member asked if PCV could send out an email to members asking if anyone were familiar with medical eye injections, so we sent the member's question out, which read: *"I'm recovering from laser surgery for glaucoma, which was relatively successful, but now am urged to start eye injections for macular degeneration. I would love to talk with anyone who has undergone this treatment before I start."*

The responses from our membership were immediate and overwhelming. At least two connections were made for further discussion and support. A big thank you to all who responded. In the words of the appreciative member who asked for help: "How lovely are our villagers. Such kindly responsiveness. I am touched and grateful."

Green Gifting (contributed by a PCV Member)

One of our members contributed an idea for gift giving. This member tells us that she and her sister (and other family members) have agreed that holiday and birthday gifts to each other will come from thrift stores, and will not be bought new. This helps the charities that operate these thrift stores, and, says our member, it's become a collaborative game — a promise to each other that we will get something that is used that the other person will like. This sounds like good advice and it's a great opportunity to make a small contribution to saving the planet by recycling gifts.

Hearing Better with Technology Contributed by PCV member Caroline Lewis

Did you know that if you have hearing loss, a smart phone can help you communicate better? Here's how!

A few years ago my mother, who lives in a nearby retirement community, went from being hard-of-hearing to nearly deaf. Her hearing aids were of little use at this point and she felt cut off from her family and friends. To help her, I discovered a number of transcription apps that can be downloaded on a smart phone. This technology changed her social interactions instantly and she now can easily communicate in many situations.

These apps are also useful for anyone who needs a little extra hearing clarification — for instance in settings like noisy gatherings or at a doctor's appointment.

These apps work like captioning on a television. They print out what is being said in real time. If you have a smart phone you can download any of a number of transcription apps. The app will capture your conversation with people who are within a few yards of your phone, but will block out sounds farther away.

Whether you have an Android phone, or IOS (Apple) phone, there are a number of transcription apps that work well. Some of the apps have a free trial period; others charge a fee by the month or by usage. Some even identify non-spoken sounds like laughing or a bird tweeting or dog barking or even the sound of a fire alarm. Others can flip the text so the person speaking can see the conversation, and some even vibrate when your name is spoken. Most of these transcribers allow you to set the size and background color of the type and many allow you to save your conversation and go back to review what was said. Here are some of the smart phone transcription apps:

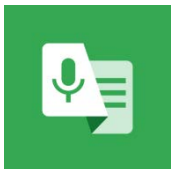


HEARING HELPER - \$2.99 one time charge, for IOS only. Only operates when holding the app button.



ava

AVA - 5 hours free, or \$14.99/month unlimited, for IOS and Android.



LIVE TRANSCRIBE Check app for current pricing, for Android only.



LIVE TRANSCRIBE \$4.99/month or \$49.99/year, 7 day free trial, for IOS (Apple) only.

* To suggest a short article for the PVC Post, please email editor, Caroline Lewis at calewisinc@gmail.com. We will include your name as author, or you may contribute it anonymously.