



Potomac
Community
Village

August – Sept. 2022

PCV Post, *The Newsletter of Potomac Community Village*

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

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President's Letter

I would like to thank all our members for their loyalty throughout this pandemic. Our new fiscal year started July 1st, and our membership totals have remained steady. By remaining loyal you have given us a vote of confidence to pursue our core value of serving the Potomac community. Please continue to support our programs and services and hopefully in the not too distant future we will get back to something that resembles normal.

The Board is still looking for ideas and services to add to what we are doing now. If you can help us it would be greatly appreciated, by contacting us at info@PotomacCommunityVillage.org, or 240-221-1370.

Finally, thank you to those members who have taken the important step of making their homes safer by participating in PCV's Safe Home Rebate Program. We encourage everyone to participate as time is slipping by and the program will end soon. See details later in this newsletter.

May each of you enjoy the rest of your summer and I hope to see more of you, either in person or virtually.

Owen Ritter
PCV President

COMING UP - PCV Events this Month and Next!

PCV Members' Lunch at King Street Oyster Bar, Park Potomac



Wednesday, August 17

All PCV members are invited to lunch at King St. Oyster Bar in Park Potomac on **Wed, August 17, from 11:30 am – 1:30 pm**. Click [LUNCH](#) to register, or contact the Help Desk at 240-221-1370 or 20854HelpDesk@gmail.com. We must get your RSVP no later than Mon, August 15. Members pay for their own meals, and are requested to pay in cash. Many thanks to Eleanor Sorbello for arranging our enjoyable lunch outings.

Coffee and Conversations on August 9 and August 23

PCV continues its popular "Coffee and Conversation" series with get-togethers on Tuesdays during August. We'll meet on **Tues, August 9 at 3 pm** and again on **Tues, August 23 at 3 pm**. Members and volunteers are invited to gather outdoors at the Starbucks at Fortune Terrace/Seven Locks Road, under the overhang. 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 PCV community. Come join in the conversation. To RSVP (not required, but nice to have), please click, [COFFEE](#) for August 9 and click [TEA](#) for August 23, or contact the Help Desk at 240-221-1370 or 20854HelpDesk@gmail.com. Attendees pay for whatever they purchase, but are welcome to bring snacks for themselves and to share.



Let's Play SCRABBLE

Our Game is Scheduled for August 24

We'll play outdoors on a member's deck. These events are for PCV members and volunteers. We play a low-key, friendly game, often using a Scrabble dictionary to look up words before our turn. Players are invited to bring a snack for themselves, or to share. Please register for the **Wed, August 24 game, 2 – 4:30 pm** by August 22 by clicking, [WORDS](#). Many thanks to Eleanor Sorbello for organizing our fun Scrabble games!



Happy Hour, Thursday, September 8, 3:30 – 5:30

PCV members are invited to a special outdoor Happy Hour, at the home of one of our members, on **Thurs, September 8, 3:30 -5:30**. Space is limited, so please RSVP promptly, by clicking [HAPPY](#). We'll enjoy assorted appetizers, wine, and other goodies. (non-alcoholic beverages too). Location is in Potomac. RSVPs no later than 12 noon on Tues, Sept. 6. Questions, please contact the Help Desk, 240-221-1370 or 20854HelpDesk@gmail.com.

Mark your Calendar for September Coffee & Conversations, and our Lunch!

Put it on your calendar to keep up your PCV friendships at our wonderful **Coffee & Conversation** events planned for **September 6th** and again on **September 20th, at 3 pm**, outdoors, at the Starbucks at Fortune Terrace/Seven Locks Road, and at our members' monthly outdoor lunch on **Wed, September 14, 11:30 – 1:30 pm**. Location to be announced later this month.

Advance registration is preferred for our Coffees and Lunches and is **required for our Happy Hour**. PCV members, please 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. If you are a non-member volunteer or need help, please contact the Help Desk, 20854HelpDesk@gmail.com, or 240-221-1370 .

PCV's Book Discussion Group

During July and August, the PCV Book Group is on summer holiday, but this lively and popular group resumes on September 20, with *The Song of the Jade Lily*, a novel by Kirsty Manning.

While you are still lounging at the beach this summer, get a jump on some of the wonderful "reads" that will be discussed by the Potomac Community Village Book Group in 2022-2023. Many thanks to Linda Perlis for her hard work organizing our Book Group, and to the members of the Book Group for finding such wonderful and varied books for us to read and inspire our discussions.

The PCV Book Group will continue to meet the third Tuesday of each month (September through June) at 1:30 pm. Currently the meetings are conducted by ZOOM, but stay tuned for possible meeting in person again at last!

Get started on reading these upcoming books:

September 20: *The Song of the Jade Lily*, by Kirsty Manning

October 18: *The Island of the Sea Woman*, by Lisa See

November 15: *The Book Woman of Troublesome Creek*, by Kim Michelle Richardson (and / or the sequel)

December 20: *Before We Were Yours*, by Lisa Wingate

January 17: *Florence Adler Swims Forever*, by Rachel Beanland

February 21: *The Daughters of Yalta*, by Catherine Greene Katz

Book Group is free and is open to all PCV members and volunteers and is open to non-members to try out once. Contact the Help Desk at 240-221-1370 or 20854HelpDesk@gmail.com for details.

Please Don't Trip or Fall in Your Own Home

It's easy to ignore simple fixes to make our homes safer, until it's too late. Here are two recent articles that tell us how, as we age, to get smart by changing our homes for the better! Find out, by reading the nextavenue newsletter article, "How I Learned to Love My Grab Bars," by clicking [SAFETY](#). And a valuable article in Washington Consumers' CheckBook (a consumer magazine that is free to PCV Members), highlights how to create a safe home as we age, in an article entitled "Aging In Place." The article lists great resources as well as the 68 area elder Villages in DC, VA and MD, including our own Potomac Community Village. *This is required reading for everyone*, so click [HOME](#) to read the article.

Once you've read these valuable articles, you'll certainly want to sign up for PCV's "Safe Home Rebate Program," described on page 4.

And, check out these comments from PCV members who have already participated and taken the initiative to make their homes safer:

"The PCV Safe Home program came just at the right time for us. My husband, Bruce Davis had a bad fall in late April. When he came home after surgery and 2 weeks in acute rehab, he was confined to the first floor of our house as he healed. The grab bar we put in the first floor powder room (and for which we got a rebate) allows him to use the powder room by himself. Going forward, it is great to have the grab bar there as we and our guests continue to age," *Evelyn Jacob, PCV member*.

....and from *PCV member Merlyn Rodrigues*, "I appreciated the opportunity to use the PCV Safe Home program that helped me with the installation of three grab bars in two bathrooms. Two weeks later I had surgery and the grab bars were very useful. I felt much safer than before. I recommend the program to PCV members and thank the leadership for implementing it."

Board Member Joan Kahn shared a photo with us of her renovated bathroom, using the Safe Home rebate. Notice the modern and attractive design, especially of the grab bars.



PCV Safe Home Rebate Program

Hurry – to qualify you must complete improvement by September 30



PCV Safe Home is a program for PCV members that offers a rebate for home safety improvement, such as grab bars, ramps, and railings, for up to \$100, or 50% of the cost, whichever is less. Our goal is to enable our members to be safer in our own homes.

PCV will provide guidance on questions to ask contractors, though members will make their own decisions on which contractors to hire and which modifications to implement. PCV will also provide information about the Montgomery County and State of Maryland tax credit programs and how to file for them.

To be reimbursed, members will need to complete the safety upgrade in their home and present a receipt for the paid bill, a scanned or photographed copy of the receipt, along with a brief description of the work done, your name as a member of PCV and

an address where you would like your rebate check mailed. This should be emailed to

20854HelpDesk@gmail.com. PCV will then mail the member a rebate check for the qualified improvement.

Any member who needs help applying for the rebate should contact PCV by phone, 240-221-1370, or by email, 20854HelpDesk@gmail.com, for assistance.

All work must be started on or after April 28, 2022 and be completed no later than September 30, 2022 to be eligible for a rebate.

NOTE: PCV has two chrome grab bars, FREE to the first PCV member who claims them.

Welcome New Members

Kathleen Van Aalten

Mary Jane Alexander

Thank You for Renewing Your Membership

Harriet & Jerry Breslow

Benjamin & Beverly Consilvio

Michael & Helen Dalton

Shirley Dominitz

Norman & Fern Rubin

Leonard & Michelle Tow

Nelly Urbach

Allan & Lisa Wang

Sue & Howard Wilchins

PCV's "Storm Buddies" Can Help During Summer Power Outages



In the summer we often get power outages due to thunderstorms and downed power lines. PCV offers "Storm Buddies," designed for PCV members who would like to receive a phone call to ask how they are doing and if they need assistance during a power outage. "Storm Buddies" is part of our "Friendly Phone Calls" program which operates year-round, regardless of the weather, for members who would like a check-in call, or a telephone visit. Contact PCV, 240-221-1370 to sign up.



What we did in July



We walked on the Cabin John Stream Valley Trail on July 7 and enjoyed "Coffee and Conversation" at Starbucks on July 12. Our members' Big Train baseball game on July 18 was rained out (boo hoo) but we have plans for more members' special events the coming months (see page 3 to read about our Happy Hour, coming on September 8). Despite the hot weather, we enjoyed a delightful lunch, the shade and with a lovely breeze, on June 20 at Quincy's. Not shown in photos, a fabulous Zoom talk by author Michael Gibson on July 21 and another Coffee and Conversation on July 26.



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Why Keeping Up Our Friendships is Important

It's important to stay in touch with friends and others you know. We often get busy in our own routines and fail to reach out and connect with our friends and even family. This article discusses the importance of our relationships as we age. Click [FRIENDSHIP](#) to read an article about the value of maintaining our friendships and other relationships.

A Neurologist's Tips to Protect Your Memory

Based on a book by a neurologist, here's an interesting article summarizing the basic tips to keep our memory in tip-top shape! Click [MEMORY](#) to read the article.

WE NEED YOUR HELP!

Your Volunteer Support of Potomac Community Village is always welcome – and very much needed!



We welcome volunteers of all ages, from middle school students to those in their 90s!

What can you do to help?

Organize a social activity for members. It could be a bike ride, or a boat ride. A walk or a brunch or lunch or visit to a nearby winery. It's whatever would be fun for you to do with a bunch of PCV friends! And you'll get help as you're not doing this alone.

You could be our Board Secretary! (You'd attend board meetings on Zoom and take notes to create minutes of our actions and decisions.)

You could assist our Program Chair by contacting speakers and helping to organize programs.

You could make friendly phone calls, to help alleviate isolation for members who live alone.

You could be a Help Desk volunteer (a comfort level with computers is necessary).

You could be a driver to provide transportation for members' medical visits.

You could run errands or provide occasional meals.

You could help members with problems with email, smart phones, computers, smart TVs, etc.

You could make occasional phone calls to members, to see how they're doing.

You could write an article for our newsletter or write a press release.

To offer your help or to learn more, please call us at 240-221-1370 or email us at info@PotomacCommunityVillage.org.

Events of Interest and Activities with Area Villages

Area organizations are presenting programs of varied interests. Go to the PCV website at www.PotomacCommunityVillage.org, and click on the Events Calendar listing at the top, to see many of the events that are being offered by local organizations and other area Villages. With so many Villages nearby, there are many activities and programs open to all. The Silver Spring Village has created a website with events for everyone. To peruse upcoming events offered by area Villages, visit [AREA VILLAGE EVENTS](#).

Covid update:

Montgomery County's current Community Level (HIGH)




- Stay up to date with [COVID-19 vaccines](#).
- Wear a well-fitting [face covering](#) indoors in public, regardless of your vaccination status.
- [Get tested](#) if you have symptoms or are exposed.
- If you are high risk for severe illness from COVID-19, talk to your healthcare provider about additional precautions and whether you are a [candidate for treatments](#).

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COVID-19 VACCINATIONS


The FDA/CDC recommends a second booster shot for:

1.




Anyone 12 and older with certain immunocompromised conditions at least 4 months after previous booster

2.




Anyone 50 and older at least 4 months after previous booster

Pfizer and Moderna shots available.



GoVAX
MONTGOMERY COUNTY
Let's End COVID.

Schedule Your Appointment:
WWW.GOVAXMOCO.COM



MONTGOMERY COUNTY
MARYLAND

Finding Help for Someone with Dementia... and the people who care for them

If you or someone you know is looking for companionship and support for someone with dementia, here are some resources in our area that provide support and opportunities for people with cognitive loss and their care partners. Thanks to Northwest Neighbors Village in Washington, DC for gathering and providing this information:

- **Companionship** - Some care management agencies have companions who are trained professionals who spend time with their clients doing fun things like going to the movies or dining out. They also offer respite for care partners. [Seabury Resources for Aging](#) and [Aging Well Eldercare](#) are two options and you can find others through the [Aging Life Care Association](#).
- **Socialization** - There are several local organizations that offer programs and activities tailored to individuals with dementia.
 - [Club Memory at Sibley](#) offers social opportunities and support groups for people with early cognitive loss and their care partners.
 - [Iona Senior Services](#) offers a variety of programs, including Adult Day Health, Information and Referral, and Case Management.
 - [Friends Club of Bethesda](#) is a social group designed to enhance the lives of men living with dementia.
- **Money Management** - Professional Daily Money Managers manage personal daily money matters such as bills, budgets, and record keeping. You can find a Daily Money Manager near you through the [American Association of Daily Money Managers](#). Iona Senior Services offers a [Citywide Money Management](#) program for DC residents who have cognitive loss and meet income eligibility requirements.

The [Positive Aging SourceBook](#) provides a comprehensive listing of local services and offers informative articles. The [Alzheimer's Association of the National Capital Area](#) is also an excellent resource for information and support groups.

MyIR Mobile for Immunization Records including Covid Vaccines

My IR Mobile is a web site that maintains your official immunization record. In partnership with the Maryland state health department it allows you to review your immunization history, get reminders for future immunizations, and print your official records. In Maryland it also allows access to the SMART Health card with QR Codes allowing you to easily share digital vaccine credentials including Covid-19 verification. It's free, simple and secure. Click [MyIR Mobile](#) to register.

Up to Date Covid 19 Information Can be Found on the PCV Website. Click [COVID 19](#).