



Sept. – Oct. 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

As I reported in July, the Board voted to hire a part-time, paid staff member, a Director of Engagement, to help grow our membership, support our volunteers and work with our Program Team. We're pleased to report that several people have applied. We'll let you know when someone is hired.

Even with paid staff, our members and volunteers will continue to be the energy and backbone of PCV. Everyone can help! Please see page 5 for ways that each of us can help, some as easy as making a phone call. We'd love more help with creating wellness and educational programs that are open to *all* in our community. Non-members as well as members are welcome to join our Program or Communications Teams. To offer help or share ideas, please contact us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org), or 240-221-1370.

One of the things that members can do is to let us know your interests. We already have several interest groups – Book Group, Walking Group, Bridge Group, Scrabble – and would like to have more. What are your interests? There are probably other PCV members with the same interest. While the weather permits, there could be outdoor gatherings for card games, board games, mahjongg, or even wine tasting. Let us know what you want to do, and we'll help get more groups started.

Please remember to take advantage of our members' Safe Home Program which includes a rebate for a home safety improvement in your home. *You must apply for the rebate no later than September 30.* Details about the program are on page 7.

I'd like to take this opportunity to wish you all a joyful Labor Day Weekend and to our Jewish friends, a happy and healthy new year.

Please make sure to check our web site, [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org), so you can keep up with all of our events. Please see the list of upcoming events on page 2 and the article on Falls Prevention on page 6. September is National Falls Prevention Month.

As always, please be in touch at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org), or 240-221-1370.

Best,  
Owen Ritter,  
PCV President



## COMING UP - Lots of PCV Events!

- Sept 6 – Coffee and Conversation
- Sept 8 – Happy Hour
- Sept 14 – Outdoor Lunch
- Sept 15 – Walk on the C & O Canal River Trail
- Sept 20 – Book Group
- Sept 20 – Coffee and Conversation
- Sept 28 – Scrabble
- Oct 10 – Coffee and Conversation
- Oct 18 – Book Group
- Oct 19 – Outdoor Lunch
- Oct 25 – Coffee and Conversation

Advance registration is strongly preferred for our Coffees and Lunches, **required for our Happy Hour, Canal Walk, Scrabble, Book Group and Zoom events.** 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](mailto:info@PotomacCommunityVillage.org), and the password creation email will be sent to you. If you are a non-member, or just need help registering, please contact the Help Desk, [20854HelpDesk@gmail.com](mailto:20854HelpDesk@gmail.com), or 240-221-1370 . Help Desk hours are Mon – Fri, 9 – 5.

## Coffee and Conversation on September 6 and September 20 For members, volunteers and prospective members



PCV continues its popular outdoor "Coffee and Conversation" series with get-togethers on **Tuesday, September 6 at 3**, and on **Tuesday, September 20 at 3**, at the Starbucks at Fortune Terrace/Seven Locks Road, under the overhang, rain or shine. It's a great way to meet interesting and engaging people you've never met before, as well as to see old and new friends. Come join the conversation. To RSVP, please click [COFFEE](#) for September 6 and click [TEA](#) for September 20, or contact

the Help Desk at 240-221-1370 or [20854HelpDesk@gmail.com](mailto:20854HelpDesk@gmail.com). Attendees pay for whatever they choose to purchase, but are welcome to bring snacks for themselves and to share with others.

## Members' Outdoor Happy Hour, Thursday, Sept. 8, 3:30 – 5:30

PCV members are invited to a special outdoor Happy Hour, with assorted appetizers, wine, and other goodies (non-alcoholic beverages too), at a member's home, **on Thursday, Sept. 8, 3:30 – 5:30**. Space is limited, so RSVP promptly, by clicking [HAPPY HOUR](#). **We must have your RSVP no later than 12 noon on Tuesday, Sept. 6.** Questions or if you need help, please contact the Help Desk, 240-221-1370 or [2084HelpDesk@gmail.com](mailto:2084HelpDesk@gmail.com). Help Desk hours are Mon – Fri, 9 – 5.



## Outdoor Lunch at Fontina Grille, Wed, Sept. 14

For members, volunteers and prospective members

Join us for lunch at Fontina Grille (801 Pleasant Drive, Rockville, in King Farm), outdoors, on **Wed, Sept. 14, from 11:30 am – 1:30 pm.** Click [LUNCH](#) to register, or contact the



Help Desk at 240-221-1370 or [2084HelpDesk@gmail.com](mailto:2084HelpDesk@gmail.com). **We must get your RSVP no later than Monday, September 12.** Attendees pay for their own food and beverage. The restaurant will provide us with individual bills, but asks for cash to make the check-out process go more smoothly, enable them to not pay credit card service charges.

## Walk on the Canal's River Trail, Thurs., Sept. 15, 10 am

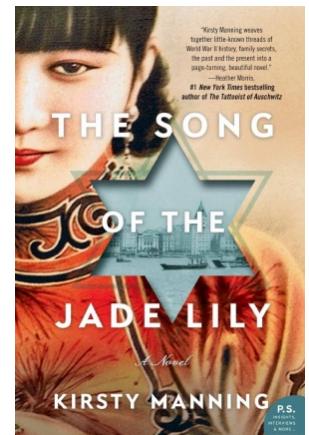


Thursday morning if there are any changes in plans.

For members and volunteers... a walk on the lovely River Trail, overlooking the Potomac River. We'll meet at the Great Falls Tavern at 10 am. Please bring a walking stick and water to drink! And remember your National Park parking pass, to be able to park free. If you don't have one, please let us know ASAP, so we can arrange for a car pool with someone who has one. RSVP to [WALK](#) no later than Wed. Sept 14 at 5 pm. Please leave your cell phone number when you RSVP so we can reach you on

## Book Group meets on Tuesday, Sept. 20, 1:30 pm

PCV's lively and popular Book Group returns this month after a summer hiatus, meeting on Zoom, on **Tuesday, Sept. 20, at 1:30.** Book Group is open to members and volunteers, with non-members able to come once to try out the group. RSVP please to [BOOK](#), or contact the Help Desk at [20854HelpDesk@gmail.com](mailto:20854HelpDesk@gmail.com) or at 240-221-1370, so we can send you the Zoom link. The group will be talking about a novel, *The Song of the Jade Lily*, by Kristy Manning. According to Barnes & Noble, *The Song of the Jade Lily*, published in 2019, is a gripping historical novel that tells the little-known story of Jewish refugees who fled to Shanghai during World War II, and is a "lush, provocative, and beautiful story of friendship, motherhood, the price of love, and the power of hardship and courage that can shape us all."



Upcoming Book Group dates and books are:

October 18: *The Island of the Sea Women* 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

## Let's Play SCRABBLE! September 28, 2 pm



**For members and volunteers.** We'll be playing outdoors on a member's deck, or indoors adjacent to an open sliding door with fans running. 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 by September 26 by clicking [SCRABBLE](#), or contact the Help Desk at 240-221-1370 or [20854HelpDesk@gmail.com](mailto:20854HelpDesk@gmail.com). For questions, please contact the Help Desk.

## Mark your calendar for October Coffees, Lunch, more!

Put it on your calendar to keep up your PCV friendships at our wonderful **Coffee & Conversation** events, set for **October 11<sup>th</sup>** and **October 25th, 3 pm**, outdoors, at the Starbucks at Fortune Terrace/Seven Locks Road, at our **members' monthly lunch** on **Wednesday, October 19, 11:30**, outdoors at Gregorio's at Cabin John Village, and at **Book Group**, meeting on Zoom on **Tuesday, Oct. 18, 1:30**.

## What we did in August



We got together for Coffee and Conversation on August 9 and August 23, met for an outdoor lunch on August 17, played Scrabble on August 24 and bridge on August 29. Despite the heat and thunderstorms, we made it through the month and had a lot of fun. Looking forward to more social gatherings in the coming months.



Thank You for Renewing Your Membership

Jane and Simon Babil

Aravind Gore

Joan and Bob Spirtas

# 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?

You could assist our program chair - by contacting speakers and helping to organize programs.

You could organize a social activity for members. *It could be a bike ride, or a boat ride. A walk or a brunch or lunch or wine tasting on someone's deck, or a 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 -- 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 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 - *for members in temporary need.*

You could help members with tech problems - *such as email, smart phones, computers, smart TVs.*

You could make occasional phone calls to members – *just to see how they're doing.*

You could help PCV's outreach to our local community - *by writing an occasional article for our newsletter or by writing a press release.*

*To offer your help or to learn more, please call us at 240-221-1370 (Mon- Fri, 9 -5) or email us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org), or contact our president, Owen Ritter. He's in our members' directory.*

# September is National Falls Prevention Month!

Free online classes to help us prevent falls

## Please Don't Trip or Fall in Your Own Home

It's easy to ignore simple fixes to make our home safer, until it's too late and you trip and fall. We all know that falls can have very serious consequences as we age, but despite that, we don't make needed changes in our homes or do exercises that will help us prevent falls. Says the CDC, more than 25% of adults 65 or older have a fall, and 3 million are treated in emergency departments for fall injuries each year.



Here are two recent articles that tell us how, as we age, to get smart in changing our homes for the better! Find out, from nextavenue newsletter, "How I Learned to Love My Grab Bars," by clicking [SAFETY](#).

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 for us. *This is essential reading for everyone*, so click [HOME](#) to read the article.

**There are also some free online exercise programs to help us be less likely to fall**, to help us deal with some of the medical issues that are common as we age, such as balance issues, vision changes, altered sensation in the feet, and the need to take multiple medications. Notes Johns Hopkins Medicine, studies indicate that when people take five or more medications, the risk of falls increases.

On **Monday, Sept. 12**, 1 – 2 pm, OASIS offers an online class, "Falls are Coming – You'd Better Be Ready," with Jim Resnick, retired Battalion Fire Chief at Montgomery County Fire Rescue Service, to learn about home and bathroom safety features to reduce the risk of falling, what is a home safety check, whom to call, when to call and why to call. To sign up, click [FALLS](#).

OASIS offers an online class on **Wed. Sept 21**, 10:30 – 11:30, on "Balance and Falls Prevention," with



Suburban Hospital physical therapist John Natale, in a lecture about what contributes to our sense of balance, how to improve our balance, and how to prevent falls at home and in the community. Register here by clicking [BALANCE](#).

On **Thursday, Sept. 22**, 6 – 7 pm, Suburban offers "Finding a Happy Balance," where a Suburban Hospital physical therapist will share practical and useful changes that can be made at home and while on the move to avoid preventable falls. To register, click [HAPPY](#).

And on **Wed., Sept 28**, 3 – 4 pm, OASIS will offer another free online program, "Exercises to Help You Build Strength and Prevent Falls!" In it, neurological physical therapist assistant and personal trainer Aubrey Reinmiller will discuss the most common reasons for imbalance and teach some exercises you can do to improve your balance and help to make you steady. Please have a stable chair, a pillow, a pencil and a notepad easily available. To register, click [EXERCISES](#).

And here are some [BALANCE AND STRENGTH EXERCISES](#) you can do at home, on your own time, from Johns Hopkins Medicine.

And now, please do some fix-up in your home, and sign up for PCV's "Safe Home Rebate Program," described on the next page. ***Remember, the rebate program ends on September 30!***



# PCV Safe Home Rebate Program

**Hurry – to qualify you must complete improvements by September 30**

PCV Safe Home is a program for PCV members that offers a rebate for home safety improvements, 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 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](mailto: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](mailto:20854HelpDesk@gmail.com), for assistance. **All work must have been started on or after April 28, 2022 and be completed no later than Sept. 30, 2022 to be eligible for a rebate.**

## 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](http://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, and we don't list them all on our PCV Calendar. To see upcoming events offered by other local Villages, visit [AREA VILLAGE EVENTS](#).

## Locust Grove Native Plant online sale thru Sept 6 at 10am, in-person sale is Sept. 17 - 18, from 10 - 2

The annual Locust Grove Nature Center's Fall pre-order *on-line sale* of native plants is on now *thru Sept 6 at 10 am*, with pick-up for what you order (\$100 minimum) on Sunday, Sept. 11 at their nursery in Gaithersburg. Their *in-person sale* runs Saturday and Sunday, Sept 17 - 18, 10 - 2 at the Locust Grove Nature Center, 7777 Democracy Blvd, Bethesda, at their Armstrong Cabin, located to the right of the tennis center. Prices including tax: Quarts are \$7 (premium plants priced at \$10), Gallons are \$10 (premium plants priced at \$13), 3 Gallons are \$40, 5 Gallons are \$60, and 7 Gallons are \$80. Please note that trees and shrubs in the 7-gallon size are pre-order online only, and there will be limited trees and shrubs at the in-person sale. Click [PLANTS](#) for more information and a link to the online sale. Remember that Fall is the best time to plant woody plants so they establish strong roots before spring!



## **Bethesda and Wheaton “Streeteries” to remain open, others to close after Labor Day**

Back in the spring of 2020, four “Streeteries” were created by Montgomery County as a temporary concept to support businesses impacted by Covid, and to allow residents to gather on public streets closed to cars. These were on Newell Street in Silver Spring, Price Avenue in Wheaton, and Norfolk and Woodmont Avenues in Bethesda. The creation of the Streeteries program allowed for outdoor dining and for alcohol consumption that was previously not allowed. With the reduction of the prevalence of Covid, the county has worked with the local communities involved to decide how these Streeteries will operate in the future.

In Bethesda, Norfolk Avenue will remain as a Streeteries, but the Woodmont Avenue Streeteries will be temporarily suspended, then partially reopened to traffic after Labor Day during construction of the long-planned Woodmont Avenue Cycle Track. In Silver Spring, Newall Street will reopen to cars after Labor Day, but it will be closed to vehicular traffic for scheduled public events throughout the year. In Wheaton, Price Avenue will remain as a Streeteries.

## **The latest from Montgomery County on Covid**

Montgomery County operates a website <https://montgomerycountymd.gov/covid19/> with the latest information on Covid status for our area, as well as where and how to get vaccinated, where and how to get tested, when and where face coverings are required or simply recommended, and other information pertaining to Covid.

### **MyIR Mobile for Immunization Records including Covid Vaccines**

MyIR 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.

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