



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 am excited about the future of Potomac Community Village. Starting this month, we will be holding in-person meetings as well as some Zoom events. Won't it be great for us to actually be together? Lynette Ciervo, our new Director of Engagement, has joined us to help in engaging our membership. She has already developed a list of possible activities and will be conferring with some of the members to determine what they would like and support. Please see her note to our community on page 4.

Home safety is still high on the agenda for the leadership of the Village. A good number of our members have taken advantage of our home safety program and have really appreciated the subsidies we are providing. The initial program period has expired, but I plan to ask the Board to extend the program. I urge everyone to educate themselves on the many ways you can affordably make your home safer and avail yourselves of the financial assistance the village will provide.

Finally, let me say I am looking forward to seeing you at our events. If you are contacted for a focus group or by survey, please help us with your ideas and opinions. Participate in some of the various activities. And mark your calendars for **Thursday, Nov. 3, at 3** for a Zoom program on changes to Medicare, and for **Thursday, Nov. 10 at 7:30 pm**, for our first in-person program since February of 2020. We'll be treated to a special program on *Will Adams, Fiddler of Ken-Gar*. See inside for details.

Best,
Owen Ritter, PCV President



Highlighted Event of November **"Will Adams, Fiddler of Ken-Gar"**

November 10, 7:30 pm

(arrive early at 7 pm for a "meet & greet")

at the Potomac Community Center

PCV initiates in-person meetings with

Music and the historical African American Experience in Montgomery County

Lots of PCV Events coming up:

Nov 3 – Medicare Update (page 2)

Nov 8 & 22 – Coffee & Conversation (page 2)

Nov 9 & 16 – Scrabble (page 2)

Nov 10 – “Will Adams, Fiddler of Ken-Gar” (page 3)

Nov 15 – Monthly Lunch (page 3)

Nov 15 - Book Group (page 3)

Meet our Volunteer of the Month on page 5

Learn about easy to do kitchen composting on page 6

See pictures of what we did in October on pages 6 & 7

Advance registration is required for our Coffees, Lunches, Scrabble, Book Group and all 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, 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, or 240-221-1370.

Coming Thursday, Nov. 3, 3 – 5 pm, on Zoom

Medicare Update: Changes you Should Know About

**Hear Speakers Bob and Joan Spirtas, experts on Medicare at SHIP,
the State Health Insurance Assistance Program**

To Register, click on [MEDICARE](#) or contact the Help Desk at 20854HelpDesk@gmail.com, or 240-221-1370

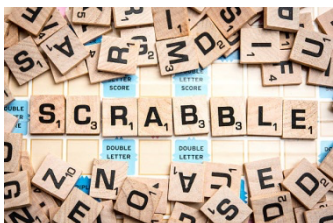
This PCV-sponsored presentation will be held on **Thursday, Nov 3 on Zoom, from 3-5 pm**. Join us to make sure your Medicare coverage is what you need and want it to be. The annual enrollment period is an opportunity to review your coverage and consider updates and changes that may save you money and provide better coverage for your health care. Due to changes in the law, this year is especially important to hear about Medicare updates. This event is free and open to all.

Coffee and Conversation on November 8 and 22

For our Members

PCV continues its popular "Coffee and Conversation" series with get-togethers on **Tuesdays, Nov 8 and Nov 22 from 3 -4:30 pm**, but with cool weather likely this time of year, we're going indoors. Nov 8 will be held at a member's home, and the Nov 22 location to be determined. Registrants will be notified of locations. Members only. To RSVP, click [COFFEE](#) for Nov 8 and click [TEA](#) for Nov 22, or contact the Help Desk at 240-221-1370 or 20854HelpDesk@gmail.com.

Let's Play Scrabble on November 9 and 16



For members and volunteers. Our Scrabble games are held at a private home in Potomac, indoors, but with ventilation such as open windows and doors (wear a sweater). Masks are optional but attendees are requested to be vaccinated. Register for Scrabble on **Wednesdays, Nov 9 and 16, from 2:30 -4:30 pm** by clicking [SCRABBLE](#) for November 9 and by clicking [WORDS](#) for November 16 or contact the Help Desk, 240-221-1370 or

20854HelpDesk@gmail.com.



Lunch on November 15 at King Street Oyster Bar - indoors

For members, volunteers and prospective members

Join in the fun at our monthly lunch, this time at King Street Oyster Bar, at Park Potomac on **Tuesday, Nov 15, from 11:30 am – 1:30 pm**. We will be eating indoors, as the weather is turning chilly. Open to members, volunteers and prospective members. Click [LUNCH](#) to register by November 14. If you need a ride or can offer one, please list that when you register. Any questions, please contact the Help Desk, 240-221-1370 or 20854HelpDesk@gmail.com.



Book Group meets on November 15, on Zoom

PCV's Book Group meets on **Tuesday, Nov 15, 1:30 – 3 pm**, for members and volunteers, with non-members invited to come once to try us out. RSVP to [BOOK](#) or to 20854HelpDesk@gmail.com or 240-221-1370, so we can send you the Zoom link. We'll be discussing a novel, ***The Book Woman of Troublesome Creek*** by Kim Michelle Richardson and/or the sequel. Our December book selection is ***Before We Were Yours***, by Lisa Wingate.

Upcoming Book Selections...

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

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

March 21 - ***The Palace Papers: Inside the House of Windsor – the Truth and Turmoil***, by Tina Brown

Special November 10 program - IN-PERSON at the PCC!

Program highlights African American history in Montgomery County with "Will Adams, Fiddler of Ken-Gar" *free and open to all*

Will Adams, Fiddler of Ken-Gar, with Julianne Mangin of Montgomery History will be held on **Thurs, Nov 10, 7:30 – 9 pm**, (arrive early, at **7 pm**, for an informal "meet and greet" in advance of the program). The program will be held in-person at the Potomac Community Center. Will Adams has deep roots in the African American communities of Montgomery County. In 1953, he was recorded by folklorist Mike Seeger (half-brother of Pete Seeger). Adams' family history offers a glimpse of African American life in Montgomery County from the final years of slavery to the mid-twentieth century.

Learn how the music of both Adams and Seeger lives on among contemporary old-time musicians. To register, click on [ADAMS](#), or contact the Help Desk at 240-221-1370.

This is the first time since before the pandemic that we return to in-person, indoor monthly evening meetings with a speaker. **PLEASE NOTE:** Now that it is so easy to get a COVID booster, we ask that all attendees be fully vaccinated, using the CDC definition that you have received the most recent booster for which you are eligible. Our in-person meeting will have a masked section for those who feel more comfortable with that.

Update from Lynette Ciervo...

PCV's New Director of Engagement



It's hard to believe I've only been a part of the PCV community for one month! There is so much I've learned from you, and I am truly grateful to be a part of your team! I've been fortunate to meet with some of you and to learn more about PCV and the village movement, and am impressed with what I've seen so far.

One of PCV's top priorities is to create a robust set of social, cultural and educational programs designed to address the interests of members. We have a new Program Committee that will help plan a range of new programs, from quarterly field trips to cultural events, to hosting a diverse group of highly-regarded speakers, planning wine tastings, and launching traveling tea parties that reach out to those who are homebound and would welcome companionship. Also, we would like to schedule regular meetings for special interest groups, whether it's playing scrabble, chess, mahjong or crafting, conducting news discussions, or any interest you may have.

I plan to run focus groups and conduct a survey to hear directly from you about what you would like to see. Making PCV tick is a collective effort and I want to hear from individual PCV members about your ideas, contacts for speakers, and interest in various offerings. In order to maintain our dynamic program of offerings, we need your ideas and your help! Please feel free to email me with your ideas at lynetteciervo@gmail.com Thank you and I look forward to meeting each of you.

New COVID Bivalent Booster Shots - Where to Get Them

New COVID booster shots are now available. Here is Maryland's [VACCINE LOCATOR](#), where you can search for the vaccine you want, i.e., the Pfizer-BioNTech Bivalent Booster or the Moderna Bivalent Booster, and then search for locations that offer them. Members who need help finding a location or making an appointment should contact the Help Desk at 240-221-1370, or email them at 20854HelpDesk@gmail.com. ***The CDC tells us that current definition for "fully vaccinated" is that you have received the most recent booster for which you are eligible. We will be asking those who attend in-person PCV events to be fully vaccinated, meaning they've gotten the initial vaccine doses and have received a bivalent booster.***



Eleanor Sorbello, Volunteer of the Month

On any day you might find PCV volunteer extraordinaire, Eleanor Sorbello, helping coordinate a ride, looking up the best electrician for a member in Washington Consumer Checkbook, or arranging a lunch for members at a local restaurant. Highly organized and cheerful in her outreach, Eleanor wears so many hats at PCV that she can certainly be credited with helping PCV run smoothly. As a member of the PCV Board of Directors and Help Desk Coordinator, Eleanor also arranges all the Coffee & Conversation events and Scrabble get-togethers, books our popular luncheon series, in addition to logging members' "friendly phone call" hours.

Originally from Sri Lanka, Eleanor came to the U.S. in 1979 as a graduate student in biochemistry at the University of Maryland, on a teaching assistantship. After graduation she had a stellar career working for the University of Maryland; Georgetown University; NIH, National Human Genome Research Institute, and the U. S. Patent Office. Volunteering and giving back has always been part of Eleanor's life. She has lived in 20854 since 1985 where she raised two children, and volunteered to help in their schools' activities such as theatre, sporting and science events.

As a woman scientist, Eleanor joined the Sri Lanka Association of Women in Science and the American Association of Women in Science, and in these associations derived a lot of joy from helping young women in their careers. Eleanor explains that she was the "recipient of good mentoring and career suggestions," herself, which inspired her to "do the same for others whom I mentored, when it was my turn." Eleanor brings this spirit of giving to PCV. "I would like to see PCV members attend the numerous musical/drama programs in our local schools and perhaps mentor and judge science projects that the students are involved with," says Eleanor. "By attending PCV events and forming friendships with other members, I discovered a wealth of knowledge and experience in science and technology among our members," she continued. "I hope PCV members will connect with the next generation, giving them inspiration, and that will also help retired PCV members feeling energized and valued."



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

Newsletter for Older Adults

Click [SUBURBAN](#) to read Suburban Hospital's helpful health and wellness news for Seniors.

COMPOSTING YOUR FOOD WASTE FOR FREE - Just do it at MOM'S Market!

Why should you compost food waste? Here in Montgomery County, it keeps it out of the waste stream that is burned, and out of what gets put into the landfill. Composting food scraps also returns valuable nutrients to the soil, and reduces the need for harmful chemical fertilizers. When organic waste sits in landfills it generates large quantities of methane, a harmful greenhouse gas that contributes to climate change. An easy option that will reduce the quantity of food waste you dump into your trash or food disposals is to collect these vegetable and fruit scraps and bring them to a collection center. While some local sites charge you for the privilege, MOM's Organic Market stores offer this service at no charge. Says one PCV member who recently started collecting food scraps and now brings them to MOM's, "I was just amazed at how much we collected that used to just go into the trash – it's not just vegetable peelings, apple cores or orange peels, but coffee grounds, used tea bags and egg shells too."

WHAT YOU CAN COMPOST AT MOM'S: MOM'S accepts eggshells, fruit and vegetable food scraps, coffee grounds, tea leaves and tea bags, soiled paper products from fruit and vegetable juices, but not from dairy or meat or oils, and compostable bags, labeled "compostable" or "biodegradable". You can also compost any items from MOM's Naked Lunch containers, cups, napkins and utensils. Just bring the materials to be composted in a reusable bin, to dump loose or in compostable bags that are labeled "compostable" or "biodegradable." Simply deposit your compostables into the bin marked "Composting" at the front of the store. If you need compostable bags, you can buy them at Mom's. Don't use ordinary plastic bags. They contaminate the waste stream. Information on another Rockville drop-off location can be found by clicking [FOOD](#).

Montgomery County also provides FREE composting bins, if you would like to compost yourself. You can keep the bins outside your kitchen door, dump in your compostables, and create a rich soil that is great for gardening. Click [COMPOST](#) for bin pick up locations in Montgomery County.

The closest MOM'S stores are: 10 Upper Rock Circle, Rockville (near Shady Grove Home Depot) 301.250.1165; and 5566 Randolph Road, Rockville 301.816.4944 If you have any questions, please call them. They'll be glad to help. They also have a good variety of plant-based foods, to ease your way to vegetarianism, or at least to eating less meat.

Thank you PCV member Sylvia Diss for this informative article on composting

What we did in October

We ate and we talked and we walked, we Scrabbled and we read! We had two Coffee and Conversation get-togethers, had lunch at Gregorio's, had fun tasting wine and cheese, and walked in the pretty Fallsgrrove neighborhood. We joined together to play Scrabble and we Zoomed for our book discussion.



Here we are on Oct. 11, at left, and on Oct. 25, as the weather was a little chilly, for our "Coffee & Conversation," get-togethers.

PCV had a fun "Wine & Cheese event on Oct. 22 and an engaging lunch on Oct. 20.



Welcome new member - Steve Schuck

Thank you for renewing your membership-Sol Gilman, Robert Kramer & Lois Shiner

Thank you to our editors, Caroline Lewis and Sheila Moldover; our tech support person, Sheila Taylor; our proofreaders, Marcia Akresh, Peggy Heller, Karen Lechter and Linda Perlis; and those who created and supported our programming and calendar –Marj & Jeff Bender, Ben Consilvio, Joan Kahn, Sheila Moldover, Linda Perlis, Owen Ritter, Eleanor Sorbello and Sheila Taylor.



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