



Potomac
Community
Village

January 2023

PCV Post, The Newsletter of Potomac Community Village

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President's Letter

Happy New Year to all our members, volunteers, sponsors, and community members. We are planning an event-filled year in 2023 and we are so grateful for the past year with our many informative, happy and productive events. This past month, we added a Holiday Party to our usual Book Group, Scrabble and Coffee & Conversation programs. Despite the rainy weather, we had a turnout of nearly 60 members, volunteers, and guests. In fact, it was such a delightful celebration, complete with delicious snacks and a live jazz and swing band, that a number of people broke out in dance! (see pages 6-7). Thanks to our community members Gregorio's Trattoria and King Street Oyster Bar for donating generous gift cards that were given out as special door prizes. Additional thanks go to Assisting Hands Home Care, and owner Steve Lorberbaum, for their generous support of the party. And members made generous contributions too – we collected 72 pounds of food for Manna Food Center! *(President's Letter continued, next page)*



Highlighted Members' Event of January...

Lunar New Year Banquet Luncheon

Thursday, Jan. 26, 12:00 pm

At Sichuan Jin River Restaurant in Rockville

Limited spots available, so register soon! (see Page 5)

Open to All in January

Friday, January 13, at 11 am

In-person Virtual Museum Tour

Thursday, January 19, 3 pm

"How to Get the Most Out of your Doctor Visit"

Don't miss these informative presentations

(see inside for details)

President's Letter, cont.

The good work of our Director of Engagement, Lynette Ciervo began to show in so many ways! She had a lot to do with planning our Holiday Party and making sure we had a great turn out. After hearing from members during several focus groups, Lynette worked with our board members to begin planning events to meet the needs and desires expressed in these focus group talks. For instance, as you can see on page 3, this month we initiate a "Movie and a Meal" event for members and a Virtual Museum Tour Program. Lynette has also reached out to the Potomac Community Center's new Director of Seniors Programs and now we have a partnership that is already bearing fruit – the Seniors Program is co-sponsoring our Museum Tour Program. (see page 3).

While social events are a big part of PCV, I also want to remind you of PCV's many important services to its members. For instance, remaining safe in our homes as we age is vital, so don't forget that we have extended the Home Safety rebate program. A good number of our members have taken advantage of our home safety program and have really appreciated the subsidies we are providing. I urge other members to sign up soon. You can educate yourself on the many ways you can affordably make your home safer and avail yourselves of the financial assistance the Village will provide. For details click [SAFE HOME](#). And, as part of keeping our members safe, we also offer our Storm Buddies program, where members can get a phone call to make sure they are okay (see page 5 for details).

Finally, let me say I am looking forward to seeing you at many of our upcoming events. They are a great time to meet again with PCV friends whom you may not have seen in-person for a while, due to the pandemic. Again, Happy 2023 to all of you!

Best,
Owen Ritter, PCV President

Upcoming PCV Events:

- Jan 9, Monday, 2 pm - Scrabble (page 3)
- Jan 10, Tuesday, 12:00 pm - Movie & a Meal (page 3)
- Jan 13, Friday, 11 am - Virtual Museum Outing with PCC Senior Program (page 3)
- Jan 17, Tuesday, 1:30 pm - Book Group (page 4)
- Jan 17, Tuesday, 3 pm, Coffee & Conversation (page 4)
- Jan 19, Thursday, 3 pm - How to Get the Most Out of Your Doctor Visit (page 4)
- Jan 26, Thursday, 12 pm - Lunar New Year Banquet Luncheon (page 5)
- Jan 31, 3 pm, Coffee & Conversation (page 4)

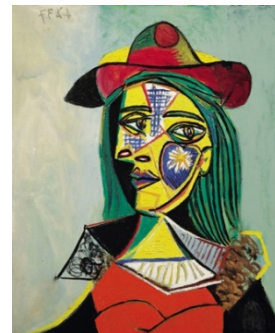
See pictures of what we did in December, on pages 6 & 7

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 tell 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.

Please Note: We are encouraging all members to consider wearing masks to in-person events. We ask that all attendees be full vaccinated, using the CDC definition that you have received the most recent vaccination for which you are eligible. Also please consider testing before attending.

PCV Presents a Virtual Museum Tour and Partners with the PCC's Seniors Program

Inaugural Program on January 13, at 11 am features an in-person gathering for a virtual live, docent-led tour



Our Director of Engagement, Lynette Ciervo, recently met with Karen Jackson-Knight, the new Activity Coordinator for the Senior Neighborhood Program at the Potomac Community Center. They agreed to form a partnership between PCV and PCC to create joint, ongoing programming. Our first event, organized by PCV member Barbara Goldberg, will be a virtual but live, docent-led tour “Breaking the Rules in Modern Art: 1900 to the Present,” from the National Gallery of Art, on **Friday, January 13** at the Potomac Community Center from **11 am – 12:30 pm**. This event is free and open to all. We’ll watch the presentation on a big-screen TV and see how and why the rules of painting and sculpture changed so radically in the 20th century. To RSVP click [MUSEUM](#) or contact the Help Desk at 240-221-1370 or email 20854HelpDesk@gmail.com. PCV members will have the option to get together for lunch immediately following the tour program. Attendees will pay for their own lunch.

PCV warmly welcomes PCC’s Karen Jackson-Knight who is heading up the PCC Senior Center and brings a wealth of experience in working with seniors, she’s re-energizing the seniors program at PCC. In addition to our partnership programs, she encourages all of you to stop by on Tuesdays or Fridays from 10 a.m. to 1 p.m. There will be speakers, games, movies and much more. Check it out!

Let's Play Scrabble on January 9

For members and volunteers. Our Scrabble games are held at a private home in Potomac, indoors. Masks are optional but attendees are requested to be vaccinated. Register for Scrabble on **Monday, Jan 9** from **2:00 - 4:00 pm** by clicking [SCRABBLE](#) or contact the Help Desk, 240-221-1370 or 20854HelpDesk@gmail.com.



PCV Hosts inaugural “Movie and a Meal”

For Members, on January 10

at Montgomery Mall's new Movie Theatre

Join fellow PCV members on **Tuesday, Jan 10** from **approximately noon - 5 pm**, for our inaugural “Movie and a Meal” event. In our focus groups, this event came up as a frequent request, so we’re offering it to members, and expect to continue holding a movie screening along with a meal and time to chat, once each month. Tickets for the movie are expected to be \$5 per person; attendees will pay for whatever food they purchase. Details on how this new program will work, and which film we will see, will be sent to members in a separate notice. To register for this event, click [MOVIE](#). For help registering contact the Help Desk at 240-221-1370 or 20854HelpDesk@gmail.com. Final details will be posted on the calendar listing on the PCV website and in our email updates of activities. **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. Also please consider testing prior to attending. Feel free to wear a mask if you feel more comfortable.



Book Group meets on January 17, on Zoom

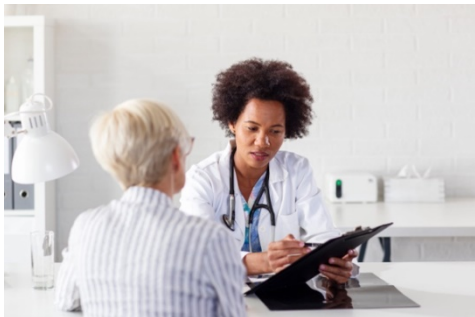
PCV's Book Group meets on **Tuesday, Jan 17, 1:30 – 3 pm**, for members and volunteers, with non-members invited to come once to try us out. RSVP by clicking [BOOK](#) or contact 20854HelpDesk@gmail.com or call 240-221-1370, so we can send you the Zoom link. We'll be discussing a novel, ***Florence Adler Swims Forever***, by Rachel Beanland. Read a review of the book in Kirkus Reviews by clicking [FLORENCE](#).

Upcoming Book Selections are: **February 21** - ***The Daughters of Yalta***, by Catherine Greene Katz, and **March 21** - ***The Palace Papers: Inside the House of Windsor – the Truth and Turmoil***, by Tina Brown. Our thanks to member Linda Perlis for heading up our Book Group program.

Coffee & Conversation on Jan 17 and Jan 31, 3 pm *Open to Members, Volunteers and all those who want to meet us & want to learn more about our Village*



PCV continues its popular "Coffee and Conversations," now being held at the Potomac Community Center. This month's get-togethers will be on **Jan 17 and Jan 31** from **3 - 4:30 pm**. To RSVP for Jan 17, click [COFFEE](#). To register for Jan 31, click [TEA](#). For assistance registering, please contact the Help Desk at 240-221-1370 or 20854HelpDesk@gmail.com. We request that all attendees be vaccinated. Our thanks to members Eleanor Sorbello and Sheila Taylor for organizing these events.



"How to Get the Most Out of Your Doctor Visit"

**An in-person program at the Potomac
Community Center, January 19, 3 pm**

Free and open to all

Have you ever left your doctor's office realizing you forgot to ask a question, or don't remember some of the issues you discussed. Perhaps you didn't clearly understand what the doctor explained or remember the doctor's exact instructions. Learn some tips on preparing for your medical visit and avoiding these common problems by attending an in-person presentation at the Potomac Community Center on **Thursday, Jan 19** from **3 – 5 pm**. The event is led by Steve Lorberbaum, owner of Assisting Hands Home Care. To register click [DOCTOR](#) or for help registering call the Help Desk at 301-221-1370 or email 20854HelpDesk@gmail.com. **Please Note:** We ask that attendees be full vaccinated according to the CDC definition that you have received the most recent booster for which you are eligible. Also, please consider testing before attending this event and wear a mask if you feel more comfortable.



Lunar New Year Banquet
January 26, 12 noon – 2 pm
For members, 10-course meal celebrates the
"Year of the Rabbit"

Don't wait to register for this wonderful and delicious celebration of the Lunar New Year! For the first time since 2020, PCV has organized this 10-course meal for its members at Sichuan Jin River Restaurant in Rockville, to be held on **Thursday, Jan 26 from noon – 2 pm**. There are a limited number of spots available, so be quick (like a rabbit) to hop on our website and register by clicking [NEW YEAR](#). Expected cost is \$25 per person, which includes tax and tip. Our meal will include yummy and symbolic foods including steamed fish fillets with ginger and scallions (the word for fish in Chinese sounds like the word for good fortune, so it is traditional to eat fish at New Year's meals), and rice cakes, as they are shaped like gold ingots, another symbol of good fortune. Many thanks to members Allan and Lisa Wang for organizing this program for us.

Storm Buddies, To Help Keep Our Members Safe

Winter, with its ice and snow and sometimes bitter cold can be dangerous for seniors. But PCV does what we can to help, with our Storm Buddies program, where members can request to get a phone call to ask how they are doing, in times of significant snow, ice, power outages or bitter cold. To ask to be on our Storm Buddies list or to volunteer to be a phone-caller, please email our Help Desk at 20854HelpDesk@gmail.com, or call 240-221-1370.

Welcome new Member: Vicki Swaney
Thanks for renewing your membership: Marj & Jeffrey Bender
Dan & Robin Gordon

Coming in February:

- Feb. 8** – Coffee & Conversation
- Feb. 10** - Virtual docent-led Museum Tour
- Feb. 13** - Scrabble
- Feb. 14** - Valentine's Day program
- Feb. 16** - Evening speaker program
- Feb. 21** - Book Group on Zoom
- Feb. 23** - Coffee & Conversation
- Feb. 28** - Movie & A Meal

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.*

What We Did in December

Our festive, in-person Holiday Party on December 15 was certainly a success. We ate and we talked, we won prizes and we danced. We also played Scrabble, met to discuss a Book, and gathered for our popular Coffee and Conversation events. Here we are IN-PERSON celebrating together, drawing for prizes, and dancing! More pictures on next page.



Our holiday celebration featured a wonderful band, yummy treats and more dancing!



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

A Newsletter for Older Adults

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

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 – Marj & Jeff Bender, Ben Consilvio, Barbara Goldberg, Joan Kahn, Steve Lorberbaum, Linda Perlis, Owen Ritter, Eddie Rivas, Eleanor Sorbello, Sheila Taylor and Allan & Lisa Wang.

Your help is needed to create additional programming for our members and for open-to-all events for our larger community. We welcome help from non-members. Please email us at info@PotomacCommunityVillage.org to learn more, share in PCV's growth, and offer your ideas.

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