



Potomac
Community
Village

Monthly PCV News Update

February 2023

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Welcome to the new look of our PCV newsletter

Our goal is to make this newsletter easy to read, and to fill it with engaging and useful information. Please tell us what you like or don't like, what we should include or leave out next time, what we should do to make it easier to read and more understandable, and what errors you find - we're sure you'll find a few.

We welcome assistance from writers and proofreaders. Please email us if you'd like to help out, even if just once, and with your suggestions for making this newsletter better - info@PotomacCommunityVillage.org.

PCV celebrates a new partnership with the Potomac Community Center's Seniors Group

Following our popular live, docent-led virtual art tour that was organized by PCV member Barbara Goldberg last month, we now have a partnership agreement with the Potomac Community Center's Seniors Group for additional shared events. The next partnership event, also a virtual art tour, is set for [Friday, March 3](#). Karen Jackson-Knight, the Seniors Group's head, will also be sharing her programs with PCV. Thank you to Barbara and Karen for getting us off to a great start with our new partnership programs, which are free and open to all.

New report demonstrates positive impact Villages have on quality of life for seniors in Montgomery County

Villages help thousands of area seniors have a better quality of life, according to the recent Montgomery County report summarizing the activity of its 30 active Villages and five developing ones. Villages provided critical social connections, particularly during the worst of the pandemic. Between 2021-2022, Villages held 3,353 social activities with over 43,000 participants! Village volunteers provided about 6,200 rides during this time, and tens of thousands of volunteer hours that enabled seniors to experience a better and more robust life. Our own Village was highlighted in the report for our Birthday Bag project and our walking group. As we all know, it does take a Village! [Click here](#) for the report.

New From PCV...

Death Café

A special program just for PCV members, for conversations about death. What is a "good death?" How do I help a loved one?

PCV will be offering an introduction to Death Café, on Friday, Feb. 24, 3 pm, as we explore a national movement that encourages informal and more relaxed conversations about death. The goal is to help participants understand the importance of learning about options when it comes to death and dying, and dealing with questions such as "What is a good death?" and "How do I help a loved one?" Death Café does not provide counseling or grief support but is a gathering where thoughtful discussion can take place. Our discussion leader for this members-only Zoom event is Patricia Dubroof, who has been leading these discussions in Montgomery County for the past 3 years with Assisting Hands of Potomac and Pump House Village, a developing Village in Rockville. To sign up to attend this PCV-offered program, please click on [Death Café](#), or contact the Help Desk at (240) 221-1370 to ask to be on our Death Café mailing list. To learn more about the national Death Café movement, [click here](#).

We know that dying can be a taboo topic. Enter the death doula, according to [this recent article from the Washington Post](#).

Muscle strength may be as important as aerobic exercise for good health and longevity

PCV members can sign up for new online live personal strength training

Researchers are finding that building up your muscles might be equally important for good health and longevity as aerobic exercise. A recent analysis of 16 studies revealed that muscle-strengthening exercises were linked to a 20 percent lower risk of cardiovascular disease, cancer, diabetes, lung cancer and all-cause mortality.

PCV members interested in trying a new online, LIVE, strength-training class can do so by registering with the Village to Village Network which is offering these classes by Vivo at a discount for Village members. Classes are individualized and targeted for people 55+.

To try classes for free, through Feb. 17, go to www.vtvnetwork.org, the Village to Village Network website. Then click on the Calendar tab; click on the date of the Vivo class, and follow the registration process. You don't need a user name or password, just your contact information and email. A Zoom link will be sent to you.

If you enroll in Vivo, the expected cost for Village members will be about \$8.00 per class. To learn more about the Vivo program, click [VIVO](#).

If this is of interest to our membership, PCV may explore offering an in-person exercise program in the future. Let us know what you think!

In the news... Is it Possible to Age Exuberantly?

Yes - and there is a secret to it! A newly-released book by 86-year-old Swedish author Margareta Magnusson reveals three steps to age exuberantly: *The Swedish Art of Aging Exuberantly: Life Wisdom from Someone Who Will (probably) Die Before You*. "You cannot stop the passing of time and how it affects your body, but you can work to keep a clear and positive mind. You can be young upstairs in your head even if your joints creak," says Magnusson. To learn more about those three steps, click [here to read the NY Times article](#).

From Suburban Hospital, [here](#) is a link to their monthly newsletter for older adults.

Feeling a little isolated? Would you like to get a friendly phone call?

One of the delightful benefits of being a PCV member is the opportunity to get friendly phone calls and visits, a much appreciated benefit for those members who don't find it easy to get out to socialize with others. We have volunteers available to call or visit with you. If this is something you would like, or you'd just like more information, please contact the [Help Desk](#).

Other benefits of being a PCV member include:

- tech help and advice with your computer, tablet, smart phone, smart TV, thermostat
- our suggested vendor and Consumer Checkbook list
- our [SafeHome program](#), with useful information on how to be safer in your home, and a **rebate** when safety improvements are installed
- transportation for medical visits and PCV events
- household assistance, such as changing lightbulbs and batteries, vacation plant care
- errand running, such as pick-up of medication
- Storm Buddies check-ins during and after major weather events
- educational and wellness programs
- social and cultural events, such as lunches, coffees, museum tours, movies and plays
- member-led interest groups

MEMBERS' CORNER

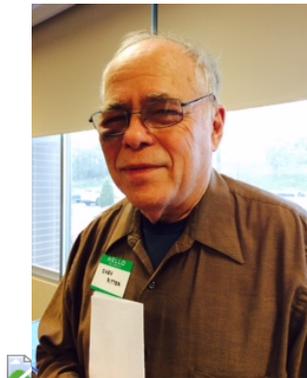
Tell us what you're busy with!

We invite members to report on their busy lives - Do you have hobbies? Have you earned an award or honor? What special family news can you share?

To start us off: PCV member Sheila Taylor will be performing with her choral group, Heart of Maryland, on March 11. Click [CHOIR](#) for more information. And Sheila Moldover, another PCV member, has two photographs in the Rockville Art League's *Heart of Winter* show, from Jan. 22 - Feb. 17, at the Glenview Mansion Galleries. Shown here is "Beachwalk in the Winter Fog." For information about the show and directions, click <http://rockvilleartleague.org>.



Spotlight on... Owen Ritter, PCV's President



Owen is serving his 2nd term as President

Owen and Margie Ritter are founding members of PCV, back in 2012. Originally from New York City, Owen and Margie have been married for nearly 60 years and have 5 children and 9 grandchildren. Owen reports that he originally paid more attention to the services that PCV offers to help its members age in place, but over the years he discovered that "social connection was the biggest need." He adds, "Providing for this need has been my favorite part of PCV." Having spent a career as a research engineer working in advanced concepts, Owen reports that in addition to work, "I've been involved in volunteer programs just about most of my adult life." PCV has benefited from Owen's leadership. He helped guide PCV through the pandemic by keeping our members connected through virtual social activities. He says that serving PCV has given him "something important to do in retirement. We all

need something to do when we get up in the morning." He adds, "PCV has provided some of that."

Around Our Village...

Dancing at our Holiday Party in December. We had such a good time that we are exploring adding a dance program of some kind to our offerings for members.



Two of our members at a Coffee and Conversation held at the Potomac Community Center in January.

For February, we've picked a different gathering spot - our Coffee and Conversations will be at an area bakery.



Below, attendees watch a virtual art tour, live from the National Gallery, the first of our Partnership programs with the Potomac Community Center's Seniors Group.



We learned about "How to Prepare for Your Doctor's Visit" from Steve Lorberbaum, a Certified Seniors Advisor and the owner of Assisting Hands Home Care, as well as a PCV board member. For those who were not able to be there, Steve provided us with a copy of his hand-out. If you would like one, please [contact us](#).



Our Lunar New Year Banquet Luncheon, held on Jan. 26, offered 10 separate

We learned about the symbolism of the different foods we ate, and how the holiday

delicious dishes.



is celebrated in China.



Our thanks to members Lisa and Allan Wang, shown below in the middle, for organizing this delightful event for us.



We wished each other health, happiness and prosperity in the coming year.



Welcome - to new members Kathy Dick, Joan Muller

Thank you for renewing your membership:

Ellen Davis, Sylvia Diss, Ellen and Neal Rosenthal, Eleanor Sorbello,
Margarita Studemeister and Charles Vela, Robert Younes and Anne Mathews-Younes

Click on [Calendar](#) to find out about upcoming events from PCV and other organizations.

PCV events for February include:

[Coffee and Conversation - Wed. Feb.8](#)

[Art Tour from the National Gallery - Thursday, Feb. 9](#)

[Scrabble Game - Monday, Feb. 13](#)

[Valentine's Day Lunch - Tuesday, Feb. 14](#)

[Parallel Narratives Never Meet, a program in our Speaker Series - Thursday, Feb. 16](#)

[Book Group - Tuesday, Feb. 21](#)

[Coffee and Conversation - Thursday, Feb. 23](#)

[Death Cafe - Friday, Feb. 24](#)

Movie and a Meal - Tuesday, Feb. 28

We will continue to share a list of upcoming events in our weekly Sunday morning emails and at our in-person events. If you have any questions, please contact us at (240)221-1370 or at 20854HelpDesk@gmail.com.

From the PCV Communications Team: Caroline Lewis, Chair; Sheila Moldover, Sheila Taylor; proofreaders Marcia Akresh, Peggy Heller, Karen Lechter and Linda Perlis. Please join us as writers, interviewers, photographers, proofreaders and publicists. Thank you to those who make our programming happen: Program Chair Ben Consilvio; Jeff Bender, Marj Bender, Vic Cohen, Barbara Goldberg, Joan Kahn, Linda Perlis, Eleanor Sorbello, Sheila Taylor and Ira Weiss. Many thanks to Lynette Ciervo for her help.