



PCV Village View

March 2023

*Helping Seniors in Potomac Successfully Age in Place
and Reduce Social Isolation*

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NEWS FROM OUR VILLAGE

Holiday Friends

A PCV member recently noted, "I..enjoyed the opportunity to meet two other members I did not know...whose company I found particularly stimulating!"

Through PCV, you can meet new friends while celebrating Passover or Easter. No need to celebrate the holiday alone! PCV will pair you with a PCV family to celebrate the holiday. If you'd like to host a member (or members), or would like to join another family celebrating the holiday, please call the Help Desk at 240-221-1370. Click [FRIENDS](#) for more information about our Holiday Friends program.

Death Cafe

PCV Helps Members Plan for Death with Compassion and Meaning

As a PCV member you have access to programming that addresses aging issues that are uncomfortable and we tend to

PCV to Mark Earth Day with Learning, Action and Clean Up

Many seniors believe preserving the environment is a top priority and participate in environmentally friendly practices, but fewer are hopeful that their efforts will have lasting impact, according to a new report from the [Mather Institute](#).

Mather also reports that 80% of seniors surveyed believe that protecting the environment is urgent, but only 42% were *very willing* to make future changes in the way that they live and work to help protect the environment. Another 49% were *somewhat willing* to do so.

PCV is responding to that urgent need by hosting a Seniors Celebrating Earth Day program on Thursday, April 20. Working in partnership with [Elders Climate Action](#), we'll learn what each person can do to make a difference.

ignore. PCV now offers Death Cafe, on Zoom, a monthly series of informal facilitator-led discussions on topics such as creating a plan for death, wills and paperwork, cultural wishes, and much more. For information and to sign up click [CAFE](#). These member-only Death Cafe gatherings take place at 3 pm on the 4th Friday of the month, with the next one Friday, March 24, which features a guest speaker on the topic of legacy and wills.

Giant Food's Buy a Bag Program

Did you know PCV depends on donations in addition to its membership dues? Here's an easy way you can initiate a donation when checking out with your groceries at the Giant in Potomac Village. As you stroll down the aisle at Giant, consider picking up a reusable grocery bag. For every \$2.50 bag that is purchased this month, \$1 will be donated to PCV. It's not only good for the Village, it's good for the environment!

Our speakers will lead a dynamic discussion on the latest in science, key legislative state initiatives, and what YOU can do to help. Please mark your calendars for [Thursday, April 20, 3 pm](#), and save the date.

Join With PCV as we Help Clean Up the C&O Canal on Earth Day

Join with PCV members and the Canal Trust as we work together to beautify the canal! Led by PCV Board Member Eddie Rivas, we will meet at 9 a.m. on Saturday, April 22, and work in teams. Click [here](#) for details.



BE MORE ACTIVE... Stay Fit & Prevent Falls

More than 40 years of research by the National Institute on Aging shows that exercise helps prevent falls. For health and safety, seniors are advised to do 150 minutes of moderate exercise each week, including strength training and bone building.

Vivo Offers Discounts for PCV



Join Vivo's online, live, personal strength training program

As a member of PCV you receive access to the Village to Village (VtoV) network, including a

PCV Invites You to be More Active - Here are Some Ideas

Join PCV for a Walk

Walking is one of the best forms of exercise and PCV hosts walks every month. A group of loyal PCV walkers have made it a habit to join in the walks. Get out and make friends while you exercise. Being part of a village means aging in place in a healthy way. This month join the walkers on **Sunday, March 19** at the C&O Canal at Great Falls Tavern. For information and to sign up, click [WALK](#).

Play Golf with PCV

PCV member Don Moldover is one of the coordinators for a local golf group that plays on Tuesdays and Fridays at nearby public courses, and invites PCV members to join them. The group plays

new personalized exercise class called Vivo, at a significantly discounted price. The discounted cost is \$5 per class, a great price for individualized instruction with 15 or fewer students. Since it's individualized, you can participate sitting or standing, or by modifying any of the exercises to meet your needs. Enroll by clicking one of the links below.

3/6, 1pm - <https://momence.com/s/81775560>

3/10, 12pm - <https://momence.com/s/85104414>

3/13, 1pm - <https://momence.com/s/81775561>

3/17, 12pm - <https://momence.com/s/85104415>

3/20, 1pm - <https://momence.com/s/81775562>

3/24, 12pm - <https://momence.com/s/85104416>

To learn more about Vivo, their non-VtoV classes, and other options for class times, click <https://teamvivo.com>.

More Valuable Health Ideas:

WellWorks is an e-newsletter from Suburban Hospital listing many health classes, events and information (most are free) at Suburban and around our area. Sign up for the free newsletter by clicking [WellWorks](#).

scramble, so it's low-key and golfers of all ability levels are welcome. To find out more and sign up to play, please contact Don via our Help Desk, at 20854HelpDesk@gmail.com.

Join a Seniors Exercise and Strength Class:

Bone Builders, designed to build bone density, is a FREE, in-person class at the PCC. The current in-person session is wait-listed, but a free virtual class is available. Join by registering at ActiveMontgomery.org. The next in-person sessions begin after May 24.

Senior Shape, from Suburban Hospital offers numerous live and virtual strength and aerobics classes for seniors (One in-person class at the PCC will also be offered). Classes are inexpensive; sign-up now for the new sessions that begin in April. Click [SHAPE](#) to register.

"It's a great community of seniors," says one Senior Shape participant. "Before and after the Zoom class, we laugh and catch up on each others lives. I've found common interests with a number of PCV members in my class."

Senior Planet offers free virtual fitness classes, for a variety of fitness levels, from chair yoga to a heart-pumping Fit Fusion Workout, as well as fitness combined with meditation. Click [PLANET](#) to learn more, to register.

DID YOU KNOW? News from All Over

Social Isolation Can Lead to Dementia, say New Studies



How About a Spring Cleanup? Tips for Home Organization

When one of our members discovered carpet beetles in her home, her resulting cleanup inspired her to better organize her whole home. Click [ORGANIZE](#) for an article from AARP with 8 tips on how to better organize your home and simplify your life. Ideas are

Social isolation is a substantial risk factor for dementia among older community-dwelling (non-institutionalized) adults, according to recent studies by researchers at the Johns Hopkins University School of Medicine and the Bloomberg School of Public Health. The researchers suggest that technology - such as texting and the use of email - is one way to increase social support of older adults, and thus reduce the risk. According to the National Institute on Aging, an estimated 1 in 4 people over the age of 65 experience social isolation.

"Social connections matter for our cognitive health, and the risk of social isolation is potentially modifiable for older adults," says Thomas Cudjoe, M.D., M.P.H., senior author of both of the new studies.

With this in mind, PCV is introducing **two new PCV MEMBER BENEFITS**. One is that **PCV volunteers will offer lessons on emailing and texting** each month before our Speaker Series programs; the other is **an outreach effort to members** who need more social interaction than they currently have access to. As we work to get both member benefits off the ground, please contact the Help Desk to let us know if you would like a Friendly Phone Call or a Friendly Visit, or need a ride to one of our upcoming PCV events. To read the full article on social isolation and dementia, please click [ISOLATION](#).

offered like storing items closer to where you use them.

--- PCV MEMBER BENEFIT--- Contact PCV and we'll arrange for a volunteer to give you 1-2 hours of organizing help or taking unwanted items to recycle or donate to a local charity.

Combatting Climate Change

Offered through the VtoV network and created by Cornell University, **RISE**, (Retirees in Service to the Environment) educates adults over 60 on how to make a difference in our environment, particularly to fight climate change. Learn about RISE by attending a virtual information session on **March 9 at 2 pm**. Click [RISE](#) to access the Zoom link.

Older Adults Newsletter

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

Myth Buster: The myth that older adults should not drive is false. Although older adults may experience slower reaction time, vision or hearing, the test to drive is based on ability, not age and many older adults are very capable of driving safely. To make sure, talk with your doctor if you think you are not able to drive safely. Source: National Institute of Aging.

OUR VILLAGE LIFE

Moe Rosen - PCV Volunteer Chauffeur!



A PCV member since 2014, Moe (Morris) Rosen is a regular volunteer, chauffeuring members to events and appointments. He volunteers to drive at least once a week. Recently, he enriched the life of a new member, allowing him to attend events he would not have otherwise been able to attend. Moe and the new member together enjoyed the Valentine's Day lunch, as well as some other events.

Moe's volunteer driving goes beyond helping others - it's a two-way benefit. *"I enjoy the driving because I get a chance to help PCV members directly, but I also get a chance to interact with them one-on-one. The driving benefits me just as much or more, than it benefits the people I drive," he says.*

Retired from the CIA, Moe lives in the Potomac home he bought nearly 50 years ago, enjoying an active life, playing tennis about 5 times a week and keeping busy with 3 children and 11 grandchildren, 8 of whom live nearby, and looking forward to welcoming his 4th great-grandchild soon!

VILLAGE CONNECTIONS

Coffee and Conversation gatherings. On Feb 8, we met indoors. On Feb 23, we were outdoors, enjoying the unseasonably beautiful weather.



Scrabble above, and below, our February Speakers Series program on Parallel Narratives / Israel Palestine issues, with speaker Ira Weiss.



Scenes from our Valentine's Day lunch.



Below, working in pairs to solve the Valentine's trivia game, with thanks to Eleanor Sorbello, in the orange shirt, who created it for us.



Welcome New Members:

Miriam Avrunin, Kathy Dick, Lucille Wilson

Thank you for renewing your membership:

Trudy Bernstein, Rhoda S. Hornstein & Sheldon Kravitz,

Ellen & Stewart Share, Debbie Stevens

Click for the full [Calendar](#) of upcoming PCV events.

We look forward to your joining in.

We will continue to provide a list of upcoming events in our Sunday morning emails and at in-person events. For questions, contact us at (240)221-1370 or 20854HelpDesk@gmail.com.

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