



Potomac
Community
Village

PCV Village View

September 2023

*Helping Older Adults in Potomac to Successfully Age in Place
and Reduce Social Isolation*

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240-221-1370

NEWS FROM OUR VILLAGE



Get an intimate glimpse into
other people and their



Artificial Intelligence: It's about
to transform many elements of
our lives — and change life as
we know it

cultures: Celebrated photographer Avner Ofer will present his fascinating images on Sept. 8th

As part of our popular monthly cultural arts series, nationally-renowned artist Avner Ofer will join us **in person** to talk about his travels and wonderful photographs. Ofer travels worldwide to many remote and off-the-beaten path locations, and captures intimate moments and glimpses into other cultures. Studying the languages, customs and geography of the places he visits enables him to explore that culture more deeply and reveal the essence of that place and its people. This is a fascinating presentation not to be missed! It will be presented live at the Potomac Community Center on **Friday, Sept. 8, 10:30 am - noon**, in partnership with the Center's Seniors Program. It's free and all are welcome.

Below are two more Ofer images for us to enjoy.



PCV event features renowned AI expert at the Potomac Community Center on Sept. 28th. Free & Open to All

Artificial Intelligence (AI) is altering the landscape of our lives and is being called the most "extensive industrial revolution yet." But what is AI? How will it affect our lives?

Join PCV on **Thurs., Sept. 28 at 7 pm.** to hear sought-after speaker Carl Szabo answer these questions. Carl has been called the "Tech Titan" by Washingtonian Magazine. He is NetChoice's Vice President and General Council and an adjunct professor of internet law at the George Mason Antonin Scalia Law School.

Carl will walk us through the latest AI developments. We will learn how, in the next few years, AI is predicted to improve access to health care and more accurately diagnose diseases, will fast track the development of new drugs, and will even be used to teach children how to read and do math.

And, we will hear about the dangers of AI and how it is being used in sophisticated schemes for hacking our computers and for spreading disinformation, and how to protect ourselves and our loved ones from these threats.

Don't miss this one! Register by clicking [AI TALK](#).

PCV Creates New Connections, Reduces Social Isolation, and we want to do more

During the pandemic, our Village offered Zoom events and outdoor gatherings to enable us to keep and build our social



Looking Ahead: POTOMAC DAY is Coming October 21!

Celebrate and Support PCV...



It's not too early to put this annual celebration, **Potomac Day, Saturday, October 21**, on your calendar. We know many members will join us in celebrating what PCV is all about — supporting each other so we can age in our beloved Potomac. Come join us by marching in the parade. *Do you have a convertible car that you'd like to drive in the parade?*

Come sit at our booth for an hour to tell those who stop by all about PCV (we'll give you all the information and all the hand-outs you're likely to need). You'll get to wear a yellow PCV t-shirt!

connections. Now we're in full swing with in-person meetings and lots of social gatherings to make new connections and celebrate friendships.

Please enjoy the laughter and comraderie shown in these photos below, which depict a few of our events this summer. And please step up to help create still more ways we can strengthen our social links and build new connections.

We need a few people to join our Members Social Activities sub-committee, so we can offer events such as theater outings, museum or gallery tours, wine tastings and more.

We'd like to have more small social interest groups, such as board games, poker or canasta, handicrafts, current events, murder mysteries, or whatever appeals to our members.

And we'd like to create social opportunities for those members who find it difficult to get out by creating a team of "visitors" to bring refreshments and good conversation to these more home-bound members.

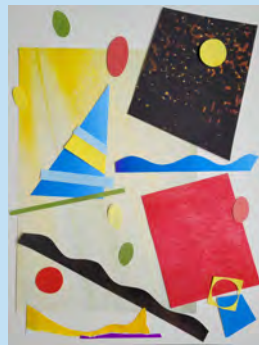
To offer your help and ideas, or for questions, please email info@PotomacCommunityVillage.org. Thanks!

Below, Barbara Goldberg chats with Lucille Wilson at our ice cream party. They met for the first time at the party.

And while you're there, you can visit all the other booths at this Potomac Chamber of Commerce-hosted event, where you'll get free gifts, often some candy or other goodies, and learn more about the place we all call home. To volunteer for Potomac Day, or for any questions, please email us at info@PotomacCommunityVillage.org.

An invitation to PCV artists

We are planning a special program in October or November where we share the work of artist members and volunteers who are currently working on new art work. As of now, four of our members are taking part and we'd love to have more for future events. Artists will show digital images of their work and talk about them, followed by Q & A. If you are a PCV member or volunteer and would like to share your art work, please contact us at 20854HelpDesk@gmail.com.



Member Caroline Lewis will talk about her career as a scientific illustrator; member Sheila Moldover will talk about her recent collages.



Below, at our August members lunch, from left Miriam Avrunin, Rachel Becker, Cecile Plost and Joan Gorman enjoyed good conversation along with good food.



Below, at a Coffee & Conversation, from left, Don Moldover, Nelly Urbach, Jane Blocher and Sheila Moldover, and in a different conversation group, Lisa Wang, Richard Gorman, Moe Rosen (only the top of his head showing) and Martin Lefkowitz.



(see more photos of our summer social events below in the "Village Connections" section of our newsletter)

DID YOU KNOW? News from All Over

September is National Fall Prevention Month

Did you know that your smart watch or fitness tracker may have a fall detection feature that can call for help even if you can't?

Want to attend a class on how to reduce the risk of falls?

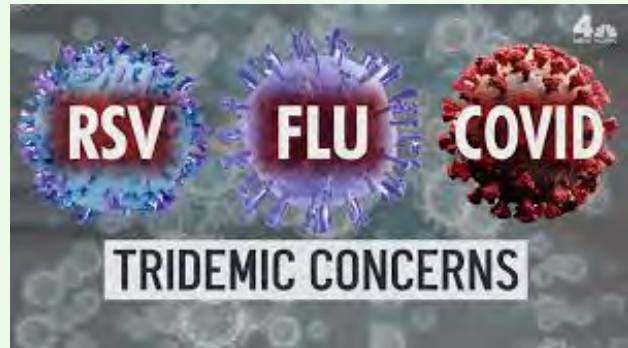
Want to test yourself on how well you balance? and find simple ways to improve it at home?

See below for details.

Many smart watches and fitness tracking devices are capable of detecting when the wearer has fallen or has experienced some kind of impact, and then notifying your emergency contact, as well as "911" in some cases, that you've fallen.

A [recent article in Make Use Of](#) lists some of these devices and how they work. They include many products from Apple, Samsung, Garmin and Huawei Wearables.

If you need help installing this feature on your smart watch or fitness tracker, or in making sure it works, please contact the Help Desk (240-221-1370 or 20854HelpDesk@gmail.com) and we'll ask one of our tech help volunteers



Vaccination Update: Covid-19, RSV and the Flu

All of us who are age 60+ are advised to get vaccinated this fall to prevent what some health professionals call a "[tripledeemic winter](#)", and for each of us to reduce the effects of any illness we might get from Covid-19, the flu and RSV (Respiratory Syncytial Virus). Updated vaccines for each of these are already here or are coming later this fall.

The FDA and CDC [are expected to approve the newest vaccine against Covid-19 in mid-September](#); vaccines to protect us from serious illness from the flu and from RSV are available now, [for example, from CVS](#). Current advice, [according to the Johns Hopkins Bloomberg School of Public Health](#), is to get flu shots in September to October to provide protection against outbreaks that can start as early as late October or as late as in December and to get vaccinated against RSV and Covid-19 on a schedule suggested by your healthcare provider.

to be in touch. This offer of tech help for smart watch fall detection is also available to non-members who live in our 20854 service area. We care about *everyone's* health and safety, not just our members'!

Please note that all of these devices are not perfect, but they may be helpful, especially if you live alone. Here's a link to [an article from the National Library of Medicine](#) that addresses some of these concerns.

Classes on fall prevention

A *Focus on Falls* class, offered in-person and online, by Oasis and Suburban Hospital, on **Tuesday, Sept. 5 at 1 pm**, features a physical therapist talking about risk factors for falls and how to reduce that risk. This is followed by a free in-person Fall Prevention Fair, from 2-3 pm. More information, and registration for these programs, class #451, is at 240-800-3745 or click [FOCUS](#).

Other on-line lectures on fall prevention include: class #462, Exercises to Build Strength and Prevent Falls, on Monday, Sept. 11, from 3-4 pm, and class #483, A Pharmacist's Perspective on Preventing Falls, on Wed., Sept. 27, from 3-4 pm. Registration information is at 240-800-3745 or click [OASIS](#).

Test yourself — can you pass the 10-Second Balance Test?

[Here's a simple test you can do to see how well you balance](#), and some easy exercises you can do at home to help improve your balance and strength. It's from *The New York Times*, August 13, 2022.

If you're over age 65, there are health risks to taking Ozempic and similar weight-loss drugs

Just because you have the same BMI as someone 30 years younger doesn't mean you will have the same reaction to taking Ozempic and similar weight loss drugs. In fact, [says this recent article from the *The New York Times*](#), older adults are likely to respond to sudden weight loss with reduced muscle mass. What does this mean? You're a lot more likely to fall. Other health issues can include brittle bones, bone loss, nausea and vomiting, fatigue, feeling dizzy, and a loss of strength and stamina. If you're considering Ozempic, Wegovy, or similar treatment, please make sure you're being monitored by your healthcare providers.

Second Site for Donating Durable Medical Equipment opens in Montgomery County

The Maryland Department of Aging recently announced the opening of a new durable medical equipment (DME) collection site in Montgomery County.

The department's program, "Maryland Durable Medical Equipment Re-Use" has improved the quality of life and independence for thousands of Maryland residents by providing free wheelchairs, walkers, hospital beds, shower benches, and more — regardless of disability, age, or income level. Here are the two drop-off locations in Montgomery County:

Rockville Senior Center 1150 Carnation Dr, Rockville, MD 20850 Monday - Friday, 9 am-3 pm.

Climate Change and Elders

(Condensed from "The Longevity Project"*)

2022 was planet Earth's hottest year on record. The temperature in Phoenix topped 110 for more than 31 days in a row. And, Phoenix is a city that draws older Americans. For much of the last half century, migration patterns in the US have favored the South and Southwest, especially for older Americans. Heat, along with risks of flooding, wild fires and storms are outcomes of climate change, which are particularly perilous for older citizens.

As a result, older Americans are reconsidering the traditional trek to retire in the South. Southern state cities as well as other cities with rising temperatures, are responding. Phoenix, Miami and Los Angeles have appointed Chief Heat Officers to advance short-term responses to rising heat, as well as considering infrastructure changes. Seville, Spain is using ancient underground waterway technology to provide cost effective cooling, Los Angeles is painting streets to increase reflectivity; and New York City is planting trees to add shade.

* from "The Longevity Project," Aug 2, 2023, Vol. 44.

Suburban Hospital's monthly newsletter for older adults is out now!

Click [HERE](#) to get a copy.

Shady Grove Transfer Station 16101

Frederick Rd. Derwood, MD 20855, Monday - Saturday, 7 am - 5 pm; Sunday 9 am - 5 pm.

And, if you are interested in receiving free Durable Medical Equipment — All equipment is collected via donation and is sanitized, repaired, and redistributed to Marylanders in need. Click [DME Request](#) for instructions to fill out a form and arrange for pick-up.

New Alzheimer's Drug Covered by Medicare*

The FDA has granted full approval to the first Alzheimer's drug proven to slow the course of the memory-robbing disease. The drug — known as Leqembi — received accelerated approval in January based on evidence that it clears amyloid plaque buildups in the brain that are associated with Alzheimer's disease. However, the drug has not been widely used because it costs \$26,500 annually before insurance coverage. Now, with the latest approval, the Centers for Medicare and Medicaid Services said it will expand coverage of the drug, broadening access for people with early forms of the disease.

* CNN news feed, 7/7/2023.



Montgomery County supports creating a community for a lifetime. Looking ahead, the



Harrison Ford on being older...

"I don't want to be young again. I WAS young. And now I enjoy being old....there are wonderful things about age — richness of experience, the full weight of all the time you've been spending getting to being old — and there's a certain ease in it for me." *Harrison Ford, from People Magazine, June 26, 2023*

third "Summit on Aging," will be held in person at the Silver Spring Civic Building on **Thurs., Oct. 26 from 9:30 am — 4 pm.** It's free to attend, but you need to request your free ticket by clicking [SUMMIT](#). This is an important round-up of our county government and Council on Aging's efforts to serve citizens at every age, throughout life. Your support and participation will be appreciated!

VILLAGE SPOTLIGHT

Meet two of our PCV board members!



Steve Lorberbaum, Board Member & Development and Community Liaison

Steve Lorberbaum has been an extraordinary supporter, leader, and valuable resource for our village. First joining PCV in 2015, Steve quickly became our village guru on issues regarding health care as we age, as well as being an effective liaison with the local business community and with the Potomac Chamber of Commerce. As a member of the Board of Directors, Steve is always generous in giving time and advice. His depth of knowledge has helped numerous members and our Board understand and advance geriatric home health care issues.

Steve is the owner of Assisting Hands Home Care, a company dedicated to providing families and their loved ones with exceptional caregiving services and support. With 25 years of experience practicing law in both private practice and as corporate general counsel, Steve opened Assisting Hands Home Care after learning from the challenges he and his wife faced addressing the care needs of their parents.

With a bachelor of science degree in industrial engineering from Northwestern University and his JD degree from George Washington University Law School, Steve went on to achieve a Certified Senior Advisor certification. He has served on the board of Cupid's Charities, an organization that supports the Children's Tumor Foundation, and on the Board of the Grass Roots Organization for the Wellbeing of Seniors, which provides knowledge and assistance in the senior community. He has also served on the Montgomery County's Age-Friendly Home and Community-Based Services Workgroup.



Eleanor Sorbello, Board Member, Help Desk Coordinator & much more!

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 and 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/teaching assistant in biochemistry at the University of Maryland. After graduation she had a career working

for the University of Maryland, Georgetown University, NIH, National Human Genome Research Institute and the U. S. Patent Office.

As a woman scientist, Eleanor joined the Sri Lanka Association of Women in Science and the American Association of Women in Science and derived a lot of joy from helping young women in their careers. 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 feel energized and valued."

VILLAGE CONNECTIONS

We had a fabulous ice cream party on July 10 for members and volunteers. Many thanks to the Perlises for hosting.





We had two members' lunches over the summer, both part of our Adventures in Dining series. In July we gathered at Fogo de Chao for Brazillian food; in August at Botanero's for tapas, for a Spanish touch.

Below, at Fogo de Chao, and what a spread it was for their salad bar lunch!



To cap off the summer, we had a picnic BBQ at PCV president Joan Kahn's home. PCV provided the main course; members contributed delicious side dishes and desserts. A wonderful time was had by all.



Pictured below, we're at Botanero's.



We had two Coffee and Conversation social gatherings over the summer, indoors at the Corner Bakery, enjoying the air-conditioning. Here we are in July.



We had a fascinating guided tour of the Clara Barton National Historic Site in August. In the images here, we're listening to the National Park Service ranger as we prepare for our tour. Many thanks to member Lois Shiner for organizing this excellent tour for us.





Thank you for Your Generous Donations

Lynette Ciervo, Caroline & Joe Lewis

Welcome New Members

Mania Baghdadi, Mary Lou Dorrance, Pallavi Gowda, Gail Hoffman, Audrey Rothstein & Frank Lipson, Paula & Warren Oser, Linda & Terry Vann, Nathaniel White

Thank You for Renewing Your Membership

Mary Jane Alexander, Janet Banerjee, Harriet & Jerry Breslow, Beverly & Ben Consilvio, Peggy & Bob Davidson, Shirley Dominitz, Aravind Gore, Carol & Martin Lefkowitz, Moe Rosen, Norman Rubin, Joan & Bob Spirtas, Gloria Vadus, Kathleen Van Aalten, Lisa & Allan Wang, Phyllis Weltz, Sue & Howard Wilchins and Harriet & Mike Yoselle

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

We look forward to your joining us.

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; resources team Richard Gorman and Allan Wang. Please join us as writers, interviewers, photographers, proofreaders and publicists.

www.PotomacCommunityVillage.org

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