



PCV Village View

April/May 2024

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

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NEWS FROM OUR VILLAGE

Be Safe At Home - PCV
Members Learn What It Takes
to Save a Life





Lt. Irvin Smith watches PCV members practice CPR techniques

70 percent of all cardiac events happen at home. Yet only 40 percent of those people receive the immediate help they need before professional help arrives, according to experts.

PCV members gathered at our monthly speakers' program to learn the latest CPR techniques that do NOT include any mouth-to-mouth resuscitation. Montgomery County Fire and Rescue Service Community Outreach Coordinator Lt. Irvin Smith gave members a hands-on demonstration.

CPR involves two simple steps. First, call 911 and turn on your phone's speaker to talk to dispatchers while you take the next step. Second, lock your hands (one on top of the other) and push hard and fast in the center of the chest, delivering 100-120 beats a minutes. (You can hum the song "Stayin' Alive" by the Bee Gees to get the correct beat). It's easier if the person is on a flat surface, like the floor, and if you lock your elbows while administering beats (pushes) so you can use your whole body. Click [CPR](#) for helpful instructions.

Next, Senior Outreach and Education Director Chief Jim Resnick reminded us of important fire safety tips like "Close (your door) Before you Doze." And make sure you have a plan on what to do if you have a fire: know how you will exit your home and where you will meet other family members. And never try to put out a fire.

Don't be alone; join PCV's Passover Holiday Friends

For those who celebrate Passover, PCV is offering **Holiday Friends**, where members invite other members who might otherwise be alone, to join them in celebrating the Passover holiday. Members who would like to host or receive an invitation should contact the Help Desk at 20854HelpDesk@gmail.com or call [240-221-1370](tel:240-221-1370). Hosts will contact their guests directly. Those who participate are asked to be fully vaccinated with the most up-to-date vaccines, and perform a home test for Covid-19 before attending. A great big thank to those of you who offered to host others for holidays during the past year.

Members tell us what they love most about PCV...

"We have enjoyed the social benefits of meeting new people and enjoy the walks and speaker programs."

and another member was grateful for PCV...

"I appreciate that folks are willing to come to our home to visit as my husband is home-bound."



Death Cafe in April - How to save your legacy - and some

Call 311 to schedule a FREE home safety inspection.



Everything's coming up green - PCV's Green Group to host April monthly speakers program

The PCV Green Group is hosting this month's speaker author Lawrence MacDonald on **April 18 at 3:30 p.m.** to discuss his new book, *Am I Too Old to Save the Planet? A Boomer's Guide to Climate Action*. Mr. McDonald will join us, in person, at the Potomac Community Center. There will be a book signing following his presentation! Order it from your favorite independent bookstore, Barnes & Noble or Amazon. This a hybrid program so if you cannot attend in person, please sign up on the PCV website where you will get a Zoom link to the program. Click [PLANET](#) to sign up.

And, on **Earth Day, April 20**, our Green Group springs into action! Join the Green Group and other PCV Members and the Canal Trust as they work to beautify the canal. Led by PCV Board Member Eddie Rivas, we will meet at the canal at 9 a.m. and work in teams. You must Click [EARTH DAY](#) to sign up. In addition please fill out a required Canal Trust registration form and print it out and bring it with you if you can,

words of wisdom from our leader

PCV's very own Death Cafe facilitator Patricia Dubroof was interviewed by the American Marriage Ministries and the interview was featured in their blog. Patricia works closely with senior communities and caregivers for aging families, and has over 30 years of experience talking about aging, end-of-life care, death, and dying. In the Death Cafe, participants have the opportunity to hear about different topics and talk about death and dying in a candid, curious, and positive way.

Patricia's advice for talking about someone who has died, "Ask questions that aren't yes and no, but 'Tell me the story.'"

That would be the first thing I'd say ", 'Tell me about your dad.' 'Tell me about George.' 'Tell me about your sister.' You know, 'Tell me about this person who's just died,' " said Patricia in the interview.

PCV's next Death Cafe is offered via Zoom on **April 26 at 3 p.m.** where we hear from Corliss Wood, an expert on how to organize your legacy of precious items for your family. Click [LEGACY](#) to sign up.

PCV Artists to Share their work on April 12

Several PCV members who are working as artists will share images of their work and talk about their inspiration and processes as part of PCV's cultural arts programming. Join our member artists at the Potomac Community Center on **April 12 at 10:30 a.m.** Click [ART WORK](#) to sign up. Below is a preview of some of their work.

by clicking [CANAL REGISTRATION FORMS](#). If you can not bring the Canal forms, they will also be available at the event.

And, with the weather improving, PCV hosts three walks on the C&O Canal on **April 5, April 17** and **April 29**. Click [CALENDAR](#) here for our calendar with details and to sign up. Volunteer Robin Stutman will lead some of the walks (See her profile below).

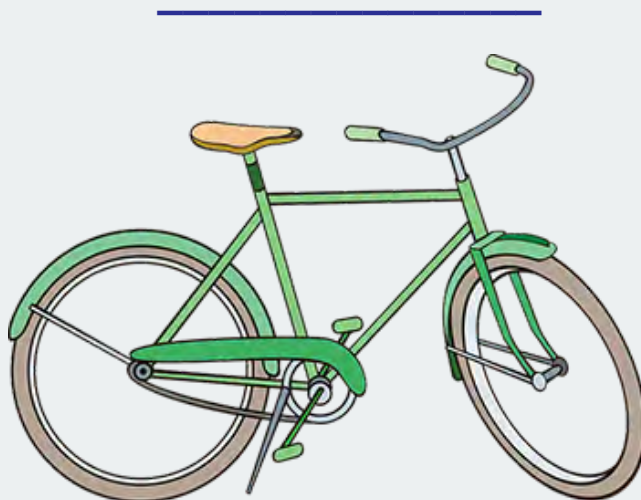
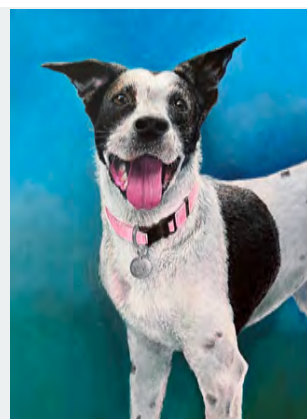
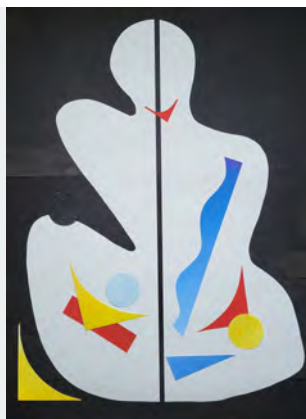


Above, PCV's Green Group was active in February, including hosting Potomac Conservancy's Director of Public Policy, Anna Mudd.

Click [POT CONSERVANCY](#) to read about Anna Mudd's fascinating talk about conservancy efforts and the progress in cleaning up the Potomac River.

Hearing loss as we age

PCV offers free advice on using technology to combat hearing loss, from one of our



Let's ride bikes together

PCV invites you to join our inaugural bike ride on the C&O Canal on **Thurs., April 25 at 11am**. Click [BIKES](#) to sign up and find out details, including where to meet.

Looking Ahead to May..

member experts. Tips on using a smart phone to transcribe conversations, and how Alexa with captions helps, are among the tools for those with hearing challenges. Contact the Help Desk to ask for assistance, to learn more.

For more on hearing loss, read, from *The New York Times*, "How to Spot Hearing Loss as you Age." Click [EARS](#) to read the article. And Kaiser tells us why hearing aids are important. Click [HEARING](#) to read the article.

In May PCV offers a ranger-led tour at Glen Echo to hear about its history of Civil Rights. The tour will be **May 8** followed by a snack and ride on the Glen Echo carousel. Click [GLEN ECHO CIVIL RIGHTS](#) to sign up.

A note from your newsletter

staff: Please let us know what you think of our newsletter. We listen to your comments and suggestions. And, contact us for guidelines if you'd like to write a short article. Write LynetteCiervo@gmail.com



Thank you to our proofreaders

This newsletter is created by volunteer writers, editors and proofreaders. A special thank you this month to our proofreaders. You are our last line of defense against bad grammar and typos. Most importantly you give us the polish of excellent advice!

DID YOU KNOW? News from All Over



From Montgomery County Libraries: Books at Home

Did you know that you can check out a library book without leaving home? This free service offered by Montgomery County Public Libraries is for residents who,

Tax Time! Free help from Montgomery County

Did you know your taxes can be prepared and electronically filed for free? Are you unsure of what deductions or credits you may qualify for?

Older adults can receive free, personal one-on-one assistance preparing and

because of a physical disability, health issue, or frailty, cannot come to the library in person. Materials are mailed to and from the resident's home through USPS postage-prepaid reusable mailing bags. In addition to books, residents can order books on CD and DVD, and other special items. Click [BOOKS](#) to learn how to participate.

Large assisted-living chains calculate staff in ways that compromise care, says news article

New from the Washington Post... large corporate assisted-living chains use a staffing algorithm that often fails to capture the nuances of caring for vulnerable older adults. Examples include a calculation that it will take an assisted-living resident just 20 minutes to undress, shower and then get dressed again. There are civil lawsuits pending against Brookdale Senior Living and Sunrise Senior Living, with documents revealed during the litigation used as sources of information for this article. There is no federal law which requires a minimum level of staffing in assisted-living facilities, says the article. Though 13 states have such laws on the books, Maryland, Virginia and DC are not among them. Click [ALGORITHMS](#) to read.

Getting a head start on Alzheimers and brain health month in June

From *The New York Times* comes an article entitled, "Apparently Healthy, but Diagnosed With Alzheimer's?"

This article explains how new criteria could lead to a dementia diagnosis on the basis of a simple blood test, even in the absence of obvious symptoms. Click [Alzheimers](#) to read the article.

filing state tax returns with help from tax experts at 11 Maryland Comptroller [branch offices located around the state](#). The Maryland Comptroller's Office will also send a representative to your senior center, senior living facility, or community group to talk about available tax services and assistance, as well as tips for avoiding tax fraud. **Call 1-800-638-2937 or email taxhelp@maryland.gov to request any of these services.**



Maryland supports LGBTQIA+ older Americans*

More than 250,000 residents, or 4.2% of Marylanders identify as LGBTQIA+, of which 7% are adults in Maryland aged 65 or older, according to UCLA's Williams Institute.

While positive strides have been made, LGBTQIA+ older adults often face an array of unique barriers and inequities that can stand in the way of a healthy and rewarding life in their later years.

For more resources supporting LGBTQIA+ older adults, their families, and caregivers, go to the Maryland Department of Aging's newly created LGBTQIA+ webpage at <https://aging.maryland.gov/Pages/LGBTQElders.aspx>.

*reprinted from MD Dept. of Aging News, 2/24

Longevity in the news*

The Alzheimers Foundation of America recommends a yearly memory screen. It is FREE and can be done from the privacy of your own home. Click [BRAIN](#) to read about how to schedule the exam. They will call you and the test takes only 5 minutes. Then they will email you the results!



Solo Aging: A new study*

Meet the solo agers: a growing number of older adults who are not married, live alone, and do not have adult children whom they can rely on. *[Flying Solo: Experiences of Older Adults Who Are Aging Alone](#)*, is a new research study from The Mather Institute that reveals the plans, concerns, and needs associated with aging alone.

Among the findings about this growing demographic are: Solo agers report lower wellbeing, less satisfaction with life, and worse mental health than those who don't live alone. Fewer solo agers have made plans for their future, and solo agers, the study found, are most concerned about their mobility, independence and maintaining dignity as they age.

Among goals for solo agers that the study recommends are: focusing on physical health, self care activities, making plans for the future, and developing a social network of relatives, neighbors and friends.

PCV is exploring creating a solo aging program for its members. Interested? Email LynetteCiervo@gmail.com

* from The Mather Institute 2024

Vaccination Update:

It turns out we all age at varying rates. Super-agers may have great genes, but research shows our habits and routines, everything from what we eat and how we move our bodies to whom we spend our time with, matter a lot when it comes to aging well.

Now, the next frontier is to target the basic biology of aging and come up with new interventions to slow it down.

Many scientists are optimistic that we're on the cusp of breakthroughs, not only to help us live longer, but more importantly, to extend the number of years we live with good health.

This is the goal of researchers at the [Human Longevity Lab](#) at the Northwestern University Feinberg School of Medicine. They're recruiting study participants so they can test what kinds of interventions may slow the rate of aging. Read more of this article from *National Public Radio* by clicking [LONGEVITY](#).

*reprinted from Shots - Health News from NPR, 1/29/24.

A fewer than expected percentage of older adults are receiving their updated Covid vaccinations. Please note that the CDC is recommending older adults get the updated spring Covid vaccination. Make an appointment through your health care provider or click [MD Vaccine](#) to sign up with local pharmacies and hospitals.

Also RSV (*respiratory syncytial virus*) has been on the rise, so older adults are advised to receive the RSV vaccination. Check with your health care provider and the link above to schedule this important protection.

VILLAGE SPOTLIGHT



Robin Stutman

A Volunteer Connecting with so Many

Since 2020, Potomac Community Village has benefited from the thoughtful acts of volunteer Robin Stutman. Robin says, "I decided to volunteer with Potomac Community Village because

I wanted to foster a sense of community and help isolated seniors." To this end, Robin most enjoys making friendly phone calls. She says that she is delighted that, in addition to giving these members a friendly chat, she appreciates that, "we get to know each other." What does she get back? "I get the immense satisfaction from helping others," she states. And this satisfaction sometimes comes from practical help, advising members about daily needs and answering their questions. She's helped home-bound members by picking up their prescriptions and groceries and has made home visits to members who are unable to get out. Robin also meets members for coffee and lunch. Recently Robin volunteered to lead a members' walk along the canal, and will lead a number of PCV nature walks this April.

Robin tells us about an instance where she felt particularly lucky to be part of the village community! During the pandemic, Robin regularly called a member, and on one occasion she noticed that "...they sounded very sick." Robin says that this member, "did not intend to test for Covid, despite their advanced age and co-existing medical conditions." She then suggested, "that they DO test, and the member did so and learned that they were Covid-positive." Robin was relieved to report that the member "then received immediate medical treatment, thereby preempting possibly very serious illness."

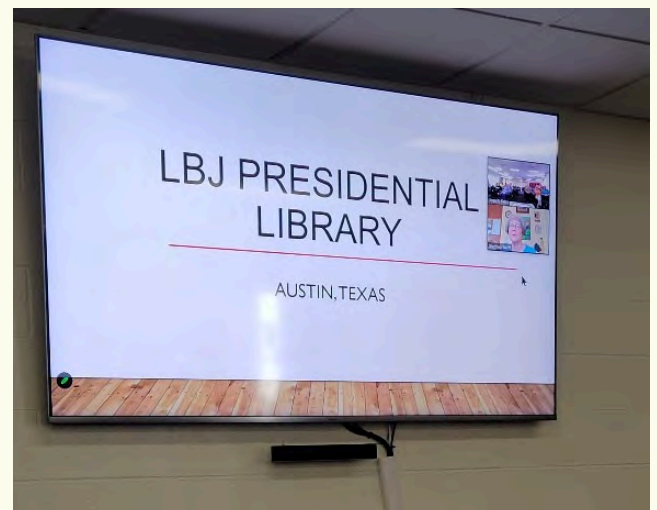
Robin is a retired attorney, and enjoys exercising, bike riding, walking and traveling. She enjoys spending time with friends, and family, especially her new grandson!

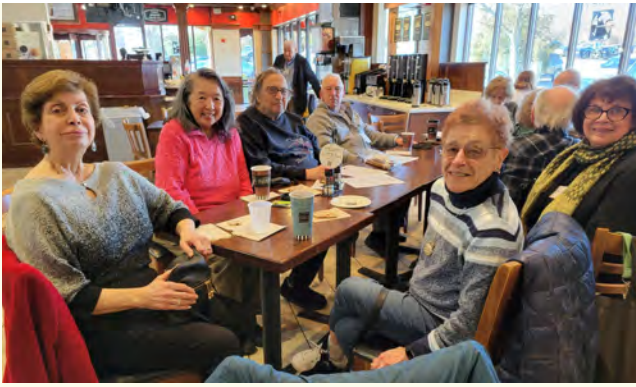
VILLAGE CONNECTIONS

Our Coffee & Conversations always draw a crowd for events filled with good discussions and laughter. We usually meet twice a month, but included a special gathering on Feb. 29 when we celebrated Leap Day. Our next Coffee will be on **Tuesday, April 9**, at the Falls Road Golf Course Club House. While most of our Coffees are just for members and volunteers, our April 9 one will also be open to non-members who would like to meet some members and learn more about PCV. See the PCV calendar to register.

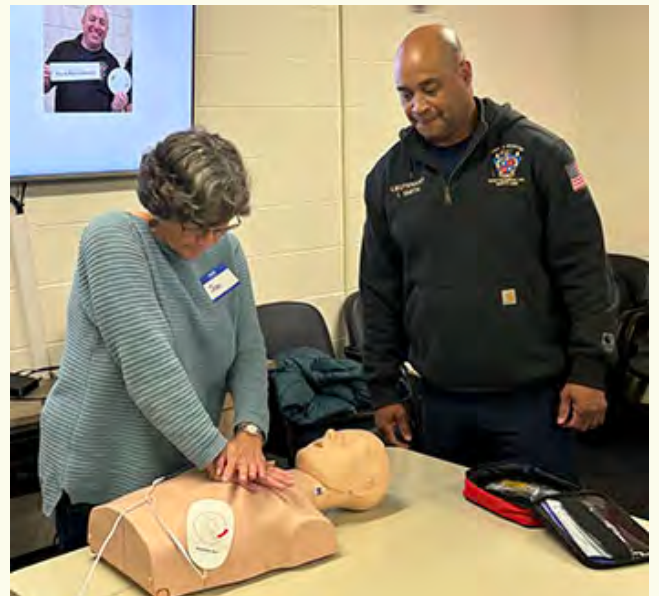


Our popular Cultural Arts Programs at the Potomac Community Center are always open to the Community. Last month we toured the LBJ Presidential Library in Austin, Texas. In February, we visited the Salem Witch Museum. In April, we'll be treated to a talk from three PCV members who are also artists, sharing their work with us.





Below, we focused on safety at home,
in our open to all Speaker Series program
on March 21.



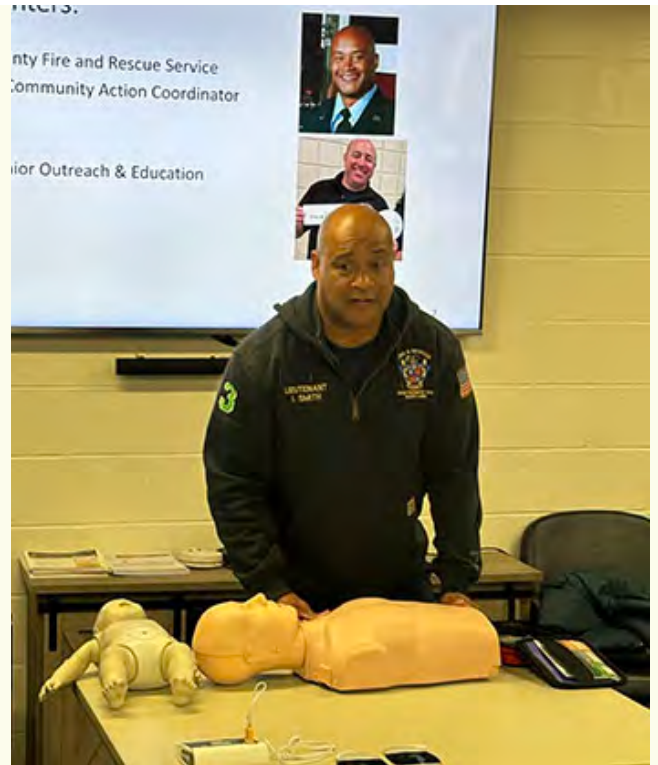
Our President, Joan Kahn tried her hand at
CPR.



We play Scrabble, generally once a month. Here we are at our February game, enjoying refreshments along with the mental challenge of learning new words that are in the Scrabble dictionary — such as ZA, YA, ET and GI.



Below, members enjoyed lunch together at Il Porto Restaurant, part of our Adventures in Dining series, where we try out food from different cultures. Since last fall, we've eaten Persian, Indian, Mexican, Chinese and Italian cuisine.



All of these events that were held at the Potomac Community Center were free and open to all. With these programs, PCV provides useful information and an opportunity for social connections to our entire community.

Below, we celebrated Pi Day on March 14, getting together for pie and good conversation at a member's home, and taking advantage of the opportunity for another fun social gathering for our members and volunteers.





We often get together for our Movie and A Meal program. In February, we ate at the Mall Food Court before seeing our choice of two popular films - *Origin* or *Boys in the Boat*. In March, we saw *Oppenheimer*.



Thank you for your Generous Donations

Mary Jane Alexander, Keith Krokyn

Welcome New Members

Doris Balinsky, Marika Cutler, Renee Fishman, Debby & Judd Gould,
Connie Heller, Marian Hardy & Ann B. Holt, Janel LeBrun,
Martha & Henry Williams

Thank you for Renewing your Membership

Kathleen & Richard Fuller, Rhoda S. Hornstein & Sheldon Kravitz, Kurt Kohn,
Keith Krokyn, Peter Mettam, Joan Muller, Diann K. Onsted, Bena Siegel, Debbie Stevens
Lucille Wilson, Anne Mathews-Younes & Robert Younes

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](tel:2402211370) 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 interviewers, photographers, proofreaders and publicists.

www.PotomacCommunityVillage.org

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