

PCV POST JANUARY 3, 2021



The end of the year and holidays present us with a time to reflect on how the last year went, and take a look towards the future. Potomac Community Village has tried, as has everyone else, to adapt to the difficult situation presented by the coronavirus.

Thanks to the loyalty and support of members like you, we have continued to serve our community in all ways possible in these circumstances. The Board of Directors has been active and working, remotely of course, throughout this pandemic. We have begun new initiatives and have tried to maintain as many of the old services as possible. I want to thank all of our hardworking volunteers for their outstanding efforts and wish everyone a happy and healthy New



*Year. May we be rid of the threat
of the virus and resume our normal
lives soon!*

*Owen Ritter
President, Potomac Community
Village*

Hello Readers,

With this new year of 2021, PCV is bringing some changes to its communication with you all. Before the pandemic lockdown, we had a printed monthly newsletter which last spring transformed into an electronic weekly Sunday Bulletin. Now under the new name of PCV POST, it will be a twice-monthly electronic communication in your inbox every 1st and 3rd Sunday. It will list the PCV events for the month, selected other organizations' events, links to important resources and any other material deemed useful for our readers.

We hope you will enjoy it and find it useful. We welcome your input and suggestions about this or any other matter at

info@potomaccommunityvillage.org

PCV EVENTS IN JANUARY

Generally advance registration is required. For PCV-hosted events, PCV members should log into their accounts and click on “Register” button on the desired event. If you are a member without a login password, please inform us at info@potomaccommunityvillage.org and the password creation email will be sent to you. Non-members should click on “Register for this event” link and follow instructions to provide the required information and then again click “Register for this event”. The Zoom link will be provided in the confirmation email.

Friday, January 8, 2:00 - 3:00 pm - PCV's monthly Zoom birthday party to celebrate members with January birthdays, chat about famous people who were born in January, along with some socializing and good cheer. The party is open to all members, no matter when your birthday is. Click [Birthday](#) for details and to register.

Tuesday, January 12, 7:00 - 8:30 pm - Making Your Home Safer & More Comfortable For Older Adults. This program is free and open to all, in a combination AARP Facebook Live event, followed by a PCV-hosted Zoom session. Click [Calendar](#) to learn more and to register.

Tuesday, January 19, 1:30 - 3:00 pm - PCV Book group will discuss *Dreamland: The True Tale of America's Opiate Epidemic* by Sam Quinones. This is a members' club but non members can attend it once and try it out. Click [Bookgroup](#) to learn more and register.

Wednesday, January 27, 7:00 - 8:30 pm - Choosing Assisted Living for a Loved one-How do you know when its

the right time? Click [Assisted](#) for more details and to register.



GOODY BAGS FOR PCV MEMBERS!

We will soon (the first week of January) be delivering PCV goody bags to you to brighten your day as we start the new year, with deliveries done by our teen volunteers. They'll be calling you to make sure you'll be home for the delivery, or will be home later on that day and will know to look for the goody bag at the front door. Please watch for the special announcement coming by email with details, and be ready for a phone call from one of our teen delivery volunteers.

Items of Interest

- **Montgomery County Recreation** offers a virtual recreation hub for residents to enjoy from home. Click [RecRoom](#)
- **Montgomery County Transportation Options for Older Adults** has a lot of useful information. Click on [Transportation](#)
- **On-line OASIS** programs-Click [OASIS](#)
- **Potomac Almanac**- For the current issue click [Almanac](#) and then select "Potomac Almanac" in the list
- **Suburban Webinar Series** - Many are FREE, Registration may be required. Go to events.suburbanhospital.org
- **Technology Resource Guide for Individuals with Disabilities** through CARES Act funding assists both organizations serving people with disabilities and people with disabilities to access internet/data, equipment, and training/tech support. To see the guide, click [here](#).

Every Move Counts!

The World Health Organization (WHO) recently confirmed that every move counts - whether it is walking, gardening, cleaning house or doing crunches - in our pursuit of health. Further, WHO encourages people over age 65 to pursue activities that assist with balance, coordination and muscle strengthening.

As we stay home as much as possible to avoid COVID-19, staying physically active may require a bit more creativity. Find excuses to go up and down stairs, nice and slowly to strengthen your muscles. Lift weights or soup cans while

watching television. And while waiting for water to boil, stand near a counter and challenge your balance by seeing how long you can stand on one foot.

Going online will give you access to free dance and exercise classes—Zumba, yoga, weight training and more. Check out [the Rec Room](#) or go to www.montgomerycountymd.gov/thrive Scroll down to the “Exercise” section.

Thanks to the following for renewing their PCV membership

Jeffery and Marjorie Bender

Peggy Heller

Jean Polatsek

Ellen and Neal Rosenthal

BILLBOARD

Area organizations are presenting Zoom programs for varied interests. A listing for the next few weeks is provided here to help you plan ahead. The PCV calendar has details for these events as well as others and they are free and open to all. Click [HOMEPAGE](#) and select EVENTS tab. Generally advance registration is required. Please see the individual listings for further relevant details.

Thursday, January 7, 1:00 - 2:00 pm From Holocaust Trauma to Transformation- Click [Gaspar](#) to get the link. Please see the individual listings for details.

Monday, January 11, 10 - 11:30 AM Art Talk with Lee Ann Lawch: Through the Garden Gate-What better escape from January's cold days than a stroll through some beautiful gardens? For details and to register click [Art talk](#)

Tuesday, January 12, 3 - 4 PM Intro to Advance Care Planning: Voice Your Choice! By Suburban Hospital, Learn what advance care planning is, why it's important, what a health care agent is and how to select one. Register at [Planning](#)

Wednesday, January 13, 1 - 3:30 PM Regional Public Art Projects by the Washington Glass Studio. Erwin Timmers, co-founder of the Washington Glass Studio will talk about public art projects, use of glass as a sculptural element and community involvement in several public art commissions. For details and to register click [Glass](#)

Wednesday, January 13, 2:30 - 3:30 PM Spend an hour with a physical therapist learning exercises to prevent falls. Click [Falls](#) for details and to register.

Thursday, January 14, 1 - 2:30 PM Innovative Diagnostic and Treatment Options for Non-Surgical Orthopedic Conditions with Dr. Marc Gruner who has trained with the leading experts in ultrasound and regenerative medicine at Mayo Clinic. Common conditions that will be addressed include Knee Osteoarthritis, Carpal Tunnel, Tennis Elbow, and Frozen Shoulder. Register at [Orthopedic](#) by January 13.

Thursday, January 14, 4 PM A Conversation with Christina Puchalski, MD, Director of the George Washington University Institute for Spirituality and Health. She is a pioneer and international leader in the movement to integrate spirituality into healthcare in clinical settings and medical education and is widely published in

journals with work ranging from biochemistry research to issues in ethics, culture, and spiritual care. Register at [Dr. Puchalski](#)

Thursday, January 14, 2021, 5 - 6:00 PM Travels in Africa with Cinematographer Scott Duncan. Click [Africa](#) for details and registration by January 12.

Friday, January 15, 12 PM Politics and the Theater with Molly Smith, Arena Stage Artistic Director. Molly has more than 30 directing credits there including *Carousel*, *Oklahoma*, *A Moon for the Misbegotten*, and *Fiddler on the Roof*. She led the re-invention of Arena Stage, focusing on the architecture and creation of the Mead Center for American Theater. Register at [Theater](#)

Friday, January 15, 2 - 3 PM It Takes Your Village: How We're Going to Rebuild America in the New Congress and Next Administration: A Talk by Congressman Jamie Raskin. Register by January 13 at [Raskin](#). The Zoom link will be provided to registrants the day prior to the event.

Thursday, January 21, 1 - 2:00 PM Boost Your Resilience & Productivity During Unsettled Times Click [Resilience](#) for details and registration by Jan 15.



**MONTGOMERY
COUNTY AND
MARYLAND
UPDATES**

Vaccine Update

We know vaccination is a top concern of our residents these days. The State of Maryland has received its initial 155,000 doses of vaccine in mid-December. To date, 54,000 doses have been used. Here is the latest of vaccination efforts underway in Montgomery County and Maryland for Phase 1A distribution.

- County hospitals have all received two weeks' supply of vaccine doses and have begun vaccinating their outpatient and ambulatory staff.
- Nursing homes are receiving vaccine doses through a partnership with retail pharmacies coordinated by the Maryland Department of Health.
- The Montgomery County Department of Health has received over 4,000 doses and has set up four clinics across the county to distribute the vaccines to those who should receive it first.

Here is the [Montgomery County vaccine FAQs](#). You can follow Maryland's vaccination updates at <https://coronavirus.maryland.gov/#Vaccine>.

The following information is thanks to the Little Falls Village.

Here is a link to the County's testing portal. [Testing - COVID-19 Information Portal - Montgomery County, Maryland \(montgomerycountymd.gov\)](#) Suburban Hospital also has information on COVID and other items on its Village Ambassador page. Read the latest issue of the [Village Ambassador Alliance COVID-19 Resource Newsletter](#) for news, events and activities for Montgomery County Village members and older adults. Here's a link to Sibley Hospital's Senior

Association. [Sibley Senior Association | Sibley Memorial Hospital in Washington, D.C.](#)
(hopkinsmedicine.org)

Montgomery County gets its first round of COVID-19 vaccine doses

Montgomery County received the first of several shipments of COVID-19 vaccine doses last week. This initial shipment is earmarked for county health staff engaged in managing the pandemic response, including the core team of public health clinicians who will be responsible for vaccinating residents across the county. The county is following the priority designations outlined by Governor Hogan for all Maryland counties:

- Phase 1A: frontline health care workers, staff & residents of nursing homes, first responders
- Phase 1B: essential workers, residents over the age of 75
- Phase 1C: individuals over the age of 65
- Phase 2: residents with moderate risk of COVID-19, residents ages 16 & older not in Phase 1
- Phase 3: the general population

Beginning last week, COVID-19 vaccines are being administered to nursing home residents and staff statewide through the federal Pharmacy Partnership for Long-Term Care Program with CVS and Walgreens.

In preparation for Phase 1A of the state's vaccination plan, the Maryland Department of Health signed up every nursing home and assisted living facility statewide for the program. [More](#).

There is no registration platform yet for people to sign up to receive the vaccine.

In addition to county-operated vaccination clinics, there will be other places to get vaccinated, including physician's offices and other primary care providers, when there is an adequate supply of vaccine. More in the [press release](#)

FDA Approves Rapid-Result Home Test for COVID-19

The FDA on December 15 cleared the first rapid, over the counter, single-use home test for COVID-19 that doesn't require a prescription and gives results within about 20 minutes. The manufacturer, Ellume, plans to announce a major partnership with a major retailer (e.g., CVS, Walgreens, Walmart) to sell the home test. Ellume expects to ship out 100,000 kits beginning in early January and to increase production to 1 million by the middle of next year. There's also an app for capturing and reporting the test results. The Ellume test requires users to download an app on their smart phones to learn their test results. The app automatically sends data by Zip code to the cloud, enabling regional health officials to learn about positive results, while keeping the data confidential. [More](#).

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