



Potomac Community Village

PCV POST February 14, 2021



PCV EVENTS

Generally advance registration is required for PCV-hosted events. PCV members log into their accounts and click on the "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.

Monday, February 15, 5:00 - 6:15 pm - PCV Lunar New Year Party. Click [Lunar](#) for details and to register.

Tuesday, February 16, 2:00 - 3:00 pm - PCV Book Group will discuss *The World That We Knew* by Alice Hoffman. This is a members' club but non-members can attend once and try it out. Click [Bookgroup](#) to learn more and register.

PCV's monthly birthday party, usually scheduled on the 2nd Friday of the month, combines this month with the Lunar New Year party on Monday, Feb 15th. If your birthday is in February, please write to us at 20854HelpDesk@gmail.com, so we can celebrate it with you and send you a greeting card! For details on our combination Birthday-Lunar New Year Party, click [Lunar](#).

Wednesday, February 24, 3:00 - 4:00 pm - Building Resilience is a Stanford University webinar presented by Antoine de Morr  e, PhD, an instructor in

neurological sciences and stem cell biology at Stanford. This is a two-part program for PCV members. The webinar will be followed by a member discussion of our own experience creating resilience during the Covid pandemic and as we go forward. Click [Resilience](#) for further details and to register.

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. 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, February 18, 3:00 - 4:30 PM. The Racial Wealth Gap. Pamela Queen, Maryland General Assembly delegate, will discuss the causes and policies underlying the racial wealth gap. Click [Wealth](#) for details and to register by Feb 16th.

Tuesday, February 23, 11:00 - 12:00 PM. Finding Solace at Roosevelt Island. Local naturalist Melanie Choukas-Bradley dives into the natural history and beauty of Theodore Roosevelt Island in her new book. Click [Roosevelt](#) for details and to register.

Wednesday, February 24, 12:45 - 2:30 PM. A Lab of One's Own: One Woman's Personal Journey Through Sexism in Science with Dr. Rita Colwell, one of the top scientists in America and the groundbreaking microbiologist who discovered how cholera survives between epidemics. Click [Sexism](#) for details and to register by Feb 22.

Friday, February 26, 3:30 - 4:30 PM. From Slave Ship to Harvard: Yarrow Manout and the History of an African American Family. Click [Harvard](#) for details and to register.

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**PCV members donning red in honor of February the Heart Health Month!**



**Dear Members,**

Hope you explored PCV's new [Members' Notebook](#) or the [Covid Information page](#) on the PCV website -- Pssst, they are both just for members!

The Members' Notebook has information on how to make our homes safer and more comfortable as we age, based on the program PCV hosted last month. The Covid Information page has the latest information on where to get vaccinated and the guidelines for who is eligible. Did you know that if you have been a patient at a Johns Hopkins hospital in the past two years you can qualify for a vaccine there even if none of your doctors are in the Hopkins system? Our Covid page tells you how to do that.

**Both these special sections are only for PCV members.** You need to sign into the website to access them. Sign in here [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org). Then click Village Info in the top menu and, in the list that opens up, click on Members' Notebook. For Covid information, click on Covid on the top menu bar. If you don't have a password to sign in, please email our IT chair, Sheila Taylor, at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) and she'll get you set up.

**We also need some help to keep PCV functioning well.**

- We need a volunteer or two to enter events information on the PCV calendar (we'll teach you how to do it).
- Our Communications Team needs people to help with the following: someone to create and submit our weekly ads for the Potomac Almanac (we'll teach you what to do); people to write occasional short articles highlighting one of our members; someone who will research all of the changes going on with Covid

vaccination locations and rules to enable us to keep our Covid page updated and current.

- Our Members' Activities Team needs people to help design and implement events for social connections between members, virtual now, and in person later on this year.

For more information about any of these possibilities, please email us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or call the Help Desk at 240-221-1370 and we will get back to you promptly.

***Welcome to new member Debbie Stevens!***

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***Thanks for renewing your PCV Membership***

Rhoda Hornstein and Sheldon Kravitz



**Many thanks to the volunteers who distributed Happy New Year goody bags to PCV members' homes.**

**The teen volunteers were: Ronnie Amaralikit, Henry Chau, Austin Chen, Ruyi Cosgrove, Claire Cui, Ramy Elsafy, Andrew Liu, Andreas Nagard, Thu Nguyen, Cody Wang, Marven Wong, Kevin Zhang, Elisa Zoltick, Stephanie Zoltick.**

**Special thanks to Austin Chen, the Student Board Member of**



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|  | <p>PCV. He successfully organized this whole endeavor. We are grateful to him.</p> <p>The adult volunteers were: Steve Lorberbaum, John H. Smith and Phyllis Weltz.</p> |  |
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### Selected for You

- **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 [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 while for some registration may be required. Go to [events.suburbanhospital.org](https://events.suburbanhospital.org)

### Other Montgomery County Resources

**Crisis Center** 240- 777-4000

**EveryMind Crisis Hotline** 301- 424-0656

**For Caregivers** CLICK [HERE](#)

**Nutrition Assistance** CLICK [HERE](#) or Call 311

**Thrive at Home** CLICK [HERE](#)

**IT Support** CLICK [HERE](#)

**Where's My Bench?** CLICK [HERE](#)



## COVID UPDATES

Check the PCV website for details.

Click [here](#) to access the Members' Only Covid 19 Information page on PCV website.

This page lists the websites and provides links for all the various locations--state, county, hospitals, pharmacies and grocery stores that are offering vaccines now (or will be soon). The intent of this page is to provide current information and is updated by your dedicated volunteers as additional information becomes



available. You can always access here the latest information on COVID and vaccinations without having to look through your old emails.

Please contact our Help Desk at either [20854helpdesk@gmail.com](mailto:20854helpdesk@gmail.com) or 240-221-1370 if you need assistance in preregistering for an appointment or to set up an appointment.

Also, please let us know at [info@potomaccommunityvillage.org](mailto:info@potomaccommunityvillage.org) if you have been successfully vaccinated so we can possibly plan a few outdoor events as the weather improves.

Click [here](#) to read about the benefits of double masking.

## **LINKS TO COUNTY WEBSITE PAGES ON DIFFERENT TOPICS**

Click [Vaccine](#) and pre-register at the earliest to get an appointment for COVID vaccination. The registration is easy and quick with just your demographic and contact details. The registration can be for your own vaccination and/or for somebody else who is eligible as per the stated requirements of age, profession, etc.

Click [Email/Text Updates](#) to hear the latest about the status on vaccination from the county. They will send you more details as soon as they are available.

To understand the vaccine priority groups, click [Priority](#)

To visit the Covid 19 Information Portal click [Covid](#)

To visit the County's Testing Portal click [Testing](#)