



Potomac **Community** Village

**PCV POST APRIL 25, 2021**

## PCV EVENTS

Advance registration is required for PCV-hosted events. PCV members log into their accounts and click on the "Register" button for the desired event. If you are a member without a login password, please inform us at [info@potomaccommunityvillage.org](mailto:info@potomaccommunityvillage.org) and the password creation email will be sent to you. Non-members should click on the "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.

**Wednesday, April 28, 7:00 - 8:30 pm. Making Your Home Safer and More Comfortable for Older Adults.** An expert from AARP's HomeFit program will share her expertise and teach us how to examine our own homes and how they fit our needs - or if they don't. We'll also be sharing information on changes and equipment that members have added to their own homes, and advice on what to pay attention to along the way. This program is free and open to all. Click [HomeFit](#) for details and to register. Here is an article to share about a variety of products to consider as you plan to make your home safer. <https://pcv.helpfulvillage.com/documents/243/download>. And please share information and suggestions about products or modifications you have added at your home that have provided additional safety and comfort for you, by emailing us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

**Wednesday, May 5, 1:00 - 2:00 pm. PCV's Walk for Members, at Hadley's Park.** All members welcome, but you must be fully vaccinated. Click [Walk](#) to learn more and register.

**Tuesday, May 18, 1:30 - 3:30 pm. PCV Book Group** will discuss *Girl In The Blue Coat* by Monica Hesse. This is a members' club but non-members can attend once and try it out. Click [Girl](#) to learn more and register.

# **Thank You for Renewing Your PCV Membership**

***Gertrude Bernstein, Anne Nunez, David Gene Reese***

## **NEW PCV ENDEAVORS ON HEARING LOSS AND BRAIN HEALTH**

**Do you, or does someone you live with, have difficulty with hearing? Would you like to enhance your own brain health or want to help someone you live with who is developing mild cognitive impairment?**

See below for details on both of these new offerings from PCV.

**Difficulty with hearing?** Have you tried hearing aids and they are just not doing the job for you, so you feel cut off from other people? Do you need to have the sound turned up so high on the TV that no one else can be in the room with you?

There are many devices that can help you do better, called, broadly, ALD's --Assistive Listening Devices. PCV has a volunteer who can help in determining which of these might be helpful to you, and the option to work with her is open to PCV members and volunteers.

Did you know that there is software, called smart phone app translators, which, when installed on a smart phone, will pick up the sound from whomever is talking, and caption what that person is saying in real time? And there are other devices that amplify speaking but not the background noise, making it easier to hear the person who is speaking via your hearing aids.

Our volunteer, Caroline Lewis, learned much of what she will share with us from personal experience with her mother, now in her 90s and totally deaf, but able to live in an independent retirement community and fully participate in all of the offered social and cultural activities. Caroline grew that interest into one that helps other hearing impaired individuals select and coordinate Assistive Listening Devices to enhance their own lives.

If you are interested in knowing more, or in having Caroline help you, please contact the PCV Help Desk, 240-221-1370

or [20854HelpDesk@gmail.com](mailto:20854HelpDesk@gmail.com).

**Improving brain health.** PCV will soon be offering a free program for improving brain health for those with mild cognitive impairment AND for those of us who just want to work on increasing our memory skills and enhancing our brain health. The program, called StrongerMemory, asks participants to engage in three easy activities

for 20 to 30 minutes a day – writing by hand, reading out loud and doing simple math problems.

The program is presented by Goodwin House, a northern Virginia non-profit that operates several senior living residences with services that range from independent living to memory care. This is a program that has worked well with their residents, and they have offered it to Villages through the Village to Village Network as a way to let others know about this simple but effective program.

PCV's members and volunteers will have priority as we form groups to work with a facilitator once a week for 12 to 15 weeks, but this program is open to all. We will start off on Zoom, and expect to move to in-person weekly gatherings once it is safe for us to do so. All participants will get a 237-page workbook (free as a PDF that you will print out; under \$20 for the cost of printing and shipping to get a spiral bound copy.)

If you are interested in being part of this new brain health program, or would just like to know more, please email us

at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org). A video on the StrongerMemory program's beginnings and how it is now operating was presented by the Village to Village Network in March. To view it, please click here. [https://www.youtube.com/watch?v=DrvcPb0u\\_Jo](https://www.youtube.com/watch?v=DrvcPb0u_Jo) .

## **HERE IS A GREAT REASON TO VISIT THE PCV WEBSITE**

**Did you know? Members can now look up a variety of service providers who have been suggested by other members.** Go to the Members menu on our website and select the Preferred Providers menu item. The providers are divided into categories to make it easy for you to locate the person or business you would like. The providers shown are not screened or rated. However if you click on a particular provider's name, you will see additional information and the name of the person who gave us the recommendation. Also, if you have a favorite provider and would like to share the information with our members, please email the details to [info@potomaccommunityvillage.org](mailto:info@potomaccommunityvillage.org) **Washington Consumers' Checkbook** is also available to members. Contact the Help Desk for access to it.

### **Click here to visit 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.

## **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.

**Tuesday, April 27, 11:00 - 12.00 pm. Centurion Justice for the Innocent and Imprisoned.** Since 1983, Centurion has freed 63 men and women who were serving life or death sentences for crimes they did not commit. Click [Justice](#) for details and to register.

**Wednesday, April 28, 1:00 - 2.30 pm. Hillwood: A Garden for All Seasons** with Kate Markert, Executive Director of Hillwood Estate. Click [Hillwood](#) for details and to register.

**Thursday, April 29, 2:00 - 3.00 pm. Treason! - How Local Leaders of Montgomery County Helped Launch the American Revolution.** Click [Treason](#) to learn more and to register.

**Tuesday, May 4, 10:00 - 11.00 am. The Kennedys in the World: How Jack, Bobby, and Ted Remade America's Empire.** Click [Kennedy](#) for details and to register by May 3.

**Thursday, May 6, 1:00 - 2.00 am. Sparks Like Stars.** Talk by the author Nadia Hashimi about the rise and fall and rise again of Afghan women. Click [Afghan](#) for details and to register.



## In Search of Memorial Day Speakers

The City of Rockville is seeking speakers for its virtual Memorial Day ceremony. Rockville and Montgomery County residents who have retired from, or currently serve in, the United States military are eligible to take part in the ceremony. Volunteer speakers must be comfortable speaking in public and must prepare a five- to seven-minute speech about their experiences in the armed forces, including what it means to



serve and to honor those who have served. Email Amanda Knox at [aknox@rockvillemd.gov](mailto:aknox@rockvillemd.gov) to participate or learn more.



## **FEDERAL GOVERNMENT TO HELP PAY FOR COVID -19 FUNERAL COSTS**

The federal government, through FEMA (the Federal Emergency Management Agency) is now providing financial assistance for funeral costs to families who have lost a loved one to COVID -19 this past year. The assistance is intended to help with expenses for funeral services and interment or cremation. A maximum of \$9,000 in assistance per funeral and \$35,500 per application is available. Noting that the pandemic "has brought overwhelming grief to many families," FEMA says, "Our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus."

Funding for the program is coming from the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan act of 2021.

In order to qualify, the applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after Jan. 20, 2020, for a death attributed to COVID-19.



To learn more go to the FEMA Covid-19 Funeral Assistance page [here](#).

## **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](#)

**PCV Help Desk 240-221-1370 Mon-Fri 9 am to 5 pm**

**[20854helpdesk@gmail.com](mailto:20854helpdesk@gmail.com)**

**<https://www.potomaccommunityvillage.org>**

**[info@potomaccommunityvillage.org](mailto:info@potomaccommunityvillage.org)**