



Potomac Community Village

PCV POST JUNE 1, 2021

President's Message

As all of us are coming out of our hibernation from the virus we can quickly look back and start planning for the future. First, I would like to thank all our members for their continued support of the Potomac Community Village during this down time. We endeavored to help our members by initiating programs on zoom, informing members of other programs, keeping everyone updated on current information, etc. We also made calls to members in need; we sent birthday cards, as well as get well and condolence cards. We tried to really "stay in touch."

It is now time for the Village to start planning for a more normal future. We are looking at social gatherings, lunches, and other ways to have our members maintain in-person contact. A committee has been formed to help and encourage members to make their homes safer. We would like to expand our services, but that takes two things. First, we need ideas. Please share with us what you would like to see the Village get involved with, and second, we need people to help make this happen. Please share your ideas with us or let us know how you would like to help by calling the Help Desk or anyone on the Village Board.

Again, thanks for your support!

Owen Ritter,
PCV President

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 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, JUNE 9, 12:00 - 1:30 PM. It's a "coming out" lunch gathering, just for vaccinated members, after a very long time of not seeing each other in person. We'll be at the Fontina Grille in King Farm, selected for two reasons: 1) they have a covered outdoor eating area, so we can eat outdoors in the shade, and 2) they take reservations! (We could not find a Potomac restaurant that offered both of these options.) Attendees will pay for their own meal. The restaurant asks that we pay in cash to make the check-out go more smoothly, but it is not required. Lunch menu prices average about \$13. *RSVP is required*, online no later than Sunday, June 6 at 12 noon & phone RSVPs to the helpdesk by 5 pm on Saturday, June 5. Click **Lunch** to learn more and register.

TUESDAY, JUNE 15, 1:30 - 3:00 PM. PCV Book Group will be discussing "Talking About the Country" by Susan Straight. This is just for members but non-members can attend once and try it out. Click **Country** for details and to register.

THURSDAY, JUNE 17, 10:00 - 11:00 AM. PCV Walk at Hadley's Park for easy strollers as well as faster walkers. We're meeting at 10 am this time, to go out earlier in the day and avoid the afternoon heat. Just for members who've been fully vaccinated. You are welcome to bring a bite to eat so we can sit and chat in the shade of the gazebo after the walk. PCV will provide bottled water. Click **Walk** to learn more and register by June 16 at 7pm.



A REALLY BIG THANK YOU!

Now that the pandemic is almost behind us, this is the perfect time for a big thank you to all the PCV volunteers who helped our membership through these last many months of potential isolation. Many friendly phone calls were made to stay in touch with our Village members, and in a few cases, there were socially distant visits. In addition, this connection resulted in new friendships as well! Of course, I can't forget to thank our terrific Helpdesk agents who are the first contact for folks who call in or email for a variety of reasons, which may include request for service, questions about renewal of membership, information about our Village, etc. A job well done by all!

Sheila Taylor,
PCV IT Chair

Thank you for renewing your membership!

**Bruce Davis & Evelyn Jacob, Marv Friedman & Margaret Vogel,
MaryAnn Goldenson, Nancy Huang, Marie Kramer, Mable Lam,
Ruth Jean Shaw.**

PCV's Brain Health Groups are forming now!

Would you like to enhance your brain health? Or help someone you know who is developing mild cognitive impairment.

Our new free program on improving brain health, called StrongerMemory, is about to get underway, but we have room for a few more participants. To learn more or to sign up, please email us at info@PotomacCommunityVillage.org.

The program 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. All participants will get a free 237-page workbook that has simple math exercises and writing prompts to enable easy participation.

Participants will be meeting on Zoom once a week with Peggy Osna Heller, our volunteer facilitator, for a “check-in meeting” for 12 to 15 weeks, to get support from others in the group and share how it's going for group members. After this initial 12 to 15-week period, participants are expected to be comfortable with doing the daily activities on their own.

We want to thank Peggy for donating her time and her expertise as our facilitator for this program. Peggy Osna Heller, PhD, LCSW-C, PTR, social worker, clinical poetry therapist and trainer, served as president of the National Association for Poetry Therapy, the NAPT Foundation, and the National Federation for Biblio/Poetry Therapy. She teaches poetry therapy in universities and is the co-director of the Wordsworth Center for Growth and Healing. She has worked as biblio/poetry therapist at several local psychiatric hospitals where she provided poetry group therapy for patients and staff. Peggy is the author of professional journal articles and co-author of chapters in *Life Guidance Through Literature* and *The Healing Fountain*. She co-edited with Carol Thayer Cox *Portrait of the Artist as Poet*. Her poetry therapy memoir, *Word Arts Collage*, was published by Pudding House in 2009. Peggy currently practices psychotherapy and poetry therapy in Potomac. She is a native Brooklynite who has lived in Potomac since 1970. She's a mom and a grandmother, loves to teach, sing, and walk, and bought her Woodrock townhouse because it's near the C&O Canal.

Like most of her contemporaries, Peggy is having some word-finding challenges and is eager to keep her brain and others' as healthy as possible. A few years ago one of her friends said, “It takes a village ...to have a conversation,” as they helped each other find missing words. If you know someone (or their spouse or significant other) who is dealing with mild cognitive impairment, or anyone who would like to

enhance their brain health, please tell them about this program, as it is free and open to all. To learn more or to sign up, please email us at info@PtomacCommunityVillage.org.

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, JUNE 3, 1:00 - 2:00 PM. IT'S BURMA'S PATH TO GENOCIDE: NEW EXHIBITION AT U.S. HOLOCAUST MEMORIAL MUSEUM. It explores how the Rohingyas went from citizens to outsiders and became targets of a sustained campaign of genocide. Click [Burma](#) for details and to register.

THURSDAY, JUNE 3, 1:15 PM to 3:00 PM. ONLINE LAUNCH OF THE 22ND SPACEX RESUPPLY MISSION TO THE INTERNATIONAL SPACE STATION. Join NASA in this exciting event. Registration will provide communications about launch schedule changes, information about highlighted launch related activities, and access to curated launch resources. Click [Space](#) for details and to register.

TUESDAY, JUNE 8, 7:00 PM to 8:00 PM. SUNSHINE ON A RAINY DAY — AVOIDING MELANOMA. Hear oncologist William Sharfman, M.D., review the risks, signs and symptoms of melanoma. Click [Melanoma](#) for details and to register.

TUESDAY, JUNE 15, 1:00 PM to 2:00 PM. THE POLKA DOT AND MIRRORED WORLD OF YAYOI KUSAMA. This Dial-a-Docent presentation will present many of the works from sold-out exhibit "Yayoi Kusama: Infinity Mirrors" when it was at the Hirshhorn in 2017. Click [Mirror](#) for details and to register.

WEDNESDAY JUNE 23, 1:00 PM to 2:30 PM. THE CURRENT STATE OF U.S. RUSSIAN RELATIONS. Author and journalist Gregory Feifer will offer insights to help us understand the rationale behind the current chaos in the world order. Click [Russia](#) for details and to register by June 21.

The month of June celebrates the rich diversity of the U.S.A!



COVID UPDATE

Hopefully, soon we will not need these updates anymore. But the latest is that all COVID-19 capacity restrictions and many face covering requirements were lifted in Montgomery County (MOCO) on May 28. This happened as a majority of MOCO residents are fully vaccinated, which is great news. You can see more about vaccination rates on the County's [COVID-19 information page](#) and on the [CDC information page](#).

MOCO will now follow Maryland State health regulations regarding face coverings. Face coverings must continue to be worn on public

transportation and inside schools, health care settings, youth camps and childcare facilities. More information is available [here](#).

However, please remember that businesses, other establishments and workplaces can set their own guidelines—they can still choose to require face coverings. Please respect these decisions. In fact, the County is continuing to require face coverings inside all County-owned and operated buildings.

Additionally, the State health department is encouraging all individuals who are older than 2 and who are not fully vaccinated to wear face coverings in all public indoor settings and outdoors where physically distancing is not available.

LIBRARIES & COMMUNITY CENTERS ARE REOPENING

The libraries in **Rockville, Gaithersburg, Bethesda (Connie Morrela)** and three others are reopening on June 1 and **Potomac Library** along with five others reopen on June 14. Masks will be required. Donations are not yet being accepted nor will book sales restart yet. Holds-to-Go services that were so helpful during the lockdown will be discontinued.

The **Rockville Senior Center** is re-opening to full capacity on June 14 with masks required for all who come for indoor use. Rooms for programs and classes will be used at full capacity. Building rentals will be available after July 6. We hope Potomac Community Center will also open soon.

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

20854helpdesk@gmail.com

<https://www.potomaccommunityvillage.org>

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