

PCV POST October 1, 2021

PRESIDENT'S MESSAGE

The PCV Board has decided to postpone any indoor, in-person meetings until we are more confident that the pandemic no longer poses a threat. We will continue to have outdoor activities as long as the weather permits. These activities are for smaller groups with similar interests. We will also continue various zoom programs and activities. We would love to increase the number and variety of these virtual activities, but need your input and help in organizing them. Please let us know what activities you would like to see. To help in this effort, we will be sending out a survey in the near future to help understand how our members can best be served. Please take the time to answer the questionnaire.

I'd also like to introduce Caroline Lewis to the membership as a new Board Member taking on the jobs of Communication and Secretary that were left vacant when Archana Dheer left us for the west coast. Caroline and her husband Joseph have lived in Potomac since 1988. Their two children are grown, with their son living in Seattle, WA, and daughter nearby in Washington, DC. Caroline enjoys gardening and doing artwork.

Thanks also to all our Members and Volunteers for their support!

Owen Ritter,

PCV President

UPCOMING 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.

Options for Medicare & Medicare Part D

A Zoom Presentation Oct 21

Open Season for Changes is Oct. 15 - Dec. 7

On **Thursday, October 21, 7:30 pm - 9 pm**, Medicare experts will make a presentation on Zoom with details about how to save money and evaluate your options for Medicare, Medicare Advantage and Medicare Part D (prescription drugs). CLICK [MEDICARE](#) for details.

PCV Walk Oct 6 to Celebrate Walk Maryland Day

Join PCV Members on **Wednesday, Oct 6, 1 pm - 2:30 pm**, for a walk to celebrate Walk Maryland Day, part of Active Aging Week. We'll meet outside the Silver Diner at RIO Washingtonian in Gaithersburg for an easy, hour-long,

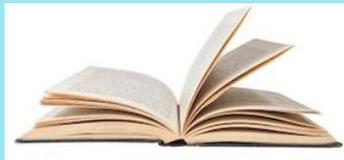
paved walk around RIO lake, followed by a snack/dessert at the Silver Diner. Members & Volunteers welcome. CLICK [ACTIVE](#) to register.

Scrabble Get-Together on October 13

Members are invited to PCV's monthly Scrabble game on **Wednesday, October 13 from 2:30 pm - 4:30 pm**. Held at a Member's private home (to be announced), CLICK [SCRABBLE](#) to register.

PCV C&O Canal Towpath Walk, October 15

On **Friday, October 15**, PCV is planning a C&O Canal Towpath Walk. Join fellow PCV Members at **Great Falls Park Tavern at 10 am** for an approximately 4-mile hike (roundtrip), and a picnic at the end. For Members only, CLICK [WALK](#) to register and for more details.



PCV's Book Discussion October 19

This month the **PCV Book Group** will meet on Zoom on **Tuesday, October 19 at 1:30 pm**, to discuss *The Hour of the Witch* by Chris Bohjalian. Click [REVIEW](#) to read its review in The Washington Post. CLICK [BOOK](#) to register.

Book Group is Free and open to all PCV Members and Volunteers and is open to non-Members to try out once.

PCV Outdoor Lunch at Clyde's on October 20

Please mark your calendars for our PCV lunch outdoors at **Clyde's Tower Oaks Lodge**, 2 Preserve Parkway, Rockville, MD 20852 (301-294-0200) scheduled for **Wednesday, October 20 at 11:30 am - 1:30 pm**. Parking is available all around the restaurant.

This is a **Members Only Event** - please CLICK [LUNCH](#) to register. Try to register by signing into your account at the PCV website, then click on the event-which is lunch on October 20. Otherwise, please call the Helpdesk and you will be walked through the process.



PCV Visit to GLENSTONE Museum and Grounds

PCV has arranged for a Members' visit to Glenstone on **Thursday, October 28, noon - 5pm**. Glenstone is a major museum right in Potomac, MD, which beautifully integrates post-WWII art with its architecture and nature. Free for Members, but spots are limited. For details and registration CLICK [GLENSTONE](#).

WELCOME NEW MEMBERS

Harriet & Jerry Breslow, Norman & Fern Rubin

Thank you for renewing your membership!

Jane & Simon Babil, Rachel & Marvin Becker, Valen Brown, Benjamin & Beverly Consilvio, Shirley Dominitz, Jeanette Eisler, Aravind Gore, Sabina Herrmann, Sheila and Don Moldover, Julia Perlman, Merlyn Rodrigues, Robert & Joan Spirtas, Leonard &

Michelle Tow, Gloria & Joseph Vadus, Allan & Lisa Wang, Sue & Howard Wilchins



PCV Members Enjoyed
Playing Scrabble in
September

Pictured to the left are Members Debbie
Stevens and Eleanor Sorbello

Thank you to Linda
Perlis for providing
her patio so that
Members could
play outdoors!

Pictured here (left to
right) are PCV
Members Linda
Perlis, Cecile Plost,
and Don Moldover.



HELPING PCV GROW & THRIVE

TO SERVE OUR COMMUNITY

Look for an upcoming Members Survey & Questionnaire. Please fill it out so PCV can learn about your needs and interests!

The PCV Board and many of our Members are working hard at revitalizing PCV after the long period of Covid restrictions, but to do that we need everyone to help out, even for just a little bit of time.

* We need volunteers (non-members too) to assist our program chair, Ben Consilvio, in finding good speakers on pertinent topics and making the needed connections.

* We need Members and non-Members to share their ideas on educational and wellness programs that PCV could / should offer and to then volunteer to be part of a planning group to make them happen.

* We'd also welcome people who would like to write short articles for the monthly PCV Post. It could be interviews with interesting Members, or perhaps a short article on something you've learned from a news item (we'll include a link to the article), or a short recap of a recent PCV event you enjoyed (we'll include your photo too).

There are many possibilities for educational and wellness events for our community, and for fun social events and added benefits and services for Members - *but we can't do it alone. It really does "Take A Village."* Thank you for helping!

Here's How to Get In Touch with PCV: Members and non-Members can contribute event ideas, volunteer efforts, writing, or other suggestions by contacting PCV at:

240-221-1370 or 20854HelpDesk@gmail.com , or by email at info@PotomacCommunityVillage.org.

OF NOTE...

Sentimental Journey Singers is offered on Zoom for those with early-stage Alzheimer's or other memory impairment. Individuals, along with their caregivers can join the group and be part of a virtual chorus, learning vocal techniques while singing familiar and new songs. For more information and the cost of the program CLICK [SING](#).

[How to Age Gracefully](#) is the title of an informative and thoughtful article from the NY Times, by Jane Brody, 80 years old and a Times columnist for more than 45 years. She asks us to look into a new book, *[Stupid Things I Won't Do When I Get Old](#)*, and to consider not doing what our parents did as they aged.

Cable TV Show, "50+ in Montgomery County." Rebranded with new host, Katie Smith, and produced by the Council on Aging, Mont. County, this long-running cable TV show debuts its new format with an episode on older adults and mental health. Each episode airs multiple times during the month on Comcast, RCN, Verizon and is available [online](#) and on the County's [YouTube](#) channel. For details CLICK [SENIORS TV](#).

BRAIN HEALTH

Exercises for better Memory, better Focus

PCV has started our brain health program, called StrongerMemory. Our initial group is now full, with Members meeting weekly via Zoom. However, Members and non-Members are welcome to participate as

individuals, working on their own. If you are interested in participating in this program on your own, please email us at info@PotomacCommunityVillage.org.

The StrongerMemory curriculum is designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. The program asks participants to spend 20 to 30 minutes each day doing RJA exercises (Reading aloud, Journaling or writing, and doing simple Arithmetic problems). Through consistent use of StrongerMemory exercises, participants have noticed improvement in their ability to focus, find misplaced items and remember conversations.

If you wish, you can also participate in the research being conducted on this program by George Mason University faculty. Just let us know when you email us, and we will give you all the details.

BILLBOARD

Other Events of Interest

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

FRIDAY, October 1, 9 am - 6 pm and Saturday, October 2, 9 am - 4 pm. QUILT SHOW AND ARTISAN BOUTIQUE. PCV Member Sue Wilchins let us know about her quilt guild, Needle Chasers of Chevy Chase's

upcoming show at the Kensington Armory. Go to [Needle Chasers](#) for details.

MONDAY, October 4, 2 pm - 3 pm. WE ALL SCREAM with ANDREW GIFFORD, about Gifford's Ice Cream. Andrew Gifford discusses his memoir "We All Scream," with a Q&A to follow. Sponsored by the Bethesda Metro Area Village, no registration is required. Click [ICE CREAM](#) for more details and the Zoom link.

TUESDAY, October 5, 7 pm - 8 pm. AUTHORS IN CHIEF: THE UNTOLD HISTORY OF OUR PRESIDENTS AS WRITERS. This Zoom program features author Craig Fehrman who reveals behind the scenes details of his decade-long work on this book. Sponsored by the American Antiquarian Society, this event is especially great for history enthusiasts. Click [HISTORY](#) for details and to register.

TUESDAY, October 5, 7 pm. MONTGOMERY COUNTY SCHOOLS' COMING OF AGE: BETHESDA AS THE TEXTBOOK EXAMPLE. Sponsored by the Bethesda Historical Society, this talk by Ralph Buglass features how, beginning in 1900, Bethesda schools set the stage for Montgomery County public schools and our area's public education. CLICK [SCHOOL](#) for more information and to register.

FRIDAY, October 8 - SUNDAY, October 10 (3 days), 1 pm - 5 pm. BEREAVED CAREGIVERS' WORKSHOP. This 3-day, virtual workshop is for bereaved, full-time caregivers. It includes healing exercises and connecting with the bereaved community. For eligibility and to register Click [CARE](#).

FRIDAY, October 8, 7 am - 2 pm. BIKE DONATION DRIVE. Montgomery County DOT is collecting used bikes (both child and adult bikes, no parts) to be dropped off in the Parking Garage of the Mont. County Council's Building. Bikes are refurbished and given to low income Mont. County residents. CLICK [BIKE](#) for information.

THURSDAY, October 14, 2 pm - 3 pm. STOP WASTING MONEY ON YOUR UTILITY BILL. Sponsored by the Chevy Chase at Home

Village, Montgomery Energy Connection provides helpful money-saving ideas in a Zoom event. Register by October 13 by **CLICKING** on [UTILITY](#).

THURSDAY, October 14, 1 pm - 2:30 pm. FOUR STRATEGIES FOR LIVING A NOURISHED LIFE. Dr. Carla Johnson, nutritionist, focuses on the key behaviors for living a nourished life that go beyond your plate. For Zoom Registration, **CLICK** [NOURISH](#).

WEDNESDAY, October 27, 1 pm - 2:30 pm. COMPLEMENTARY HEALTH PRACTICES: AN OVERVIEW. Hear from Carla Johnson, PhD, Nutrition, about integrative and alternative practices in medicine for your own health and well-being. Dr. Johnson discusses developing good health goals & deal with existing chronic issues. For Zoom Registration **CLICK** [HEALTH](#).



Did You Know?

Potomac Village was founded in 1714 by Edward Offutt and originally named "Offutt's Crossroads." At the time of the Civil War the community contained two general stores, a blacksmith shop and a post office serving a population of 100. It was renamed Potomac in 1881 by John McDonald since the Post Office was requesting a name change that was brief.

COVID UPDATE

Please See Our [PCV Covid Page](#) for Additional Details

Masks are not required outdoors but still required on trains, planes and other public transportation. As of September 30, 88% of eligible Montgomery County residents (over age 12), had been vaccinated. Montgomery County is currently hovering between a state of "substantial" and "low" COVID transmission rates, according to the CDC, but please continue to wear a mask indoors.

With Delta circulating, some health experts have recommended upgrading to higher quality masks, though the guidance emphasizes wearing any mask correctly is the most important factor. Here's an article discussing upgrading your mask in view of the Delta virus. CLICK [MASK](#).

Update on Third Doses/Booster Shots. The third dose of Pfizer Covid-19 Vaccine is now available to at-risk populations, including individuals 65-years and older, six months after receiving their last shot. The CDC Guidance on booster shots for adults who have received Moderna vaccines and J&J will be forthcoming. Earlier guidance allowed certain populations and adults with compromised immune systems to receive a third shot of either Pfizer or Moderna vaccine. Contact your health care provider to find out if getting a third dose of the Pfizer or Moderna vaccine is recommended for you. Visit the county's multilingual [COVID INFO PORTAL](#).

The third dose vaccine is available now at local pharmacies, retail stores, doctors' offices, and [County-run vaccination clinics](#).

New Free Taxi Cab Service. For Residents 65+ and those with Disabilities, free taxi rides to get vaccinations or testing are sponsored by the Montgomery County

Department of Transportation. Instructions to get a Free Taxi Code can be found by CLICKING [TAXI](#).

Maryland's Online Vaccine Record and Call Center

- MyIR is Maryland's online immunization record system. For an online record of your Covid-19 vaccination, view your account at [Maryland MyIR](#).

- The Covid-19 Call Center has reduced hours. It is now open Monday through Friday from 9 am - 5 p.m. Please call 240-777-2982 with your Covid-19 questions.

Calculate Your Covid Risk - This [Smithsonian article](#) discusses a project that can calculate your Covid-19 risk for specific activities and time-frames. The article then gives a link to a calculator that might, for instance, tell you the risk if you are a person in NYC grocery shopping for one hour, or someone in DC eating at a restaurant with friends, or what your risk might be attending an indoor concert.

PCV Help Desk is Here for You

PCV has received many accolades about our volunteers who telephone Members on a somewhat regular basis. Many have developed great friendships and both caller and recipient have received much fulfillment from the resulting conversations. In many cases, the recipient and caller found they have similar interests or have lived abroad in similar countries, and have much to reminisce about. In other cases, they both know a foreign language and maintain their ability to communicate in a foreign tongue, together. In other cases, it is a simple chat to find out how the other is doing and if PCV can help in any way!

Please call the PCV Helpdesk at 240-221-1370, or email 20854Helpdesk@gmail.com if you would like to be connected in this fashion.

The Help Desk can be called on for short-term or one-time help. PCV can help with errand running or occasional meals if you're dealing with, for example, an arthritis flare-up or recovery from surgery. Please call, so PCV can connect you to a friendly volunteer.

PCV Help Desk 240-221-1370 Mon-Fri 9 am - 5 pm
20854helpdesk@gmail.com
<https://www.potomaccommunityvillage.org>
info@potomaccommunityvillage.org