

# PCV POST November 2021

## PRESIDENT'S MESSAGE

First, I would like to thank all of you who took the time to complete and return our Survey. Your input will go a long way in helping us prepare for the future. The Board will be busy analyzing the results and working to turn them into action. For those of you who didn't get a chance to complete the Survey, you can still do so by CLICKING [SURVEY](#). We are always open to ideas, comments and volunteers, and I urge you to share your thoughts at any time.

In the meantime, we will continue to expand our programs and services and I hope you will join in. Continue to check the calendar and your email in-box for all the opportunities we have. Check in with PCV every week or so, since we are always adding new ideas and activities!

Let's all stay well, and thank you 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 your 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.

### **Special PCV Program Open to All Aging at Home: What if you Need some Extra Help? On Zoom November 18**

PCV's own Board Member, Steve Lorberbaum, owner of Assisting Hands Home Care will enlighten us on what services, both paid and volunteer, we might need as we age in place. With more than 25 years experience, Steve's depth of knowledge will help viewers of this ZOOM program understand the practicalities and costs of aging in their homes, over time. Register by CLICKING [HOME](#) for this program scheduled for **Thursday, November 18, 7:30 - 9:30 pm**. The program is free and OPEN TO ALL, not just PCV Members.

## **PCV Lunch Outdoors at Il Porto on Monday, Nov. 8**

Join fellow PCV Members at our monthly lunch on **Monday, November 8, Noon - 2 pm**, 245 Muddy Branch Road, Gaithersburg, MD 20878 (301-590-0735). We will meet outside under Il Porto's cheerful, red patio umbrellas. Members are asked to pay for their own meal, in cash, to make it easier. This is a Members Only event and you can register (by Nov 6) by clicking [LUNCH](#).

A special thank you to Joan Forest and Eleanor Sorbello for organizing these popular lunches!

## **Scrabble Get-Together on November 11**

Members are invited to PCV's free, monthly Scrabble game on **Thursday, November 11, from 2 - 4 pm**. Held outside at a Member's private home (to be announced), [CLICK SCRABBLE](#) to register. Please register by 10 am on Nov 11.

## **Enjoy the Fall Colors & Walk with Fellow PCV Members on Saturday, Nov. 13**

Enjoy the beautiful fall weather and colors by joining in a walk at one of our area's parks or trails (location to be determined).

Check the PCV calendar for updates). Members only [CLICK WALK 13](#) by Nov 12 to register.



## PCV's Book Discussion November 16

This month the **PCV Book Group** will meet on Zoom on **Tuesday, November 16, 1:30 - 3 pm**, to discuss *On Division: A Novel* by Goldie Goldbloom. Click [REVIEW](#) to read its review by The Jewish Book Council. [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 Milestone Birthday Party

## **December 8, 2:30 - 4 pm**

Are you 65, 70, 75, 80, 85 or 90, or any age over 90 during 2021? Then a special treat is in store for you. To be safe we are celebrating our birthdays over Zoom. Those with special birthdays will soon receive an invitation by snail mail, so please watch your mailbox for it. Our birthday boys and girls will also receive a special hand-delivered birthday surprise! The party will feature virtual entertainment, along with singing and story-telling. It's open to all PCV members. CLICK [BIRTHDAY](#) to register. Happy Birthday!

## **WELCOME NEW MEMBER**

Barbara Candland

**Thank you for renewing your membership.**

Sol Gilman and Lois Shiner

## SURVEY REVEALS POSITIVES

### *But Also some Needs for PCV's Future*

We received an enthusiastic response to our PCV Survey, sent out on Oct 15. But it's not too late to give us your valuable feedback. If you are a Member who has not yet answered our Survey, and you want to share your thoughts on PCV, and perhaps help others while also creating a supporting community for yourself and for others, please CLICK [SURVEY](#).

Here are the Survey results, so far:

We asked our Members to tell us, on a scale from 1 to 10 (with 1 = not at all, and 10 = very much), if they thought that PCV is meeting its goal of Neighbor Helping Neighbor.

The result? A majority of Members ranked us high, with 23% of respondents giving us a 10; 25% a 9; and 27% an 8. 14% ranked us at 7; 6% at 6; 4% at 5 and 2% at 4. No one considered PCV's ranking to be as low as 3, or lower.

We asked our Members to tell us which programs they would like to see PCV introduce, if we had volunteers who would lead them. 47% of respondents listed regularly scheduled movies, which we would be glad to present and have them open to non-Members too, if we had some volunteers to take on this project. Non-Members can volunteer to help, too. Popular options to add to our Member-only offerings include: having regularly scheduled morning coffees or brunches (49%); hosting lunch or pot-luck dinner gatherings at members' homes (30%); and holding exercise classes (35%).

We asked our members to tell us which areas they wanted to help out in. More than 60% of our Members offered to help in at least one area, and many offered help in multiple areas. More than 2/3 of our members want to help other members to live at home successfully, showing that PCV offers a way for Members to reach out and create a supporting and helping resource for ourselves and our larger community.

All Members who volunteered via the survey will be contacted in the next few weeks. If you don't hear from one of our board Members or Committee Chairs by Nov. 21, please contact us at [20854HelpDesk@gmail.com](mailto:20854HelpDesk@gmail.com), or 240-221-1370.

Please know that we welcome Volunteers of all ages, and that volunteers do not need to be PCV Members. Here are some current Volunteer activities needed:

- We need writers to help our Communications Team, such as writing articles for this newsletter or sharing photos.
- We need help with outreach to the local business community for discounts and donations.
- We need help with our Rides program that matches ride requests with volunteer drivers.
- We need a Volunteer to head up a regularly scheduled movies program.
- We would love to create another Health Fair or other community event to benefit all of us in our community.
- As we all begin to move back into what might be called the "new normal," we will need Volunteer drivers, friendly phone callers and visitors, people to offer tech support (help with computers, cell phones, smart TV sets), and people to help with home chores (i.e. changing lightbulbs, moving heavy boxes, hanging a picture, bringing items to

the Transfer Station, helping to get rid of clutter, boxing up books).

All Volunteers who work directly with Members, particularly drivers, tech support helpers and anyone who enters a Member's home, must be vetted and approved before being accepted as a Volunteer. To learn more about Volunteer opportunities, please CLICK [HELPING](#)

The PCV Board and many of our Members are working hard at re-vitalizing 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.

There are many other 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](mailto:20854HelpDesk@gmail.com) , or by email at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

*Look for more results from our survey in the PCV Post,  
December issue.*





*Wishing a Bright and Joyous Diwali  
to our Members  
who Celebrate this Festival of Lights.*

## ***OF NOTE...***

**Councilmember Katz Invites Residents to an Online Community Forum**, Wednesday, November 3 from 10:00 to 11 am.

*The Community Forum will focus on Age-Friendly Montgomery and the Village Concept and will be held virtually via Zoom. To register, please CLICK [VILLAGES](#). There are nearly 50 Villages in the DC metro area. Information about the national Villages movement can be found at the Department of Health and Human Services [website](#). For questions or more information, please email [CouncilmemberKatz@montgomerycountymd.gov](mailto:CouncilmemberKatz@montgomerycountymd.gov).*

**The Washington Area Village Exchange** presented a virtual program on planning for the end of life with ideas and tools for ending life as well as you live it. Moderated by **Compassion & Choices** CEO, Kim Callinan, the program was well-received by those watching, offering clarity and a thought-provoking view of this often-overlooked responsibility in our lives. A recording of the program is available online by CLICKING [LIFE](#) . Additional resources can be found on the Compassion & Choices web site here: CLICK [COMPASSION](#), including a helpful "My End of Life Decisions Guide."

**Lincoln Center Moments** is a free performance-based program specially designed for individuals with dementia and their caregivers. The virtual program presents Lincoln Center's unparalleled artistry through a performance, followed by activities, facilitated by educators and music therapists. Individuals with dementia participate together with their caregiver to explore the work through discussion, movement, music and art-making. The fall season includes eight virtual programs from October–December including classical music, ballet, opera, jazz, and contemporary dance brought directly to your home. Registration is required. CLICK [LINCOLN](#) for complete information.

**Free Fitness Classes of All Sorts.** Senior Planet offers free on-line fitness classes through AARP. Get moving and get healthy with the many levels and types of exercise classes by CLICKING [FITNESS](#).

**Cable TV Show, "50+ in Montgomery County."** Rebranded with new host, Katie Smith, and produced by the Council on Aging, Montgomery County, this long-running cable TV show debuted its new format with an episode on older adults and mental health. Each episode airs multiple times during the

month on Comcast, RCN, and Verizon, and is available [online](#) and on the County's [YouTube](#) channel. For details [CLICK SENIORS TV.](#)

## **PCV Members Conclude Participation in BRAIN HEALTH**

*for Better Memory, Better Focus*

PCV's Brain Health Group has concluded its participation in the 12-week StrongerMemory program. Since August, Member participants have been doing simple arithmetic, writing by hand and reading aloud. Researchers are studying if these simple tasks, completed by participants for about 30 minutes each day, and at least 4 times per week, make a measurable difference in memory. Many of the group's members are also taking part in the research being done by George Mason University faculty. The PCV Members participating had their memory assessed by graduate students prior to starting the program and again at its conclusion. Additionally the program included

weekly meetings to encourage on-going participation, and to share ideas on how to make these activities more engaging.

We are grateful to our facilitator for the past 3 months, PCV Member and social worker Peggy Heller, for keeping us on track and for creating a supportive group. PCV is one of 15 Villages nation-wide that took part in this pilot program as “guinea pigs” for the George Mason researchers. The researchers will share the results of the program with the participating Villages after they present a talk on what they learned, at a Gerontological Society Conference in November.

# BILLBOARD

## *Other Events of Interest*

Area organizations are presenting programs for varied interests. Among events included on the PCV Calendar of Events for the month of November are:

- Free Virtual Ballroom Dancing Lessons (no partner required) **(Nov 5, 11 and 17)**, CLICK [BALLROOM](#).
- A Zoom Historical Presentation on How Fashion Survived during WWII **(Nov 4)**, CLICK [FASHION](#).
- "Stupid Things I Won't Do When I Get Old," a journalist's Zoom talk about his book **(Nov 11)**, CLICK [STUPID](#).
- A Washington Post journalist's Zoom discussion about his book on the secret history of the Afghanistan War. **(Nov 17)**, CLICK [WAR](#), and
- A scholarly panel program, also on Zoom, addressing the Care, Cure and Prevention of Alzheimer's Disease. **(Nov 17)**, CLICK [ALZHEIMERS](#).

The PCV calendar has details for these events, as well as others. These events are free and open to all. To see all the events Click [Homepage](#) and select the EVENTS tab. Generally advance registration is required. Please see the individual listings for further relevant details.

## **PCV Members are Busy Bees.....**

October was filled with activities attended by PCV Members. We did a lot of WALKING! We enjoyed walking along the River Trail on Oct 1, at RIO on Oct 6th, at Glenstone (to see the amazing



art) on Oct 28, along the Canal on Oct 15, and on Oct 30th on Carl Henn Trail at Fallsgrove Park. Members continued to participate in the Brain Health Program throughout the month, had a lively Oct 19 book discussion on Zoom, as well as gathering at Il Porto Restaurant's patio for lunch on Oct 18. We played Scrabble on Oct 13, and participated on Oct 21 in a virtual Medicare Seminar presented by Medicare experts (and PCV Members) Joan & Bob Spirtas.

To see some photos of recent PCV activities click [PHOTOS](#).



Glenstone was a treat for PCV Members



PCV Members at Il Porto for our monthly luncheon.

## SCAM ALERT and REMINDER....

Most telephone scam artists are crafty and will trick you into scams that can cost you money or even your identity. Don't get tricked. Here's what you need to know. DON'T SAY YES! to questions from callers you don't know or trust. Chances are they are scammers. Scammers ask questions to get a "yes" response so that they can record your voice and then use the recording to falsely say you have agreed to a product or service. Instead of "yes," just say;

- NO, please do not call me again.
- Take my name off your list.
- I don't know.
- I'm not sure.
- I will not.

Also, **Genetic Testing Scams** are on the rise. If you get a call about any type of genetic testing kit, including Cardiac Kits, contact your local [Senior Medicare Patrol](#). Cardiovascular genetic testing fraud occurs whenever Medicare is billed for a cardio type of test or screening that was not medically necessary and/or was not ordered by a beneficiary's treating physician. Be on the lookout for:

- Calls stating your cardiologist requested this test.
- Offers of "free" or "no cost to you" kits.
- Test kits that show up in the mail.

Remember Medicare does not send kits by mail. And, if Medicare denies the cardiovascular genetic test claim, you could be responsible for the entire cost of the test, averaging \$9,000 to \$11,000.

# THE LAST THANKSGIVING



**Happy Thanksgiving to all our PCV Members**



## COVID UPDATE

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

As of late this past week, County Executive Marc Elrich announced that the County has entered "Moderate Transmission," while reminding us to remain vigilant. Montgomery County had, as a result, suspended its mandate requiring masks or face coverings indoors in locations accessible to the public. However, it looks like more recent, updated numbers of Covid transmission indicate the County has swung

back into a "Substantial Transmission" level (according to CDC guidelines) and Montgomery County's indoor mask mandate will most likely be reinstated on Tuesday, Nov 9 at 12:01 am. The policy changes may be confusing, but the bottom line is that face coverings are still likely to be required in public indoor locations, so please remain vigilant.

**Third Doses/Booster Shots.** The Montgomery County Department of Health and Human Services along with private organizations such as pharmacies and health care providers, are now offering booster shots to an expanded group of eligible residents. A helpful eligibility chart and link for appointments for all three vaccines (Pfizer, Moderna and J&J), can be found by CLICKING [VACCINE ELIGIBILITY](#). Additionally, to access the easy-to-use Maryland State Covid Vaccine/booster site, CLICK [MD VACCINE APPT.](#)

For complete County information visit the County's Multi-lingual Covid Site by CLICKING [COVID INFO PORTAL.](#)

If you need help to make an appointment at a County-operated vaccination site, please call the COVID-19 call center at 240-777-2982 Monday through Friday from 9 a.m. to 5 p.m.

**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.

## 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](mailto: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](mailto:20854helpdesk@gmail.com)**  
**<https://www.potomaccommunityvillage.org>**  
**[info@potomaccommunityvillage.org](mailto:info@potomaccommunityvillage.org)**