

PCV POST December 2021

PRESIDENT'S MESSAGE

Happy Holidays to all of you. Let's hope and pray that next year will return us to some kind of normal and with all of us in good health.

The Board reviewed the results of the survey and is in the process of contacting those of you who responded with your generous offers to engage with PCV. We are taking all your suggestions seriously and hope to see some new and active committees, creating events you asked for, thanks to your volunteer spirit!

Special thanks to all our Members and Volunteers for their continued support of the village.

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 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.



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. 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!

The Climate Crisis and What We Can Do About It on Zoom, December 20

Open to All

Our December speaker is Bruce Davis who will give us an update on the looming Climate Crisis. From international agreements and what they mean, to our own Montgomery County, MD Climate Action Plan, Bruce will help us understand how we can contribute in our personal lives to help avert a disaster for our planet. With a stellar professional background including law and science, Bruce is now retired and participating in the Climate Reality Project. This event will be held on Zoom on **Monday, December 20, 7:30 - 9 pm**, and is open to ALL. Register by CLICKING [CLIMATE](#).

PCV's Book Discussion December 21

This month the **PCV Book Group** will meet on Zoom on **Tuesday, December 21, 1:30 - 3 pm**, to discuss the novel "Ways to Disappear," by Idra Novey. Click [REVIEW](#) to read its review by NPR. 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.

WELCOME NEW MEMBERS

Barbara Goldberg and Eunice Yu

Thank you for renewing your membership.

Robert Kramer, Jean Polatsek and John Smith

PCV MEMBERS SURVEY UPDATE

We Asked What New Programs You Wanted

...and You Told Us!

As part of our Members' Survey, we asked you to tell us what new programs you wanted at PCV. The answers focused on social events, creating opportunities for Members to get together with other Members. Yes, our monthly lunch group is popular, but Members also said they wanted to go out for morning coffee or brunch. Beer and wine tastings were suggested, as were soup and sandwich or pot luck dinner events at Members' homes. Members also suggested that we host regularly scheduled movie-watching events. During the coming year, we hope to fulfill these suggestions, proceeding carefully in view of Covid restrictions.

In response to the Survey, PCV is exploring outdoor spring-time gatherings at Windridge Vineyards in Darnestown and at Brookville Beer Farm near Olney. Once the weather warms we can also plan events outside in Members' backyards.

We asked Members if they would like to have medical note-taking services, or a home repair companion program. Because neither of these ideas attracted much interest, we will not pursue them further, at this time.

As we progress on planning the social programs mentioned above, we need lots of volunteer help. Please be in touch to help us at 20854HelpDesk@gmail.com, or 240-221-1370 if you would like to volunteer to plan or host a lunch or dinner event, offer your backyard this spring, or to help in any way. Thank you in advance.

*Wishing a Happy and Festive Hanukkah,
A Merry Christmas and Warm Kwanzaa Wishes
to our Members*

OF NOTE...

Free Durable Medical Equipment

The Maryland State Dept of Aging has a durable medical equipment loan program, at no cost.

For further information CLICK [DURABLE.](#)

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.](#)

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 December are:

- Counting Down the Top Scams of 2021 presented by the ElderSAFE Center (**Dec 7**), CLICK [SCAM](#).
- Holiday Cooking with Ring House Chef, Michael Wallace (**Dec 8**), CLICK [HOLIDAY](#).
- There She Was: The Secret History of Miss America (**Dec 9**), CLICK [MISS AMERICA](#).
- Lifting Technology Barriers Due to Disability, Literacy, Digital Literacy or Aging (**Dec 10**), CLICK [TECHNOLOGY](#).
- Fraud, Identity Theft and the AARP Fraud Watch Network (**Dec 14**), CLICK [FRAUD](#).
- De-Cluttering & Organizing for the Holidays (**Dec 14**), CLICK [DE-CLUTTER](#).
- Film Program, "Ida" (**Dec 15**), CLICK [IDA](#).
- The Sirens of Mars, Searching for Life on Another World (**Dec 15**), CLICK [MARS](#).
- How to Select a Home Health Aide (**Dec 22**), CLICK [AIDE](#).

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 November Activity Report

November was filled with activities attended by PCV Members. We walked together at Blockhouse Point Park, enjoyed lunch together at Il Porto, and gathered on Zoom to discuss the novel "On Division." Members also engaged with PCV Member and speaker Steve Loberbaum to learn about help we might need living at home, as we age. Finally, a lively game of outdoor Scrabble was enjoyed by Members!

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



PCV
Members
at Il
Porto for
our
monthly
luncheon.

SCAM ALERT and REMINDER....

See our calendar of events to register for free to watch "Fraud, Identity Theft and the AARP Fraud Watch Network" program on **Dec 14**, CLICK [FRAUD](#). As a reminder, 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;

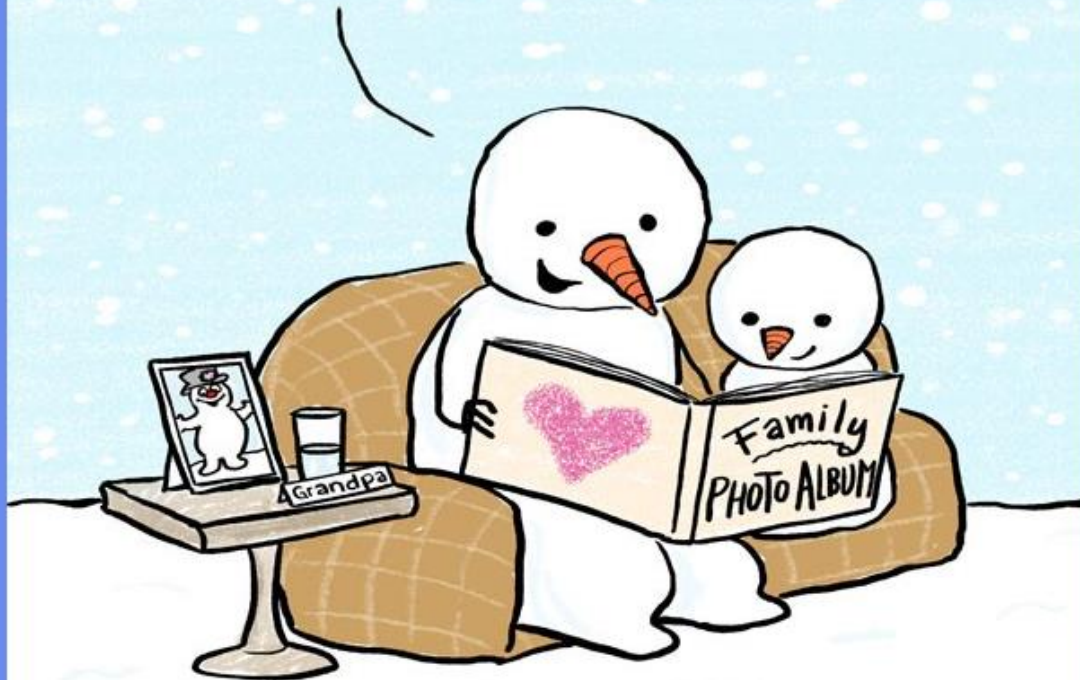
- NO, please do not call me again.
- Take my name off your list.
- I don't know.
- I'm not sure.
- I will not.

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.

"That's me as a snowball."



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Inkygirl.com: Reading, Writing and Illustrating Children's Books

COVID UPDATE

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

As of November 20, all persons in Montgomery County over the age of two must wear a face covering in any location accessible to the public. 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 everyone over the age of 18. A helpful 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 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