

PCV POST January 2022

PRESIDENT'S MESSAGE

Happy and Healthy New Year to Everyone! Hopefully, this year we will get back to some measure of normalcy. The Board continues to review the results of our survey and is working on following up on some of the many suggestions that were made.

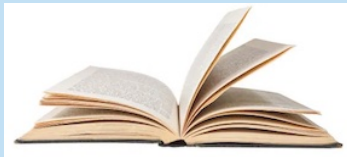
I have appointed Eddie Rivas to head our Nominating Committee. We will be holding elections in June 2022. Eddie will be reaching out to the membership in the new year by telephone to follow up on our letter. Eddie has a new email address which you can see on the PCV website, under Members Directory, if you would like to reach him. Please respond to his phone call.

Thank you to all our members for this past year of support and activities, despite the pandemic!

Owen Ritter,
PCV President

UPCOMING PCV EVENTS

PCV's Book Discussion January 18



This month the **PCV Book Group** will meet on Zoom on **Tuesday, January 18 at 1:30 - 3 pm**, to discuss the novel "Your House Will Pay" by Steph Cha. Go to the listing on the PCV calendar to register, or call the Help Desk at 240-221-1370.

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

Members' Jan. 6 Lunch at Hunter's Inn is CANCELLED

Unfortunately our **January Members' Lunch** at Potomac's Hunter's Inn, now called "Hunter's Bar & Grill," is **CANCELLED**, for the safety of our Members, due to the surge in Coronavirus cases. Hopefully, we can resume our lunch get-togethers soon! In the meantime, everyone stay safe and stay well.

Thank you for renewing your membership

Marjorie & Jeffrey Bender

Robin & Dan Gordon

Ellen & Neal Rosenthal

Margarita & Charles Studemeister

On December 20, our featured speaker, PCV Member Bruce Davis, presented an engaging talk on climate change and what we can do about it. With a stellar professional background including law and science, Bruce, now retired, participates in the Climate Reality Project. We wanted to share his insightful presentation with everyone.

What Individuals Can Do About Climate Change by Bruce Davis

The earth is warming because we burn fossil fuels for energy. The burning produces carbon dioxide (CO₂), a greenhouse gas. This gas raises the earth's temperature by trapping heat that would otherwise be radiated into space. The consequences for us are unprecedented heat waves, floods, droughts, increasingly violent storms, sea level rise, and other threats to our existence.

To stop global warming people must stop burning fossil fuels and curtail other sources of greenhouse gas. People must: (1) use less energy; (2) use energy from sources that don't emit CO₂ (for example: solar electric power, wind power, and hydroelectric power); and (3) curtail emissions of non-combustion greenhouse gases (methane, nitrous oxide, HFCs). We must also preserve, restore, and enhance natural systems that absorb and sequester CO₂, like forests, peat bogs and salt marshes.

I am often asked what people can do to help stop climate change and whether individual actions can make a difference. My answer is that individual actions are essential, not only for what we accomplish but also for the examples we set and the values we express.

All of us can reduce our energy consumption. We can insulate our homes, turn down the heat, install programmable thermostats, wash our clothes in warm or cold water, take shorter showers, drive a hybrid or all-electric car (budget permitting), take public transportation, or telecommute. Multiply these actions by millions of people, and we'll keep a lot of carbon out of the air.

Some of the most effective actions are open to anyone who eats -- reduce food waste and consume less meat. According to a 2011 study by a UN agency, greenhouse gas emissions from food waste have almost 87% of the warming effect of global transportation emissions. So, plan your shopping trips, know what's already in the kitchen, don't buy more food than you need, pay attention to use-by dates, save the leftovers, and feed any

scraps to your pets.

Researchers at the University of Michigan found that replacing only half of our animal based food consumption with vegetables could yield about one quarter of the carbon reductions required to fulfill U.S. obligations under the Paris Agreement. Beef is by far the worst animal based food in terms of greenhouse gas emissions. Unlike fish, chickens and pigs, cows and other ruminants belch enormous amounts of methane. Did you know that most of the best farmland in Iowa is devoted to growing corn and soybeans to fatten cattle? What a waste of resources and energy!

The United Nations recommends “Ten Impactful Actions” for individuals to help stop climate change. To learn more, go to www.un.org/actnow and scroll down below the cartoon characters to see the list. The County’s Department of Environmental Protection offers even more suggestions at www.montgomerycountymd.gov/green/resources). When you go to the “Infographic,” click on a topic you want to explore to open a link with more information.

As mentioned above, what we do in our own lives can have a profound influence on others. Here’s a case in point. My sister lives in a small town in western Massachusetts. A surprising number of the old houses there have solar panels on their roofs. A few people started this, and it caught on as an example of behavioral contagion. When enough of us start doing something about climate change and talking about it, other people will take up the cause. You don’t need to give formal presentations, just act on your values. Others will follow.

Some climate activists argue that focusing on individual action shifts peoples’ attention from the arguably more essential work of persuading business and governments to adopt large scale climate policies. I disagree. When enough of us get serious about stopping climate change, we’ll demand the same from governments and businesses. As Margaret Meade said, when the citizens lead, the leaders will follow.

You can help the leaders along by telling them what you want (use letters, emails, and phone calls) and by voting for leaders who support climate action. Consider joining organizations like the Sierra Club or the Chesapeake Climate Action Network. These are two of many fine organizations that advocate legislative solutions to global warming. My wife and I belong to several. They keep us up to date on the legislative developments and provide training and materials (including sample letters) for communicating with government officials. We enjoy the opportunities these organizations provide for working with like-minded people. If you just want to keep up with current events regarding the environment, most of these organizations will put you on their email lists without requiring you to join or contribute.

So, there are a great many things that individuals can do to help stop climate change. I urge all readers to start with one thing. That one thing will lead to another.

PCV Enters its Second Decade of Service

2022 marks the 10th Anniversary of Potomac Community Village. The decade-long success of PCV derives from the strength of a community of Members supporting each other, from volunteers who plan events and administrative functions, to those who help drive Members to appointments, those who are friendly visitors or tech helpers, as well as those who run errands and do chores for each other.

Since the start of the pandemic, we are proud to announce that PCV has offered over 100 events, most of them free of charge and open to everyone, not just our Membership. We know that our programming continues to help decrease the emotional strain and social isolation caused by this pandemic, even as we face a new wave of COVID-19 this winter.

And as we enter our next decade, the Board of PCV expresses its gratitude to so many Members who have volunteered, as well as for the financial support provided by each Member, and the generous funding from community partners.

In December the PCV Board distributed a letter to all Members, asking for volunteers. To continue to survive and provide valuable services, we need more participation from our Members. The Village concept can exist only if everyone pitches in to help, even if in a small way. Among specific needs are: writing press releases and proofreading PCV publications, helping our IT chair with coordinating the Rides Program, and offering backyard space for PCV events, as well as writing grant requests.

We greatly appreciate the generosity of Members who make a contribution beyond their membership dues, and we continue to welcome community partners supporting PCV. PCV is a 501c(3) tax exempt organization, and you can donate by going to the PCV website and clicking on the Donate tab, or you may send us a check, payable to Potomac Community Village, at PO Box 59424, Potomac MD 20859. To volunteer or learn more about PCV, please reach out to us at 240-221-1370, or email us at info@PotomacCommunityVillage.org.



Wishing a Happy New Year to All

OF NOTE...

Free Durable Medical Equipment

The Maryland State Dept of Aging has a durable medical equipment loan program, at no cost. Examples of durable medical equipment include wheelchairs and walkers. For further information, call 240-230-8000.

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, all on Zoom. To learn more, go to <https://seniorplanet.org/virtual-fitness-wellness-events>.

BILLBOARD: Other Events of Interest

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

Gentle Yoga with Judy (every Monday), sponsored by the Little Falls Village.

The January 6 Insurrection: One Year Later (on Jan. 6).

The Anatomy of Long-Term Care Insurance; What Does it Cover? How to Use It (on Jan. 12).

Will This Pandemic Ever End? An Epidemiologist's Prognosis For the Future (on Jan. 13)

National Park Service Ranger Talk, Dentzel Carousel at Glen Echo (on Jan. 18)

Bitstreams: The Future of Digital Literary Heritage (on Jan. 15)

Churchill Musicians Club December Concert, available on YouTube, at <https://www.youtube.com/watch?v=8zlelStNVp0>

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 listed, go to the PCV website, www.PotomacCommunityVillage.org, and select the EVENTS tab. Please see the individual listings for further relevant details.

PCV December Activity Report

During December PCV Members continued to enjoy many activities. Highlights included the very successful Birthday Party Event via Zoom with milestone birthday celebrants receiving hand-delivered gift bags! Members met for lunch at Il Porto and gathered on Zoom to discuss the novel "Ways to Disappear" by Idra Novey, as well as enjoying a lively game of outdoor Scrabble!

To see photos of recent PCV activities, go to the PCV website, and click [PHOTO GALLERY](#).

Pictured below: PCV members at Il Porto for our monthly luncheon



Pictured above: Milestone Birthday Members received hand-delivered birthday treats! One recipient commented, "Thank you so much for adding some birthday cheer with such a lovely and yummy combination of sweet goodies."

Members Enjoyed our Birthday Celebration

On December 8, Members met on Zoom for our Milestone Birthday Party! Highlights included singing "Happy Birthday to Us," sharing stories of birthday parties when we were kids, and laughing about childhood stories where we had gotten in trouble. Organized by our dedicated PCV Members Marcia Akresh, Sheila Moldover and Sue Wilchins, the party included wonderful entertainment from the Churchill High School Musicians' Club, arranged by Student Board Member Austin Chen who delighted us with five performances by students playing flute, violin, piano (2 performers), and clarinet. These talented student performers and many others can be viewed online on the You Tube Musicians Club's Winter Wonderland Concert. To see the concert on Youtube, click on <https://www.youtube.com/watch?v=8zIeIStNVp0>



A Special Thank You
to
three of our own PCV
members
for their generous,
anonymous donations.

PCV welcomes your donation. To donate online, go to the PCV website and click on the Donate tab, or you may send us a check, payable to Potomac Community Village, at PO Box 59424, Potomac MD 20859.

A NEW SCAM - BE ALERT

Recently our neighborhood has been plagued by a new type of fraudulent form of robocall. The originators of these calls often use automated devices to make it appear that calls originate from our area code. Calls are often labeled "name unavailable." Of particular concern are those coming from callers claiming to be a Medicare advisor or Medicare Center. They also say they are using a recorded line.

So, **BEWARE**, if a fraudulent caller is using a recorded line they may simply be trying to steal your voice "print" - like a fingerprint that consists of your unique voice. Some companies, like Verizon, are using your voice "print" for verification of your identity. So it's best to let unfamiliar calls go to voicemail, rather than answering with your unique "voice" print. If the voice message turns out to be from someone you know, you can always call them back.

COVID UPDATE

Montgomery County Executive Marc Elrich stated that "While we are doing better in Montgomery County compared to the rest of the nation, we see that another winter surge in cases is upon us." He advises everyone to get "boosted," and remain vigilant.

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 review current guidance on what masks are recommended by going to the CDC website, <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Access helpful and reliable articles for information on masks by going to the New York Times' Wirecutter article, at

<https://www.nytimes.com/wirecutter/reviews/where-to-buy-n95-kn95-masks-online/> and at <https://www.wired.com/gallery/best-face-masks/>

CDC details about the omicron variant are available at

<https://www.cdc.gov/coronavirus/2019-ncov/variants/omicron-variant.html>

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 at <https://montgomerycountymd.gov/covid19/vaccine/additional-doses.html>

Additionally, to access the easy-to-use Maryland State COVID Vaccine/booster site, go to <https://coronavirus.maryland.gov/pages/vaccine>

For complete County information visit the County's Multi-lingual COVID Site at <https://montgomerycountymd.gov/covid19/>

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 am to 5 pm.

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. To get a free taxi, call Connect-A-Ride at **(301) 738-3252** and provide your name, address, phone number, age to receive a "Free COVID Taxi Code."

Then, call one of the Taxicab companies listed below and provide the following: Your "Free COVID Taxi Code" and your Name, phone number, trip information – date, time, origin and destination. At the end of each trip, the rider signs a trip voucher.

Drivers and riders must wear face coverings for the duration of the trip.

Here are the taxicab providers who are available to provide transportation to COVID-19 Vaccination and Testing locations:

Action Taxi: (301) 840-1000

Anytime Taxi (301) 637-9292

Regency/Barwood Taxi: (301) 990-9000 or (301) 984-1900

PCV's Help Desk is Here for You

PCV has received 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 other cases, the recipient and caller found they have similar interests or have lived abroad in similar countries and have much to reminisce about. Occasionally, they both know a foreign language and maintain their ability to communicate in that 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