



Potomac
Community
Village

June – July 2022

PCV Post, The Newsletter of Potomac Community Village

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

20854helpdesk@gmail.com

<https://www.potomaccommunityvillage.org>

info@potomaccommunityvillage.org

President's Letter

Don't forget to take advantage of our members' Safe Home program which includes a rebate for a home safety improvement in your home. Details about the program are below and on our website, www.PotomacCommunityVillage.org. You must apply for the rebate by the end of September. Please note that we also have two free silver grab bars available to the first PCV member who claims them.

If you know of other Potomac residents who might benefit from the many offerings of PCV, the inauguration of the "PCV Safe Home" program is a perfect time for them to join PCV and take advantage of the help and guidance we offer, as well as the rebate program. New members will discover that Potomac Community Village has not only survived the pandemic but adjusted by creating innovative programming and services to help our members cope during this difficult time and into the future.

On June 23, we are holding our Annual Meeting and Election of Officers, which also includes a musical performance. We encourage all members to attend this important meeting on PCV's future. Details are below.

We also have a number of member programs this month, a walk on the Canal, some Coffee and Conversation gatherings, and an outdoor lunch. See details below.

As always please share your ideas and let us know how you can help by contacting us at info@PotomacCommunityVillage.org, or 240-221-1370. Thank you to all our members and volunteers for their continued support of the Village.

Owen Ritter
PCV President

Help Elect PCV Officers & Enjoy a Musical Concert
Thursday, June 23
See next page for details

Annual Meeting and Election of the Board and Officers

PCV's important annual meeting and election of officers takes place virtually, on Zoom on **Thursday, June 23, at 7 pm**. We encourage all PCV members to attend and participate in PCV's future. This is an important meeting as we will be electing officers. But its not all business - Walter Ware, a musician and singer will honor us with a special performance. Click [WALTER](#) for a preview of his music. With our annual election of officers coming up, this is a unique opportunity to consider contributing to the future of PCV and its important role in our community. For Covid protocols and to register click [ELECTIONS](#), or contact the Help Desk at 240-221-1370.

HOW TO CONNECT ON ZOOM for a PCV EVENT (after you have registered for the event)

When you register for a Potomac Community Village Zoom event on our website (such as our Annual Meeting), you will immediately receive a confirmation email of your registration. The link you will need to get into the Zoom event is contained within that confirmation message. There will be a big red button that says, "JOIN ONLINE MEETING." Click there. It is a link to gain access to the event a few minutes before the start time. Note also that another confirmation email will come one day before the event with exactly the same information including the "JOIN ONLINE MEETING" big red button to click.

OTHER 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.

Walk on the C&O Canal Towpath with PCV on June 8

PCV members and volunteers are invited for a free, easy hike along the C&O Canal Towpath. We will meet at the restrooms near the parking lot at the Old Angler's Inn entrance to the C&O Canal Park. Bring water (and a walking stick if needed) and see the prettiest part of the Canal as we enjoy some exercise and conversation along the way. The date is **Wed June 8, 1:30-3 pm**. Please RSVP by noon on Wed. June 8, by clicking [WALK](#), or contact the Help Desk, 240-221-1370 no later than noon on Wednesday, June 8.

Coffee and Conversation on June 7 and 21

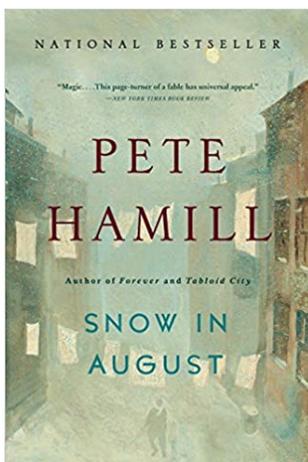


PCV continues its popular "Coffee and Conversation" series with two get-togethers in June. On **Tues, June 7 at 3 pm** and again on **Tues, June 21 at 3 pm**, members will meet outdoors at the Starbucks at Fortune Terrace/Seven Locks Road. In addition to seeing old and new friends, PCV members have found that these opportunities to chat and enjoy a cup of tea

or coffee have often inspired new ideas for our community. Come join in the conversation and the rewards of contributing your ideas to help PCV thrive. To RSVP (not required, but nice to have), please click [COFFEE](#) for June 7, and click [TEA](#) for June 21, or call the Help Desk at 240-221-1370.

PCV Members' Lunch Outing on June 15

Let's do lunch! We will gather for lunch **outdoors** at Gregorios Trattoria in Cabin John Mall on **Wed, June 15 from 11:30 am – 1:30 pm**. Members are requested to pay their way in cash, to make it easier. Click [LUNCH](#) to register, or contact the Help Desk at 240-221-1370. **We must get your RSVP no later than Monday, June 13.**

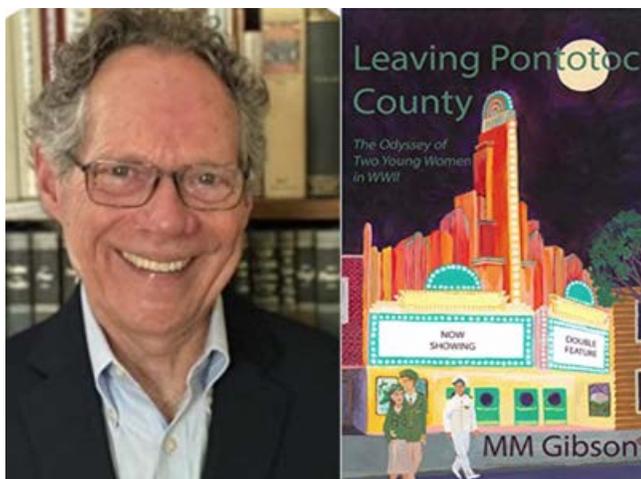


PCV's Book Discussion on June 21

This month's **PCV Book Group** meets on Zoom to discuss *Snow in August* by Pete Hamill. We will meet on **Tues, June 21, from 1:30 - 3 pm** to discuss the novel. To register, please click [BOOK](#) or go to the PCV calendar listing for June 21 on our website, or www.PotomacCommunityVillage.org, or contact the Help Desk at 240-221-1370. The Book Group will be on vacation in July and August. Look for our next book meeting in September. Book Group is free and open to all PCV members and volunteers and is open to non-members to try out once.

Coming in JULY...

Local author Michael Gibson talks about writing his popular fiction



Join the Potomac Community Village on Zoom on **Thurs, July 21 at 7 pm** for an engaging presentation by Michael Gibson, a local author who will discuss his 11 years of research and writing that yielded two novels set during World War II, both of which have been selected for Montgomery County Library's prestigious Local Author Shelf Program. By attending, you will learn about Mr. Gibson's unique, historically accurate writing process. To register click [WORLD WAR II](#), or contact the Help Desk at 240-221-1370.

Welcome New Members

Susana Hodgkins
Colleen Shook

Thank you for Renewing your Membership

Jane Blocher, Judy Chung, Kathleen & Richard Fazzone, Sol Gilman, Phyllis Gittleson, Mary Ann Goldenson, Joan & Richard Gorman, Joan Kahn, Sheilah Kaufman, Katherine Klotz, Marie Kramer, Steve Loberbaum, Karen Lechter, Katheryn Pontzer, Eddie Rivas, Penny Winder

Other Events of Interest and Activities with Area Villages

Area organizations are presenting programs for varied interests. Go to the PCV web site at www.PotomacCommunityVillage.org, and click on the Events Calendar listing at the top, to see many of the activities that are being offered. With so many Villages nearby, there are many activities and programs open to all. The Silver Spring Village has created a website with events for everyone. To peruse other upcoming events offered by area Villages, visit [AREA VILLAGE EVENTS](#).

What We Did in May



We enjoyed an ice cream party on May 23.



The Churchill Musicians Club entertained us on May 20, on Zoom!



On May 26 we heard an engaging presentation from Rabbi Elson on his experiences as a chaplain in Iraq, also on Zoom!

On May 19, we walked around the lake at Rio Washingtonian and had lunch outdoors.



and... we got together outdoors on May 24, for Coffee and Conversation at Starbucks at Fortune Terrace, and enjoyed discussing "The Girl with Seven Names" at our Book Club on May 17 We were busy in May!

COVID-19 VACCINATIONS

The FDA/CDC recommends a second booster shot for:

1.  **Anyone 12 and older with certain immunocompromised conditions**
at least 4 months after previous booster
2.  **Anyone 50 and older**
at least 4 months after previous booster

Pfizer and Moderna shots available.



Schedule Your Appointment:
WWW.GOVAXMOCO.COM



MONTGOMERY COUNTY
MARYLAND

PCV Safe Home Rebate Program



PCV Safe Home is a program for PCV members that offers a rebate for home safety improvement, such as grab bars, ramps and railings, for up to \$100, or 50% of the cost, whichever is less. Our goal is to enable our members to be safer in our own homes.

PCV will provide guidance on questions to ask contractors, though members will make their own decisions on which contractors to hire and which modifications to implement. PCV will also provide information about the Montgomery County and State of Maryland tax credit programs and how to file for them.

To be reimbursed, members will need to complete the safety upgrade in their home and present a receipt for the paid bill, a scanned or photographed copy of the receipt, along with a brief description of the work done, your name as a member of PCV and an address where you would like your rebate check mailed. This should be emailed to 20854HelpDesk@gmail.com. PCV will then mail the member a rebate check for the qualified improvement.

Any member who needs help applying for the rebate should contact PCV by phone, 240-221-1370, or by email, 20854HelpDesk@gmail.com, for assistance.

All work must be started on or after April 28, 2022 and be completed no later than Sept. 30, 2022 to be eligible for a rebate.

NOTE: PCV has two silver grab bars, FREE to the first PCV member who claims them.

PCV's "Storm Buddies" Can Help You during Summer Power Outages



In the summer we often get power outages due to thunderstorms and downed power lines. PCV offers "Storm Buddies," designed for PCV members who would like to receive a phone call to ask how they are doing and if they need assistance during a power outage. "Storm Buddies" is part of our "Friendly Phone Calls" program which operates year-round, regardless of the weather, for members who would like a check-in call, or a telephone visit. Contact PCV to sign up.

Participate in a Study about Aging and Word-Finding Difficulties

Difficulty recalling words as we age is as frustrating as it is common. Despite its pervasiveness, surprisingly little is known about what causes these problems in the brain. The Brain and Language lab (Georgetown University, Department of Neuroscience) is conducting a brain imaging study to understand this topic. Following is a poster explaining how to participate in this study.

PARTICIPANTS NEEDED for a study of **LANGUAGE ACROSS THE LIFESPAN**

Where in the brain do word-finding difficulties come from?

Participation Criteria

- ✓ 25-99 years old
- ✓ Right-handed
- ✓ Native speaker of US English
- ✓ Not fluent in another language
- ✓ No history of neurological, learning, or psychiatric disorders, neural injury or concussions, or drug or alcohol dependence



Call or email to see if you qualify:

202-687-8489 (please leave a voicemail)

brainlangadmin@georgetown.edu

WHAT: Do a series of tasks in the lab, plus a 30-minute MRI scan

TIME: 3 sessions, each 1–2.5 hours, at your convenience.

WHERE: Georgetown University

EARN \$25/hr in scanner, \$10/hr outside scanner

We take extensive precautions against COVID.

Your volunteer support of Potomac Community Village is always welcome – and needed!

We welcome volunteers of all ages, from middle school students to those in their 90s!

What can you help us with?

- *Friendly visits and phone calls. Transportation to medical visits. Errand running. Computer assistance.*
- *Be a Help Desk volunteer (comfort with computers is necessary).*
- *Be part of our Membership Team and be a buddy to a new member. Or make occasional phone calls to members.*
- *Be part of our Communications Team and post our events on Facebook, or write press releases, or an occasional article for our newsletter.*
- *Help to organize outings for members, such as bike rides, lunches or brunches, boat rides at Lake Seneca or Lake Needwood or on the Canal, trips to nearby gardens or galleries, trips to local wineries, picnics, anything that appeals to you!*

To offer your help or to learn more, please call us at 240-221-1370 or email us at info@PotomacCommunityVillage.org.

MyIR Mobile for Immunization Records including Covid Vaccines

My IR Mobile is a web site that maintains your official immunization record. In partnership with the Maryland state health department it allows you to review your immunization history, get reminders for future immunizations, and print your official records. In Maryland it also allows access to the SMART Health card with QR Codes allowing you to easily share digital vaccine credentials including Covid-19 verification. It's free, simple and secure. Click [MyIR Mobile](#) to register.

Covid Cases Rising Again

County Recommends Precautionary Measures

With the recent rise in COVID-19 cases in the County and region, Montgomery County officials are offering precautionary recommendations to prevent further community spread of the virus.

The County's COVID-19 case rate has risen steadily over the last month and is now more than triple the recent low on March 15. While there has not been a commensurate increase in COVID-19 hospitalizations in the County, there is concern about the impact that spring break travel and holiday gatherings may have on transmission.

Based on the advice of Acting Health Officer Dr. James Bridgers, it is strongly recommended that persons in Montgomery County voluntarily :

- use a well-fitting face covering during visits to congregate places and indoor spaces with limited social distancing;
- use testing and test-to-treat antiviral medication after returning from travel or gatherings; and
- stay up to date on COVID-19 vaccinations, including booster-shots.

Visit the County's COVID-19 [data dashboard](#) to review the latest metrics and key indicators. Find additional information on masks and transmission levels on the [COVID-19 website](#).

If you are not vaccinated, find free vaccination clinics at www.GoVAXMoCo.com. If you feel sick or think you may have been exposed to COVID-19, get tested. Find free testing clinics at www.MoCoCOVIDtesting.org.