



Potomac  
Community  
Village

July – August 2022

## PCV Post, The Newsletter of Potomac Community Village

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)

### President's Letter

I'm pleased to announce several important developments for the Potomac Community Village. First, a quorum of members was present at our official annual meeting. Due to a lack of any new volunteers for Board positions, the Board declared, as provided by our by-laws, a leadership state of emergency and cancelled the elections. The present Board has graciously volunteered to remain in place for one more year. We owe a great deal of thanks to each board member for their dedication to PCV demonstrated by their willingness to continue serving our community. The current board members who will remain in their positions for 2022-23 are: President: Owen Ritter; Vice President: Eddie Rivas; Treasurer: Vic Cohen; Membership: Joan Kahn & Margie Lappen; Programming: Ben Consilvio; Communications: Caroline Lewis; Help Desk Coordinator: Eleanor Sorbello; IT Chair and Rides Coordinator: Sheila Taylor; Community Liaison: Steve Lorberbaum; Intergenerational Activities & Storm Buddies Coordinator: Lisa Wang; Villages Liaison: Eddie Rivas. Our Member Activities and Volunteers Committee Chairs are vacant. We also need a Board Secretary. We welcome help in these areas.

Also, during the annual meeting which was conducted on Zoom, we were delighted by the beautiful voice of Walter Ware, a talented musician, who entertained us with his special performance. Special thanks to Sheila Taylor for arranging Mr. Ware's performance.

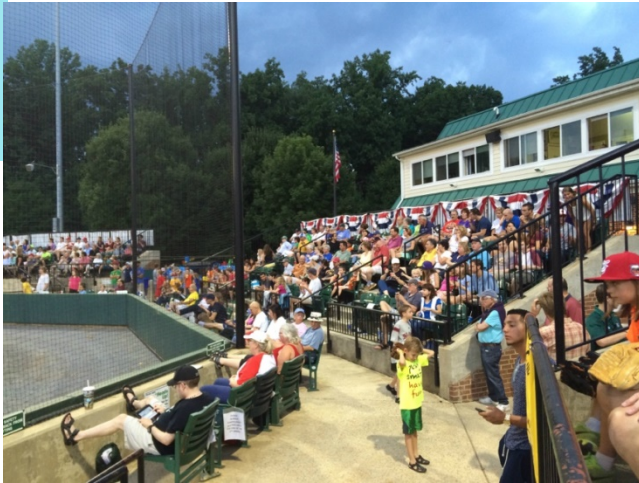
Secondly, after extensive research and consideration, the PCV Board has voted to hire a part-time, paid staff member, a Director of Engagement, who will help grow our membership, support our volunteers and work with our Program Team. Surviving the Pandemic without sacrificing the many opportunities PCV offers has required a tremendous effort on the part of our volunteers. By alleviating these loyal volunteers from the many basic but necessary tasks required of PCV, we can foster PCV's continued creative and essential growth. Our volunteers will continue to provide the energy and backbone of PCV. You can find our "[want ad](#)" on the PCV website.

Finally, another reminder 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 on page 5, and on our website, [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org). You must apply for the rebate by the end of September.

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

Owen Ritter  
PCV President

## PCV Hosts "Big Train Baseball Night" for Members Monday, July 18 at 7 pm



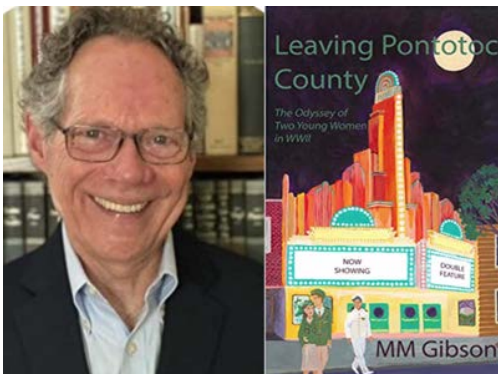
PCV is pleased to offer members FREE tickets to an evening of Big Train baseball on Monday, July 18, at Shirley Povich Field in Bethesda, from 7 to 9 pm. Come see our local baseball team, Big Train, face off against the DC Grays. Click [BIG TRAIN](#) to register.

## 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](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." If the event is on Zoom, the Zoom link will be provided in the confirmation email.

### ***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, 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.



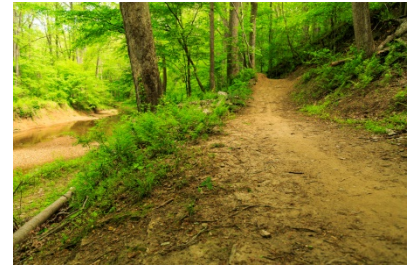
## Local author Michael Gibson talks about writing his popular fiction – July 21, 7 pm

Join the Potomac Community Village on Zoom on **Thursday 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. Free and open to all.

## PCV Walk on Thursday, July 7

This walk is for members and volunteers. We will walk on the Cabin John Stream Valley Trail, beginning at 9:45 am, on **Thursday, July 7** at the end of Goya Drive at the trail head there. We'll be walking mostly in the shade. Please don't forget to bring water to drink. This walk is hosted by PCV member Barry Perlis, to remind us that walking is good for us mentally as well as physically. Please see the article from *Psychology Today* on page 7 to learn more about the benefits of walking. **RSVP by Wed. July 6, at 5 pm.** Details and RSVP by clicking [CABIN JOHN WALK](#) or call the Help Desk at 240-221-1370.



## Coffee and Conversations on July 12 and July 26



PCV continues its popular "Coffee and Conversation" series with get-togethers on Tuesdays during July and August. We'll meet on **Tues., July 12 at 3 pm** and again on **Tues, July 26 at 3 pm**. Members and volunteers are invited to gather 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 PCV

community. Come join in the conversation. To RSVP (not required, but nice to have), please click, [COFFEE](#) for July 12<sup>th</sup> and click [TEA](#) for July 26, or call the Help Desk at 240-221-1370. Attendees pay for whatever they purchase, but are welcome to bring snacks for themselves and to share.

## PCV Members' Lunch at Quincy's on Wed., July 20

All PCV members are invited to lunch at Quincy's Bar & Grill at Fortune Terrace/Seven Locks Road on **Wed, July 20 from 11:30 am – 1:30 pm**. Members are requested to pay in cash. Click [LUNCH](#) to register, or contact the Help Desk at 240-221-1370. **We must get your RSVP no later than Monday, July 18.**

## PCV's Book Discussion on Vacation July-August

**PCV Book Group** goes on holiday for the summer months of July and August, but resumes in September, with *The Song of the Jade Lily*, a novel by Kirsty Manning. Book Group is free and open to all PCV members and volunteers and is open to non-members to try out once.

## Coming in August...

**Coffee and Conversation:** We'll continue meeting outdoors, on **Tues., Aug 9** and **Tuesday, Aug 23**, both at **3:00 pm**. We'll meet outside at the Starbucks at Fortune Terrace/Seven Locks Road. See the PCV calendar to register, or contact the Help Desk at 240-221-1370. Open to members and volunteers.

**Let's Have Lunch:** In August, mark your calendar and please join us for our members' luncheon at a location to be announced, on **Wed, Aug 17**.



## What We Did in June



We had lunch at Gregorio's on June 15.



We walked the Canal on June 8.



We enjoyed "Coffee and Conversation" at Starbucks on June 7 and on June 21.



On June 23, we heard the delightful voice of Walter Ware with songs from the 40s and 50s during our Annual Meeting.



We met for Scrabble on June 30. Not shown in photos, our Book Group met on Zoom on June 21, talking about Pete Hamill's *Snow in August*.

## Thank you for Renewing your Membership

Judy Abrams ▫ Marcia & Abe Akresh ▫ Joyce Rudick & Sheldon Balbirer ▫ Janet Benerjee ▫ Sandra & Arthur Becker ▫ Elizabeth Cahan ▫ Meryl & Jeff Cohen ▫ Vic Cohen ▫ Peggy & Robert Davidson ▫ Jeannette Eisler ▫ Joan Forest ▫ Myra & Daniel Framm ▫ Dorothy G. Gardner ▫ Carol Hankin ▫ Sabina Herrmann ▫ Nancy Huang ▫ Bruce Davis & Evelyn Jacob ▫ Anita Kallfelz ▫ Yvonne Klenk ▫ Mable Lam ▫ Margie & Arthur Lappen ▫ Carol & Martin Lefkowitz ▫ Everly Conway de Macario & Alberto J.L. Macario ▫ Thalia & Arnie Meltz ▫ Sheila & Don Moldover ▫ Barbara Patigalia ▫ Shirley Pearlman ▫ Linda & Barry Perlis ▫ Cecile Plost ▫ Min Ricard ▫ Margie & Owen Ritter ▫ Moe Rosen ▫ Jeffrey Rubin & Michele Bloch ▫ Millie & Mel Rumerman ▫ Susan Schaner ▫ Ruth Jean Shaw ▫ Susan Tipton ▫ Gloria & Joe Vadus ▫ Margaret Vogel & Marv Friedman ▫ Phyllis & Allen Weltz ▫ Connie Winternitz ▫ Harriet & Michael Yoselle

## PCV Safe Home Rebate Program

***Hurry – to qualify you must complete improvement by September 30***



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](mailto: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](mailto: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, 240-221-1370 to sign up.

## Your Volunteer Support of Potomac Community Village is always welcome – and very much needed!

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

### ***What can you help us with?***

***Organize a social activity for members. It could be a bike ride, or a boat ride at Lake Needwood or on the C & O Canal. Could be a trip to a nearby garden or a winery. Could be a walk, or a Scrabble game or brunch or lunch. It's whatever you think would be fun for you to do with a bunch of PCV friends!***

***You could serve as Secretary on our Board of Directors. (You'd attend board meetings on Zoom and take notes to create minutes of our actions and decisions.)***

***You could assist our Program Chair by contacting speakers and helping to organize programs.***

***You could make friendly phone calls to PCV members, to help alleviate isolation for members who live alone.***

***You could be a Help Desk volunteer (a comfort level with computers is necessary).***

***You could be a driver to provide transportation to members for medical visits.***

***You could run errands or provide meals for members as needed.***

***You could provide tech help to members, to help with email, smart phones, and computers when they don't work as they're supposed to.***

***You could be a buddy to a new member as part of our Membership Team.***

***You could make occasional phone calls to members, to see how they're doing.***

***You could write an article for our newsletter or take pictures at a PCV event.***

***You could post our upcoming events on Facebook.***

***You could write press releases. (We'll give you a simple template to use.)***

***To offer your help or to learn more, please call us at 240-221-1370 or email us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).***

## 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](http://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](#).

### Potomac Library Update

You may have noticed that the Potomac Library is closed for refurbishment. It recently closed for a long-delayed upgrade of the 1986 building. It is expected to reopen in early 2023. The refurbishment includes a donation of \$40,000 from the “Friends of the Library–Potomac Chapter.” If you have been supporter of the “Friends of the Library–Potomac Chapter,” thank you for your part of this important refresh to the library. Unfortunately, the national “Friends” library organization has decided to disaffiliate all the chapters nationwide, including the Potomac Chapter. Potomac’s independently incorporated organization has voted NOT to dissolve but to continue with a new name. Read about this and all the important Potomac Library news in an article by clicking [LIBRARY](#).

### “Friends Club” for Men

Friends Club is a non-profit social day program for active men in the early-to-mid stages of Alzheimer’s disease and other memory loss challenges. The Club resembles men’s organizations that a member may have belonged to earlier in life, and it provides a safe, familiar, and non-institutional setting. Participants gather with trained staff and committed peer volunteers three days (soon to be four-- Tuesdays) a week to socialize, enjoy lively current events discussions, listen to live music, attend lectures, play mind stimulating games and exercises. The Club hours are Mondays, Wednesdays, and Thursdays from 9:30 a.m. to 1:30 p.m. We meet at the Bradley Hills Presbyterian Church, Bradley Blvd., Bethesda. Please note that we are NOT a religious organization. The cost is \$115.00 per session. Scholarships are available. Friends Club also offers a free twice monthly Caregivers’ Support Group. For more information, call 301-469-0070 or visit [www.friendsclubbethesda.org](http://www.friendsclubbethesda.org).

Call for Volunteers: We are also seeking individuals who would like to volunteer their time to enrich the lives of others. Friends Club is special place that brings joy and laughter to our members and much needed respite to their caregivers. To learn more, call Ken Silverstein at 301-469-0070.

## Psychology Today

June 21, 2022


We have all heard it before – Walking is good for you. This article, from “Psychology Today,” shows that walking helps keep our brains healthy, too. Read the article by clicking [WALKING](#).

MONTGOMERY COUNTY

# 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.



**GOVAX**  
MONTGOMERY COUNTY  
Let's End COVID.

Schedule Your Appointment:  
[WWW.GOVAXMOCO.COM](http://WWW.GOVAXMOCO.COM)



**MONTGOMERY COUNTY**  
MARYLAND

## 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.*



## **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.

**Up to Date Covid 19 Information Can be Found on the PCV Website. Click [COVID 19](#).**

## **Historical Note**

### ***From the Desk of Sidney Katz, Councilmember, District 3***

In 1899 the Gaithersburg Latitude Observatory was built as part of an international project to measure the earth's wobble on its polar axis. The Gaithersburg Observatory and five others in Japan, Italy, Russia, and the United States gathered information that is still used by scientists today, along with information obtained from satellites, to determine polar motion; the size, shape, and physical properties of the earth; and to aid the space program through the precise navigational patterns of orbiting satellites.



The Gaithersburg Observatory was designed by Edwin Smith, Chief of the Instrument Division of the U.S. Coast and Geodetic Survey. In 1891, Smith began conducting measurements of the variation of latitude from his home in Rockville. He made nearly 1,800 individual measurements on 146 nights, until his regular work forced him to discontinue his observations. However, when the International Geodetic Association allocated funds for the purchase of land in Gaithersburg in 1898, it entrusted Smith with the construction of the observatory.

Smith designed the small, 13-foot-square, one-story building to accommodate a large Zenith telescope manufactured in Germany. Operated by pulleys and wheels, the gable roof opens to expose the interior of the building and allow for stargazing. The Gaithersburg station operated until 1982 when computerization rendered the manual observation obsolete.

Resource: <https://www.gaithersburgmd.gov/about-us/city-history>

---

