



PCV Village View

April 2023

*Helping Seniors in Potomac Successfully Age in Place
and Reduce Social Isolation*

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NEWS FROM OUR VILLAGE

A Special Home & Fire Safety Program on April 13

Although the Montgomery County fire department responded quickly to a member's fire in her gas clothes dryer, her home suffered smoke damage. The member was grateful that PCV volunteers helped box up books and other items so a professional cleaning company could do its work.

On Thursday, April 13, PCV is hosting a Home & Fire Safety program in keeping with the goal of helping members remain safe in their homes as they age. To be held at the Potomac Community Center from 3-5 pm, PCV has invited Jim Resnick, head of the Fire & Rescue Senior Outreach program, along with Desmond Johnson, Police Dept. Community Outreach officer, to inform our members about home safety and the services Montgomery County provides to its citizens. This program is free and open to all. Click [HOME SAFETY](#) to sign up.



Marking Earth Day on April 20 & 22, with Learning and Action

"Honoring Earth Day: Learning and Action," a PCV Speakers Program, is set for **Thursday, April 20, at 3 pm**, at the Potomac Community Center. We're also marking Earth

SAFE HOME - a PCV Program

Remember to take advantage of a rebate program offered to PCV members. With an approved safety upgrade to your home, PCV will reimburse you for \$100 or 50% of the cost, whichever is less. Click [SAFE HOME](#) to learn more.



Holiday Friends

"I enjoy meeting new people who are aging well with flexibility and courage," says a PCV member.

Through PCV, you can make new friends while celebrating Passover or Easter. PCV will pair you with a PCV family to celebrate the holiday. If you'd like to host a member (or members), or would like to join another family celebrating the holiday, please call the Help Desk at 240-221-1370. Click [FRIENDS](#) for more information about our Holiday Friends program.

PCV Offering New Benefits

PCV now has **two new benefits for members**. One is that PCV volunteers are offering **lessons on emailing, texting and using your device to access the PCV website**. These sessions will be offered each month, with this month's on Thursday, April 13, at 2 pm, ahead of our Home and Fire Safety program that begins at 3. (*We ask that members sign up in advance for these classes, so we have enough volunteers to help out. To sign up [click here](#).*) If you need more extensive tech help, please contact the Help Desk so we can arrange for one-on-one tech help at your home. The other new benefit is an **outreach effort to members who need more social interaction** than they currently have.

Day by joining with the C&O Canal Trust to [help clean up Great Falls Park](#) on **Saturday, April 22, at 9 am**.

Our "Honoring Earth Day" program, a partnership with [Elders Climate Action](#), is free and open to all. Our speakers, from the Climate Reality Project and Elders Climate Action, will lead a dynamic discussion on the latest in science, key legislative initiatives, and what YOU can do to make a difference. Click [EARTH](#) to sign up, to learn more. Many thanks to PCV member Sylvia Diss for organizing this event for us.

Recent federal legislation will also help us make a difference, according to a recent New York Times article — a guide to [how to save money and fight climate change](#).

For the second part of our Earth Day programming, we join with the C&O Canal Trust on Earth Day, as we work together to beautify the canal!

Led by PCV Board Member Eddie Rivas, we will meet at 9 am on **Saturday, April 22**, and work in teams. **Advance sign-up is required. When you sign up, mention that you are with PCV and are interested in trash removal.** Click [here](#) for sign up information.

Come Celebrate the Arts With Us

PCV hosts field trip to Glenstone Museum

PCV has launched a dynamic cultural arts program with monthly interactive, virtual tours led by an excellent docent at the National Gallery of Art (see article about our pair of new programming volunteers below, under "Our Village Life").

Now we will take our first field trip since the pandemic! On **Friday, May 5, noon-4:30 pm**, PCV has arranged for PCV members to be admitted to the Glenstone Museum and grounds — the nationally recognized art museum is located right here in Potomac, MD. Tickets are free, but limited. Members are asked to click [GLENSTONE](#) to sign up. Many thanks for PCV member Barbara Goldberg for arranging this for us.

As we work to develop these new member benefits, members who need tech help, or need a ride to a PCV event, or would like more social connections, are asked to call the Help Desk for one-on-one tech help at home, or a ride, or a Friendly Phone Call or a Friendly Visit. We need volunteers to help make these happen - by making phone calls and friendly visits to members and by offering tech help. Please [contact us to volunteer!](#) (Remember - you don't need to be a member to be a volunteer!)

Members of Potomac Community Village are our most important asset! *Your Board is always adding new programs to keep up with advances in senior care, and new activities to keep us young at heart! We welcome your input. What would you like to see your Village do? [Tell us here.](#)*

PCV will look at Choices in Aging Successfully

The Washington Post recently published an article about the crushing costs of senior care. You can read this article by clicking [SENIOR CARE COSTS](#). PCV is planning future programs to address these issues, including how geriatric care managers and home health agencies can help you continue to live in your home, and housing options from shared homes to independent or assisted living facilities. Stay tuned for these upcoming programs, and please [share your thoughts](#) on what we should include.

NEWS FROM OTHER VILLAGES

There's More to Retirement Planning than Finances

Our neighboring village in DC, Northwest Neighbors Village, sponsored a program along with the Chevy Chase Community Association and Iona Senior Services entitled, "Developing a (Non-Financial) Plan for a Successful Retirement: Finding Connections and Meaning," included the following helpful tips. (You can see and/or read the recorded program by clicking [RETIRE](#)).

The suggestions include:

- o **Invest in Social Relationships** - Nurture relationships with friends and with those who help you throughout your life.
- o **Contribute to your physical 401K** - Keep moving and invest in regular exercise and healthy habits.
- o **Discover Activities that Foster a Sense of Purpose** - Retirement from work comes



with the loss of our sense of purpose. Find an activity such as [volunteering](#) to help others, or mastering a new subject by taking a class.

o **Plan for Long Term Care** - Life can change quickly, and it helps to plan ahead so you know how your life and environment will change to meet new needs as you age.

Did You Know: *Montgomery County Dept. of Health and Human Services reports that there are 26 active villages in Montgomery County, MD, alone, with four new villages in development. In the State of Maryland there are 40 Villages.*

DID YOU KNOW? News from All Over

Be Healthy, Eat Healthily

While older adults are "highly motivated" to eat more healthily, they also need some help turning those motivations into healthy practices, according to a new report from the Mather Institute [MATHER STUDY](#).

Hopefully that incentive has arrived in a new scientific study that found that people who stuck most closely to a Mediterranean diet had up to 23 percent lower risk of dementia. This nine-year study concluded that the Mediterranean way of eating helps protect the brain from diseases associated with dementia. Plus it helps the heart, reduces diabetes risk and prevents bone loss. It's never too late to begin eating healthily! To learn more about the study click [CNN NEWS](#). For information on the Mediterranean diet click [MEDITERRANEAN DIET](#).



MYTH BUSTER: *Depression and loneliness are normal conditions as you get older.... NOT TRUE. At any age, loneliness and isolation can lead to depression. In fact studies show that older adults are less likely to experience depression than young adults. Keep up your social activities and come to a PCV program to make new friends!*

Social Frailty Leads to Significant Health Risks

Social frailty — not having social connections with other people comes with significant health risks, say several new studies, as reported in [Kaiser Health News](#).

Older adults who are socially frail are more likely to face an increased risk of death following a fall, illness or hospitalization.

Socially frail people are defined as those who have very limited social resources to draw on — they don't have close relationships, can't rely on others for help,



TIP: *If you are a Medicare recipient, you should plan to get your monthly supply of 8 free COVID tests at a local pharmacy or through other health care organizations soon. When the State of Emergency ends, these tests will no longer be free.*

aren't active in community groups or religious organizations, or live in neighborhoods that feel unsafe, among other circumstances. Social frailty can also entail feeling a lack of control over one's life or feeling devalued by others.

"We need society to build solutions" to these issues - the ability of seniors to... volunteer, and engage with other people; ...the safety and accessibility of the neighborhoods in which they live, notes Dr. Linda Fried, an internationally known frailty researcher and dean of the Mailman School of Public Health at Columbia University.

As we know, being a PCV member is one way to engage with other people and know that you can count on help when it's needed. And volunteering not only helps your neighbor but is good for you as well. [Click here](#) to learn more.

Lastly, maintaining friendships need not take a lot of energy and time. Here are [some tips from the New York Times](#).

Pandemic State of Emergency Ends May 11

What you need to know: For the past 3 years Americans have enjoyed access to free Covid tests, vaccines and treatments through federal government funding. With President Biden's ending of the national COVID State of Emergency on May 11, this will change. USA Today summarizes how guidelines, costs and availability will change with Medicaid, Medicare and private insurance. Click [END EMERGENCY](#) to learn how it might impact you. Additionally the FDA met in January to consider how to simplify and administer the COVID vaccination on a routine schedule, perhaps on an annual basis. Read [VACCINES](#) to learn more.

Potomac Library to Re-Open on Saturday, April 15

After months of renovation work, the Potomac Library is re-opening, with new flooring, reconfigured shelving, a new service desk, new lighting, and much more. The re-opening ceremonies, scheduled for Saturday, April 15 at 10 am, will include County Executive Marc Elrich and library officials. The branch has been closed since May 2022. See details of the opening ceremonies and the refurbishment at [LIBRARY](#).

OUR VILLAGE LIFE



BARBARA & SYLVIA - *Bringing new life to PCV*

Barbara Goldberg and Sylvia Diss are two new members who are breathing new life into our Village! They are sharing their passions for both the cultural arts and the environment through new programs at PCV.

If Sylvia is not attending a Village event, it's probably because she is either meeting with state legislators in Annapolis, planting native plants at retirement homes, or working with area libraries on book exhibits about the earth. Sylvia is bringing that passion to PCV by organizing our Earth Day speakers event. She has worked for 33 years on environmental issues both professionally and through her many volunteer roles. She was first inspired when a friend gave her the book *The Universe is a Green Dragon*. Later, she accepted a job that led her all over the country helping to arrange programs in churches and synagogues about Bill Moyers' program *Race to Save the Planet*. She brought that program home to Potomac by implementing it at her local church for 25 years. Her hard work and passion landed her an invitation to attend the first-ever United Nations Conference on the Environment and Development held in Rio De Janeiro in 1992. She hopes to start a "green group" at PCV.

Barbara has always enjoyed going to museums and actively pursues that passion of cultural arts by visiting art galleries and exhibits. Now, she has successfully brought that passion to the Village by spearheading her monthly docent-led interactive virtual tours of work from the National Gallery of Art. These tours are popular as members gather at the Potomac Community Center for the virtual tour and learn about different artists and the influence of history on art. Recently, a packed crowd attending her "tour" was amused to learn that many aristocratic women were painted wearing small dog pins to symbolize fidelity. Next month, Barbara is organizing a field trip to Glenstone Museum.

After Barbara retired as a piano teacher, she found she had more time to get involved and a friend told her about PCV. By joining the Village, she says, "There is always something to do!" She further stated, "PCV is a wonderful organization and the people who belong are the loveliest people! I have made new friends and enjoy attending lunches, book club and other activities."

PCV is grateful to Sylvia and Barbara for both their membership and volunteerism!

VILLAGE CONNECTIONS

At our Text and Email class on March 16, members learned how to use their phones and laptops to text, do email, access the PCV website and Members Directory. Members can also get one-on-one tech help at home. Just contact the Help Desk and ask.



At our Pi Day get-together on March 14, we ate pie. Our thanks to our host, Julie Perlman, for offering her spacious and welcoming home for this event.





Coffee and Conversation meets outdoors when the weather cooperates. Here we are on March 22.



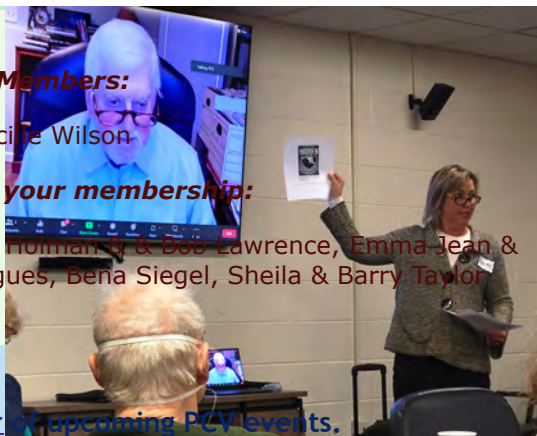
And we all enjoyed a **fascinating presentation on Hidden Maryland** on March 16. Below, Director of Engagement Lynette Ciervo introduces our speaker, Gene Meyer, who talked to us via Zoom.

Welcome New Members:

Keith Krokyn, Lucile Wilson

Thank you for renewing your membership:

Kathleen & Richard Fuller, Doris Herman, Margie Holman & Bob Lawrence, Emma Jean & Peter Mettam, Diann K. Onsted, Merlyn Rodrigues, Bena Siegel, Sheila & Barry Taylor



Click here for the full [Calendar of upcoming PCV events.](#)

We look forward to your joining us.

We will continue to share a list of upcoming events in our weekly Sunday morning emails and at our in-person events. If you have any questions, please contact us at (240)221-1370 or at 20854HelpDesk@gmail.com.

From the PCV Communications Team: Caroline Lewis, Chair; Sheila Moldover, Sheila Taylor; proofreaders Marcia Akresh, Peggy Heller, Karen Lechter and Linda Perlis; resources team Richard Gorman and Allan Wang. Please join us as writers, interviewers, photographers, proofreaders and publicists.

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