



Potomac
Community
Village

PCV Village View

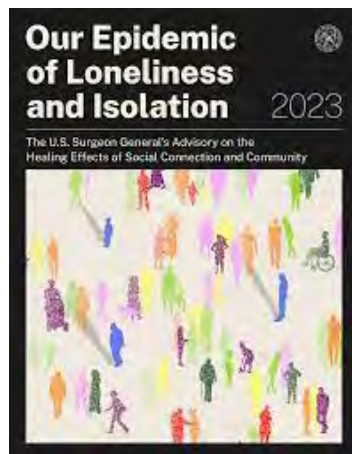
June 2023

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

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NEWS FROM OUR VILLAGE



America's Historic Epidemic of Loneliness and Isolation

PCV Combats Social Isolation

An epidemic of loneliness is so pervasive in our country that the U.S. Surgeon General recently released a report warning that it can increase the risk for a premature death to levels comparable to smoking 15



Calling All PCV Members

Election for PCV's New Board of Directors is Tuesday, June 27 at 7 pm

PCV members are called to attend our annual meeting and by voting, help shape the future of our village. The brief annual meeting will be held at the Potomac Community Center immediately before our June 27 program featuring Bob Levey. Exercise your membership citizenship by electing our board of directors for the next

cigarettes a day. In fact, the report warns of the devastating physical consequences of isolation: an increase of heart disease, stroke and dementia in older adults. Click [LONELINESS REPORT](#) to read the report.

As we retire and age, it's natural to spend more time at home and often time alone. But social connections are key to our happiness and health. Villages offer an antidote to social isolation.

At PCV, we are responding to an increasing number of members who reach out to us to provide opportunities to connect socially with others and attend events. To meet this increasing need we have developed more events during the last year, including speaking engagements, themed lunches, virtual docent tours and coffees. There has been a significant uptick in attendance.

For members who are more homebound, PCV offers outreach via friendly visits or phone calls. We are considering introducing a traveling tea party to bring tea and friendship directly to members' homes!

Cultivating a culture of connection in America starts with communities like PCV which are working to create important opportunities for social connection and community each day.

To that end PCV is advocating for reducing social isolation in ways that reach beyond our village. A compelling letter to the editor developed by PCV and Board Member Eddie Rivas appears in *KFF Health News*, the Kaiser Family Foundation's prestigious, non-partisan publication that focuses on health care policy and issues. Here is how it appears in the current issue:

from: KFF Health News

Aging Takes a Village

I applaud Judith Graham for her article "[How to Grow Your Social Network as You Age](#)" (April 28), which was also published April 22 in *The Washington Post*. It aptly highlights the importance of social connections for older adults and emphasizes that "it's never too late to develop meaningful relationships." I could not agree more.

two years. The board is elected by votes of members present. Additionally, our by-laws allow for the nomination of board members from the floor. The new board will take office on July 1, 2023 for a 2-year term.

The Nominating Committee has recommended the election of the following slate of officers and board members:

- President/Chair - Joan Kahn
- Vice President/Vice Chair, Eddie Rivas
- Secretary, Caroline Lewis
- Treasurer, Vic Cohen
- Board members at large:
 - Laura Bach
 - Arthur Becker
 - Marjorie Bender
 - Ben Consilvio
 - Steve Loberbaum
 - Barry Perlis (Past Pres., ex-officio)
 - Owen Ritter (Immediate Past Pres., ex-officio)
 - Eleanor Sorbello
 - Sheila Taylor

and following the election.... renowned *Washington Post* columnist Bob Levey to address PCV

Washington Post prize-winning journalist, Bob Levey will provide an insider's perspective of life at one of the nation's most prestigious newspapers beginning in the 1960s. His presentation on **June 27** at the Potomac Community Center, **7-9 pm**, will amuse attendees with stories of how a special talent landed him his first job at the *Washington Post*, and what it was like to work with Ben Bradlee, Katharine Graham, Carl Bernstein and Bob Woodward. Click [BOB LEVEY](#) to register.

Active Aging Expo: Technology for Aging in Place

Potomac Community Village is on top of current events!

Thank you to PCV member Joyce Rudick who attended Gaithersburg's annual "Active

We are increasingly learning about the consequences of isolation and loneliness on the emotional, physical, and cognitive health of older adults.

In the past decade, an antidote to social isolation has emerged nationwide through the "Villages Movement" whereby local "communities" of neighbors help one another successfully age in place.

Most Villages are volunteer organizations offering a range of social activities and basic services. There are approximately 350 Villages nationwide and 74 in the Washington, D.C., metro area. While each Village operates differently, they share the mission to improve the quality of life for seniors and reduce isolation.

My work with Villages, both nationally and locally, has allowed me to witness firsthand how Villages are improving the lives of older adults. Whether they attend a Village seminar, luncheon, art tour, or bridge tournament, they are building those critical connections and having fun!

During the pandemic lockdown, our Potomac Community Village helped to reduce isolation by offering frequent Zoom programs as well as friendly phone calls and check-ins with members.

Villages are a great solution. I'd encourage readers to consider joining a Village where they can find new friends and a renewed sense of community. For more information, see vtvnetwork.org.

— Edgar E. Rivas (*he, him, él*), Potomac Community Village Board of Directors vice president, Village to Village Network, Potomac, Maryland

Potomac Community Village co-hosts Aging and Disabilities webinar, set for June 15



Aging Expo" on May 4th and handed out PCV brochures to attendees.

Another PCV member watched the Active Aging seminar entitled *Smart Homes: Smarter Care (Technology that Supports Aging in Place)*. Presented by the Montgomery County Commission on Aging, the panel gave listeners a snapshot of the wonders of current technology helping people age in their homes safely. Technology can monitor older persons at home by detecting motion, alerting to falls, monitoring activity for health, checking on medications, and connecting with family and friends. For information and resources about technology for aging in place, please contact the Help Desk.

A Village Benefit: Tech for social connection and tech help for hearing issues

Help with computer and phone technology is offered in advance of some of our events, with a session offered at **6 pm on June 27**, at the Potomac Community Center (just before the annual meeting and Bob Levey talk). [Click TECH HELP](#) to register.

Members can also get one-on-one tech help at their homes or by telephone. Help with hearing issues technology is also available from one of our members with this special expertise. Please contact the Help Desk for details on these member benefits.

Another Village Benefit: Help finding reliable vendors!

Recently, a PCV member called the Help Desk in a panic because her air conditioner was on the fritz, and hot weather was on the way! She had no idea which company she could trust to do the repair. The PCV Help Desk agent responded with the name of an HVAC company that other members confirmed had provided quality and reliability, as well as names of vendors from Washington Consumer Checkbook. It worked out well, reported our member. Her AC system is once again chugging along. Getting names from our suggested vendor list is one of the benefits of being a PCV member. You can find painters and

Along with Bethesda Metro Area Village, Potomac Community Village stepped up to co-organize a webinar for all villages across Montgomery County to help its members better understand the breadth of services available to older adults in the county. Village members are invited to the webinar presented **June 15, 1 pm** by Montgomery County's Aging and Disability Services to learn more about what Montgomery County's Department of Health & Human Services can provide for Village members.

Jennifer Long and Gemena Murchison of the Montgomery County Aging and Disability Resource Unit will present information on the unit's personalized hands-on assistance, referrals to services and specific information for older adults, people with disabilities and caregivers. Village members who need additional support to age in place, or need more care than a Village can provide, can access referrals to outside care and discuss care plans with a dedicated care manager.

Ms. Murchison is the new county care manager dedicated to village members through a pilot program funded through the Maryland Department of Aging. Ms. Long is Manager of Aging and Disability Resource Unit.

Register in advance [HERE](#) to receive the Zoom link for this meeting. Copies of handouts will be available for those who cannot attend.

plumbers, but also piano tuners, pest control and personal care services, to name just a few. Members can access vendor lists on the PCV website, or by contacting the Help Desk.

And Still Another Benefit - Storm Buddies!

PCV's Storm Buddies Program is designed for members who want to receive a phone call to ask if they need any assistance when there is significant snow, ice, or power outage. While we think of this most often in the winter, it works just as well when summer's thunderstorms knock out power. To be on our Storm Buddies "to be called" list, please contact the Help Desk.

Coming soon...

Though we tend to slow down for the summer, your PCV board and committee members are busy planning for the summer months and into the fall. We have a baseball game set for **June 29** (Click [BIG TRAIN](#) to register), and some walks on the Canal later on this month and in July. We have an ice cream party on tap for **July 10** (Click [ICE CREAM](#) to register), we're putting together a dessert pot-luck, and working on scheduling a sing-along live piano event for later in the summer. We're looking ahead into the fall, and hope to do a series of programs on "when your home no longer fits you" starting in October.

For these and more to happen, we ask for your help to share your ideas and your time. Please step up to make PCV even better. Just contact the Help Desk and one of our Board members will get back to you.

DID YOU KNOW? News from All Over

Could "musical medicine" influence healthy aging?

and, then there are romance scams...

According to NIA, it could!

[A recent report from the NIA](#) (National Institute on Aging) talks about recent studies exploring how music affects our brains. Could music improve the health of older adults? Can singing strengthen the connection between people and reduce social isolation and loneliness?

One study is testing out whether a musical improvisation program can improve brain function in older adults with mild cognitive impairment. Another is examining if music can lead to fewer older ICU patients experiencing delirium when on a ventilator. Reducing the incidence of delirium in such patients could lead to fewer people developing long-term cognitive impairment or needing to go into nursing homes.

Another study looks at whether music can lead to better sleep for people with dementia, who often experience waking up during the night. These sleep disturbances also disrupt their caregiver's sleep, contributing to poorer physical and mental health in people who already feel overwhelmed. The research team is developing a mobile app that will help caregivers tailor music to play before bedtime with a goal of a more restful night for all.

If this weren't enough....more Scam Scares courtesy of AI...

You've seen it in the news recently – Artificial Intelligence is changing our lives. AI has also provided a new tool for scammers. With AI, scammers can create audio messages that sound exactly like your relatives' voices. These realistic voice messages can trick you into giving money or personal information. Last year, consumers lost \$2.6 billion to this kind of fraud.

Often called "Grandparent Scams," the caller sends a clone of your grandchild's voice in distress and needing money. The Federal Trade Commission recommends how to protect yourself: **1. Slow down.** If someone asks for money, tell them you will call back, then check the phone number. **2. Resist pressure.** If the caller pressures

One of our members called our attention to another common scam that is increasingly common and targeting older individuals. "Romance Scams," involve perpetrators stealing photos of attractive people and creating a fake profile, using love to trick people out of money or gift cards. *The New York Times* reports that these con artists use dating apps to prey on lonely people, and older adults are the growing target, as older individuals have more money. These scammers sometimes develop long-term relationships, repeatedly stealing from their victims, and leaving people poor and heart-broken. Last year, the state of Maryland was ranked #12 in the U.S. in terms of monies lost to romance scams. Most shocking and some think as hurtful as the loss of money, is that scammers prey on their victim's loneliness resulting in the loss of trust in a new friend and the devastation of losing what they thought was love. [Click ROMANCE SCAM](#) to read *The New York Times* article.

Maryland Marks Protect Week, June 12-16, 2023

The Maryland Department of Aging is taking part in PROTECT Week (June 12-16) by launching a statewide public education campaign focused on keeping older adults free from financial exploitation. Maryland AARP will feature daily webinars and interviews with fraud experts. Free document shredding events will be offered throughout the state. For details on the programs & events click [PROTECT WEEK](#).

Suburban Hospital offers a monthly newsletter for older adults

[Click AMBASSADOR](#) to get a copy of the June *Village Ambassador Alliance Resource* newsletter, filled with information about classes and better health for older adults.

you, its almost always a sign of a scam.
Verify the caller before doing anything. **3.**
Listen for red flags. If the caller asks you
to keep it secret that's a BIG red flag.

OUR VILLAGE LIFE



Our Dependable and Vibrant Sheila Taylor

Editor's Note: Sheila Taylor has been an integral part of Potomac Community Village since its inception. Beyond her savy "tech" abilities, Sheila is there to offer a helping hand in many ways, never saying "no," and always keeping the board on an even keel. This month we asked Sheila to contribute her profile...

I was born many long years ago in the City of Brotherly Love (Philadelphia, PA). Upon graduation from college with a BA in physics, already married, and my husband in graduate school, it was I who had to find a job to support the two of us. And so, I checked newspaper want ads and found a job which sought math and/or physics majors. No idea what I was applying for, but whatever, it was worth a shot. The interviewer asked me if I wanted to work with computers, and I said, "What's that?" But the pay was good and I took the job. Basically,

I was taught how to write machine diagnostics in machine language which is a step below assembler and way below a compiled language such as Fortran. This official job training started off my lifelong career in IT.

With our first child on the way, it was time to leave the job, and then of course two more children came along. After a 4-year sojourn in New Jersey, we moved to Potomac in 1970 so my husband could start his career at NIST (formerly the National Bureau of Standards).

I began to think it was my time to start my career as well and I enrolled in the Graduate Program at the University of Maryland to gain some official credentials. With the Master of Computer Science degree in hand in 1974, I was ready to think about work. To my surprise, I saw a tiny ad for part-time computer help at NIH. Of course, I took that job and that started a 35-year career as part of the Intramural Program in the Dental Institute (NIDCR) at NIH, eventually moving to a full-time position from which I retired in 2010.

A few years passed, and I was looking for volunteer work, and came upon an article in the Potomac Almanac about the formation of a "Village" in Potomac. It sounded interesting and so I went to the meeting, and when the question of database experience came up, I volunteered to take that on. The rest is history, so they say.

I have been involved in several aspects of the Village, most notably, I have been the ride coordinator, membership support, Help Desk support, and other duties as assigned. And of course, I have been on the Board for 6 years as well.

It has been wonderful to see the Village grow and become the vibrant group it is now.

My 6 grandchildren ranging in age from 13 to 26 are my hobbies now, along with singing in 2 choruses – one is a Sweet Adeline's group which I have been part of for 17 years, and the second is a newly created Encore Creativity Rocks group. All add joy to my life and keep me very busy!

VILLAGE CONNECTIONS

We visited Glenstone on May 5, to see the new Ellsworth Kelly exhibit. Below are some of the more than 20 PCV members who came, and were very glad PCV had arranged for our visit.



Our Nature Walk on May 10 was led by naturalist Marney Bruce. Marney introduced us to an amazing variety of plants including Sweet Cicely, Dillium, Windstorm, Field Chickweed, and the exotic Clustered Snakeroot. We learned that the White Oak is the monarch of trees, offering shelter to 500 species of insects and birds! We saw Butternut Hickory, Persimmon, Sassafras, Basswood, Tulip Tree and Sycamore, and two Barred Owls. It was all quite wonderful, a beautiful morning!

Our interactive live docent art program on May 12 was on Italian Renaissance art.



We learned all about the History of Chocolate on May 18, with thanks to cookbook author and chocolate expert Sheilah Kaufman, a PCV member. Many thanks as well to Guittard Chocolate Company, our primary sponsor, and Harris Teeter for their donations of the different varieties of chocolate we tasted.

Coffee and Conversation met twice last month, on May 17 and on May 30, at the Corner Bakery. Below, images from May 30.



Members' Lunch at La Limena, on May 23, featured delicious Peruvian food and some learning about Peruvian history, culture and cuisine.



Thank you for your Generous Donation

Joan Kahn

Welcome New Members

Andi & Lou Sacks

Thank You for Renewing Your Membership

Meryl & Jeff Cohen, Joan & Richard Gorman, Joan Kahn, Mable Lam, Karen Lechter, Alberto Macario & Everly Conway de Macario, June Meyers, Anne Nunez, Kathryn Pontzer & Eddie Rivas, Colleen Shook and Penny Winder

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.

www.PotomacCommunityVillage.org

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