



Potomac
Community
Village

PCV Village View

July & August 2023

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

20854HelpDesk@gmail.com

240-221-1370

NEWS FROM OUR VILLAGE



PCV Members Elect 2023-25 Board

In a resounding show of PCV's vitality, more than 60 members attended our June 27th business meeting and voted to approve a dynamic slate of officers for the coming two years. Members include those who have dedicated many years of service to PCV, as well as those who've joined more recently.

They are: president and chair: Joan Kahn; vice-president and vice-chair: Eddie Rivas; secretary: Caroline Lewis; treasurer: Vic Cohen; and board members at large: Laura Bach, Arthur Becker, Marjorie Bender, Ben Consilvio, Steve Loberbaum, Eleanor Sorbello, Sheila Taylor, Barry Perlis (past pres., ex-officio), and Owen Ritter (immediate past pres., ex-officio). Their two-year terms begin July 1. Meet your Board. Register and come to an upcoming



Members of the Montgomery County Council showed support for Villages across the county in a breakfast meeting at their offices on June 28. Above, our newly elected President, Joan Kahn,

event by clicking [EVENTS](#). And, get to know the new PCV Board by reading some profiles at the end of this newsletter.

A special message from Joan Kahn, our new President

I am very happy and excited to help lead the Potomac Community Village. I especially want to thank Owen Ritter, our immediate past president, for his commitment and willingness to have extended his term in order to guide us through the pandemic.

But now we're back and thriving, thanks in part to the energy and enthusiasm of our new Director of Engagement, Lynette Ciervo. As anyone who has met Lynette knows, she is full of great ideas and experience. And I'm confident that our new board will help us achieve our goals of building connections and providing support to each other in functional ways through rides and other forms of assistance, and also in social ways, getting together and having a good time.

One of our goals this year is to expand and broaden our programming. We will continue to have our monthly speaker series, supplemented by new cultural programs including the successful art talks, as well as some museum trips and other outings to cultural events. And we will continue to meet socially for lunch, coffee and other gatherings each month.

We also hope to expand our membership this year, so please bring your friends and neighbors to our activities. We know that there are many people in Potomac who would benefit from being part of PCV, and we will benefit from their energy, ideas and willingness to help us do even more.

I hope to see you soon at a PCV event. Keep cool this summer!

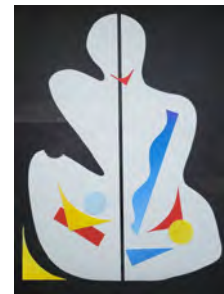
Joan

Potomac Community Village shows leadership — hosts Aging and Disabilities Webinar

spoke with our district council member, Andrew Friedson at the meeting. Members of 21 of the 26 Montgomery County Villages attended the meeting and talked about what Villages are doing to help older adults successfully age in place and to reduce isolation. The Council responded enthusiastically with a pledge to work more in partnership with Villages so older adults can "live in their communities in a safe and dignified way." Many council members acknowledged that area Villages truly help "strengthen our senior community." Follow-up meetings are being planned.

An invitation to PCV artists

We are planning a special program sharing the work of artist members who are currently working on new art work. Four of our members will be taking part, and we'd love to have more. Artists will show digital images of their work and talk about them, followed by Q & A. If you are a PCV member or volunteer and would like to share your art work, please contact us at 20854HelpDesk@gmail.com.



Sculpture by Marj Bender; collage by Sheila Moldover

PCV's volunteers provide a whole lot more than a car ride...

PCV is a lot more than transportation, social events and monthly speakers — though we do all of that.

Did you know that a PCV volunteer can wait for a delivery at your home if you have an unexpected need to be at a doctor's office or take care of a sick grandchild? Or we can water your plants when you go on vacation,



On June 15, 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 Montgomery County. Attended by over 45 Village representatives, the program debuted a pilot program to support the county's most vulnerable older citizens, and outlined Montgomery County's many other valuable services for our aging population. Jennifer Long, Program Manager of the Office of Aging and Disability Services, Aging and Resources Unit; and Gemena Murchison, Village Care Manager, conducted the zoom presentation for Village leaders.

The program was initiated by Eddie Rivas, (VP of Potomac Community Village), introducing the program, and co-hosted by Elizabeth Haile, Executive Director of Bethesda Metro Area Village. Among the services highlighted were protective services, the public guardianship program, social services for adults, and adult foster care programs. More details about all Montgomery County's Aging and Disability services can be found by clicking [MC Older Adult Services](#). For updates, members were encouraged to watch Montgomery County cable television program, "50+ in Montgomery County" on Comcast and RCN Ch. 6, Verizon Ch. 30, and accessible on the county website by clicking [50+](#).

Gemena Murchison gave an engaging outline of the pilot program to help our most fragile older adults. With elders' safety a priority and serving to triage and advise older citizens at risk in our county, Gemena will work with one leader from each village to identify and provide help for those most in need. She will engage, as needed, in immediate intervention including in-person visits accompanied, if needed, by the Village representative. The response will include referrals for legal aid and medical assistance. PCV members are encouraged to contact her through our Help Line **(240-**

or pick up medication from the pharmacy, or run another errand. PCV volunteers can even deliver home-prepared meals to you, for when you come home from the hospital or rehab.

PCV volunteers can help with "convenience services" which are activities that you used to do routinely, but aren't so easy for you now. We offer these services on a temporary basis. It's the kind of help you would get from a neighbor, and that's exactly what PCV is — neighbor helping neighbor. If you need help of any kind — please contact the PCV Help Desk at 240-221-1370 or 20854HelpDesk@gmail.com) and we'll see what we can do to help out.

Lots happening this summer!

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 members' ice cream party on tap for **July 10** (Click [ICE CREAM](#) to register), a members' picnic on August 28, and in between, two lunches, three Coffee and Conversation social gatherings, a trip to the Clara Barton home, and other events now in the planning stages. We're also looking ahead to the fall, when we expect to do a series of programs on "when your home no longer fits you," and events on how to prevent being scammed as well as ways to save money on Medicare enrollment options.

For PCV to be able to offer these events and more for our members and our larger non-member community, we need *you* to share your ideas and your time. Do you have expertise or an interesting background to share for a Lunch & Learn program? Is there a speaker you've heard elsewhere who you think would be a good fit for PCV? Are you a docent at an area museum, or just someone who likes museums, and could arrange a tour for us? Can you offer your home for a social event, such as our recent Beer Tasting? Please step up to make PCV even better. Just contact the Help Desk and one of our Board members will get back to you.

221-1370), our PCV representative, Joan Kahn, if they know of any older adult in our Village who may need this help.



Our museum docent programs are a hit

Created by PCV member Barbara Goldberg, our virtual museum tours with a live docent routinely have over 30 members and guests in attendance. Pictured above, just before our "tour" of the Getty Museum, PCV president Joan Kahn presents Barbara with flowers to thank her for her on-going efforts. Watch your emails for information about more virtual museum tours coming this fall.

PCV 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 a power outage, or any weather-related emergencies. While we think of this most often in the winter, with snow storms, 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.

DID YOU KNOW? News from All Over



As an Elder you're in the right state!

The Maryland Department of Aging announced that Maryland has been chosen by the Centers for Health Care Strategies as one of only ten states in the U.S. to participate in the "Multisector Plan for Aging Learning Collaborative." The Collaborative was designed to help states design the blueprint for developing services for aging



Simple tips for a long and healthy life*

At 109 years old, Vincent Dransfield still zips around town in his car every day, buying lunch, running errands and shopping for groceries. He lives independently in his own house in Little Falls, New Jersey, where he has resided since 1945.

successfully across the U.S. Jennifer Crawley, Maryland's Director of Multisector Plan for Aging said, "We are thrilled to have the opportunity to participate in this prestigious learning collaborative that will support Maryland's development of a comprehensive, forward thinking plan to better serve, celebrate, support and capitalize on the gift of longevity."

Of the 6.1 million Maryland residents, 1.7 million are 60 years or older. About 300,000 are over the age of 85, the fastest growing segment of the population, according to the U.S. Census Bureau. Marylanders are experiencing longer, healthier lives. By 2034, the census projects, for the first time in history, older Marylanders will outnumber children.

In other news about older adults, the U.S. Census Bureau just released a report ["America is Getting Older,"](#) which tells us that the median age of the U.S. in 2022 was 38.9 years, up 0.2 years over the past two years. Median age is the age at which half of the population is older and half of the population is younger. A deeper dive into the data in the report, which also looks at state and county populations, shows the same pattern in Montgomery County, where the median age in 2022 was 40.5, up from 39.7 in 2020. The median age for men was 39.5; for women 41.7.

Within Montgomery County, the age 65+ population in 2022 was up about 3,000 people from 2020, to 143,493 in 2022, about 13.6% of the county's 2022 population of 1,052,521. In that age 65+ group, more than 101,000 are women; about 79,000 are men; just over 24,000 total are age 85 plus.



People who live 100 years or longer aren't rare anymore, but it's uncommon for men to live that long. Among centenarians, 85% are women and 15% are men, according to the New England Centenarian Study based at Boston University.

Born on March 28, 1914, Dransfield not only enjoys incredible longevity, but does so with a fit mind and body.

Vincent gave a few of his outstanding tips for a long and healthy life:

Spend time doing what you love.

Dransfield spent more than 80 years serving as a member of the local volunteer fire department and was the chief for a period of time. What brought him happiness and kept him going in life? He quickly answers: "The fire department. ... I met so many friends."

Stay active. Dransfield didn't lift weights or exercise in a gym, but he kept moving throughout his life. "I was 21 years old when I joined the fire department and that's the exercise I got every day. Structured exercise amuses him. "He laughs at people who jog. He's like, 'Where are they running to?'"

It's never too late to fix a bad habit.

Dransfield started smoking when he was 50 after a fellow firefighter offered him a cigarette and he liked it. But about 20 years later, he quit. One day he decided to just stop smoking. He threw the cigarettes out and that was it. He just never smoked again.

And finally, ***Stay positive!*** Dransfield considers himself an optimist. He also has a great sense of humor and likes knowing everybody's name in town. He always had such a positive upbeat attitude, even when his wife passed away. He lived for her, but he was determined to keep on living.

*Submitted by member Allan Wang and excerpted from "Man, 109, who lives alone & still drives his car every day" by A. Pawlowski, for NBC Today, 4/19/2023.

HEARS some Help for your EARS

60-year and older Montgomery County residents can qualify for affordable hearing aids and PSAPs (personal sound amplification products) through a new

Do you feel isolated? Tour the world for free

In keeping with our advice for our members who occasionally feel isolated or alone, the joy of travel can come into your home with this wonderful free service brought to our attention by PCV member Allan Wang. "World Virtual Tours" presents free, live narration by archeologists, historians and licensed tour guides of some of the world's most fascinating places. Click <https://www.worldvirtualtours.online> to embark on your next live trip!

program. Supported by the Montgomery County Dept. of Health and Human Services the program is entitled "Access HEARS," and individuals must qualify with eligible incomes. Click [HEARING](#), for information or call Shelley at 410-870-9373.

VILLAGE SPOTLIGHT



Joan Kahn, President, Chair

Recently retired from the University of Maryland after 36 years as a professor of Sociology, Joan's current role as PCV president is a continuation of both her professional and volunteer lives. She joined PCV in 2013, after hearing about a new Village in Potomac. She knew about Villages because of her professional expertise on population and aging, and, with a husband who was disabled, was pleased that it was close to home with potential to help them in the future.

Joan has served as co-chair of our Programming Team, as vice-president, and most recently, as co-chair of our Membership Team. She also built the ties we now have with the Potomac Community Center by developing a Memorandum Of Understanding with the Center and the county's recreation department, enabling PCV to hold meetings at the Center at free or reduced rental rates.

Being part of a larger community through volunteering, which she also does at her synagogue, is what she saw in her own parents as they aged and were role models for her about how to age well. Says Joan, "I saw the importance of having engaged in older years, the importance of creating connections and building community. Community is something that has always been very important to me."

As a professor at Maryland, Joan was a social demographer whose research focused on issues related to social changes in the U.S., with much of her work focused on aging processes, gender and health inequalities, and intergenerational relationships. She has been a faculty

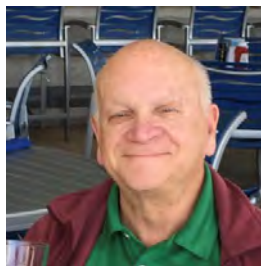
associate of the Maryland Population Research Center (MPRC) since its founding in 2000, and served as associate director of MPRC from 2009-2012. She recently joined the board of trustees of the Population Reference Bureau, a non-profit research organization in DC which focuses on population issues both in the US and overseas. She recently established, with a significant gift, the Dr. Joan R. Kahn Endowed Graduate Research Support Fund in Sociology. The new fund will be used to offset research expenses associated with the completion of graduate students' degree programs.



Eddie Rivas, Vice President, Vice-Chair

Retired with more than 35 years as a gerontologist at the national, state, and local levels, Eddie's enthusiasm for continuing to serve as the vice president of Potomac Community Village comes from his passion that Villages fulfill needed services for older Americans beyond that provided by our public and private sectors.

Eddie is one of our nation's most effective advocates for the Villages model, as well as for the national and local rights of our elders. Eddie's exceptional professional and volunteer commitments include current appointments to numerous boards of key Village organizations, as well as natural history work with local parks. He founded the Vertical Village at Wildwood in Arlington, VA, was secretary of the Washington Area Village Exchange and served as vice chair of the Montgomery County Commission on Aging, the influential citizens' advisory body on aging issues in our county, as mandated in the Older Americans Act. Eddie worked on the House Select Committee on Aging and was an early proponent of using the outdoors for educational activities to support individuals with disabilities. With a finger on the pulse of issues that affect each older adult, Eddie's role as PCV Board's community liaison is sure to bring PCV strong guidance.



Vic Cohen, Treasurer

PCV's treasurer since 2018, Vic has been a Village member since 2015. He's also treasurer of another local nonprofit, the Jewish Genealogy Society of Greater Washington, and says he really enjoys the bookkeeping responsibility for these nonprofits as he improves the financial performance of both. He's hoping to see increased financial support for PCV this year from our local Potomac community, which he sees as enabling PCV to provide additional resources and special programming to our larger Potomac community.

Retired from the federal government after 44 years, Vic spent most of his time there with the Environmental Protection Agency, after working at the Department of Defense. While at DoD, he developed administrative systems and maintained the Army Material Command's database covering 50,000 civilian employees. At EPA, Vic was responsible for all long distance services nationwide, designed the agency's first procurement tracking system, and helped manage the agency's IT budget. Now that he's retired, Vic spends most of his time working with QuickBooks, playing golf, researching his family tree, heading up PCV's winter-time Movie and a Meal program, working in his synagogue's kitchen to help prepare Shabbat lunches, co-chairing an annual conference on Jewish Genealogy and enjoying many of PCV's social and educational events.



Caroline Lewis, Secretary

Caroline hopes her service as secretary of the Potomac Community Village will fulfill her life-long interest in issues that face us as we age. Caroline has an expertise in helping older Americans adopt technology for safety and to combat isolation, especially technology for hearing impairment. She helps create the PCV newsletter.

With a career in communications, Caroline managed publicity for a number of national public relations firms with a specialty in corporate support of the arts and entertainment. Her work helped define the birth of blockbuster exhibitions in the U.S, which attracted broader constituencies and under-served populations to our national cultural centers. As senior vice president of Rogers & Cowan, an entertainment publicity firm headquartered in Los Angeles, she worked under Mabel Brandon, former White House Social Secretary, defining a modern era of museum underwriting. Subsequently Caroline founded the Washington office of The Schmertz Company (headed by Herb Schmertz, Mobil's architect of PBS's "Masterpiece Theatre"). Among award winning campaigns she helped create was "Look Good, Feel Better," launched in the 1980's with the American Cancer Society, which endures today.

VILLAGE CONNECTIONS

We had two Coffee and Conversation social gatherings last month. This photo shows a few of the people who attended on June 14 and the photos below features our June 28 get-together.

Pictured below. From founding a newspaper at age 6 to becoming a beloved columnist for *The Washington Post*, Bob Levey entertained a delighted crowd with his presentation "Golden Era at The Washington Post," at the Potomac Community Center on June 27.



Learning how to text at our Tech Class
on June 27, just before our annual meeting.



Below and at right are scenes of members and friends gathering together at our **annual meeting, followed by an engaging talk by special guest Bob Levey, on June 27.**



Pictured below, our Beer Tasting event was tasty and very informative. We learned that one of the most common myths, that you should drink your beer ice-cold, is completely wrong. If you want to enjoy the taste of beer, you should take it out of the refrigerator about a half-hour before you expect to drink it, and serve it at about 50 degree F. Otherwise, said beer expert Steve Frank, you're just drinking flavored water. Our thanks to PCV members Don and Sheila Moldover, for offering their home for this program.



Below, loyal PCV Volunteers Margie Ritter and Lisa Wang check in the big crowd attending our monthly speakers' program featuring Bob Levey.



Pictured above, **Outgoing PCV President Owen Ritter** chats with member **Don Moldover**. Pictured to the left, **Lynette Ciervo** continues her valuable contributions to PCV by arranging for **Bob Levey's** presentation, and introduced him at the event.



Our two Sheilas (Sheila Taylor (l.) and Sheila Moldover (r.) meet **Bob Levey**.



Above, **new member Sandy Becker** talks about how much PCV means to her and to her husband.

Below, **Joan Kahn accepts the presidency** at our annual meeting, followed by **Bob Levey's** presentation.

Several PCV members attended the County Council Villages breakfast event on June 28. Below, PCV President Joan Kahn and Secretary Caroline Lewis talk with council members Andrew Friedson and Evan Glass.



Thank you for your Generous Donation

Charlotte Freeman, Sharla Neuberger

Welcome New Members

Laura and David Bach

Welcome to these Recent Volunteers

Linda Miller, a driver; Josh Piety, providing tech help; Mark Scher, providing help with household chores

Thank You for Renewing Your Membership

Judy Abrams, Marcia and Abe Akresh, Jane and Simon Babil, Sandra and Arthur Becker, Jane Blocher, Elizabeth Cahan, Judy Chung, Vic Cohen, Bruce Davis and Evelyn Jacob, Jeannette Eisler, Myra and Daniel Framm, Dorothy G. Gardner, MaryAnn Goldenson, Carol Hankin, Sabina Herrmann, Nancy Huang, Anita Kallfelz, Marie Kramer, Steve Lorberbaum, Thalia and Arnold Meltz, Sheila and Don Moldover, Barbara Patigalia, Shirley Pearlman, Linda and Barry Perlis, Cecile Plost, Min Ricard, Margie and Owen Ritter, Jeffrey Rubin and Michele Bloch, Joyce Rudick and Sheldon Balbirer, Millie and Mel Rumerman, Susan Schaner, Susan Tipton, Leonard and Michelle Tow, Nelly Urbach, Margaret Vogel and Marvin Friedman, and Connie Winternitz

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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