



Potomac Community Village

PCV Village View

October-November 2023

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

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NEWS FROM OUR VILLAGE

PCV is Hosting an Open House

PCV is hosting an Open House on **Nov. 18th from 2-4 pm** to let our community know more about our Village. Please tell your family and friends about us! To continue our work as a vibrant Village, we need more members and new volunteers. The Open House will be at a private home in Potomac and will feature food, fun and good conversation. Attendees should register at our Help Desk at [240-221-1370](tel:240-221-1370) or 20854helpdesk@gmail.com Thanks for helping us spread the word!



Potomac Day is October 21! Celebrate and support our village!

We encourage every member to join us for Potomac Day, **Saturday, October 21 from 9 am - 3 pm**. This is what PCV is all about — supporting each other so we can age in our beloved Potomac. Held in Potomac Village in the parking lot near Potomac Pizza at River & Falls Roads, the event provides a must-see display of Potomac life.

We are calling for volunteers to walk around the fair for an hour or two, telling attendees about PCV or to sit at our booth to tell those who stop by all about PCV (we'll give you all the information and all the hand-outs you're likely to need). You'll even get to wear a yellow PCV t-shirt! To volunteer to staff our booth or circulate at Potomac Day, or for any questions, please email us at info@PotomacCommunityVillage.org, or call [240-221-1370](tel:240-221-1370). While you're there, you can visit all the other booths at this Potomac Chamber of Commerce-hosted event, where you'll get free gifts, often some candy or other goodies, and learn more about the place we all call home.

Join us at some or all of these upcoming events...

PCV's Speaker Series on Thursday, Oct. 19

Our monthly program looks at how to enhance your energy throughout the day with a talk **"Five Little Known Culprits That are Keeping You Exhausted... and the Fastest Ways You Can Increase Your Energy for Good,"** with Granetta



We have a new Green Group!

PCV is starting a Green Group and we would love for you to join us! Let's work together to ensure a brighter future and greener planet for our grandchildren! Though still in its initial stage of planning, the Green Group hopes to provide interesting opportunities for discussing key climate issues, will host informational sessions and movies to learn more, and perhaps hold a book club discussion with a kick-off event coming soon. We would like to hear your ideas. Stay tuned. Contact Lynette Ciervo for more information LynetteCiervo@gmail.com.

Did you hear?: A New Chemical Process is Offering New Hope for Mixed-Plastics Recycling

A very small portion of our plastic waste is actually recycled. But a team of engineers at Columbia University has found a new solution to an old recycling problem of how to recycle mixed plastic, like yogurt containers, plastic forks and soda bottles. Using a new chemical process, they are learning how to successfully break down different types of plastic which could give new life to many items that end up in landfills, according to an article in *Scientific American*, Oct. 1, 2023. Click [here](#) to learn more.

Coleman, who'll tell us all about the foods that are energy stealers and the energy-boosting foods you can easily integrate into your diet. All are welcome to attend this program at the Potomac Community Center, on **Thursday, Oct. 19, 7 pm**. Click [EXHAUSTED](#) or call us at [240-221-1370](tel:240-221-1370) to sign up.

PCV debuts "Dessert Bar" with sweets and song on Oct. 20!

We know you love our lectures and educational programs, but PCV also wants you to engage with each other! This interactive event is created to encourage everyone to expand their social connections. With that in mind, we're kicking off what we hope will soon become a sweet tradition with PCV's first **"Dessert Bar," on Friday, Oct. 20, 1:30 - 3 pm**, at the Potomac Community Center. Our inaugural program features David Satinsky who will play his ukulele and lead us in a sing-along of popular tunes. Attendees are invited to bring finger-food desserts to share; PCV will provide paperware and beverages. Friendships are made when we make connections with each other, so please join us by clicking [DESSERT](#) or by calling [240-221-1370](tel:240-221-1370).

Medicare Update: Getting the Most Out of Medicare, on Monday, Oct. 23

A mission of PCV is to inform our membership — and our larger community — about issues critical to them. With many of us on Medicare, it's important to review our plans and choices every year. **Join us at this free workshop, on Monday, Oct. 23, 3:30 - 5:30 pm**. This program is designed to help us save money and avoid aggravation as we prepare to sign up, or



Introducing PCV's new theatre series

Mark your calendars, because on **Wed., Nov. 29** we have a special treat in store — an afternoon at the theatre for PCV members! We've secured a block of center-row seats, at a reduced price, at the Olney Theatre to witness the timeless classic, "Fiddler on the Roof." Join fellow PCV members to enjoy this beloved musical that has touched hearts and resonated with audiences worldwide for generations. Click [FIDDLER](#) to buy your tickets, learn more.

Save the date for our December Holiday Party!

PCV's **December Holiday Party**, set for the afternoon of **Thurs., Dec. 14 from 2-4 p.m.**, has now become a tradition, and this year, we're combining it with an older tradition, one where we celebrate our members' **Milestone Birthdays**, which we have not done since 2021 — and that one was on Zoom!

What are Milestone Birthdays for our members? Ones that mark age 60, 65, 70, 75, 80, 85 and age 90 and up. So please save the date!

change our 2024 Medicare plan during this year's Open Enrollment period which runs from Oct. 15 to Dec. 7. Our expert speakers will guide us on Medicare changes, help us learn how to compare plans, offer guidance on ways to save money and help us make sure we're selecting the right plan for our needs.

Advance registration is not required, but it will help us know how many hand-outs to prepare if you register in advance, by clicking [MEDICARE](#) or by calling [240-221-1370](tel:240-221-1370).

Death Cafe resumes on Oct. 27, with "What is a Green Burial?"

Join a virtual and thoughtful discussion about death in this month's Death Cafe event, created just for PCV members. Set for **Friday, Oct. 27th, from 3 - 4 pm** on Zoom, the discussion will be led by our Death Cafe leader, Patricia Dubroff, with special guest Eric Cathcart, who will shed light on the intriguing concept of a green burial. A green burial applies to any burial that incorporates eco-friendly practices. Death Cafe is not a grief support group but rather a part of a national movement focused on fostering thoughtful conversations about the topic of death in a safe and nonjudgmental space. Please register by clicking [CAFE](#).

Two Arts Programs Coming in November - Nov. 3 and Nov. 9

On **Friday, Nov. 3, at 10:30 am, we're visiting, via Zoom, the American Visionary Arts Museum**, which specializes in the work of what are called "outsider artists," those who've had no formal art training. This event is another in our virtual interactive art events in partnership with the

All members who celebrated milestone birthdays in the past two years will be getting a personal invitation. Not all of our members have told us the year in which they were born. If you're in that group, we'll be sending you an email asking you to share that information (we don't ask for your date of birth — just the year). Please respond, so we can add you to our list of Happy Milestone Birthdays!

Our party is open to all PCV members and friends, and, of course, our volunteers. Click [PARTY](#) to register, to learn more.

Social Isolation, Darkness, and Winter

We all know there are many benefits when we make new social connections, no matter what age we are. We also know about the negative effects of social isolation, which many felt during the pandemic. But sometimes it's hard to make those new connections.

With this in mind, we are inviting any member who feels a little bit isolated, or a little bit depressed as darkness falls earlier and earlier, and the weather gets colder, to contact the Help Desk to ask for a friendly phone call or a friendly visitor, or, if you don't feel comfortable driving, to ask for transportation to one or more of our PCV-hosted events. All of our events have room for more members to come to them, even gatherings that have been on-going, such as Book Group, Death Cafe and Coffee and Conversation. Come to our Speaker Series on **Oct. 19**, or Dessert Bar on **Oct. 20** or our Medicare Update on **Oct. 23**. This is what our Village is all about — reducing social isolation, making new connections, and enabling our members to successfully

Potomac Community Center Seniors Program. Click [VISIONARY](#) to register, or call 240-221-1370.

The following week, on **Thur., Nov. 9 at 2 pm, we're at the Getty Museum**, for a virtual interactive art program on The Monuments Men. Click [MONUMENTS](#) to register, or call 240-221-1370. Both of these arts programs are at the Potomac Community Center.

Don't be alone, join PCV's Holiday Friends

Thanksgiving and the December holidays are coming soon, so PCV is again launching **Holiday Friends**, where members invite other members who might otherwise be alone, to join them in celebrating a holiday. Members who would like to host or receive an invitation for any holiday, should contact the Help Desk at 20854HelpDesk@gmail.com or call [240-221-1370](tel:240-221-1370). Hosts will contact their guests directly. Those who participate are asked to be fully vaccinated with the most up to date vaccines, and perform a home test for Covid-19 before attending.



Thank you to Audrey Rothstein for taking photographs of our Board of Directors members to appear on our web site. Members can now read about (and see) the talented people serving to lead the Potomac Community Village. Click [BOARD](#) to view the board profiles.

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Big Turn-out for PCV's Artificial Intelligence Talk

PCV's September 28 speaker, Washingtonian Magazine-named Tech Titan, Carl Szabo, gave our members as well as the public a fascinating talk about Artificial Intelligence (AI). Addressing an engaged and attentive audience, Szabo reassured attendees that rather than being a harbinger of doom, AI is poised to enhance our lives in ways we have yet to fully appreciate.

He delved into the potential of AI to revolutionize healthcare and education. AI's ability to process vast amounts of medical data could lead to earlier and more accurate disease detection, improved treatment recommendations, and faster pharmaceutical development. He talked about AI's role in making education more accessible and effective, from personalized learning pathways to AI-driven tutoring



What fun we had at the Royal Tandoor restaurant on Oct. 12 as part of our Adventures in Dining series!

systems, thus empowering educators and learners alike.

Szabo concluded his talk by emphasizing the importance of safeguarding against fraudulent uses of AI. He provided practical advice on adopting general cybersecurity best practices so that individuals can protect themselves. Here are his top three *Must-Do* tips for everyone to protect themselves from fraud:

1. Be sure your email address(es) has a unique and complex password. Do not repeat this password anywhere else.
2. Create these unique and complex passwords for all your accounts, especially financial accounts, and enable two-factor authentication for extra security.
3. If you are a victim of fraud in any account, move quickly to contact the account institution.

DID YOU KNOW? News from All Over



Optimism on aging can help your health, even if you're



Vaccination Update:

Covid-19, RSV and the Flu vaccines now available, and

How to order *free Covid test kits*.

already old!

A recent article from *The New York Times* cites studies that say that if you have a positive image of aging, you're likely to live longer. This is particularly true for women, says the data, and is true even if you're already an older adult.

Negative stereotypes of aging are everywhere, and they affect our attitude about the aging process and our health, according to Becca Levy, a professor of epidemiology at Yale and the author of "Breaking the Age Code: How Your Age Beliefs Determine How Long and Well You Live." She suggests a simple exercise — a week of "age belief journaling," in which you write down every portrayal of an older person — whether in a movie, on social media or in a conversation. Then question if that portrayal was negative or positive, and whether the person could have been presented differently. People can strengthen their positive beliefs about aging at any age, even in their 80s, notes Dr. Levy. To read the article, click [POSITIVE](#).

Click [HERE](#) for Suburban Hospital's newsletter for older adults

Dolly Parton's anticipated album is here!

All of us who are age 60+ are advised to get vaccinated this fall to prevent what some health professionals call a "[tripledemic](#)" winter, and for each of us to reduce the effects of any illness we might get from Covid-19, the flu and RSV (Respiratory Syncytial Virus). Updated vaccines for each of these are already here.

Click [VACCINE](#) to sign up for vaccines at area grocers and pharmacies in our area, or schedule with your health care provider. [According to the Johns Hopkins Bloomberg School of Public Health](#), it's best to get flu shots in September to October to provide protection against outbreaks that can start as early as late October or as late as in December; and get vaccinated against RSV and Covid-19 on a schedule suggested by your healthcare provider.

Also, the federal government is offering 4 free rapid Covid-19 test kits for each U.S. household. You can order yours by Clicking [TEST KITS](#).

Don't Forget - Seniors in Montgomery County have many free transportation choices

One of PCV's valuable membership benefits is providing you vetted drivers for rides to appointments or for errands. Montgomery County also offers many free transportation options, and Metro has senior reduced fares (Metrorail).

Do you want to spend an afternoon in lovely downtown Bethesda? Pick up the Ride On Bus at Seven Locks Elementary School and once in Bethesda, get around on the free Bethesda Circulator bus. If live in Park Potomac, you can catch the Ride On bus to shopping at Westfield Montgomery Mall.



Says Dolly about releasing the song, "Let It Be," ... "Well, does it get any better than singing 'Let It Be' with Paul McCartney who wrote the song? Not only that, he played piano! Well, it DID get even better when Ringo Starr joined in on drums, Peter Frampton on guitar and Mick Fleetwood playing percussion."

"Let It Be" is the latest song in one of the year's most-anticipated album releases, [Rockstar](#) featuring Dolly Parton taking on some of the most adored songs in Rock n' Roll history. You can hear "Let it Be," on You Tube by clicking here [LET IT BE](#)

Ride On provides older citizens with free rides every day, all day on all MCDOT Ride On buses. Seniors can get the Senior SmarTrip card, or use their Reduced Fare SmarTrip® photo ID card (formerly Metro Disability ID card), Medicare card with a current photo ID, or a MetroAccess card for free rides on most Metrobuses within the county. For detailed Montgomery County transportation information click [TRANSPORTATION](#).

VILLAGE SPOTLIGHT

Welcome to Our Three New Board Members



Laura Bach, Board Member-at-Large

Laura is very glad to have joined PCV's board, and sees it as part of what she has always enjoyed doing - helping people and making a difference in the Potomac community. As a long-time resident of Potomac, and a realtor with Compass, Laura is deeply engaged in her community and treasures the relationships she has developed over the years with her neighbors and friends. From organizing Halloween parties to Labor Day picnics to Boy Scout events, Laura's can-do attitude is infectious. A passionate advocate for her son who has Asperger's Syndrome, she also enjoys working out, gardening, and spending time with her husband, twin boys, and dog Jessy.



Arthur Becker, Board Member-At-Large

Arthur retired five years ago after a long career as a Board Certified Obstetrician and Gynecologist. Arthur and his wife Sandy joined the PCV two years ago, to be part of an organization that will enable them to expand their social and intellectual activities. He is interested in maintaining our Village and helping it to grow.

Arthur was born in Brooklyn, New York, graduated from The City College of New York and then graduated from the State University of Iowa, College of Medicine (Iowa City). He then spent nine years in the U.S. Army Medical Corps, doing his internship and residency (5 years at Walter Reed Army Medical Center) and then 4 years as Chief of OB-GYN at two military hospitals (Nuremburg,

Germany and Ft, Carson, Colorado). Arthur achieved distinction, being discharged as a Lt. Colonel.

Arthur was in private practice in Ob-Gyn in Washington, D.C. and Bethesda from 1970 until 2018. His academic appointment was as a Clinical Professor of Obstetrics and Gynecology at The George Washington University School of Medicine. He is a Life Member of several local and national professional organizations.

Arthur and Sandy have three married daughters and eight grandchildren(ages 23 to 34), with two of their grandsons married. Arthur's hobbies include reading, walking, working out with his exercise trainer, photography and traveling which has taken him to all seven continents.



Marjorie Bender, Board Member-At-Large

Marjorie and her husband Jeff have been members of our Village for well over 5 years. She joined to expand her social connections and in addition to being a PCV board member, has recently helped launch our Villages' new Green Group as well as being active with Elders Climate Action.

Marjorie was raised in Cincinnati, Ohio with a large extended family. Following undergraduate school, she received a Master's Degree in Fine Arts from Ohio State University in 1970. Living in Columbus, Ohio after marriage and settling into parenthood, Marjorie became an artist-specialist in the school system. She also maintained an art studio where she worked in various media to be presented in shows and galleries. Jeff and Marjorie decided to leave Columbus in 2006 and move to our area to be closer to their children, other family and friends. Jeff has made new friends as a lover of games and Marjorie has continued working in her art studio and traveling back to Ohio to mount art shows. She continues to paint and currently has a show entitled "Heroic Women" at the Sharon Weiss Gallery in Columbus, Ohio.

VILLAGE CONNECTIONS

Making it easy to create new social connections is a key goal of our Village. Here are photos from our Coffee and Conversation events.

Below, September's Coffee and Conversation, and...



another one in October.



Many PCV members as well as community members listened to Tech Titan Carl Szabo discuss how AI will change our lives at our September Speaker Series event.



Below photographer Avner Ofer entranced our audience with his amazing photographs of people and their cultures from many corners of the globe. The event is part of our arts and culture series in partnership with the Potomac Community Center Seniors' program.





Below, on September 12, we enjoyed one of our Adventures in Dining with Middle Eastern food at Caspian House of Kebab. In this image, we're listening carefully as PCV member and cookbook author Sheilah Kaufman teaches us about Middle Eastern and Persian food. You can see Sheilah talking to us in the second image below. Sheilah also shared spices with us as part of her talk.



Below, from left to right: Karen Jackson-Knight, head of the PCC Seniors' Program, Barbara Goldberg, PCV's Cultural Arts Chair, photographer Avner Ofer and PCV Director of Engagement Lynette Ciervo celebrate the partnership at our Sept. 8 event.



We always have fun playing Scrabble.
Here we are in September. Thanks to Linda Perlis for offering her backyard.



Thank you for your Generous Donations

Ellen McPherson, Steve Lorberbaum, Karen Lechter, Janet Schaffel,
Carol & Martin Lefkowitz, Paula Segal, Sandra & Arthur Becker

Welcome New Members

Joan & Thomas Lewis and David Satinsky

Thank you for Renewing your Membership

Rachel Becker, Julia Perlman, Gerald & Patricia Tomlin and Sol Gilman

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](tel:(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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