



PCV Village View

December 2023

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

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NEWS FROM OUR VILLAGE

A Little Help from Your Friends

A PCV volunteer helped member Jeannette Eisler replace a leaking window well cover at her home, "*He was meticulous and after*



Dec. 14 Party will honor our Milestone Birthday members and our wonderful volunteers

Everyone is invited to join in the fun when we celebrate the holiday season with great food, good conversation, live music with the wonderful Walter Ware, dancing, door prizes, *and* birthday cake as we honor members who've reached milestone birthdays in 2022 and 2023. We'll also be thanking our fabulous volunteers as we name our Volunteer of the Year! And we'll be collecting food for Manna Food Center to help others in our larger community.

What are milestone birthdays? Ones that mark age 60, 65, 70, 75, 80, 85 and age 90 and up. If this is YOU, please come to the party!

Members - please recommend your favorite volunteer(s) for our Volunteer of the Year by emailing us at info@PotomacCommunityVillage.org with the name(s) of your favorite volunteers, and telling us what the volunteer has done to assist you.

The Holiday Party is at the Potomac Community Center Social Hall, 2 - 4 pm, and is open to PCV members and

getting quotes for the job, ended up making me a new window well cover himself. No one else would have done such a careful job," said Jeannette.

We had a Successful and Fun Open House



PCV Board members welcome attendees at our Open House on Nov 18.



With a great turn-out, PCV's Nov 18 Open House, held in a private Potomac home, brought us new members as everyone enjoyed learning about PCV and sampling delicious treats.

Social Isolation and Wintertime...

volunteers, and to all friends of PCV. Members who expect to need a ride should indicate that when you RSVP. **You must RSVP, by Monday, Dec.**

11. Click [PARTY](#) to register. Donations in honor of one or more of our special birthday boys and girls, or in appreciation of PCV are very welcome. Please click [DONATE](#) if you wish to do so.

PCV's New Green Group Launches with Guided Nature Walk



Some members of the PCV Green Team!

By PCV Member Sylvia Diss

The Green Team gathered at Rileys' Lock House on the C&O canal on Nov.13, a brilliant autumn day, to walk two hours with naturalist Marianne Starr from the Locust Grove Center. We saw invasives such as Aziatic bittersweet, poison ivy and English ivy strangling trees, multiflora rose, and euonymus. We saw native trees like red and silver maples, sycamore, tulip trees, bladdernut, shagbark hickory, spice bush and green briar vines, and red seneca sandstone. We learned that oak trees can harbor as many as 500 species of caterpillars! We learned about Native Americans' care for natural systems, and

We all know there are many benefits when we make new social connections, no matter what age we are. We know about the negative effects of social isolation, but also know it's hard to sustain these social connections when it's cold out, or gets dark early, or the weather is iffy.

With this in mind, we invite any member who feels a bit isolated, or on edge or depressed as darkness falls 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 our PCV-hosted events.

Come to our Art Program on **Dec. 8**, or our Movie and a Meal on **Dec. 12**, our Holiday Party on **Dec. 14**, or a Coffee and Conversation on **Dec. 28**. Get ready for our annual Lunar New Year Lunch on **Feb. 13**. This is what our Village is all about — reducing social isolation, making new connections, learning something new, having good conversations and a good time, and enabling our members to successfully age in place. Please call on us at 20854HelpDesk@gmail.com or [240-221-1370](tel:240-221-1370).

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

PCV is again offering **Holiday Friends**, where members invite other members who might otherwise be alone, to join them in celebrating the December holidays. Members who would like to host or receive an invitation for a 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. **A great big thank those of you** who offered to host others for

talked about control of our deer population. We're so appreciative of Marianne's sharing her knowledge with us, during an amazing, wonderful morning! If interested in joining or learning more, contact Lynette Ciervo at LynetteCiervo@gmail.com.

Our next Green Group event is set for Dec. 5, when we'll gather to watch a presentation on a new book, *Climate Resilience for an Aging Nation*, with its author, Danielle Arigoni. Click [CLIMATE](#) to learn more, and to register.

The Green Group is also sharing the county's Department of Environmental Protection's message on ways to have a "greener" holiday season. Noting that the amount of household waste in the US increases an average of 25% between Thanksgiving and New Year's Day, DEP asks us to create a more eco-friendly holiday season by reducing waste, saving energy and shopping locally. Here's a link to their [GIFT GREENER CHALLENGE](#).

Thanksgiving this year for our Holiday Friends program.

Tips for Boosting your Energy...

Our October monthly program looked at how to enhance your energy with **"Five Little Known Culprits That are Keeping You Exhausted... and the Fastest Ways You Can Increase Your Energy for Good."** Speaker Granetta Coleman talked about the **5 power house energy foods** that could break through our fatigue and help us gain more energy. They are: 1. green fruits and vegetables. 2. Orange fruits and vegetables. 3. Nuts and Seeds. 4. Beans. 5. Whole Grains. She introduced us to the "Grain Train" which helps to evaluate our healthiest options. Click [GRAIN TRAIN](#) for the Grain Train and a few of her energy boosting recipes.

DID YOU KNOW? News from All Over

"I enjoy Potomac Community Village's resources and events, and enjoy meeting new people who are aging well with flexibility and courage." --- a PCV member who often comes to our Coffee and Conversation gatherings and many other events.

Perspectives on AI and the Digital Era from Older Adults

Many members attended PCV's Artificial Intelligence event on September 28th, coming away with new information and a new perspective on what AI might bring.

Now from the Mather Institute comes a report, *"Navigating the Digital Era: Older Adults' Views on GPS, Smart Speakers &*



Stay in Shape from Home with Senior Shape

"Being in Senior Shape helped me lift my 25 pound turkey on Thanksgiving, and more importantly my bone scan has improved," said a PCV member.

From Suburban Hospital comes "Senior Shape," a virtual strength and aerobics class (with some in-person classes at community centers), offered year-round. Each 45-minute class costs \$40 for 3 months and is designed specifically for seniors. Members often tune in on Zoom a few minutes in advance to chat and enjoy each other's company before exercising together.

To access the registration site, please go to [Winter Senior Shape Registration page](#). For help registering call 301-896-3844.

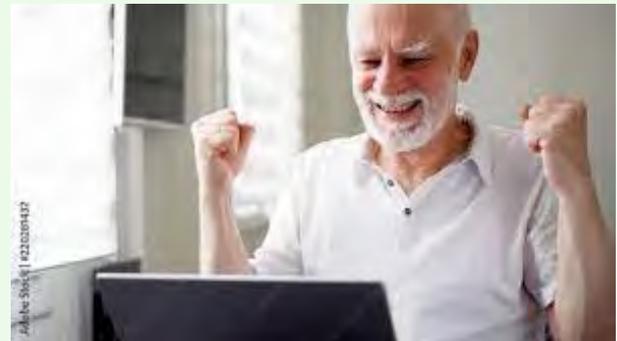
Vaccination Update:

News articles report that flu and Covid cases in Montgomery County are rising, and some institutions are reinstating mask requirements. A lower than expected percentage of older adults have received their updated Covid vaccination. Please get

AI." Surprisingly, nearly half of those 55 and better believe that artificial intelligence will make the world a better place in the future. Obtain this fascinating report by clicking [MATHER STUDY](#).

Are You a Super Ager?

Read below to learn more about Super Agers and some ways to become one.



Vernon Smith is at work on his computer at 7:30 am, beginning each work day with a demanding schedule as faculty on both the business and law schools at Chapman University. And Vernon is 96 years old. He's one of the Super Ager people – 80 years and older who are aging with remarkable memory and physical health. What are the secrets to becoming a Super Ager? Who are these age defiers and what role do genes and lifestyle play in aging well? Two recent articles shed light on these intriguing questions. You might have the "AARP Bulletin" magazine at home, or click [AARP Super Agers](#) to read the article. Northwestern Medicine reveals the 4 Habits of Super Agers, click [4 Habits](#).

Myth Buster: *If a family member has Alzheimer's disease, I will have it too says the myth.*

both your Covid and flu vaccinations through your health care provider or click [MD Vaccine](#) to sign up with local pharmacies and hospitals.

Also RSV (*respiratory syncytial virus*) has been on the rise, so older adults are advised to receive the RSV vaccination. Check with your health care provider and the link above to schedule this important protection.

The reality: A person's chance of having Alzheimer's disease may be higher if she or he has a family history of dementia, because some genes increase the risk. However, that does not necessarily mean that someone will develop the disease. A healthy lifestyle helps prevent Alzheimer's and many other diseases.

from the National Institute on Aging, NIH

VILLAGE CONNECTIONS

Making it easy to create new social connections is a key goal of our Village.

Here are photos from our new Dessert Bar program, where we sang along to ukulele music played by David Satinsky and from our Coffee and Conversation events.



Below, we enjoyed the beautiful weather, and watched the golfers from the Falls Road Golf Course Club House's screened porch at our Coffee and Conversation gathering on October 24.

We had several art programs over the past few weeks, thanks to Barbara Goldberg's efforts. One on Spooky Art from the National Gallery of Art, was held on Friday, Oct. 13.



Another, from the Museum of Visionary Art, took place on Nov. 3...



and we learned about art that was confiscated by the Nazis during World War II that eventually made its way to the Getty Museum, in a Nov. 9 program. These arts events are part of our cultural arts program in partnership with the Potomac Community Center Seniors'



and gathered indoors when it got colder in November.



Below, on Nov 14 we enjoyed one of our Adventures in Dining events, with lunch at Gringos & Mariachis in Park Potomac.

program. Our next one, featuring our docent's favorites from the National Gallery's collection, will be in Dec. 8.



We also learned about more than art, with a program on Getting the Most from Medicare, as we need to consider many options during Open Enrollment, which runs from Oct. 15 - Dec. 7, and a program called Don't Get Scammed from the County Consumer Affairs Office. Below, images from our Medicare event on Oct. 23.





and our Nov. 13 program on **how not to get scammed**, and what to do if you are.



All of these events that were held at the Potomac Community Center were free and open to all. With these programs, PCV provides useful information and an opportunity for social connections to our entire community.

Thank you for your Generous Donations

Joan Kahn, Jane Blocher, Jeannette Eisler, Merlyn Rodrigues

Welcome New Members

Dorothy Demeke, Rosemary Lange,
Ketema Redda & Berhane Christos, Susan & Charles Roistacher

Thank you for Renewing your Membership

Peggy Heller, Robert Kramer, Lois Shiner, John H. Smith, Barbara Goldberg,
Eunice Yu

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 interviewers, photographers, proofreaders and publicists.

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