



Potomac
Community
Village

Dec 2018 – Jan 2019

"your roadside assistance on the journey of life"

240-221-1370 info@PotomacCommunityVillage.org www.PotomacCommunityVillage.org

Potomac Community Village, PO Box 59424, Potomac, MD 20854

Want to know more, or want to join? Call us at 240-221-1370 Mon-Fri ; 9 - 5

Potomac Community Village News

PCV Is Here for YOU!

For many of us, PCV may serve mainly as a social club: meetings with presentations, tours, book club, walks-in-the woods. But PCV's fundamental reason for being is to serve as an "aging-in-place community" and provide assistance to members who need a helping hand. Most occasions of assistance are routine: an occasional ride to a medical appointment by a volunteer driver, replacement of a hard to reach light bulb by a volunteer handyman. But there are other occasions that are more serious: a home-confining illness, post-surgery recovery, loss of a spouse. PCV volunteers are also ready to help in these instances with food shopping or prepared meals, home visits and phone calls, rides to physical therapy or simply bringing over some library books. But in order for fellow members to help, they have to know about the need.



Jane B. had a need. She had a knee replaced and was fortunate in that she was discharged from the hospital in 24 hours and did not require admission to a rehabilitation center. But the knee was on her "driving leg," and she couldn't shop for food or get to physical therapy on her own. So she reached out and received help in the form of meals and rides to therapy sessions, along with moral support in the form of welcomed phone calls.

PCV volunteers can help you too when needed, but you have to let someone know. Tell a PCV friend or call the Help Desk at 240-221-1370 (Mon-Fri ; 9 am - 5 pm).

EVENTS OF NOTE

Using Voice-Controlled Devices for Enhanced Living & Safety

A PCV member will discuss how to use devices such as GOOGLE HOME and AMAZON ECHO to make common tasks easier and to increase safety. Learn how to use them for emergency phone calls and speaker-phone calls, and to create a shopping list, check airline flight status, check traffic conditions for a specific location, set up timers and reminders, check localized weather conditions and forecasts & more. Wednesday, January 16, 1:30 – 3:30 pm at a private home. Call the Help Desk at 240-221-1370 to sign up and get the location or use the website under ACTIVITIES. **Responses requested by Sunday, January 16.**

Talking with Your Doctor

PCV Board Member Steve Lorberbaum (owner of Assisting Hands Home Care) will discuss how to talk about health concerns, make decisions about treatment and follow up after the visit to your physician. At Potomac Community Center, 11315 Falls Road, Potomac. **Thursday, January 17, 7-9 pm at monthly meeting.**

Senior Call Check Program

The State of Maryland has begun a free program under which the Department of Aging will call enrolled Maryland residents 65 and older daily -- at a set time of an enrollee's choice -- to check on his/her well-being. If there is no answer after three tries, the agency will call someone you appoint to check on you in person. Call 800-243-3425 or register online at <https://aging.maryland.gov/Pages/senior-call-check.aspx>.

Holiday Friends and Storm Buddies

- Our **Holiday Friends** program is for PCV Members who want to invite a fellow Member or two, who might otherwise spend the day alone, for a holiday feast.
- Our **Storm Buddies** program is for PCV Members who would like a phone call to check on their well-being when the weather turns frightful – snow, ice, power outages, etc.

If you are a Member who would appreciate an invitation, wants to extend an invitation, or would like to get a phone call when it snows, please call the Help Desk at 240-221-1370 (Mon-Fri ; 9 am - 5 pm).

Three cheers for our renewed Members:

Valen Brown

Sol Gilman

Evelyn Burton

Dawn Goodman

Aravind Gore

Sara & Charles Huggins

Helen M. Lowery

Merlyn Rodrigues

Coreta Osborne

Julia Perlman

Kathleen F. McWilliams

David Schultz

Lois Shiner

John H. Smith

Sue Wilchins

Robert & Joan Spirtas

Allan & Lisa Wang

A Special Thank You to:

Carol Nerenberg who, for the past four years, printed our newsletter. Carol is moving on from her present position and is joining Coldwell Banker Residential Brokerage in Bethesda (301-718-0010). Thank you, Carol, for all you have done, and good luck at your new firm.

Calendar:

- **Tuesday, December 18, 1:30 - 3:30 pm.** PCV Members' Book Group meets, talking about "*Nomadland: Surviving America in the 21st Century*," by Jessica Bruder. Call the Help Desk at 240-221-1370 for location. **(Non-members are welcome to come *once* to try us out.)**
- **Thursday, January 3, 12 noon – 1:30 pm.** PCV's monthly **Social Lunch at Tally Ho Restaurant in Potomac Village.** RSVPs preferred by January 2. Phone 240-221-1370 (Mon-Fri ; 9 am - 5 pm). Non-members are welcome. Participants pay for their own meal.
- **Tuesday, January 15, 1:30 - 3:30 pm.** PCV Members' Book Group meets, talking about "*Educated: A Memoir*," by Tara Westover. Call the Help Desk at 240-221-1370 (Mon-Fri ; 9 am - 5 pm) for location. **(Non-members are welcome to come *once* to try us out.)**
- **Wednesday, January 16, 1:30 – 3:30 pm.** "**Using voice-controlled devices such as Google Home and Amazon Echo, for enhanced living and safety.**" At a private home. Call the Help Desk at 240-221-1370 to sign up and for location. (SEE PAGE 1)
- **Thursday, January 17, 7 – 9 pm.** "**Talking with Your Doctor,**" how to make the most of your medical appointments. At the Potomac Community Center. (SEE PAGE 1)

NOTE: For additional information on events, you can call the Help Desk at 240-221-1370 (Mon-Fri ; 9 am - 5 pm), or check the PCV website at www.PotomacCommunityVillage.org



to: proofreaders **Marcia Akresh, Len Blackman, Carol Hankin, Linda Perlis and Connie Wones**, press release writer **Helen Dalton** and "*Coming up with PCV...*" compiler **Hannah Fisher**.