



Potomac
Community
Village

Nov - Dec 2018

"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

Potomac Community Village News

WINTER POTLUCK DINNER / DECEMBER MEETING

Thursday, December 13, 6 - 9 pm

Potomac Community Center

The Pot Luck Dinner is open to all, not just PCV members. Mark your calendar and join us, and please let us know that you will be coming. Call the Help Desk at 240-221-1370 by Tuesday, December 11 or register online at the PCV website under ACTIVITIES/Potluck dinner. To make sure that we have a well-balanced assortment of food, please bring 8-10 servings of the category listed below according to the first letter of your last name. You can cook it or buy it.

A - E: Entree/main dish (your choice)

F - I: Fresh salads (coleslaw, carrot salad, potato salad, tossed salad, etc.)

J - M: Vegetable for side dish (baked beans, steamed veggies, etc.)

N - R: Appetizers (cheese and crackers, chips with hummus or other dip, veggies)

S - V: Desserts

W - Z: Pasta (spaghetti with a light sauce, mac and cheese, miso noodles, pasta salad, etc.)

Entertainment by "Famous Janes," a women's barber shop quartet that competed in the Sweet Adelines International Quartet semi-finals in 2016 and 2017.

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.

EVENTS OF NOTE

2nd NATURE WALK AT VIOLETTE'S LOCK: Wednesday, November 28, 10 am - 12 noon. See the landscape with most of the leaves gone, open views of the Potomac River and the bark structure and bud formation. Register by Monday, November 26, by email to info@PotomacCommunityVillage.org, by phone at 240-221-1370 or on the website under ACTIVITIES/Nature walk. Leave your cell phone number so that you can be called if there is a change in plans. **For members, but non-members can try it out once.**

KREEGER MUSEUM TOUR: Friday, December 14. Members-only tour at **11 am** followed by optional group lunch. Details and signup on PCV website under ACTIVITIES/Kreeger Museum tour.

Talking With Your Doctor

At the January 2019 monthly meeting, PCV Board Member (and owner of Assisting Hands Home Care) **Steve Lorberbaum** will talk about how older adults can make the most of their medical appointments. Steve will discuss tips on how to:

- Get ready for a doctor's visit
- Effectively talk with a clinician about health concerns
- Make collaborative decisions about treatment, and
- Follow up on what was discussed following the appointment

Thursday, January 17, 7 - 9 pm at the Potomac Community Center, 11315 Falls Road, Potomac

Welcome to our new Members:

Rachel and Marvin Becker

Judy and Fung-Lung Chung

Joseph and Mary Giere

Peggy Heller

Philip Kirby

Karen Lechter

Sofia Mannan

Lois Montbertrand

Nancy Peterson

Montserrat Sola-Sole

Penny Winder

Calendar:

- **Tuesday, November 20, 1:30 – 3:30 pm: PCV Member Book Group** discussing “*The Girl Who Wrote in Silk*,” by Kelli Estes. Call the Help Desk at 240-221-1370 for location and other questions.
- **Wednesday, November 28, 10 – 12 noon: 2nd Nature walk at Violette's Lock.** For details and signup, go to PCV website under ACTIVITIES/Nature walk or call Help Desk at 240-221-1370. (SEE PAGE 1.)
- **Tuesday, December 11, 10:45 - 11:15 am: Free blood pressure screening at the Potomac Community Center,** provided by Suburban Hospital.
- **Tuesday, December 11, 12 noon – 1:30 pm: December Social lunch at Tally Ho Restaurant in Potomac Village.** RSVPs preferred by December 10. Phone 240-221-1370. Open to all, non-members too. Participants pay for their own meal.
- **Thursday, December 13, 6 – 9 pm: Winter Potluck Dinner,** at Potomac Community Center. (SEE PAGE 1.)
- **Friday, December 14, 11 am: Members-only docent-led private tour at the Kreeger Museum.** Tour starts at 11; we will go out for lunch after the tour. For details and signup, go to PCV website under ACTIVITIES/Kreeger Museum tour or call Help Desk at 240-221-1370.
- **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.)**
- **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 for location. **(Non-members are welcome to come *once* to try us out.)**
- **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 TOP OF THIS PAGE.)

NOTE: For additional information on events, you can call the Help Desk at 240-221-1370 or check the PCV website at www.PotomacCommunityVillage.org

**Thank
You!**

*To Carol Nerenberg, of Berkshire Hathaway PenFed Realty's Bethesda office, for printing our newsletters each month. Carol can be reached at 202-957-5559, or carol@carolnerenberg.com. Thanks also to proofreaders **Marcia Akresh, Len Blackman, Carol Hankin, Linda Perlis, David Schultz and Connie Wones**, press release writer **Helen Dalton** and “Coming up with PCV...” compiler **Hannah Fisher**.*