



**Potomac  
Community  
Village**

**Feb - Mar 2019**

*"your roadside assistance on the journey of life"*

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Potomac Community Village, PO Box 59424, Potomac, MD 20859

*Want to know more, or want to join? Call the Help Desk at 240-221-1370 Mon-Fri, 9-5*

## **Potomac Community Village News**

### **PCV March Monthly Meeting "Protecting Yourself against Scams" Thursday, March 21, 7 – 9 pm Potomac Community Center**

Tracy Rezvani, Administrator of the Montgomery County Office of Consumer Protection, will speak about door-to-door scams, phone scams, internet/email scams, senior scams, investment/lottery scams and work from home scams. A Q&A session will follow her presentation. **FREE AND OPEN TO ALL**

### **Prospective Member and Prospective Volunteer Social Gathering Sunday, March 17, 2 - 4 pm**

Potomac Community Village's mission is *"making our Potomac community stronger and healthier by enabling Potomac-area seniors to live in our own homes as we age,"* and we do this by creating a network of neighbors and friends. PCV is hosting a prospective member and volunteer social gathering on March 17, from 2 – 4 pm, to answer questions and introduce ourselves to non-members. If you have our prospective member/volunteer flyer, please share it with your friends and neighbors and invite them to come. If you don't, you can see a synopsis on the PCV website Home Page. To RSVP for the event, and get the location, call the Help Desk at 240-221-1370 (Mon – Fri, 9–5) by Friday, March 15.

### **NOTICE TO MEMBERS**

There will be a special brief membership meeting on Thursday, March 21, at 7 pm, for the sole purpose of a vote on approving amendments to the Potomac Community Village bylaws recommended by the PCV Board of Directors. Only PCV members may vote. This will be immediately followed by our scheduled program. A formal notice of this special membership meeting will be sent to all PCV members by the beginning of March, with details of the proposed changes, in accordance with our bylaws' requirements.

# Around the Village

The Newsletter is going to try something new. The Calendar that has appeared on page 2 is eliminated and replaced by the almost identical "Coming up with PCV..." flyer that had been issued separately, but will now appear on page 3 or page 4 as part of the Newsletter. The intention is to devote page 2, **Around the Village**, to the members of PCV, highlighting what you have been doing, what programs you have enjoyed, what associations you have made with other members, and how PCV has helped you. To make this work, the Newsletter has to hear from you. If at any time there is something you want to share, you are invited to write a short paragraph on any of these (or other) experiences and mail it to the PCV PO Box listed at the top of page 1, or call the Help Desk (240-221-1370) and request a call back from someone at the Newsletter.

**PCV's first Happy Hour program** on January 24 attracted 17 people to Hunter's Inn on a cold Thursday afternoon, but it was warm inside with tortilla pizzas courtesy of PCV, half price margaritas, and good conversation. Talk flowed as we met people we didn't know, learned more about people we had met before, and a pleasant hour or so had passed before we knew it. "This was really nice, and a good way to get to know other PCV members," one couple said. "Let's do another one of these in a couple of months." And so we are, on March 14, to anticipate and celebrate St. Patrick's Day at Lahinch Tavern and Grill. See *Coming up with PCV...* on page 3.



## Chinese New Year Luncheon Banquet

The banquet, organized by PCV member Alan Wang, was attended by 38 people, including Richard and Joan G, pictured here. They said the event was fun and educational, in that Alan and PCV Member Activities Chair Sheila Moldover spoke about the significance of the Chinese Zodiac (the 12 animals), the five elements (metal, water, wood, fire, and earth) and the relationship between the two sets. There are also New Year traditions such as families getting together for a celebratory dinner and eating certain foods to achieve hoped-for outcomes.

**Businesses and individuals who have made donations or otherwise support PCV are listed on the PCV website under the SUPPORTERS tab. Thank you to the following people who made recent donations to PCV:**

- Marilyn Kressgy-Wolff - in honor of Joan Kahn
- Barry and Thelma Meyer - in honor of their 64th anniversary



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## **FEBRUARY - MARCH 2019** *Coming up with PCV in the next few weeks:*

**OPEN TO ALL: Thurs., March 7, noon – 1:30 pm.** Social lunch at Tally Ho Restaurant, 9923 Falls Road, Potomac. RSVPs preferred, but not required. For information, call the Help Desk at 240-221-1370 (Mon.–Fri., 9 - 5). Participants pay for their own meal. **BRING A FRIEND.**

**OPEN TO ALL: Thurs., March 14, 4 – 5:30 pm.** PCV Happy Hour at Lahinch Irish Tavern & Grill to celebrate St. Patrick's Day. At 7747 Tuckerman Ln., Potomac. Attendees pay for themselves. RSVPs requested by Tues., March 12, to facilitate set up. Call the Help Desk at 240-221-1370.

**OPEN TO ALL: Sun., March 17, 2 – 4 pm.** PCV is hosting a "Get to Know PCV" Social Get-Together at a private Potomac home. If you have been thinking about joining or volunteering, you are invited to meet some current members and volunteers. Learn how PCV benefits our larger community as well as our members, and about the many ways in which you can help others in our Potomac community. Volunteers of all ages welcome. For questions or to RSVP, call 240-221-1370 or register on the PCV website. Please RSVP by Friday, March 15.

**MEMBERS ONLY: Tues., March 19, 1:30 - 3:30 pm.** PCV Book Group meets, talking about *The Other Side of the Bridge*, by Camron Wright. Call the Help Desk at 240-221-1370 (Mon.–Fri., 9 - 5) for location. **(Non-members are welcome to come *once* to try us out.)**

**OPEN TO ALL: Thurs., March 21, 7 – 9 pm.** Tracy Rezvani, Administrator of the Montgomery County Office of Consumer Protection, will speak about protecting yourself against scams targeted at seniors. Potomac Community Center, 11315 Falls Rd., Potomac. Free. RSVPs not required but are helpful for planning. To RSVP, please call the Help Desk at 240-221-1370.

**OPEN TO ALL: Mon., April 1, 7 – 9 pm.** PCV Health and Wellness Fair at the Potomac Community Center, 11315 Falls Rd., Potomac. Steven Lorberbaum of Assisting Hands Home Care (and PCV Board member) will speak about "Talking with Your Doctor – Making the Most of Your Healthcare Appointment." There will also be a yoga presentation, information from local healthcare service providers on prescription drug take-back programs, NIH's Go4Life program and other health and wellness-related information. RSVPs to 240-221-1370 by Friday, March 29, so we can plan. PCV's Health and Wellness Fair is part of the county-wide celebration of National Public Health Week, April 1 - April 7.



**to:** proofreaders **Marcia Akresh, Len Blackman, Carol Hankin, Linda Perlis, Connie Wones**; press release writer **Helen Dalton**; "Coming up with PCV..." compiler **Hannah Fisher**; photographer **Phyllis Weltz**; newsletter distributors **Shirley Dominitz and Merlyn Rodrigues**, and donation compiler **Margie Ritter**.