



Potomac  
Community  
Village

April – May 2018

*“your roadside assistance on the journey of life”*

240-221-1370

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[www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)

*Want to know more, or want to join? Call us at 240-221-1370*

## Potomac Community Village News

### The Mind-Body Connection: Keys to Healthy Aging, May 17

Heidi Hsia, Ph.D., will discuss the mind-body connection and how a positive outlook helps attain and maintain a good quality of life and longevity. She will give examples of the mind-body connection and discuss how understanding it can be translated into practical lifestyle changes. She will explain how lifestyle choices can affect a healthy lifespan and will provide resources for healthy aging. Dr. Hsia, a clinical psychologist with more than 40 years of experience, has worked in private practice and community mental health and as a program administrator on county, state and Federal levels. Her specialties include individual and family therapy, responses to domestic violence, and multicultural issues in mental health. Now retired, she and her husband are engaged in being grandparents to two grandchildren who live nearby. The free and open to all program will take place immediately after PCV's Annual Meeting. The Mind-Body program and the Annual Meeting are both being held at the Potomac Community Center, 11305 Falls Road, Potomac.

### PCV's Annual Meeting, Thursday, May 17, 7 pm

Potomac Community Village will hold a brief Annual Meeting to elect the 2018-19 Board of Directors. A slate of candidates recommended by the current Board of Directors is being provided to PCV members for their consideration. Any member interested in being a candidate for election to the Board or who would like to be on a PCV committee is asked to contact PCV Nominating Committee Chair Jill Phillips at 240-221-1370 or [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) in advance of the Annual Meeting. Nominations will also be accepted from the floor.

### Tuesday, May 22, 1 pm at the Potomac Community Center

### “Ensuring Self-Determination at the End of Life”

We all know about wills for the passing of our assets when we pass. How many of us, though, have made arrangements regarding the type of medical treatment we would want at the end of our lives?

Rosalind Kipping, of the Leadership Team of Compassion and Choices of the National Capital Area, will discuss issues we should think about and the ways we can control how we are medically treated if we are in a life-altering medical situation without a realistic chance of improvement. She will discuss the legal rights we have and the ones we don't. We will learn some details of the Advance Directive for Health Care and the Medical Order for Life Sustaining Treatment.

Finally, she will discuss the controversial subject of medical aid in dying, the right of a patient, under certain conditions, to terminate his/her life. We will also learn about the “End of Life Options Act,” which has been proposed in Maryland.

# Fun with PCV, plus a welcome and a thank you

**What do you get when you're a part of PCV?** A network of neighbors and friends, with neighbor helping neighbor and connections to others that grow into new friendships and new possibilities.

Our Village is designed to enable us to stay in our own homes for as long as we safely can, and our volunteers offer assistance with occasional transportation, electronic devices, household chores, occasional meals and friendly phone calls and visits. But mostly, PCV offers the opportunity to build connections with others, have fun and create new strengths for our brains, our bodies and our hearts. See our calendar below and begin to make some new connections. Call us to find out more, 240-221-1370, or to volunteer for one of our committees.

We also want to **WELCOME** these new Potomac Community Village members: **Rhoda Hornstein, Chickie Kominicki** and her daughter **Jennifer Danly, Regina Pollack** and **Sharon Spilhaus**, and say **THANK YOU** to **Bena and Stan Siegel** and **Connie Wones** for showing their support for PCV by renewing their memberships.

## Calendar:

- **Tuesday, April 24, 12-1:30 pm: April Social Lunch at Tally Ho Restaurant** in Potomac Village. RSVPs preferred by April 23, 240-221-1370. Open to non-members too! Participants pay for their own meal.
- **Thursday, April 26, 12:30-2:00 pm: Members' April ROMEO (Retired Older Men Eating Out) Lunch**, at Bagel City, 12119 Rockville Pike (NEW LOCATION). RSVP by April 25 to 240-221-1370.
- **Saturday, April 28, 10 am-2 pm: National Prescription Drug Take Back Day** (SEE BELOW).
- **Sunday, April 29, 9:30-11:30 am: Members' Walk on the Canal with PCV** (SEE BELOW).
- **Tuesday, May 15, 1:30 pm: Book Group, for PCV members**, discussing *The Orphan Keeper* by Camron Wright, and working on a book list for next year. Suggestions from all readers welcome, to 240-221-1370 or [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).
- **Thursday, May 17, 7 pm at the Potomac Community Center: PCV Annual Meeting and the Mind-Body Connection: Keys to Healthy Aging.** See other side for details.
- **Tuesday, May 22, 1 – 2:30 pm at the Potomac Community Center: Ensuring Self-Determination at the End of Life.** See other side for details.
- **June 1 – June 30: PCV exhibit at the Potomac Library**, 10101 Glenolden Drive, Potomac.
- **Thursday, June 21, 7 pm at the Potomac Community Center: Non-verbal Communication and Aging and Gender, with Dr. Enid Portnoy.**
- **Save the date for PCV's Annual Summer Pot Luck Dinner and Volunteer Appreciation, Thursday, July 19**, starting at 6 pm, with delicious food, good company, good conversation and entertainment!

## Prescription Drug Take Back Day, Saturday, April 28, 10 am-2 pm

Unwanted prescription medication will be collected at the Maryland State Police Barracks, 7915 Montrose Road (just west of Seven Locks Rd.) and at the Rockville City Police Department at 2 W. Montgomery Avenue, Rockville.

## Members' Walk on the Canal, Sunday, April 29, 9:30 - 11:30

Weather permitting, it's time for fresh air, exercise and socializing. We'll meet at Great Falls Tavern at 9:30, walk for two hours along the Canal towpath, followed by refreshments (you pay on your own) at the Canal refreshment stand. Please RSVP by calling 240-221-1370 or email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) by Friday, April 27, so we know to expect you. When you RSVP, please give us your cell phone number, so we can reach you if we need to make a change on Sunday morning.

**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](mailto:carol@carolnerenberg.com). Thanks as well to newsletter writers Hannah Fisher, Sheila Moldover and Mel Rumerman, proofreaders Marcia Akresh, Len Blackman, Carol Hankin, Kim Redlich, David Schultz and Connie Wones and press release writer Helen Dalton. We welcome additional writers, photographers, proofreaders and graphic design help, and you don't need to be a member to volunteer for the Communications Team. Please call us at 240-221-1370 for more information.*