



Potomac
Community
Village

April – May 2016

“your roadside assistance on the journey of life”

240-221-1370

info@PotomacCommunityVillage.org

www.PotomacCommunityVillage.org

Potomac Community Village News

Get 14 months of membership for the price of 12 when you join PCV now!

Planning to join but been putting it off? With this special offer, when you join PCV on or after April 14, you get May and June and the balance of April added to your July 2016 -June 2017 membership, so no need to wait until

July to get all the benefits of PCV membership. Standard membership, which includes volunteer services plus social activities, access to our Suggested Contractor program and member discounts, is \$150 for a household, \$100 for an individual for the entire 14+ month period.

WELCOME
new members
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Associate membership (which is available only to those who live outside of

20854, and does not include volunteer services) is \$75 for a household; \$50 for an individual. Any questions, please call us at 240-221-1370 or info@PotomacCommunityVillage.org. Membership forms are on our website, www.PotomacCommunityVillage.org, at the “Become a member!” tab to the right of the pictures.

New and Prospective Member Get-Together, Monday, May 9, 3 p.m.

If you’ve been thinking about joining PCV, are a member who wants to introduce some friends to PCV, or just want to know more, our New and Prospective Member Get-Together is the place to be on Monday, May 9 at 3 p.m. at the home of PCV President Barry Perlis on Chapel Road in Potomac. We’ll have a chance to chat over coffee, tea and other goodies. For questions, directions, and to RSVP (please, by Thursday, May 5, so we know how many chairs to set out), 240-221-1370 or info@PotomacCommunityVillage.org. See you then!

Do You Have a Great Plumber? Or Carpenter? Or Caterer?

We’re always looking to add names to our Neighbor-Suggested Contractors and Vendors List, to further improve one of PCV’s member benefits. If you’ve used a contractor or other vendor recently whose work you liked – flooring, seamstresses, roofers, upholsterers, etc. - please tell us by contacting Dita Smith, at smithdita@mac.com or 301 – 983 – 9354. If you’re a member and want some contractor names, please call the Help Desk at 240-221-1370.



Want more Afternoon Movies? We need volunteers for our Movie Committee

We had a great turn-out at our first Afternoon Movie program last month to see *Brooklyn*. To offer more Afternoon Movies, we need a few volunteers to join our PCV Movie Committee. You’ll get lots of support from our Program Team. To volunteer, learn more, info@PotomacCommunityVillage.org, or 240-221-1370.

Next Meeting – Thursday, May 19, 7 – 9 p.m.

Communicating Through the Language of the Arts – in the Himalayas

with Nancy Nahm Kessler, who lived the experience

(see more about our speaker on the other side of the page)

Bolger Center, Franklin Bldg., 9600 Newbridge Dr., Potomac

Parking Lot #1. All welcome. Bring your friends and neighbors.

May Meeting speaker Nancy Nahm Kessler will share a fascinating story

Our speaker, Nancy Nahm Kessler, is a Kundalini Yoga Teacher, a retired teacher of Interrelated Arts, and a student of Buddhism. These interests motivated her travels to Nepal, Tibet, China and India, staying in ashrams and monasteries. In 2013 she spent three months in India, having adapted an American approach to art education to the teaching of basic skills and language for Tibetan Nuns in the Himalayas. She will share her experiences, including how people who don't speak the same language can learn to warmly communicate.



- **Book Group – Tuesday, April 19, 1:30 – 3:30**, to talk about “The Ibis Trilogy, #1 Sea of Poppies” by Amitav Ghosh. Book group is for PCV members only but new book group members are always welcome. For directions, to RSVP, please contact Linda Perlis at 301-299-6181 or LJPerlis@gmail.com.
- **PCV’s table at the Fortune Terrace Walgreens on Tuesday, May 3**, (Senior Discount Day) 2 – 5 p.m., when we hand out fliers, publicize PCV. To volunteer for a one-hour shift, please contact Honey Rosen, hrosen@msn.com, or 301-983-1083.
- **Coffee and Conversation – Thursday, May 12, 10 – 11:30 a.m.** at the Corner Bakery, Westlake Drive. Open to all. Details at the “Coffee and Conversation” listing under Upcoming Events on the PCV website home page, www.PotomacCommunityVillage.org, or call us at 240-221-1370.
- **May Book Group, meets on Tuesday, May 17, 1:30 – 3:30.** Details at 301-299-6181.
- **PCV Theater Party – Tuesday, June 14, 7:30 p.m.**, for “The Who & The What” at Round House Theater. Members \$10, non-members \$15. If interested, please see the “Theater Party” listing under Upcoming Events on the PCV website home page, www.PotomacCommunityVillage.org, or call 240-221-1370.
- **June 23, 7 p.m. is our monthly meeting**, with a nutritionist and a personal trainer. Details next month.
- **Save the Date! PCV’s Pot-Luck Dinner and Birthday Party! – Thursday, July 21.** Details coming soon!

As a non-profit, all-volunteer group, PCV embraces certain core values:

Everybody Matters: We all have skills and talents, and we know that the real wealth of a community is its people. Every person is valuable and has something to offer to others.

Volunteers Make Communities Work: Sharing in the responsibility of supporting vital community and service organizations and caring for each other and for our elders creates a connected community.

People Need People: We are unique, but equal. Sometimes the greatest gift we can give others is to allow them to serve so they can feel needed and appreciated. If you need a little help, don’t be shy about asking. People would not have volunteered if they didn’t want to be asked.

Everyone should have the opportunity to volunteer to the degree they are able. We encourage everyone, even those who can’t drive, to find ways to volunteer to help PCV grow and to serve others. These include making phone calls, gathering information, sharing ideas and time to help create new social and educational events, writing for our newsletters, serving on our financial team, serving as a Help Desk Agent, cooking a meal, helping our IT Team, asking local retailers for gift cards, so much more. To learn more, please contact us at 240-221-1370 or info@PotomacCommunityVillage.org.

From Premier Homecare, a benefit for PCV members: a free nursing assessment and in-home safety assessment. For more information, 301-984-1742, or Michelle McDonagh, Director of Admissions, at mmcdonagh@jssa.org. Premier Homecare is a non-profit home care agency that operates under the auspices of JSSA, the Jewish Social Services Agency. To learn more, see www.premierhomecare.org.



Thank you for their support to: Carol Nerenberg, of Berkshire Hathaway PenFed Realty’s Bethesda office, for printing our newsletters each month. She’s at carol@carolnerenberg.com or 301-961-6000; the **Bolger Center** for providing meeting room space; **John Stanton**, VP at **Charles Schwab** at Park Potomac, for his financial support. He’s at 301-795- 2809; **Hopkins & Porter**, a construction and handyman services firm, for their financial support. They’re at 301-812-3161, or

www.hopkinsandporter.com; **Trader Joe’s** on Rockville Pike, for their donation of a gift bag for our raffle. When you go there, please tell the manager “thank you for supporting PCV.”