



## Potomac Community Village News

### We're a network of neighbors and friends. *Just look at our T-shirts!*

Are you a caregiver for others and could use some help for yourself? Don't be shy about asking, as every caregiver needs to take care of themselves – both physically and emotionally - if they want to be able to take care of the person they care for. What are some of the ways PCV could help, even if just every once in a while?

- Transportation for visits to doctors, so the caregiver can focus on giving care rather than finding a parking space.
- Dinners, so the caregiver doesn't always cook or plan meals.
- Grocery shopping, or picking up of needed medications, even over-the-counter ones.
- A visit with the person being cared for, so the caregiver can go out for a walk, or maybe even go out for coffee or lunch with friends.



So ask about our network of neighbors and friends, and consider being part of it by volunteering to help with transportation, simple household chores, meals, friendly phone calls and visits, computer help, etc., - helping with practical needs to enable community members to remain in our homes and neighborhoods as we age. All volunteers are trained and vetted, and can choose when and where you volunteer. To ask for help, to offer it, or just to learn more, please contact us at info@PotomacCommunityVillage.org or 240-221-1370.



### Fire Safety Home Inspections Set for January 27, 28 and 29

A joint effort between PCV and the County's fire department offers a special member benefit of fire safety inspections on January 27, 28 and 29.

**The purpose of this program is to make it less likely for us to be injured or die in the event of a fire.** The inspection by the fireman will include an inspection of your home's smoke detectors and if they need replacing, and an evaluation of your home's safety, its exits, your emergency plans, and the proper placement of smoke detectors. County firemen will also install new battery-power smoke detectors and carbon monoxide monitors which you have purchased and already have on hand, and will change batteries. If you need to replace existing hard-wired detectors, you need to hire an electrician. This program is an outgrowth of our March fire safety program, when we learned that smoke detectors should be replaced every ten years.

There are limited slots available and appointment times will be assigned on a first come, first served basis. Dates and times are:

- Wed. Jan 27, with appointment times 8 a.m., 9:30, 11, 1 p.m., 2:30 and 4 p.m.
- Thursday, Jan., 28, appointments at 8 a.m., 9:30, 11 and 1 p.m.
- Friday, Jan 29, appointments at 8 a.m., 9:30, 11, 1 p.m., 2:30 and 4 p.m.

**This free program is a benefit for PCV members.** For more information and to make an appointment, please contact PCV's Fire Safety Inspection Coordinator Elisabeth Schouten at 301-299-7923.

**Next Meeting – Thursday, January 21, 7:00 – 9:00 p.m.**

**“How to Stay Safe in Our Homes”**

**with Rockville Police Chief Terrance Treschuk**

**Bolger Center's Franklin Bldg., room F-1, 9600 Newbridge Dr., Potomac. Use parking lot 1**

***All welcome. Bring your friends and neighbors.***

## Upcoming Events: There's a Lot Going On!

- **Theater Party – Tuesday, Dec. 22**, 7:30 p.m. to see “Stage Kiss” at Round House Theater, members \$10, non-members \$15. At press time, we have one ticket left. To learn more, use the “Theater” Sign up tab on [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).
- **Man our PCV table at Walgreens, Fortune Terrace, on Tuesday, January 5.** On Walgreen’s 20% off Senior Discount Days, PCV volunteers provide information about PCV. Shifts (2-3, 3-4, 4- 5) are open. For details, or to volunteer, please contact Honey Rosen, at 301 – 983 – 1083 or [hhsrosen@msn.com](mailto:hhsrosen@msn.com).
- **Our next Coffee, Thursday, Jan. 14**, 10 – 11:30 a.m., open to all, to talk together with neighbors about how we plan to age in place in our own homes and community. Details at the “Coffee” sign up tab on [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org), or call us at 240-221-1370.
- **Book Group – Tuesday, Jan. 19**, 1:30 to 3:30 p.m. discussing “Jack of Spades” by Joyce Carol Oates. For PCV members only, but new book group members are always welcome. For location, directions, to RSVP, please call 301-299-6181.
- **Monthly meeting, Thursday, Jan. 21.** See other side for details, but here’s some information about our speaker, Police Chief Terrance Treschuk, who’s been the Rockville police chief since March 1989. Before coming to Rockville, he served for seven years as police chief for the City of Granby, Conn., starting his career ten years earlier in Glastonbury, Conn. Chief Treschuk holds a Master of Science degree in criminal justice administration from American International College, a Bachelor of Science degree from the University of New Haven and is a graduate of the FBI National Academy.
- **Fire Safety Home Inspections, Jan. 27- 29.** See other side for details.
- **And looking ahead, our next Theater Party, on Tuesday, Feb. 16**, 7:30 p.m. to see “Father Comes Home from the Wars” at Round House Theater in Bethesda, members \$10, non-members \$15. Details next month.
- **Member-only Tour of the National Museum of American History, most likely in February, exact date TBD.** We’ll be traveling down by Metro. If this sounds interesting to you, please call 240-221-1370 or email us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org), to let us know of your interest. We’ll then get in touch with the details.



*At left, some of the people who came to PCV’s monthly coffee on Thursday, Dec. 10, meeting new neighbors and talking about how we plan to age in place in our existing homes. At right, a portion of the group who came on our member-only tour of the Glenstone Museum, on Saturday, Dec. 5. Our next Coffee is on Jan. 14; additional museum tours are being planned.*

## Many thanks to these PCV Volunteers and to our Community Supporters

Many thanks to **Carol Nerenberg**, of **Berkshire Hathaway PenFed Realty’s** Potomac office, for helping PCV by printing our newsletters each month. She’s at [carol@carolnerenberg.com](mailto:carol@carolnerenberg.com) or at 301-765-7653; to the **Bolger Center** for providing meeting room space; to **John Stanton**, VP at Charles Schwab at Park Potomac for his financial support; to **Carol Hankin** for preparing our “volunteering” stories; to **Helen Dalton** for writing press releases; to **Hannah Fisher** and **Sheila Moldover** for writing our monthly print newsletters, to **Linda Perlis** for organizing the Glenstone tour; to **Warman Home Care** for donating gift cards for our raffles. For more about them please see [www.WarmanHomeCare.com](http://www.WarmanHomeCare.com).