



Potomac  
Community  
Village

January – February 2018

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

240-221-1370

[info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org)

[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

### PCV is not on call 24/7, but there are some options



The Help Desk got a voice mail message recently, as the temperature dropped and there were threats of snow, for an emergency ride to the grocery store so the member could stock up before the storm. Did we want to help? Of course. But could we? No.

You MUST plan ahead if you want a ride, preferably at least 3 or 4 days, as our volunteer drivers have their own lives to lead and their own families to plan for. And though we want to help, we cannot guarantee that volunteer drivers will be available.

*What else can you do to make sure you have groceries in the house?* Plan ahead. See other side for advice from FEMA, information on some of the online grocery delivery services, and about PCV's Storm Buddies program. Meanwhile, stay warm and safe this winter.

### Chinese New Year Luncheon Banquet Set for Feb. 21

It's another fun opportunity for PCV members, when we get together for a Chinese New Year Banquet Luncheon, Wednesday, Feb. 21, 1 – 3 p.m. at Sichuan Jin River in Rockville. Join us for a cultural, educational and culinary event, with a multi-course banquet that welcomes the Year of the Dog. Cost is \$20 per person (including tax and tip), with RSVP by Friday, Feb. 16, to [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or 240-221-1370. Checks should be made payable to Potomac Community Village (with Chinese Lunch in the memo line) and sent to: PCV, 10324 Bells Mill Terrace, Potomac 20854, or you may pay online by credit card, at [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

**Also on Tap, for Members:** Jan. 25, at 12:30, **ROMEO lunch**, (Retired Older Men Eating Out) at the Corner Bakery Café, Westlake Drive. RSVPs by Jan. 24 to 240-221-1370; **Book Group on Feb. 20, 1:30**, talking about *Sing for Your Life: A Story of Race, Music, and Family*, by Daniel Bergner, RSVP and location, 240-221-1370.

#### Documentary Film, “Herb and Dorothy”

Thursday, Feb. 15, 7 p.m. at the Potomac Library, open to all

He was a postal clerk; she a librarian. With their modest means, they managed to build one of the most important contemporary art collections in history. Meet Herb and Dorothy Vogel, who defied stereotypes and redefined what it means to be an art collector. Join us for the film and speaker as we learn about their collection, donations to the National Gallery.

#### Transportation Options for Montgomery County Residents

with transportation expert Shawn Brennan, Mobility Manager, Montgomery County Dept. of Health and Human Services, Tues. Feb. 20, 12 – 1, Potomac Community Center

#### Social Lunch, Tuesday, Feb. 27, 12 noon, open to all

Tally Ho Restaurant in Potomac Village, for a tasty bite and spirited conversation. Attendees pay for their own lunch. RSVPs preferred, by Monday, Feb. 26.

# A welcome and a thank you for renewing

*Welcome to these new Potomac Community Village members:*

**Robin & Dan Gordon, Doris & Don Herman, Elaine Libman, Lois Montbertrand, Barbara & Ken Orski and Esther & Albert Perry.**

*And thank you for your continued support of PCV to these members who recently renewed their membership:*

**Marcia & Abe Akresh, Melissa & Robert Friedland, Thalia & Arnold Meltz, Sheila & Don Moldover, Nur Nossuli, Coreta Osborne, Jean Polatsek, Margie & Owen Ritter, Ellen Rosenthal, Sheila & Barry Taylor, Patricia Tice, and Anne Mathews-Younes & Robert Paul Younes.**

What do you get when you're a part of PCV? A network of neighbors and friends, with neighbor helping neighbor with some of the mundane and ordinary parts of life that sometimes become hard to do, along with connections to others that grow into new friendships and new possibilities. Our Village, like others in the Village movement, is designed to enable members to "age in place," to do what the social scientists call "aging in community" but what we call staying in the homes and neighborhoods we want to be in safely - and for as long as we can. Yes, our volunteers offer members services such as transportation, assistance with electronic devices, help with home chores and friendly phone calls and visits, but our Village also offers the opportunity to be with others, having fun and making connection for our brains and our hearts. One of our most popular benefits, our Suggested Contractor List, offers a list of vendors and contractors that members have used and suggest to other members. To learn more about membership, volunteering or donations, please call us at 240-221-1370, email us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org), or visit our website, [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

## **Being Prepared: Advice from FEMA; and Online Grocery Delivery Services**

FEMA suggests that each of us have a supply of items on hand in case of serious emergencies. This includes flashlights, batteries, sleeping bags / warm bedding, non-perishable food and bottled water to last at least 3 days (one gallon of water per person per day, or three gallons for each person in your home), paper cups, paper plates, plastic utensils, paper towels, toilet paper, tissues, garbage bags and a hand can opener.

You should have a supply of canned and packaged food that will not spoil if not refrigerated: peanut butter or other nut butters, canned meats and canned fish, canned vegetables, canned fruit, dried fruit, crackers, granola bars and dry cereal, protein bars, canned juices, non-perishable milk in sealed packs. Avoid items that will make you thirsty. Think about what you might need for three days, in smaller sizes if you live alone or it's just two of you, and have that amount on-hand in your pantry, as you plan your regular shopping trips. Make sure it is food that you will eat, or that works with any special dietary requirements you might have. Make sure you have at least a week's supply of all medications, prescription and over the counter, and basic first aid supplies.

You might also want to try online grocery delivery services such as Instacart, Peapod, or Fresh Direct. But keep in mind that all of these services require you to use your computer, tablet or smartphone to connect with them, and they may not be able to deliver in poor weather. You will need to create an online user account, and authorize the use of a credit card. Instacart ([instacart.com](http://instacart.com)) will shop for you from CVS, Giant, Safeway, Wegmans, Harris Teeter, Whole Foods, Shoppers and Petco. Peapod ([peapod.com](http://peapod.com)) will shop for you from Giant. Fresh Direct ([freshdirect.com](http://freshdirect.com)) will also deliver. You will pay a fee and have a minimum order size. Peapod's minimum order size, for example, is \$60, and they charge a \$7.95 fee, though discounts are often available.

## **Storm Buddies: Get a phone call when the weather turns threatening**

With PCV's Storm Buddies program, members can get a phone call checking on their well-being when the weather turns awful - snow, ice, power outages, etc. Any members who want to get a phone call when it snows or has potential to be unsafe, please call us at 240-221-1370.

**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 **Tally Ho Restaurant** for providing a discount to PCV members. We welcome gift cards from all retailers, discount offers from local retailers and contractors, and donations - including of gift cards - from all of our friends and neighbors.