



Potomac  
Community  
Village

July – Sept. 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)

Potomac Community Village, PO Box 59424, Potomac, MD 20854

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

## Potomac Community Village News

### Life is better **TOGETHER** at PCV

This month, Potomac Community Village completes its fourth year of full operation. During those four years we have grown and discovered many ways to age gracefully and happily in our homes, as is our goal. We have celebrated together, dined together, walked together, discussed books together and visited museums, theaters and local sites **together**. But above all, we have made new friends and have enjoyed one another's company and, on occasion, accepted help from a volunteer. That is where our young and older volunteers really shine. Last year, we answered more than 500 calls to our Help Desk, gave members more than 200 rides to medical appointments and made many phone calls, some just to chat and others to lend a helping hand. In the coming year we want to expand our reach to neighbors who don't know us yet and urge them to join as well as encourage more volunteers to give just a bit of their time to make our Village even more vibrant.

**Thursday, September 20, 7-9 pm at the Potomac Community Ctr.  
11315 Falls Road, Potomac**

### **Gather Your Aprons and Whisks** and “Meet Julia Child”

World famous cookbook author Julia Child – actually, her reincarnation – will make a special guest appearance for PCV and friends at the



September general meeting. Linda Kenyon, a professional actress with stage, film and television experience, is especially noted for her one-woman shows. You may remember her as Eleanor Roosevelt at our October 2017 meeting. This program



promises to be equally memorable. Call 240-221-1370, or email to [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) for more information. If leaving a message, please include your name and phone number.

## Do You Have a PCV Story to Tell?

When the *NEWSLETTER* is short of announcements and has space to spare, you have an opportunity to tell how the Potomac Community Village has helped you or another member in an unusual or difficult situation or how it has made your life more interesting or easier. Your story should not be time-sensitive, because there is no guarantee as to when it can be printed. If the story is about someone else, you should get that person's permission. Call the Help Desk to say you have an idea for an article, and they will pass it on to the *NEWSLETTER*.

## Get Your Medicare Questions Answered

On Wednesday, October 3, a representative from the State Health Insurance Assistance Program (SHIP) will make a presentation about Medicare and be available to answer questions. Among the issues to be addressed are: Medicare coverage of hospital and nursing facility care and out-of-pocket medical expenditures. Learn how to optimize benefits, avoid mistakes and ensure coverage. The program will be held at the Potomac Community Center from 3 – 4:30 pm. For more information, please phone 240-221-1370 or check the PCV website, [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

## Senior Call Check Program

Montgomery County is launching a free program under which the Department of Aging will call enrolled County residents 65 and older daily -- at a set time of an enrollee's choice -- to check on his/her well-being. If there is no answer after three tries, the agency will call someone you appoint to check on you in person. See the PCV flier and register at: <http://aging.maryland.gov/Pages/senior-call-check.aspx> or by phone at 1-800-243-3425.

## Calendar:

- **Saturday, July 28, 9:30 - 11:30 am: Members' Walk on the Canal with PCV.** Meet at the Great Falls Tavern at 9:30 am and walk along the River Trail. Please register by Friday, July 27, to 240-221-1370, and give your cell phone number so we can contact you Sunday morning if there are changes in plans.
- **Tuesday, August 14, 10:45-11:15 am: Free blood pressure screening at the Potomac Community Center,** provided by Suburban Hospital.
- **Tuesday, August 14, 12:00 – 1:30 pm: August Social lunch at Tally Ho Restaurant in Potomac Village.** RSVPs preferred by Monday, August 13. Phone the Help Desk at 240-221-1370. Open to non-members. Participants pay for their own meal.
- **Thursday, August 30, 2:30 – 4:00 pm: PCV members' ice cream social.** (MEMBERS ONLY) Location to be determined. Call the Help Desk at 240-221-1370.
- **Tuesday, September 11, 10:45-11:15 am: Free blood pressure screening at the Potomac Community Center,** provided by Suburban Hospital.
- **Monday, September 17, 1:30 – 3:30 pm: PCV Book Group:** discussing "A Gentleman in Moscow," by Amor Towles. Call the Help Desk at 240-221-1370 for location and other questions.
- **Thursday, September 20, 7 - 9 pm at the Potomac Community Center: PCV Program "Meet Julia Child"** Free and open to all. (SEE PAGE 1)
- **Thursday, September 27, 12:30 -1:30 pm: Members' September ROMEO (Retired Older Men eating Out) lunch,** at Bagel City, 12119 Rockville Pike. RSVP by September 26 to Help Desk at 240-221-1370.
- **September 23-29; Active Aging Week in Montgomery County:** See next item.
- **Saturday, September 29, 9:30 – 11:30 am: Walk on the Canal, hosted by PCV as part of Active Aging Week, for PCV members and our larger Potomac Community.** Meet at the Great Falls Tavern at 9:30 am, and walk along the River Trail for a total of about 4 miles. Participants please register by Thursday, September 27, by calling 240-221-1370, or email to [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org). Please leave your name and cell phone number, so we can contact you Saturday morning if there is a change in plans.
- **Wednesday, October 3, 3:00 - 4:30 pm at the Potomac Community Center: Medicare Changes for 2019 and Coverage Savings,** a free presentation from Maryland SHIP (SEE ABOVE)

**Thank you to:** *Carol Nerenberg* (at 202-957-5559 or [carol@carolnerenberg.com](mailto:carol@carolnerenberg.com)), of Berkshire Hathaway PenFed Realty's Bethesda office, for printing our newsletters each month, and our *NEWSLETTER* staff.