



Potomac  
Community  
Village

March - April 2017

*"your roadside assistance on the journey of life"*

240-221-1370

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

## Potomac Community Village News

### Arts Planning Group to meet on Monday, March 27, 4 – 5 p.m. Join in with PCV's new Arts Events Planning Group

The newly formed PCV Arts Planning Group met on Monday, March 6, will be meeting again on March 27 and welcomes additional people to be part of our new group. The goal is to have various people coordinate different events so the planning and coordination is spread out among many instead of just a few. We're hoping to put together docent-led museum and gallery tours, guided tours, theater events and concerts and other special cultural events that lend themselves to group participation. The programs will be limited to PCV's members and active volunteers. Different people in the Arts Group are now investigating a tour of a current exhibit at the Phillips Collection, a guided architecture tour, a backstage tour or a dance rehearsal, and upcoming and current exhibits at the National Gallery and various other museums and galleries. If interested in joining the Planning Group, want to join in at the next planning meeting on March 27, or have ideas or help to share, please call us at 240-221-1370 or email us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

### Lunch for ROMEO (Retired Old Men Eating Out) on Tues., April 25

Potomac Community Village is sponsoring a ROMEO lunch for social fun for men on Tuesday, April 25 at 12:30, at Bagel City on Rockville Pike, Rockville. This first lunch will be FREE for PCV members and active volunteers; non-members and friends are welcome to come, but will be paying for their own lunch. So save April 25<sup>th</sup> at 12:30 pm and meet us at Bagel City. Please RSVP to [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or 240-221-1370 by Sunday, April 23, to let us know if you're coming, if you need a ride, or can provide transportation. Our thanks to Owen Ritter for organizing this activity. See you there!



### A preview of PCV's April 20<sup>th</sup> monthly meeting

Surgery and treatment for hip or knee replacement or for repair of fractures due to a fall, etc. can be stressful, not only because of the hospital experience but from the logistical and financial planning that is required for a successful outcome. Our speaker, Jennifer Brown, of Forest Hills of DC, will describe what to expect during a hospital stay, discharge procedures, types of post-hospital rehabilitation, criteria for pre-selecting a facility and how to work with the hospital case manager to ensure a smooth transition to the facility. She will discuss daily routine in a rehabilitation center including completion of therapy services, criteria for discharge and options for home care services. Insurance factors and coverage will also be addressed. The meeting is on Thursday, April 20, 7 – 9 p.m. and is free and open to all. We'll be at the Bolger Center's Franklin Building, 9600 Newbridge Drive, Potomac. For more information, call 240-221-1370 or look on [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

**Next Meeting – Thursday, April 20, 7 - 9 p.m.**

**"A Hospital Stay in Your Future? Preparing for a Successful Recovery  
and Transition Home"**

**with Jennifer Brown, of Forest Hills of DC, Inclusive Senior Living**

**Free! All welcome. Bolger Center's Franklin Building, 9600 Newbridge Drive, Potomac**

## Morning Coffee is moving to Lunchtime on April 6

We're trying something new next month. Instead of holding a Morning Coffee, we're moving the time to noon to 1, with lunch, on Thursday, April 6, at Tally Ho Restaurant on Falls Road in Potomac Village. It's an opportunity for members, non-members and friends to meet, chat with neighbors about "thriving in place" in our well loved homes. Participants pay for their own lunch. Remember that Tally Ho offers a discount for PCV members, so don't forget to bring your membership card. RSVPs by Tuesday, April 4, please, so we know how many tables we need, by contacting us either at 240-221-1370 or [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org). Our thanks to Nelly Urbach for organizing this event.

## Theater Parties: A few tickets left for May 2 and June 27

We have one ticket for the PCV trip to the Round House Theater production of "Or," on Tuesday, May 2, and three tickets for their production of August Wilson's "How I Learned What I Learned" on Tuesday, June 27. Tickets are \$10 for members, \$15 for non-members. Members have priority until April 8 for the May 2 show, and priority until June 5 for the June 27 show. For tickets, please email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

## Helping PCV and helping our neighbors

An important part of the PCV network are the volunteers who help members in need. Occasionally, the event behind the need is unpleasant, such as requiring help to clean up after a home fire. More commonly, a helping hand simply makes an ordinary task easier, such as changing a hard-to-get-to light bulb, a ride to the supermarket or getting an electronic device back on track. Fortunately, there have been no requests of the first kind in the last few weeks, but our volunteers have recently provided 18 round-trip rides and answered one request for technology assistance. We are also pleased to report that three more people have offered to serve as PCV volunteers.

Remember, PCV is all-volunteer, working hard to create an "aging in place" network of friends and neighbors so we can live vibrant, active and healthy lives, while remaining in our own homes and neighborhoods. To keep on doing this, PCV needs people to step forward and serve on our committees - program, communications, membership, volunteer coordination, community partnerships - or choose to serve on our Board of Directors. To learn more, please talk with one of the people on our Nominating Committee - Jill Phillips, Marla Cohen and Margie Lappen. Just call 240-221-1370 and we'll make the connections.

## Coming up with PCV...

- **The PCV Book Group (for members only) meets on Tuesday, March 21 at 1:30** to discuss *In the Garden of Beasts*, by Eric Larsen and *Dark Money* by Jane Mayer. For directions or questions, call 240-221-1370.
- **Fit4Function Workshop from Go4Life, Friday, March 24, 1 – 2:30.** Deadline to sign up is Friday, March 17. Questions and to register, 240-221-1370.
- **Arts Planning Group meets, Monday, March 27, 4 - 5.** Questions and location at 240-221-1370.
- **PCV board meeting, Tuesday, April 4, 7 p.m.** Members welcome, please call us if you'd like to come - 240-221-1370.
- **Lunch at Tally Ho, Thursday, April 6, 12 – 1.**
- **Book Group meets on Tuesday, April 18, 1:30**, discussing *The Japanese Lover*, by Isabel Allende.
- **Monthly meeting on Thursday, April 20, 7 – 9.**
- **ROMEO lunch, Tuesday, April 25, at 12:30.**

**Thank  
You!**

**Thank you** to the following for their support: **Leila Fine Gifts and Jewels**, at the Cabin John Shopping Center, and **Sprinkles Potomac** (ice cream, cupcakes, pastries, etc.) at 10148 River Road, in Potomac Village, for donating gift cards for our raffle. When you visit them, please tell them "thank you" for their support of Potomac Community Village; the **Bolger Center** for providing PCV with free meeting space; **Carol Nerenberg, of Berkshire Hathaway PenFed Realty's** Bethesda office, for printing our newsletters each month.

Carol can be reached at [carol@carolnerenberg.com](mailto:carol@carolnerenberg.com) or at 301-961-6000; **Hopkins & Porter**, a construction and handyman services firm at 301-812-3161 or [www.hopkinsandporter.com](http://www.hopkinsandporter.com), for their financial support.