



Potomac  
Community  
Village

May - June 2016

*"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 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 now, you get May and June 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. Associate membership (which is available if you 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](mailto:info@PotomacCommunityVillage.org).



### Meet Moe Rosen, one of PCV's Member – Volunteers

As an almost 50 year resident of Potomac, Moe Rosen knows his way around. Not only that, he gets a lot of satisfaction in helping others. Put the two together and he makes an outstanding volunteer driver, rewarded by the pleasure he derives from the one-on-one contact with the people he ferries around. As he says, they are all so friendly and so appreciative of his services.

When Moe isn't behind the wheel, a variety of interests keeps this former analyst for the CIA occupied. You might find him playing tennis at Georgetown Prep or playing bridge. Or you might catch him enjoying the current plays at local theaters and sometimes ushering at Round House Theater where he was about to see "Cat on a Hot Tin Roof," at the time of this interview. Another contender for his time are his and his wife Honey's eleven grandchildren, who range from 10 to 30 years old. He has fun taking walks and playing tennis with them.

Originally from the New York/New Jersey area, Moe likes to travel and will soon embark on a cruise in the Baltic area. His travels have taken him as far as Australia, where he has relatives to visit. To learn more about how much fun volunteering for PCV can be, just talk to Moe!

*(Our thanks to Shirley Jacobus for interviewing Moe and writing our new "Meet a Member" feature. We'll have more of them in future issues.)*

### Need help understanding your tablet, cellphone, laptop, or other portable devices?

Students from Bullis School's summer volunteer program will offer electronic device help to PCV members, with the first session set for Monday, June 27, at 10 a.m. Assistance and coaching will be offered for laptops, tablets, cell phones, iPhones, etc. Sessions are also planned for dates in July and August. For more information, location, and to sign up, [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or contact PCV Coordinator Dita Smith at 301-983-9354.

**Next Meeting – Thursday, June 23, 7 – 9 p.m. - Free and open to all**

***"Eating and Exercising for Vitality –***

***How Our Needs Change Through Our Lifespan"***

**with dietician Jessica Murgueytio and personal trainer David Murgueytio**

**Potomac Community Center, 11315 Falls Road, Potomac**

## Light bulbs, walls, computers, closet doors, smoke detectors...

PCV and our volunteers offer assistance with practical needs, such as simple household chores, computer help, friendly phone calls and visits, occasional meals, transportation, errand running, along with contact information on reliable contractors – all designed to enable us to live a full life in our community, in our own homes.

One of our volunteers recently did something very simple for him – but very difficult for the PCV member. He climbed up on a ladder and changed some lightbulbs. The lights are now shining brightly and so is the member's smile. A member who got some volunteer computer help told us the volunteer spent three hours fixing a computer problem. The volunteer tells us how good it makes him feel that he's able to use his skills to help out.

Recent calls to our Help Desk included requests for names of contractors for building a retaining wall, doing window washing, lamp repair, electrical work, leaf raking and power washing, questions about smoke detectors, requests for help with computers, requests for medication pick-up, and requests for help with household chores that included taping up some packing boxes, replacing light bulbs and putting a sliding door back on its track. We even have volunteers who will come to your home when a contractor is coming to evaluate a problem, to help assess the answers with you, or just to be the "man" there as a presence if you're a woman who lives alone.

It's all part of what our Village is, and can be. If you think some volunteer help might make your life a little bit easier, or you're thinking about volunteering to help others, please don't be shy. Please call our Help Desk – 240-221-1370 – to talk about the possibilities.



- **PCV booth at URBNmarket crafts show at Park Potomac, Saturday, June 4, 11 – 5 p.m.** Volunteers are needed to help man the booth. If you can help, please contact PCV president Barry Perlis at 301-520-5435, or [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).
- **PCV's table at the Fortune Terrace Walgreens on Tuesday, June 7, (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, [hhrosen@msn.com](mailto:hhrosen@msn.com), or 301-983-1083.
- **Morning Coffee and Conversation, on Thursday, June 9, 10 -11:30 and Afternoon Tea and Talk, date in June TBD, 3 – 4:30 p.m.**, offers an opportunity for Potomac-area neighbors to meet each other, share ideas about how to age in place and maintain our independence in our existing homes. Both get-togethers meet at the Corner Bakery, Westlake Drive near Montgomery Mall. Open to all. More at [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org), or call us at 240-221-1370.
- **PCV Theater Party – Tuesday, June 14, 7:30 p.m.**, for "The Who & The What" at Round House Theater. Just one ticket left. If interested, [info@www.PotomacCommunityVillage.org](mailto:info@www.PotomacCommunityVillage.org) or 240-221-1370.
- **Book Group – Tuesday, June 21, 1:30 – 3:30**, to talk about "The 100-Year-Old Man Who Climbed Out the Window and Disappeared" by Jonas Jonasson. Book group is for PCV members only but new Book Group members are always welcome. At this meeting, we'll be setting up our reading list for the coming year. For directions and to RSVP, please contact Linda Perlis at 301-299-6181 or [LJPerlis@gmail.com](mailto:LJPerlis@gmail.com).
- **Save the Date! PCV's Pot-Luck Dinner and Birthday Party! – Thursday, July 21.** Attendees will be serenaded by "Just in Time," an all- female a capella group, singing in the four-part harmonizing "barbershop" style. We'll be honoring our volunteers and community supporters, and celebrating with birthday cake. At the Potomac Community Center on Falls Road in Potomac.

## Volunteers needed to help with our monthly print newsletters

Many thanks to Hannah Fisher, who edits our print newsletters most months, but there are times when Hannah is away or is busy with grandchildren, so we can use a back-up or two. If you'd like to know more about helping out, please contact Communications Chair Sheila Moldover at 301-424-9318 or

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

**Thank you for their support to: Carol Nerenberg, of Berkshire Hathaway PenFed Realty**, for printing our newsletters each month. She's at [carol@carolnerenberg.com](mailto:carol@carolnerenberg.com) or 301-961-6000; the **Bolger Center** for providing meeting room space; **Hopkins & Porter**, a construction and handyman services firm, for their financial support. They're at 301-812-3161, or [www.hopkinsandporter.com](http://www.hopkinsandporter.com).