



Potomac
Community
Village

May - June 2017

"your roadside assistance on the journey of life"

240-221-1370

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www.PotomacCommunityVillage.org

Potomac Community Village News

PCV is hosting a "Meet and Greet" on Sunday, June 11, 2 pm!

We'd love for potential members to come and get to know us better. It's an informal get-together with light refreshments, where you can meet some of our current members and ask questions, such as how direct services for members, like computer help, simple household repairs, plant watering while you're on vacation and transportation to medical appointments gets arranged. Come find out more about all the benefits and activities that PCV membership offers.

This prospective member gathering is at a private Potomac home, so please respond no later than Friday, June 9, at 240-221-1370 or info@potomaccommunityvillage.org, so we can give you location and directions. If you need a ride, please let us know.

PCV Offers Community, Friendship, Good Advice, Volunteer Help

In the last few weeks, at PCV-hosted events, members got together to eat, to see a play, to go to a museum, to discuss books, and to learn about being better prepared if you need to be hospitalized. Our Help Desk agents responded to calls, from people who wanted to know more about joining, and requests from members - arranging for tech help, personal visits, help with household chores, and more than a dozen round trip rides for medical visits. They also provided our members with names of contractors (electricians, gutter cleaners, tree removal, stone work, window washers, among others) from our Suggested Vendor List. It's what happens every month at PCV. Building a community, growing friendships, learning and sharing and helping each other as we "thrive in place" in the homes we love.

ROMEIO (Retired Old Men Eating Out) to Meet for Lunch, May 25

Potomac Community Village is organizing a second social ROMEIO lunch just for men on Thursday, May 25 at 12:30, at the Corner Bakery on Westlake Drive near Montgomery Mall, and you don't need to be retired to come. For members only, and you pay for your own meal. Please RSVP by Tuesday, May 23 to info@PotomacCommunityVillage.org, or to 240-221-13780. Please let us know if you need a ride or can provide one. See you there!



Next Meeting – Thursday, June 15, 7 - 9 p.m.

**Difficulties managing medications? Concerned about interactions?
Some guidance to ensure that drugs are taken properly and safely.**

Our speaker is Dr. Jen Wolfe, a certified geriatric pharmacist

Free! All welcome. Potomac Library at 10101 Glenolden Drive, Potomac Village

Docent-led tour at the Kreeger Museum set for May 25

Our next docent-led tour for PCV members and active volunteers is on Thursday, May 25 at 10:30 a.m. at the Kreeger Museum, 2401 Foxhall Road, in Washington, D.C. with a \$7 suggested donation. Thank you to Carol Nerenberg for organizing this event. To register, please call 240-221-1370 or use the sign-up form on the PCV website, www.PotomacCommunityVillage.org. Money will be paid at the museum, not in advance.

This is the latest in the series of events organized by our PCV Arts Planning Group. Our next member-only tours will be of the Library of Congress' new exhibit on the U.S. entrance into World War I, and a tour of Rockville's Beall – Dawson House and its new exhibit on furniture, with dates for both TBD. To learn more about the Arts Planning Group, call 240-221-1370 or email info@PotomacCommunityVillage.org.

Lunch at Tally Ho on Thursday, June 8, at noon

Another opportunity for PCV members and friends to get together for a social lunch, get toknow each other better, and chat with neighbors about "thriving in place" in our well-loved homes. Participants pay for their own meal. Come, and bring a friend or two! RSVP please by Wednesday, June 7, so we know how many tables we need, at 240-221-1370 or info@PotomacCommunityVillage.org. We'll be at Tally Ho Restaurant on Falls Road in Potomac Village.

Wellness and Fitness: Another simple exercise to help keep us fit

Most of us think of exercise as based on endurance, such as walking, biking or treadmill. But there are three additional types of exercise we should pay attention to as we age: those that increase our balance, flexibility and strength. These exercise types were discussed and modeled at the Workshop PCV offered in March in partnership with the National Institute on Aging's Go4Life program. As a follow-on, we're highlighting a new exercise each month. Here's one that will help with strengthening your buttocks and lower back and enhancing balance.

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold the position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10 – 15 times.
6. Repeat 10 – 15 times with the other leg.
7. Repeat 10- 15 more times with each leg.
8. As you progress, you can add a balance challenge, by holding onto the chair with one hand. As you feel steady, try using one finger to balance you. Then try balancing without holding on. As you progress, you can also add ankle weights.



Upcoming events at PCV...

- **Docent-led tour of the Kreeger Museum, Thursday, May 25.** Members and active volunteers only.
- **ROMEO lunch, Thursday, May 25, at 12:30.** Open to all male members. Pay for own lunch.
- **June board meeting on Tuesday, June 6, 7 p.m.** Call us at 240-221-1370 if you'd like to come.
- **Lunch at Tally-Ho Restaurant, Thursday, June 8 at noon.** Open to all, you pay for your own meal.
- **Prospective Member "Meet and Greet" Get-Together, Sunday, June 11, 2 p.m.**
- **Monthly meeting on Thursday, June 15, 7 – 9 p.m.** Open to all. Free.
- **The PCV Book Group (members only) meets Tuesday, June 20 at 1:30** to discuss *Open Secret* by Stella Rimington. For location, directions or questions, please call 240-221-1370.
- **Theater Party at Roundhouse Theater, Tuesday, June 27, 7:30 p.m.**
- **Potluck Dinner, Thursday, July 20 at 6 p.m.** at the Potomac Community Center. Entertainment included! Your food contribution can either be purchased or homemade. More details next month!

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.