



Potomac
Community
Village

May – June 2018

"your roadside assistance on the journey of life"

240-221-1370

info@PotomacCommunityVillage.org

www.PotomacCommunityVillage.org

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

Potomac Community Village News

PCV Rides Program Benefits Real People

Our recent survey regarding the PCV Rides Program showed that it provides a great boost to those who are unable to chauffeur themselves around to the various activities and appointments that are an important part of our everyday lives. All those surveyed reported that they received excellent service from friendly drivers. Among the comments were the following:

- "I can never thank PCV enough for the kind assistance that it and the volunteers have done for me."
- "It saved me more expensive transportation at least three times and the drivers were great."
- "I was able to attend 4 PCV events through the volunteer rides program. I have a problem driving at night and the volunteer rides program enabled me to attend these events."

If you would like the satisfaction of helping others, consider being a volunteer yourself! Call 240-221-1370.

Thursday, June 21, 7 pm at the Potomac Community Center "Two Faces of Communication: Non-Verbal Cues"

Dr. Enid Portnoy, a retired Associate Professor of Communication Studies and Gerontology at West Virginia University, will talk about how non-verbal cues affect our behavior and reactions. Nonverbal clues are the invisible cover which influences our communication habits. These include our environment, how a physical space is configured, and what colors are used. Dr. Portnoy will discuss the differences between verbal and nonverbal cues, and offer an overview of many different channels of nonverbal opportunities which you can adopt. She is a lecturer for several programs, which include Women's Connections for the Jewish Community Center and OASIS. Dr. Portnoy earned a Bachelor's and Master's degree from the School of Communication at Northwestern University, and an Ed.D from West Virginia University. This program is free and open to all.

Thursday, July 19, 6 pm at the Potomac Community Center Summer Pot Luck Dinner and Volunteer Appreciation

Like to eat? Then come on down to PCV's Pot Luck Dinner! Like to cook? Wonderful. Don't like to cook? You can pick up already prepared food such as salad from a salad bar, cut up veggies and dip, chips and salsa, pizza, or barbecued chicken. The Dinner is open to ALL, not just PCV Members, so bring your non-member friends. And did we tell you that the musical group "Cabin John Dixieland Band" will be there? Please let us know by Tuesday, July 17, that you will be coming by calling 240-221-1370 or by filling in the online form found on the PCV website under ACTIVITIES/Potluck dinner.

Members' Walk on the Canal, Monday, May 28, 9:30 - 11:30 am

Weather permitting, it's time for fresh air, exercise and socializing. We'll meet at Great Falls Tavern at 9:30 and we plan to walk from the Tavern along the River Trail and then on the towpath to Swain's Lock. This is about a 4 mile flat walk which will be followed by refreshments (you pay on your own) at the Canal refreshment stand. Please RSVP by calling 240-221-1370 or email info@PotomacCommunityVillage.org by Friday, May 25, so we know to expect you. When you RSVP, please give us *your cell phone number*, so we can reach you if we need to make a change on Monday morning.

PCV Fun and Business

- **Catch the PCV display at the Potomac Library for the month of June. The exhibit will show photographs and posters of our activities.**
- **The PCV Board has approved changes in our by-laws. Members will vote on them before the presentation at the June 21 meeting. The changes reflect the ways in which PCV has evolved since we were approved as a non-profit organization. Copies of the proposed by-laws will be sent to all members in advance of the meeting.**
- **And to mark our evolution, PCV now has a PO Box number for mail. Reach us at Potomac Community Village, PO Box 59424, Potomac, MD 20854**

Calendar:

- **Tuesday, May 22, 1 – 2:30 pm at the Potomac Community Center: Ensuring Self-Determination at the End of Life, with Rosalind Kipping.** Ms. Kipping will discuss the ways we can control how we are medically treated if we are in a life-altering medical situation without a realistic chance of improvement; the legal rights we have and the ones we don't. Topics include the Advance Directive for Health Care, the Medical Order for Life Sustaining Treatment and the "End of Life Options Act."
- **Thursday, May 24, 12:30-1:30 pm: Members' May ROMEO (Retired Older Men eating Out) lunch,** at Bagel City, 12119 Rockville Pike. Please RSVP by May 23 to 240-221-1370.
- **Monday, May 28 (Memorial Day) 9:30-11:30 am: Members' Walk on the Canal.** (SEE ABOVE)
- **June 1 – June 30: PCV exhibit at the Potomac Library,** 10101 Glenolden Drive, Potomac.
- **Thursday, June 14, 12-1 pm: Social lunch at Tally Ho Restaurant in Potomac Village.** RSVPs preferred by June 13, 240-221-1370. Open to all, non-members too. Participants pay for their own meal.
- **Tuesday, June 19, 1:30-3:30 pm: Book Group for PCV Members,** discussing *A Gentleman in Moscow* by Amor Towles. RSVP to 240-221-1370 or info@PotomacCommunityVillage.org.
- **Thursday, June 21, 7 pm at the Potomac Community Center: Two Faces of Communication: Non-Verbal Cues, with Dr. Enid Portnoy.** (SEE PAGE 1)
- **Thursday, July 12, 12-1 pm: July Social lunch at Tally Ho Restaurant in Potomac Village.** RSVPs preferred by July 11, 240-221-1370. Open to non-members. Participants pay for their own meal.
- **Thursday, July 19, 6 pm at the Potomac Community Center: PCV Annual Summer Pot Luck Dinner and our Volunteer Appreciation Event** (SEE PAGE 1)
- **More member-only programs coming, dates TBD.** Canal Walks in June and July; a wine or beer-tasting; museum and gallery tours; movies; social lunches; more. If you'd like to help with a members' event, or come up with your own ideas for one, 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. To newsletter writers **Hannah Fisher, Shirley Jacobus, Sheila Moldover and Mel Rumerman**, proofreaders **Marcia Akresh, Len Blackman, Carol Hankin, Linda Perlis, Kim Redlich, David Schultz and Connie Wones**, and press release writer **Helen Dalton**.*