



Potomac
Community
Village

Newsletter
Mar – Apr 2020
REVISED

“your roadside assistance on the journey of life”

info@PotomacCommunityVillage.org www.PotomacCommunityVillage.org

Potomac Community Village, PO Box 59424, Potomac, MD 20859

Want to know more, or want to join? Call the Help Desk at 240-221-1370 Mon-Fri, 9-5

PCV Presents:

“Healthy Aging”

Speaker: Natasha Sacks

Thursday, April 2, 7-9 pm at Potomac Community Center

CANCELLED

Wonderful News!

The PCV Board of Directors is pleased and proud to announce that **Grace Chen**, our student Board representative, has been chosen by Bethesda Magazine as a recipient of its **“Extraordinary Teen Award.”** (See page 2.) A profile of Grace and other recipients is in the March/April issue of Bethesda Magazine and will appear on BethesdaMagazine.com as of April 6.

PCV Presents:

Sarah Dwyer, a Paris-trained chocolatier and owner of a Bethesda chocolate store.

Thursday, May 21, 7-9 pm at Potomac Community Center

Around the Village

They moved. Are they still aging in-place? The answer may depend on what you mean by “place”. This question found its way into the February 20 PCV program on



Marcia Akresh

downsizing and moving. Sheila and Don (seated at the small table) lived in a multi-level house a little west of Falls Road in 20854. Although there were no problems yet, they looked ahead and saw that the three staircases could eventually become difficult to manage. But what should they do? They wanted to stay in the neighborhood, and considered the possibilities of remodeling the house to suit their future needs or finding a one-level house, but found that remodeling was impractical and a suitable one-level house was unavailable. So they moved to a one level apartment/condo in Rockville, but in what “place” are they now? In

describing their downsizing experience, Sheila and Don talked about modifying their “sense of place” to “sense of community.” They do not consider that their community has changed because they are only ten minutes away from their old house, have the same friends that they’ve had for the past thirty years and the new ones made at PCV, and are still active in their synagogue and in the same volunteer organizations. **They will age in place, and their place is in their community.**

PCV’s Extraordinary Teen

If you attend PCV’s monthly Thursday evening programs, you are probably aware of the group of high school students sitting along the back wall. They help with setting up chairs and tables, distribute the newsletters and are ready to assist you with your mobile phone and related problems. This group was organized by **Grace Chen**, our student Board representative, who has been selected by Bethesda Magazine as an **Extraordinary Teen**. And she is! A volunteer, an organizer and a leader who not only motivates our PCV Teen Squad, arranged our two inter-generational get-togethers, and co-founded and helped set up Winston Churchill High School’s Asian American Festivals, but also figure skates, teaches skating and plays cello and piano. See the March/April edition of Bethesda Magazine. **Congratulations, Grace.**

Meet the Member

Ellen Rosenthal

I have been on the volunteer list for nearly three years and while I have not driven as much as other volunteers, I have had wonderful experiences driving four residents. I have learned much about their lifestyles, work, hobbies, families and backgrounds.

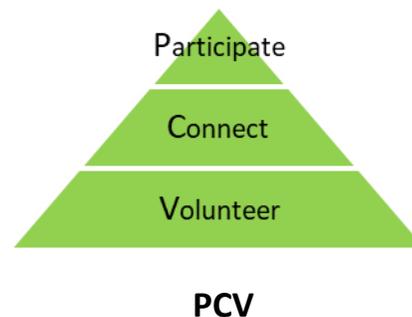
One of the Potomac residents I have had the opportunity to know is Randy, a wonderful man in his 90's. I learned of his early childhood growing up in a foreign country where he many times assisted his father, a surgeon, with the task of holding a light for the surgery. I learned of the hardships of the civilians as well as his family. In short, there was an education for me every time I transported him. I've met a member of his family at an outing during which I learned more of his exceptional life.

I've also enjoyed transporting others and will continue to do so when the scheduling calendar does not conflict with my other activities.

It's important to give back to the community in which you've resided for nearly 50 years. I chose to do this activity not knowing the training it would require, nor the extent of the obligation. As it turns out, the training for an afternoon with staff from Village Rides (Jewish Council for the Aging) was worthwhile as the topics covered were a reminder for me that I had committed to keep a watchful eye on the person I was transporting and his/her well-being while in my vehicle.

(Ellen has been a PCV member for five years.)

Around the Village aims to highlight what you have been doing, the programs you have enjoyed, associations you have made with other members, and how PCV has helped you. Do you have something to share? Write an article and email it to: PCVnewsletter@PotomacCommunityVillage.org. Or send in an interesting event photo. Be a Newsletter Contributor!



Something New – Neighborhood Walks

Spring is on its way and it's time for PCV to start planning for spring-time walks and outdoor activities. In the list of interests and hobbies that PCV members submitted, many indicated that they like to walk. Members Activities chair Sheila Moldover is attempting to create walking groups by neighborhood, with the goal of connecting PCV members who are neighbors and spur them to walk a little more and get to know each other better. Emails have been sent to members in several neighborhoods with the names of fellow members who have indicated that they also like to walk. The hope is that they will contact one another and set up walking dates in their neighborhood. Walking is a good way to stay fit.



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Email the Newsletter at: PCVnewsletter@PotomacCommunityVillage.org

MARCH – APRIL 2020

Coming up with PCV in the next few weeks:

MEMBERS ONLY: Tuesday, April 21, 1:30 – 3:00 pm. PCV Book Group meets, discussing "Last Woman Standing," by Amy Gentry. Call the Help Desk at 240-221-1370 (Mon.–Fri., 9 - 5) for location. **(Non-members are welcome to come *once* to try us out.)**

MEMBERS ONLY: Tuesday, May 19, 1:30 – 3:00 pm. PCV Book Group meets, discussing "The Law of Similars," by Chris Bohjalian. Call the Help Desk at 240-221-1370 (Mon.–Fri., 9 - 5) for location. **(Non-members are welcome to come *once* to try us out.)**

OPEN TO ALL: PCV May Evening Program, Thursday, May 21, 7 – 9 pm at Potomac Community Center. PCV Presents: Sarah Dwyer, a Paris-trained chocolatier and owner of a Bethesda chocolate store.

Welcome to New Members: Sylvia Diss, Trudy and Edgar Bernstein

Renewing Members: Sonya and Eric Okin, Diann K. Onsted, Kurt Kohn

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