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Helping People Age in Place



Participants in the Memorial Day Potomac Community Village Canal Walk are (from left) Sheila Taylor, Barry Taylor, Scott Brown, Judy Chung, Sheila Moldover, Fung-Lung Chung, Don Moldover and Valen Brown.

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At the May 17 Potomac Community Village general meeting, Dr. Heidi Hsai, Ph.D. speaks to members of Potomac Community Village on "The Mind-Body Connection: Keys to Healthy Aging."

Potomac Community Village (PCV) is a non-profit network of neighbors and friends geared to enabling older Potomac residents to age in place in their existing homes by creating social connections and providing volunteer services, such as occasional transportation, computer help, simple home repairs, and friendly phone calls and visits. PCV is part of a nationwide movement of more than 500 Villages, of neighbor helping neighbor.

PCV's Fall 2018 events include a variety of programs that are free and open to all. These include a Sept. 20 program in which actress Linda Kenyon will portray cookbook author Julia Child, a Walk on the Canal on Sept. 29 as part of Active Aging Week in Montgomery County, a program on saving money on Medigap and Medicare Prescription Drug plans on Oct. 3, a presentation on Oct. 18 from the League of Women Voters, and a Nov. 15 talk by Matt Logan of Montgomery History on this organization's role in preserving the county's history. PCV will also have a booth on Potomac Day on Oct. 20. Upcoming member-only events include lunches, book discussions, an Ice Cream Social, theater parties, local-area hikes, and docent-led museum tours.

For more information about programs, membership, volunteering or getting volunteer help, contact info@PotomacCommunityVillage.org, 240-221-1370 or check out www.PotomacCommunityVillage.org.

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