

# Potomac-710 ALMANAC

## HOMELIFESTYLE

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## Fire Department Works Seasonal Magic

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At the dedication of the new engine: Mary Seavey, CJPVFD Chief Corinne Piccardi, James Seavy Jr. and Acting Fire and EMS Chief John A. Donnelly Sr. of DC Fire Department. next to Cabin John's new fire truck at its dedication ceremony Saturday. The truck was dedicated in honor of former CJPVFD Chief James P. Seavey Sr.

### Give Locally

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REAL ESTATE SALES, 2 ❖ KENNY LOURIE, PAGE 7

PHOTO CONTRIBUTED BY CJPVFD

DECEMBER 9-15, 2020

ONLINE AT POTOMACALMANAC.COM

# Potomac REAL ESTATE



**2** 12025 Evening Ride Drive — \$3,235,000

**6** 11517 Luvie Court — \$1,805,000



PHOTOS BY DEB STEVENS/  
THE ALMANAC

**4** 11816 Centurion Way — \$2,395,000

## October, 2020 Top Sales

IN OCTOBER, 2020, 62 POTOMAC HOMES SOLD BETWEEN \$4,300,000-\$480,000.



**7** 10415 Stapleford Hall Drive — \$1,782,000



**3** 8401 Rapley Ridge Lane — \$2,590,000



**1** 9111 Harrington Drive — \$4,300,000



Address.....	BR	FB	HB	Postal	City.....	Sold Price...	Type.....	Lot AC.	Postal Code ...	Subdivision.....	Date Sold
<b>1</b> 9111 HARRINGTON DR.....	5...	8...	2	.....	POTOMAC .	\$4,300,000 ...	Detached ..	4.06.....	20854...	BRADLEY FARMS ...	10/30/20
<b>2</b> 12025 EVENING RIDE DR...	8...	8...	2	.....	POTOMAC .	\$3,235,000 ...	Detached ..	0.89.....	20854	MERRY GO ROUND FARM	10/23/20
<b>3</b> 8401 RAPLEY RIDGE LN.....	5...	4...	3	.....	POTOMAC .	\$2,590,000 ...	Detached ..	0.52.....	20854	.....AVENEL .....	10/27/20
<b>4</b> 11816 CENTURION WAY ....	7...	7...	1	.....	POTOMAC .	\$2,395,000 ...	Detached ..	2.00.....	20854	..... PALATINE.....	10/23/20
<b>5</b> 9245 CAMBRIDGE MANOR CT .	5...	4...	3	.....	POTOMAC .	\$1,885,000 ...	Detached ..	0.94.....	20854	.....KENTSDALE ESTS ..	10/19/20
<b>6</b> 11517 LUVIE CT.....	8...	7...	1	.....	POTOMAC .	\$1,805,000 ...	Detached ..	0.76.....	20854	MERRY GO ROUND FARM	10/27/20
<b>7</b> 10415 STAPLEFORD HALL DR .	6...	5...	2	.....	POTOMAC .	\$1,782,000 ...	Detached ..	2.03.....	20854	KENTSDALE ESTATES.	10/21/20
<b>8</b> 9732 SORREL AVE.....	6...	6...	3	.....	POTOMAC .	\$1,780,000 ...	Detached ..	2.19.....	20854	.....FALCONHURST ....	10/29/20

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## Tradition and Jack Daniels Bless New Engine

CJPVFD dedicates new engine in honor of longtime chief, Jim Seavey Sr.



At the dedication of the new engine: Mary Seavey, CJPVFD Chief Corinne Piccardi, James Seavy Jr. and Acting Fire and EMS Chief John A. Donnelly Sr. of DC Fire Department. next to Cabin John's new fire truck at its dedication ceremony Saturday. The truck was dedicated in honor of former CJPVFD Chief James P. Seavey Sr.



Members of Cabin John Park Volunteer Fire Department wipe down their new fire engine after its "wetting down" ceremony Saturday.



Replica of the new truck, E-710 - sits in the fire station with a copy of the dedication plaque.

BY PEGGY MCEWAN  
POTOMAC ALMANAC

Saturday's dedication of the new fire engine #710 at Cabin John Park Volunteer Fire Department was a combination of different and traditional.

Different, because of restrictions required by COVID-19. Traditional, exhibited by parts of the ceremony that harken back to times when fire trucks were pulled by horses.

"Normally we would have a lot more people here," CJPVFD Fire Chief Corinne Piccardi said to the department members who were present and to the people watching live on Facebook, "But unfortunately, we have to [comply with] COVID restrictions."

Piccardi thanked the members who worked to purchase the new engine and have it ready for service.

That included former Fire Chief James P. Seavey Sr., who served

as a first responder in the greater D.C. area for 42 years, beginning as a volunteer firefighter at age 16. Seavey became Cabin John chief in 1992, retired from the department in 2017 and died the next year.

In addition to his volunteer service at CJPVFD, Seavey was a member of the D.C. Fire Department.

"Forty-two years of service," Piccardi said.

Piccardi presented a copy of the dedication plaque on the door of the new engine to Seavey's wife Mary Seavey on Saturday, and the two of them christened the engine with a bit of Jack Daniels.

Jack Daniels, a favorite of Chief Seavey's, was in lieu of holy water because, Piccardi said, she could not invite a clergy person to the ceremony.

The next stage of the ceremony, the "wetting down," took place outside.

Wetting down again is a tradition from the days of horse drawn engines and, maybe, more holy



Holy water? It was a stirring moment when the new engine pulled out of its bay at Station 10 on River Road with lights and siren going, and passed through an arch of spray from two other engines.

water. Piccardi said the horses were blessed with holy water and prayers for health, speed, and long life. That could be the connection with wetting down a new engine, but Harry Fones, the department's communications director, explained it differently.

Fones said firefighters took great pride in the look of their equipment and a sister company's members would come and wash a new engine down, then dry it off just to be sure it was sporting the best look as it began service.

Either way, it was a stirring moment when the new engine pulled out of its bay at Station 10 on River Road with lights and siren going, and passed through an arch of spray from two other engines.

Driver Patrick Khaghani then backed up the engine and most of the members present took towels and wiped the engine down before gathering around to "push" it back into its bay as Khaghani drove it in reverse.

Horses could not [supposedly] walk backward to back up an en-

gine, so the firefighters would have to push the engine back under cover, leading to this tradition.

According to Fones if the many people who are usually at a dedication ceremony had been at Saturday's ceremony, they would really have pushed the engine.

A dedication ceremony does not happen very often Fones said. New fire engines are very expensive and are expected to stay in service for a number of years.

Engine 710 went on its first call Saturday night.

PHOTOS CONTRIBUTED BY CJPVFD

# Santa on the Fire Truck, Headed Your Way

Santa rides the streets of Potomac again this year.

BY PEGGY McEWAN  
POTOMAC ALMANAC

Cabin John Park Volunteer Fire Department's Annual Santa Run is underway.

Every night for the next two weeks the department's new fire engine will be transformed into a version of Santa's Sleigh. Brightly decked out with flashing lights and sending music through local neighborhoods. Santa himself will be perched on top, waving to all who gather to return the wave and enjoy the seasonal tradition.

"The pandemic has forced Santa to make some changes this year to keep everyone safe. His sleigh will not stop for pictures or any other reason. He would love to see you at the bottom of your driveway, but please do not congregate with neighbors," reads the message posted on the department's Facebook page.

Santa will gladly accept toys to be donated to kids in need, but that tradition too has a COVID change.

Donations will have to be put directly into the pickup truck following the sleigh. Or you can also drop them off at either CJP station, Station 10 on River Road or Station 30 on Falls Road near Oaklyn Drive. A box for toys will be located outside each station.

Donations will be delivered Dec. 24 to the National Center for Children and Families in Bethesda and, in conjunction with Montgomery County Police, the Scotland Drive Community Association.

Check the schedule below to see when Santa will pass through your neighborhood. His sleigh usually heads out around 6 p.m. and re-

turns to the station at 9 p.m.

You can follow his progress on your GPS while he is active with the link: <http://glympse.com/ext/!CJPVFDSSANTA?twit=CJPVFD...>

Remember, weather sometimes plays havoc with Santa's schedule. Keep updated by checking Cabin John Park Volunteer Fire Department's Facebook page.

## 2020 SANTA SCHEDULE

### Monday, Dec. 7

Fox Meadow  
River Oaks Farm  
Potomac Farm Estates  
Potomac Hills  
Potomac Manors  
Great Falls Estates  
Potomac Falls Estate  
Tuesday, Dec. 8  
Mountain Gate  
Eagle Rock  
Natelli Woods  
Potomac Ranch  
River Falls  
Fawsett Farms

### Wednesday, Dec. 9

Congressional Manor  
Carderock Springs  
Clewewall  
Glengarry  
Carderock  
The Palisades

### Thursday, Dec. 10

Arrowood  
Bradley Hills Grove  
Make up missed runs

### Friday, Dec. 11

Avenel  
River Road Estates  
Williamsburg Estates  
The Village



This Cabin John Park engine is decked out for Santa.



You may have seen Saint Nick riding in the Brockway yesterday earlier this week, but now he'll take the big Engine 710 out as his sleigh. His sleigh usually heads out around 6 p.m. and returns to the station at 9 p.m. Follow his progress on GPS while he is active with the link: <http://glympse.com/ext/!CJPVFDSSANTA?twit=CJPVFD...>

Williamsburg Gardens  
Concord

### Saturday, Dec. 12

Seven Locks Hills  
Burning Tree Estates  
Rose Hill Estates  
Stonehurst Center  
Smithfield  
Riverhill

### Sunday, Dec. 13

Cabin John  
Cabin John Park  
Evergreen  
Congressional Country Club Estates

### Tuesday, Dec. 15

Congressional Country Club Estates  
West Bethesda Park

Cohasset  
Bradley Park  
Burning Tree Valley  
Frenchmen's Creek

### Wednesday, Dec. 16

Locust Ridge  
Oakwood Knolls  
Make up missed runs

### Thursday, Dec. 17

Alvermar Woods  
Potomac Hunt Acres  
Merry Go Round Farms  
Beallmount  
Lake Potomac  
Stoney Creek Farms  
Saddle Ridge

### Friday, Dec. 18

Potomac Village  
Camotop  
Falconhurst  
Bradley Farms  
McAuley Park  
Kentdale Estates  
Bradley Blvd Estates  
Congressional Forest Estates

### Saturday, Dec. 19

Bannockburn  
Bannockburn Estates  
Al Marah  
Wilson Knolls (1st Due Only)

### Sunday-Tuesday, Dec. 20-22

Make up missed runs

### Thursday, Dec. 24

Toy Delivery!

## Where to Give Locally in the Potomac Area

Local nonprofits need your help to help others for the holidays during the pandemic.

We list many kinds of nonprofits in and around Potomac: food banks, animal adoption, arts, environment, housing; find what appeals to you, and pitch in. It's fair to say that most organizations would like financial contributions and volunteers.

### Manna Food Center

Manna Food Center, the main food bank in Montgom-

ery County, strives to eliminate hunger through food distribution, education, and advocacy. Manna provides food to 32,000 individuals each year and helps distribute rescued food to soup kitchens, food pantries and emergency shelters county-wide. Nearly every social service organization in Montgomery County relies on Manna to provide food to their clients.

You can drop off food donations Monday through Friday from 8 a.m. to 3 p.m. at: the Warehouse,

9311 Gaither Road Gaithersburg, MD 20877

(301) 424-1130 [info@man-nafood.org](mailto:info@man-nafood.org) [www.mannafood.org](http://www.mannafood.org)

**Mercy Health Clinic** in Gaithersburg is a non-sectarian, non-profit, community health clinic committed to providing high quality medical care to eligible patients free of charge.

It serves around 2,000 patients annually with more than 50 volunteer physicians and over 100 med-

ical and administrative volunteers. "At Mercy, we believe that we all benefit when everyone in our community has access to health care." The clinic is located at 7 Metropolitan Court, Suite 1, Gaithersburg, MD 20878. Phone 240-773-0300 or visit [www.mercyhealthclinic.org](http://www.mercyhealthclinic.org).

**Interfaith Works** provides shelter, food, and clothing to low-income and homeless neighbors. Offices are at 114 West Montgomery

Ave., Rockville, 20850 [www.iworksmc.org](http://www.iworksmc.org)

**Potomac Community Resources, Inc.** promotes the full inclusion into community life of teens and adults with developmental differences by providing over 35 therapeutic, recreational, social, educational, and respite care programs. PCR's in-person programs re-

SEE GIVE LOCALLY. PAGE 7

# BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## SUNDAY/DEC. 13

**Virtual Holiday Concert.** 4:30 p.m.  
Join the Maryland Choral Society with chorales from J.S. Bach's cantata *Wachet auf!* ("Sleepers Wake!") and traditional carols of the season. The concert is free, but they are asking for donations that will go directly to support the Fort Washington Food Pantry which helps over 150 families every week in the area facing food insecurity. Visit on the Facebook page or on YouTube channel or visit [MarylandChoralSociety.org](http://MarylandChoralSociety.org).

## TUESDAY/DEC. 15

**Employment Expo.** Instead of holding a single, huge employment expo in Montgomery County, this year, JCA will hold several virtual events. The next Montgomery County Virtual Employment Expo for Job-seekers Age 50+ will be held on Dec. 15 from 10 a.m. to 2 p.m. At the virtual expo, you can network with area employers; attend free workshops and learn new job-search skills. Visit the website: <https://accessjca.org/employment-expos/>

## SUNDAY/DEC. 20

**An Evening of Readings and Carols.** 5 p.m. Live-streaming from Bethesda. Celebrate the holiday festivities with The Thirteen, as they sing carols from King's College's trove of music for their Festival of Nine Lessons and Carols. Paired with poetry on the Christmas story by acclaimed poets including Maya Angelou and Margaret Gooding, this concert is sure to delight and excite audiences of all ages. Subscriptions may be purchased at <https://thethirteenchoir.org/concerts>.

## VIRTUAL HOLIDAY PET PHOTO CONTEST

The Montgomery County Humane Society is hosting a Virtual Holiday Pet Photo Contest. They are accepting entries now through Sunday, Dec. 13. Simply email your entries to [rosen@mchumane.org](mailto:rosen@mchumane.org) or direct message via Facebook. They are looking for photos of pets in their favorite holiday outfits, or posing in holiday style, pets in the family holiday photo, etc. Contestants will be posted on our Facebook page on Monday, Dec. 14. The three photos that receive the most "likes" through Sunday,

Dec. 20 will win a prize. Limit one winner per household. Winners will be announced Monday, Dec. 21.

## NOW THRU DEC. 23

**Sandy Spring Museum's Fine Arts & Crafts Holiday Gift Show.** Monday, 10 a.m. – 4 p.m.; Wednesday 10 a.m. – 4 p.m.; Friday 10 a.m. – 8 p.m.; Sunday 12 p.m. – 4 p.m. At 17901 Bentley Road, Sandy Spring. The annual Fine Arts & Crafts Holiday Gift Show features one-of-a-kind gifts handmade by local artists including jewelry, quilts, pottery, and other fine arts and crafts. The museum's resident artists will offer their newest creations ranging from glossy enamel work and mixed media collage to a variety of hand-forged jewelry and unique hand-built ceramics. In addition, local artists from the community will have hand-crafted items for sale. A percentage of sales supports SSM's community generated programming. Visit [www.sandyspring-museum.org/giftshow](http://www.sandyspring-museum.org/giftshow).

## HELP YOUR COMMUNITY THROUGH THE 2020 HOLIDAY DRIVE

For more than four-and-a-half decades, Rockville's Holiday Drive has helped the community's neediest members. This year, with the need greater than ever, the drive will continue, albeit with minor changes to keep everyone healthy and safe.

This year, because of the COVID-19 pandemic, the city is requesting cash donations only that will be used to purchase gift cards for families in need. Here's how you can help:

Make an easy, online donation. Send a tax-deductible contribution check. Checks can be made payable to Rockville Holiday Drive Fund, and sent to Rockville Holiday Drive Fund, 111 Maryland Ave., Rockville, MD 20850.

In December, the Holiday Drive will be seeking sponsors to buy gifts for families in need. For more information, contact Allison Hoy, volunteer coordinator, at 240-314-8304 or [ahoy@rockvillemd.gov](mailto:ahoy@rockvillemd.gov).

## YMCA OFFERS FREE PRODUCE

The local YMCAs are offering free produce distribution during the coronavirus crisis. Produce is available for anyone, free of charge, regardless of their affiliation with the YMCA. Produce will be distributed at the following location:

YMCA Bethesda-Chevy Chase, 9401 Old Georgetown Rd., Bethesda. Available Wednesdays 4-6 p.m., Thursdays 9 a.m.-12 p.m.

**I CHOSE Ingleside**

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## Potomac Community Village Join via Zoom

Learn about a free Senior Respite Program allowing 140 hours of homecare services for MOCO residents giving primary care to a family member - irrespective of income level.

Wed, December 15, 4:00pm –5:00pm  
Register at [20854HelpDesk@gmail.com](mailto:20854HelpDesk@gmail.com)

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# Christmas Casual or Go All Out?

BY MARILYN CAMPBELL  
THE ALMANAC

**A**s with many traditions, the pandemic is altering celebrations. Whether extravagant and lavish, minimalist and understated or somewhere in between, inspiration for holiday décor abounds. A group of tastemakers are offering an array of design ideas to make any home merry and bright this season.

## Ease and Simplicity

“You can go casual and let yourself off the hook this year,” said Amy Rutherford, owner of Red Barn Mercantile in Old Town Alexandria. “Just iron your tablecloth and linen napkins, forage for greenery to put in a vase and call it a day.”

Understated décor is one of the themes that Sustainable Designer, Zelda Elisco of Abigail-Elise Design Studio is encouraging this season. “Decorate your mantle with a garland of greenery and wooden beads for the perfect minimalist look,” she said. “Arrange the perfect holly bouquet in a large glass vase.”

“If there’s one thing we’ve learned from the pandemic, it’s to simplify,” added Anne Walker of Anne Walker Design and Farm & Feast in Potomac, Maryland. “Focus on what’s really important. This principle applies to design as much as it does to life.”

A stunning tablescape doesn’t have to mean lavish and fussy, says Walker whose designs often incorporate reindeer antler candle holders and laser-cut wood Christmas trees in soft shades of beige. “The lack of embellishment allows each element to have a huge impact. A beautiful dining table is so restful in its simplicity [and] invites you to linger in peaceful, elegant spaces she said.

## Find inspiration in nature

While a daylong shopping spree in search of the most festive dining accessories might not be feasible this year, creating a tablescape with natural elements allows for simplicity while maintaining elegance.

“Grab a magnolia leaf and write a name on it for a place card and attach it to your napkins with twine. Simple twine is always a fun way to wrap napkins,” said Rutherford. “When you get your Christmas tree they have extra branches lying around. Pick up some of those and line them down the table. Sprinkle in candles, and fresh fruit like pomegranates, apples or oranges with cloves, which smell nice and are really pretty.”

“Evergreen is a beautiful smelling green and lasts a long time,” added designer Tina Yaraghi of The Enchanted Home. “I love mixing it in with fresh cut boxwood and eucalyptus. Keep a spray bottle with tap water on hand to spray every few days.”

Natural elements can also be used to add color. “Try adding a vase filled with cranberries or hurricane candle holders to a tablescape, suggests Yaraghi. “You can place it in the center of a festive wreath. I also add fresh greenery in a little mint julep next to each place setting, which is such a beautiful



PHOTO BY COURTNEY THOMAS, THE PICKET FENCE  
Tiny Christmas trees made from bottle brushes add a splash of color to holiday décor.



PHOTO BY ANNE WALKER  
Create an understated tablescape with reindeer antler candles holders and laser-cut wood. Christmas trees in neutral shades



THE ENCHANTED HOME  
Try decorating with unexpected patterns color combinations, like blue and white chinoiserie, this year.

**“You can go casual and let yourself off the hook this year, but just because it’s your immediate family and not the 30 people you usually host doesn’t mean that you can’t go all out.”**

— Amy Rutherford,  
owner of Red Barn Mercantile in Old Town Alexandria

and elegant touch.”

“Votive candles add understated elegance and are a must have for any holiday table,” she continued. “There nothing like the glow of candlelight [mixed] with greenery is always a beautiful look and I will often add faux white berries for a little something extra.”

## A Twist on Traditional Accessories

Dining tables aren’t the only spots to add Christmas cheer. “Fill your mantle with different styles of bottle brush trees in varying heights and put a wreath above it” said Courtney Thomas of The Picket Fence in Burke, Virginia. “Bottle brush trees, which, as the name suggests, are made of the brush-



PHOTO BY THE ENCHANTED HOME  
Etched hurricanes mixed with greenery and pinecones create an elegant tablescape.



COURTNEY THOMAS, THE PICKET FENCE  
Christmas villages are popular this year.

es that you use to clean bottles. They’re popular this year. They were big in the 1950s, so they’re kind of retro. You can also display them in groups of three or five and make a forest.”

“Christmas villages have been really popular this year,” continued Thomas. “Those are fun but for a side table, console or on a shelf.”

## There’s Nothing Wrong with Extravagance

Even using decorations that you already own, simple doesn’t mean lackluster. “Even if you normally go full tilt with glitter and glamour during the holidays, try something new this year,” said Walker.

“For table settings, I say go big or go home,” said Yaraghi. “I love bringing out all my silver, china, crystal. The more the merrier and if not for the holidays, then when?”

“Get a beautiful centerpiece and line the table with pretty candles,” said Rutherford. “Embrace the moment, embrace it even though it might be your immediate family and not the 30 people you usually host. Go all out. Just because it’s the four or six of you doesn’t mean you can go all out.”

# Where to Give Locally

FROM PAGE 4

main suspended, but you can participate in our engaging videos online, <https://pcr-inc.org/pcr-videos/> Donations to PCR make a difference in the lives of individuals with developmental differences and their families. Eighty-six percent of every dollar donated goes directly to its programs.

Updated resources page, [pcr-inc.org/community-resources/community-links/](http://pcr-inc.org/community-resources/community-links/)

Offices located at 9200 Kentsdale Drive, Potomac, 20854. Phone 301-365-0561 or visit <http://pcr-inc.org/>

**Montgomery County Coalition for the Homeless (MCCH)** a community-based nonprofit organization, is a leading provider of permanent housing, intermediate housing, emergency shelter, and supportive services for people experiencing homelessness. MCCH programs serve 1,600 men, women, and children each year, providing 60 percent of the emergency shelter beds in the county.

600-B East Gude Drive, Rockville, 20850, 301-217-0314 [www.mcch.net](http://www.mcch.net).

**ArtStream** performances feature adult actors with intellectual and developmental disabilities including autism and other social and behavioral needs. Actors, volunteer mentors and theatre professionals work as a team to create original performances for live audiences. ArtStream offers drama and life-skills classes and programs in military hospitals. The group is based in Chevy Chase and normally holds programming throughout the region, but right now the virtual programs are thriving. 8401 Connecticut Ave. Ste 1230, Chevy Chase, 20815, 301-565-4567 [www.art-stream.org](http://www.art-stream.org).

**Shepherd's Table** is a nonprofit organization in downtown Silver Spring, supported by volunteers, religious organizations, government, businesses, foundations, and individual donors. It provides help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance. 8210 Dixon Ave., Silver Spring, 20910, 301-585-6463 [www.shepherdstable.org](http://www.shepherdstable.org).

**The Fisher House** program supports members of the military and their families when they travel great distances for specialized medical care. Fisher House Foundation donates "comfort homes," including at Walter Reed in Bethesda. These homes enable family members to be close to a loved one at the most stressful times.

Fisher House Foundation, Inc., 12300 Twinbrook Pkwy, Suite 410, Rockville, 20852, 301-294-8560, [info@fisherhouse.org](mailto:info@fisherhouse.org) or [www.fisherhouse.org](http://www.fisherhouse.org).

**KindWorks** seeks to inspire action for a kinder world by meeting pressing community needs and building community by mobilizing individuals to assist in many kinds of volunteer service.

KindWorks, Inc., 7979 Old Georgetown Road, 10th Floor, Bethesda, 20814; Call 301-246-2452, email [info@DoKindWorks.org](mailto:info@DoKindWorks.org) or visit [www.do-kindworks.org](http://www.do-kindworks.org).

**Friends in Action** is a program that provides intensive case management to low income Montgomery County families.

Families are assigned to an FIA case manager that will help create goals in areas of education and employment, health and mental health, parenting, budgeting, home management, and practical life skills. 301-762-8682 [www.iworksmc.org/friends-in-action](http://www.iworksmc.org/friends-in-action).

**Montgomery Countryside Alliance** promotes sound economic, land-use and transportation policies that preserve the natural environment, open spaces, and rural lands in Montgomery County's Agricultural Reserve for the benefit of all Washington Metropolitan area residents.

Write PO Box 24, Poolesville, MD 20837, call 301-461-9831 email [info@mocoalliance.org](mailto:info@mocoalliance.org) or visit [www.mocoalliance.org](http://www.mocoalliance.org).

**Spirit Club Foundation Inc.** is a non-profit organization organized to ensure that people with disabilities and other health-related challenges have the opportunity to exercise and learn about fitness and nutrition in an integrated setting.

Spirit Club Foundation, PO Box 443, Kensington, MD 20895, [SpiritClubFoundation.org](http://SpiritClubFoundation.org)

**MCPAW** (Montgomery County Partners for Animal Well-Being) is the non-profit partner of the Montgomery County Animal Services and Adoption Center (MCASAC) working through MCASAC to keep homeless pets healthy and happy while awaiting adoption.

Goals are: Reduce the number of animals that come to MCASAC; pamper, protect, and provide emergency veterinary care for animals inside MCASAC; educate and engage the community in causes for animal welfare. Visit <http://www.mcpaw.org>.

**PetConnect Rescue** was founded in 2005, in the wake of Hurricane Katrina, and has evolved into a vibrant animal rescue organization. Their mission is to save the lives of abandoned dogs and cats and place them in loving and permanent homes.

PO Box 60714, Potomac, 20859; 1-877-838-9171; [info@petconnectrescue.org](mailto:info@petconnectrescue.org). [www.petconnectrescue.org](http://www.petconnectrescue.org)

**C&O Canal Trust:** By giving to the C&O Canal Trust, you will be joining a growing movement of citizens across the country who are taking personal responsibility for the future of "America's best idea" - our national parks. Give thanks for the C&O Canal you enjoy today and invest in its future.

[www.canaltrust.org](http://www.canaltrust.org)

**Potomac Riverkeeper Network** The organization works to protect the public's right to clean water in our rivers and streams; to stop pollution, to promote safe drinking water; to protect healthy river habitats, and to enhance public use and enjoyment of the Potomac.

3070 M Street, NW, Washington, DC 20007. 202-888-2037

[www.potomacriverkeepernetwork.org](http://www.potomacriverkeepernetwork.org)

**Potomac Conservancy:** The Conservancy seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level.

8403 Colesville Road, Suite 805, Silver Spring, 20910, 301-608-1188 [potomac.org](http://potomac.org).

## POTOMAC ALMANAC

[www.PotomacAlmanac.com](http://www.PotomacAlmanac.com)

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## "Medican't" Take It Anymore



By KENNETH B. LOURIE

The non-stop - or so it seems, television advertising letting all of us viewers know that the 2020 Medicare Open Enrollment window is about to slam shut is nearly over. For those of us age 65 or older, this is not an opportunity to ignore. And given the frequency and repetition (the commercials are repeated, rarely ever different), at least on the channels that I watch (maybe that's the problem?), I feel like Bill Murray reliving his previous 24 hours endlessly in the movie, "Groundhog Day." However, unlike the movie, I can't do anything to undo what is constantly bombarding me on television. Switching channels during the commercials wouldn't really help because usually I'm watching a specific program - in between the commercials, and switching back and forth seems like too much effort. Besides, I might lose the continuity of the program I'm watching if I were to mis-time my switch. I suppose I could mute the commercial but I've heard Joe Namath - and others talk about the "give back benefit," the "zero dollar premiums in your area," and the possible additional benefits: "vision including contacts, hearing aids and batteries, home-delivered meals, dental and rides to your doctor's appointment" so often that even if I couldn't hear Joe actually promoting, I would still hear what he's saying in my head since I've probably heard it already a hundred times since the enrollment period began.

As I sit and write this on Tuesday, Dec. 1, the end is near however: Dec. 7, 2020. On that day the senior-centric advertising party (solicitation) will be over. Then the commercials will cease and desist - for now, only to return next year in November when the 2021 Open Enrollment period begins anew. Perhaps I'll be more inclined to act then. After all, I am their target audience. However, my being a senior with a pre-existing condition: cancer, limits and complicates my options. In addition, changing plans means changing doctors and though change can often be a good thing, for me, considering my life occasionally hangs in the balance, change might not be a good thing. In fact, it could be a downright bad thing. I mean, my oncologist has kept me alive for almost 12 years since my Feb. 27, 2009 non small cell lung cancer stage IV diagnosis. Granted, there may have been a slight revision of my diagnosis since three surgical biopsies performed earlier this year confirmed that what I actually have is papillary thyroid cancer. Nevertheless, changing now seems counterproductive, sort of. The damage is already done. I'm not sure there's much to gain now that a second opinion has similarly confirmed my updated diagnosis and has agreed with my current oncologist's treatment plan: Lenvima for me. But I do feel there's much to lose: nearly 12 years of treatment/experience with my present provider. And even though I understand that medical records can get transferred, I still feel I'd be putting myself at risk by forfeiting the knowledge that has been accumulated by the doctors who have been treating me/managing my care.

I imagine it's typical that a patient's survival depends in part on their emotional and psychological make-up. And of course on the doctors and staff that have been responsible for their care. And though I am not unaware of the possible mistake/blip on my medical radar with respect to my actual diagnosis, I still feel that I should stay on the horse on which I rode in on, if you know what I mean? Switching plans would mean switching doctors, staffs, procedures, et cetera. And I'm just not sure if I'm emotionally (there's that word again) equipped to deal with such upheaval in my life/care.

All of this being said - and sort of anticipated, listening to all those Medicare Open Enrollment commercials has made Kenny a very dull boy, and an aggravated one at that. I'm not sure I can take much more of it. Thankfully, mercifully, the commercials will stop after Monday, Dec. 7. Although I think Joe did an excellent job promoting his cause, I'm afraid it's fallen on deaf ears. Now that I mention that, I wonder if my current provider offers hearing benefits.

*Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.*

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