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President's Message

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Many people stop skiing because they are afraid of falls. However, they may not worry about the risks of falling inside or around their home. The reality is that, as we age, we face a significant risk of a serious fall that can lead to broken bones or traumatic head injuries. More than 75% of falls take place inside, or in close proximity to, our homes. One out of three adults over 65 and half of adults over 80 will have at least one fall a year. Falls are most likely to happen when floors are wet, lighting is limited, rugs and carpets are not properly secured, or when going down a staircase.

Recently, I was thrust into an awareness of such risks by a bad fall I experienced in my own bathroom. The floor was wet and I fell on the slippery floor right onto the toilet seat, which cracked into three parts. My head did not fare so well, either. I experienced significant bleeding from a cut on my head, and had a second bump on my head, as well as pain in my neck. Several x-rays and CT scans later, a determination was made that I was fine, although I had experienced a concussion. A month later, the bumps on my head are still tender and I sometimes still have a low-grade headache. Perhaps I will have to be a bit more cautious this year on the ski slopes, not to mention in my own house.

There are many steps that we can take to reduce the risk of falling. The first set of measures falls into the category of maintaining good health. As we age, we lose muscle mass, resulting in weakness, fatigue, lower energy levels and difficulty standing, walking, and climbing stairs. Regular exercise is essential to enhance strength, balance, flexibility, and cardiovascular health. Many of us have step measuring devices - current research suggests that at least 8,000 steps a day should be our goal. Keeping our bones strong with exercise, and adequate calcium and vitamin D will help prevent serious injury. Regular bone scans are important to determine whether we have osteopenia or osteoporosis, and need additional medication to strengthen our bones.

In the health category are also getting regular eye and hearing exams, taking care of any foot problems, checking blood pressure on a regular basis, and reviewing medications with your health care providers to determine if any medications or drug interactions are affecting balance, vision, and energy levels. We should eat a healthy diet and maintain a healthy weight. Limiting alcohol is also important, as too much alcohol can result in balance problems or exaggerate the effects of some medications. Getting enough sleep is critical, as people are more likely to fall if they are tired.

A second category of preventative measures includes precautions that we can take, namely:

1. Be extremely careful on slippery and wet floors, or on wet or icy surfaces. Clean up any spills and dry any wet floors immediately.
2. Stand up slowly, as getting up too quickly can cause your blood pressure to drop.
3. Wear non-skid, rubber-soled, low-heeled shoes. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles. Avoid unsafe footwear such as backless shoes or high heels.

4. Hold onto handrails when going up and down the stairs.
5. If possible, keep your hands free (by using a shoulder bag, fanny pack, or backpack) so you can hold on to railings.
6. Do not carry more things than you can comfortably hold, particularly when you are going up and down stairs.
7. Do not rush to get to the bathroom on time.
8. If you use a step stool, make sure it is steady and has a handrail on top. Consider buying a reach stick (a special grabbing tool).
9. Do not climb ladders unless you are entirely comfortable and do not climb to the very top of a ladder. Ideally, have someone stand by for assistance if you are using a ladder.
10. Avoid wearing loose, trailing clothing that can cause you to trip.
11. Try to avoid tripping on your dog or cat.
12. Move items that you use on a regular basis to lower shelves so that they are easy to reach.
13. Get help moving or lifting items that are heavy or cumbersome.
14. If you need a cane or other assistive device, use it.

The final category covers measures you should take to make your home and yard safe. Some easy things you can do are:

1. Make sure all carpets are fixed firmly to the floor (with no-slip strips) so that they will not slip. Remove all throw rugs and small area rugs that cannot be secured. Make sure all bathroom mats are non-skid and cover surfaces with non-skid mats where you are likely to step.
2. Use nightlights (or a flashlight near your bed) to illuminate the path to your bathroom at night.
3. Turn on your front door light when you go out so that it will be on when you come back at night.
4. Keep your house clutter-free. Make sure the path from your bed to the bathroom is clear.
5. Keep your walkways, deck, and porch areas clear of debris.
6. Make sure there are no dangling electric cords that you can trip on.
7. Use long-lasting light bulbs and hire someone to change your light bulbs.
8. Put a non-slip mat in your shower and tub.
9. Remove leaves, moss, etc. from the walkways in your yard, and keep the walkways well swept.
10. In the winter, treat outdoor walkways with an ice melt product or sand.

Other measures to keep your house safe may involve hiring a handyman, carpenter, or electrician. These include:

1. Ensure there are secure handrails on inside and outside stairs; ideally, there should be handrails on both sides.
2. Ensure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hallway.
3. Mount grab bars near toilets and on the inside and outside of your tub and shower. A grab bar near the front door and other vulnerable places can also be considered.
4. Make sure your entrance way is well lit. Add additional lighting to walkways and to other dark area around your house.
5. Repair any broken or uneven steps or pavement around your house.
6. Think about installing a walk-in bathtub or a shower seat.

7. Move your furniture to limit the risk of tripping on chairs, sofas, tables, or other items that may block your passage.
8. Add strips of contrasting color, e.g., with colored tape to help visualize your steps.

Many of the above measures may appear self-evident, but it makes sense to do a safety check of your house to make sure that it is as fall proof as possible. I fell because I failed to move back a bathroom mat after my cleaning service moved it. I am trying to slow down a bit and hold on to the railing when I go down the stairs. There still are some small area rugs in my house that need to be better secured. I hope that the information in this column is helpful and will prevent the kind of fall that I recently experienced.

Cara Jablon

Coming Event

Ideas for Fall “Gooth Trips” (Getting-out-of-the-House)

————— *Windridge* —————
VINEYARDS

15700 Darnestown Road
Darnestown, MD 20874

Thursday, November 9, 2023
5 to 8 p.m.



ART & JAZZ NIGHT

Mark your calendars for an elegant night of art, jazz, and wine. In partnership with the Montgomery Art Association, Windridge hosts beautiful works of art for sale from local artists, photographers, and craftsmen. The newest collection is now on display and many of the artists will be on hand to mingle and speak about their works. Enjoy live music by Landon Paddock and local cuisine.

*This is a free event but **reservations** are highly recommended. If you are interested, please let Marianne Sponis know. Marianne.sponis@gmail.com We might be able to make a group “re-visit” to this lovely winery.

Past Event

October 8, 2023 PVS Meeting

A perfect, still-warm fall day attracted 26 members and three guests to Kal and Nur's beautiful Potomac home. John Smith arranged transportation for Sara Huggins and the Dave and Carolyn DeVilbiss gave a ride to Shirley Rettig and Melissa Fitzgerald. Thank you all!



The Nossulis presented us with a beautiful array of delicious food, including salmon/cream cheese, hummus, guacamole, chips, veggies, spinach and ground beef stuffed pastries from a local bakery, stuffed grape leaves, Spanakopita, shrimp, green salad, and cheeses with crackers. All enjoyed exploring this wonderful food and visiting until Cara called us to order.

Kathy told of the current arrangements for the Snowmass trip in January. Cara and Rosemary reminded us that if we would like to ski at a certain area, we could look on the BRSC website to see if another club is going there. Marianne talked about upcoming meetings and events.



After the meeting, our hosts presented us with a beautiful layered chocolate and cream cake, and a bowl of fresh strawberries and blue berries.



Thank you, Kal and Nur, for inviting us into your lovely home and for your gracious hospitality.



Submitted by Jan Marx





SKI TALK

IKON & EPIC Lift Passes

The world of skiing is constantly evolving. Many resorts, if not most, use the Ikon or Epic passes now. There are various options or tiers for each of these passes. One can be used at multiple participating resorts. Before deciding on which pass to purchase, it would be wise to research where it can be used and plan accordingly. If going on numerous ski trips it would be beneficial to choose ski areas that accept the same pass.

The main difference in deciding between the Epic pass and Ikon pass is which ski resorts you're able to visit, either for unlimited or a set number of days, that season. Each pass offers a variety of tiers and depending on which type of pass you purchase, more days at additional resorts are included. Both passes grant access to international resorts, and in North America the Epic pass services 29 resorts alone and the Ikon pass qualifies for 38. To compare the two passes please visit: www.ski.com/epic-vs-ikon.

Many resorts do require advance reservations. The Ikon pass can be used at Aspen Snowmass and **does** require advance reservations. **If you have purchased an Ikon Pass to use in Snowmass, be sure to make your reservations!** The latest information can be found on IKON's website [here](#). Passholders should book their ski days right away, as skier access can be limited.

If you are participating in the Snowmass trip and have the basic package, or the Silver pass, there is no need to register. Registration is only for those with the Ikon pass.

Interested in owning your own ski resort?

Well, there's a 374-acre property in Colorado that operated as a ski resort from the 1930s to the 1980s. Formerly called St. Mary's Glacier Ski Resort, the property was listed for sale on Sept. 19 and currently has an asking price of \$7 million!

Submitted by Kathy Lake

Snowmass Snow & Trail Report

Today at Snowmass:

Updated 04:49 AM Oct 31, 2023

With more than 20 inches of snow falling on all four mountains this weekend, please be aware of snowcats, snowmobiles, and snowmaking equipment at all times as our teams work to prepare for opening. Remember there are no ski area operations currently underway, including patrol. If anyone is injured or needs emergency assistance, please call 911. The snow surface is variable and unmarked obstacles exist; please use caution at all times. There are no private snow machines permitted on the frontside of any of our four mountains.



PVS - BYOB (Bring Your Own Book) group

The PVS BYOB has been going strong for three years now with no signs of slowing down. It's a joy to be able to talk about the book you just read with others who enjoy the same pastime. We hope you'll join us! See the info below and come along on Zoom **next time on Thursday, November 9th from 4 to 5 pm.**

Here's what we discussed in October:

Mary Ellena Ward regaled us with her tales of a book she loved: "Sailing Alone Around the World," and Mary Ellena freely admits she's not even a sailor. Author Joshua Slocum chronicled his trip (the first to do it alone) from 1895 to 1898 in what has become a must-read for everyone who sails and even those who don't! **5***

Bonnie Sweeney chose a book that turned out to be even more relevant given recent events in Israel and Gaza. "The Lemon Tree" by Sandy Tolan focuses on a house in Israel with the eponymous lemon tree in the yard. As history plays out in the region, Jewish immigrants replace the original Palestinian owners. Their descendants meet and forge an unlikely friendship many years later. **5***

Karen Knopes highly recommends "The Heaven and Earth Grocery Store" by favorite author James McBride. **Nancy McKinley** echoed Karen's comments as her offering for the month as well. The well-developed characters are Jewish immigrants and their Black neighbors who came to Chicken Hill in Pottstown, Pennsylvania during The Great Migration. McBride models a main character after his immigrant grandmother and creates a great story of community in the 1930s. Both give it **5***

Bob Jablon brought "The Dark Side" by Jane Mayer about the timeframe after the 9/11 attacks and the often-illegal efforts by George W. Bush and Dick Cheney to thwart another such atrocity including through incarceration and torture. Bob describes the non-fiction book as "painful and highly intelligently written" and gives it **5***.

Marianne Soponis once missed an opportunity to go to Egypt and so picked up a mystery set there back in the 1880s. "Crocodile on the Sandbank" was written by Elizabeth Peters who has a PhD in Egyptology. A wealthy woman hires a female companion for her trip to Egypt. They encounter a mystery at an archaeological dig while sailing the Nile. **4***

Jan Marx read "The Other Einstein" by Marie Benedict. In this historical novel, Benedict explores the story that Einstein's first wife, a physicist, may have been

instrumental in developing his theories. She received no credit because women were generally dismissed at the time and Einstein himself kept her involvement a secret. 5*

Ellie Thayer has been reading "A Pilgrimage to Eternity" by Timothy Egan. The 62-year-old author, faced with a crisis of his Jesuit faith, walked the ancient pilgrimage route from Canterbury to Rome. Ellie notes that the book also serves as a history of that time with town-to-town descriptions by a very good writer. 4.5*

***The next BYOB Zoom call will be held on Thursday, November 9th from 4 to 5 pm. Let Nancy McKinley know at nancymckin@gmail.com or on 703 595 8375 if you'd like to join us or if you have questions or comments.**





Potomac Valley Skiers

2024 SNOWMASS, Colorado Ski Trip
 Wednesday – Wednesday
 January 10 – 17, 2024

Trip Details

Once again, we will be staying at the Snowmass Mountain Chalet (SMC), which offers a convenient ski in, ski out location. The “**LAND ONLY**” package includes: transportation to and from Aspen airport; 5-day Senior (65 and older) lift pass ([good for all four ski areas in the Aspen complex, free shuttle bus](#)); 7 nights lodging (double occupancy); luggage handling; buffet breakfast, soup lunch, welcome reception, pizza party and farewell group dinner to celebrate our trip. Additional nights at Snowmass are an option **based on availability**.

Trip insurance is available through www.Encompasse.com and is [highly recommended](#).

The Basic Package price is based on 2 people per room. We have 20 rooms reserved consisting of Standard and Deluxe, King and Queen/Queen rooms. The Standard Rooms are on the 1st floor/ground level with no microwaves or coffee makers. Deluxe Rooms are on floors 2-4. See below for pricing. Room preferences will be on a first come first served basis.

<u>Costs:</u>		<u>Standard</u>	<u>Deluxe</u>
Basic Land Only Package (65 and older)		\$2,210	\$2,311 per person
Under 65	add	\$ 128	\$ 128
Single Supplement	add	\$1,502	\$1,627
Extra hotel night (pending availability)	add	\$ TBD	\$ TBD per room per night (varies- approx. \$425)
Non-skiers	deduct	\$ 380	\$ 380
Extra ski days (65 and older)	add	\$ 116	\$ 116 6 day Senior pass
	add	\$ 199	\$ 199 7 day Senior pass
Under 65	add	\$ 242	\$ 242 6 day pass
Silver Pass (Age 70 and older)	add	\$ 279	\$ 279

Payment Schedule

Final payment is **Past Due**

Checks should be made out to **Kathy Lake** and mailed to
 11677 Fox Glen Drive, Oakton VA 22124
 (put PVS Snowmass 2024 on the check memo line).

Cancellation Policy: The entire cost of the trip is non-refundable after **October 31st**.

Kathy & Barry Lake are the trip leaders. Feel free to contact us at 703-625-2715 or kathylakehomes@yahoo.com

By Ellie Thayer

Great New Job Opportunities

I am announcing that I am retiring as TOOT coordinator in March 2024. I have had a 14-year run and it has been fun, I have worked with great people, and I've learned more than I've given, but it is time to pass the torch. Also, Dave Warthen, one of TOOT's three revolving layout editors, is retiring from his position at the same time.

The club is looking for replacements for the TOOT coordinator and one layout editor. To aid in the search, the following are brief descriptions of our responsibilities. The TOOT coordinator starts the enterprise rolling by sending out a mid-month reminder, around the 15th of the month, to all those who are known to be contributing articles. Other contributors may follow. The reminder sets forth a final due date for articles to be sent to the coordinator, i.e., four days from the last day of the month (including a count of the last day). As an article arrives, the coordinator reviews it and edits it, if appropriate, and sends it to the designated layout editor for the month. Within the last four-day period, the layout editor works his or her magic (see below) and returns a draft TOOT to the coordinator for a final review. The final TOOT goes to Dave Warthen for a final review as he readies it for uploading to the website. When all is in good shape, it is sent to Barry Lake who distributes it electronically to the members on the 1st of the month.

There are presently three layout editors who are on a regular monthly rotation. Two editors are responsible for four months each and one is responsible for three months and possibly an August supplement, if there is one. (In recent years, we have not issued an August supplement and any needed news is sent by an e-blast by Barry.) A layout editor's basic responsibility is to take the draft documents, photographs, and selected supplementary art and formatting the whole into an attractive and enticing product using MSWord and then converting the resulting product into a pdf for distribution to the membership. While not particularly complicated, the process requires a modicum of skill to insert photographs into text, add annotations to photographs when needed, determine appropriate pagination, occasionally format tables and text boxes and, finally, reduce file size without losing presentation quality.

For anyone interested in the position of TOOT coordinator or layout editor, or simply wanting more information, please contact both Ellie Thayer and Cara Jablon at ellie.thayer@yahoo.com and rcjablon@aol.com



Calendar

Thu Nov 9 BYOB (Bring Your Own Book) Zoom at 4:00 p.m., N. McKinley
Thu Nov 9 Art & Jazz Night, Windridge Vineyards at 5:00 p.m.
Sat Dec 16 Holiday Party, Jablons, 1:00 pm

Ski Trips:

Snowmass January 10 -17, 2024: K. & B Lake

ExCom Officers, Board
Members, and Chairpersons

Officers: President – <i>Cara Jablon</i> Vice Pres – <i>Bob Jablon</i> Secretary – <i>Ellie Thayer</i> Treasurer – <i>Dick Schwartzbard</i> Ex Officio – <i>Barry Lake</i>	Chairpersons: Events – <i>Marianne Sopolis</i> Membership Records – <i>Barry Lake</i> Ski Trip Coordinator – <i>Kathy Lake</i>
Board Members: <u>First Term 2022-2024:</u> <i>Salli Diakova</i> <i>Kathy Lake</i> <i>Don Vierimaa</i>	TOOT Coordinator – <i>Ellie Thayer</i> TOOT Layout Editors – <i>Jan Marx, Kerry Hines</i> & <i>Dave Warthen</i> TOOT (E-Distribution) – <i>Barry Lake</i>
<u>Second Term 2023-2025:</u> <i>Bob Knopes</i> <i>Inge Lesjak</i> <i>Rosemary Schwartzbard</i>	Webmaster – <i>Mary Ellena Ward</i> Meeting Records – <i>Sue Lyon</i> Historian – <i>Jan Marx</i>

Useful Ski “Links”

[Potomac Valley Skiers](#)
[BRSC Sanctioned Trips](#)
[DC Ski Online News](#)

Reminder: It is club policy that contact information in the club's roster not be used for promoting personal business, for advertising, or for personal financial gain without the advance permission of the individual member to be contacted. Membership contact information shall not be distributed outside PVS.