



QA@H JULY EVENTS

- ❖ **Weds 7/1/2020 10:00am**
SNAP Chapter: Tips for Getting
a Grip on Computer Files,
Emails & Passwords
- ❖ **Tues 7/7/ 2020 -11:00am**
FORUM ON COPING
- ❖ **Fri 7/10/2020 - 5:00pm**
SOCIAL HOUR via Zoom
- ❖ **Weds 7/15/2020 - 10:00am**
Coffee + Conversation -
QAC POLICING PRACTICES
- ❖ **Tues 7/21/2020 - 11:00am**
FORUM ON COPING
- ❖ **Fri 7/24/2020 - - 5:00pm**
SOCIAL HOUR via Zoom

SAVE THE DATE FOR AUGUST SNAP

Tue 08 / 11 / 2020 - SNAP Chapter:
HOME HEALTH and HOME CARE

MORE DATES COMING SOON

- ☆ *Click on event date or title above to link to event description and registration on QA@H website*
- ☆ *Unless otherwise noted, all events are via Zoom. Access info will be emailed shortly before each event*
- ☆ *For help with Zoom, please call the QA@H office before the event*

MESSAGE FROM QA@H's NEW PRESIDENT

As I take on the responsibilities of President of Queen Anne's at Home, I first want to acknowledge the accomplishments of my predecessor, Margan Glover. From the very beginning, she was the driving force behind the inception, formation and operation of QA@H. She is truly a force of nature and, thankfully, she will remain involved as a Board member to guide my efforts to continue her work.

With the current pandemic environment, QA@H faces some difficult challenges. Some of our mission has been frustrated by our inability to meet face to face. But at the same time, we have a unique opportunity to step back and rethink our future. I see the future as building a larger presence in the County, providing services, information and socialization to a growing number of our seniors. In the coming months, I will be working hard to expand our membership and our base of partner organizations with similar community objectives. We will be reaching out to the community at large to show how, by working together, we can come out of this health crisis bigger, stronger and more committed than ever to serving the needs of our seniors who want to stay home as long as possible, thriving in the environment we have come to know and love.

I will be asking each of you to join me in this quest and to pitch in in the furtherance of our mission. In the meantime, stay safe, be considerate of the health of others, and keep the faith.

Thank you.

Russ Mail, QA@H Board President

July SNAP Chapter: Decluttering #2

QA@H's own **Peggy Schaefer** welcomed us to our second SNAP presentation on getting organized. Last year we tackled the "stuff" in our homes to get rid of items taking up space. This year's presentation (via Zoom) tackled organizing the office. Peggy had tips for everything from keeping up with emails to keeping track of passwords. She tackled the best ways to store vital records, computer files and photos. Participants chimed in with additional strategies and important insights on online security and privacy. Here are some examples:

- ✓ Tackling all your files in one sitting is overwhelming. **Start small** – and then keep up.
- ✓ Use your **SNAP Binder** as your guide, whether you decide to go paper or digital. (Binder pages are available digitally on our website.)
- ✓ Have a **portable emergency file** box so you can quickly grab important papers. Get one big enough to accommodate your SNAP binder.
- ✓ A **separate email for online commerce** makes it much easier to sort through junk.
- ✓ A **dedicated credit card** for recurring payments makes it much easier to notify vendors if you ever have to cancel the card.
- ✓ **Passwords – digital or paper?** Each has pros and cons, so choose the one you'll use properly. Don't reuse passwords. Do change important ones regularly. Do use 2-factor authentication for critical accounts, such as email and banks.
- ✓ If you use a paper password system (as opposed to an online password management tool), one tip is to have each of them end with the same last 2 digits that you don't write down. Only you will know that secret trick! (But do let your "helpers" know about it in case of need.)
- ✓ **Secure your home wifi network** with a strong password.

A recording of this SNAP and a copy of Peggy's presentation will be available to members on our website: www.QueenAnnesAtHome.org



Peggy Schaefer presenting July SNAP

Weds 7/15/2020 - 10:00am ***Coffee and Conversation***

We have all seen the disturbing media reports about the deadly use of force by police against African-Americans across the country. We have seen the massive protests against police conducted in city after city. And we are concerned.

And perhaps we wonder how our own community is dealing with these issues. In our July Coffee and Conversation session, we will get some insight into law enforcement in Queen Anne's County. Our guest will be **QAC Sheriff Gary Hofmann** who will bring us up-to-date on his efforts to improve and maintain good community policing practices. He will explain the measures he has taken and will continue to take regarding training, transparency and responsibility within the Sheriff's department.

Please join us on Zoom for this important and timely discussion.

Good Things to Know – Live and Learn

According to the Harvard University Medical School, **WALKING** has significant benefits for our mind and body alike:

- 1. It counteracts the effects of weight-promoting genes.** Harvard researchers looked at how 32 obesity-promoting genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.
- 2. It helps tame a sweet tooth.** The latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.
- 3. It reduces the risk of developing breast cancer.** Walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.
- 4. It eases joint pain.** Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.
- 5. It boosts immune function.** Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

Learn more at <https://www.health.harvard.edu>

Have you heard about “**stereotype threat**” related to aging? At least in our culture, when we are reminded about negative stereotypes of aging and old people, we tend to internalize them and act as if they are true. Ageism is one of the last “acceptable” prejudices people feel free to joke about. This negative stereotyping can happen without us even noticing. We may even do it unwittingly ourselves! Alarming, this stereotyping can lead to harmful outcomes. For example, one study (*Levy et al, 2002*) found that older adults who held negative views about old age faced life expectancies that were 7.5 years shorter on average than their peers!

That is why QA@H is working hard to help “**change the narrative**”, by calling out ageism and focusing on the positives of aging: wisdom, knowledge and experience; grace, resilience, and contentment; and yes, sometimes a bit of orneriness in sticking up for ourselves – and each other. So when you hear someone make one of those “dear but doddering” jokes, grab the nearest rubber chicken and remind them – and yourself – that’s a bunch of hoey!