



QA@H OCTOBER EVENTS

Thursday 10/1/2020 5:00pm
SOCIAL HOUR via Zoom

Tuesday 10/6/2020 11:00am
FORUM ON COPING via Zoom

Thursday 10/15/2020 10:00am
Guided Autumn Nature Stroll
(rain date is Monday 10/19/2020)

Tuesday 10/20/2020 11:00am
FORUM ON COPING via Zoom

Friday 10/23/2020 11:00am
Coffee+Conversation via Zoom
INTRO to GENEALOGY

Thursday 10/29/2020 5:00pm
SOCIAL HOUR via Zoom

- ☆ Click on event date or title above to link to event description and preregister 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

**LOVE THY NEIGHBOR
WEAR THY MASK
GET THY FLU SHOT**

Message from QA@H President, Russ Mail

I am sure that by now we are all thoroughly frustrated by the restrictions we've been under these last months. I certainly am. But I have been trying to put the time to good use. As I mentioned in a previous message, I am reviewing our status and attempting to come up with ways that we can be better prepared to function as a community when life gets back to normal.

Working with your Board of Directors, I think we have made good progress. But I believe we can do even more, and for that I am going to *need your help*. While the Board has had some great ideas for our future, I bet there are plenty more good ideas out there among our members.

To test that, I am going to be calling each of you in coming days to see if you will join me in this effort. I will be asking whether you think we are on the right track. I will be eager to know how you are feeling about our current activities and if you have some ideas for what we could do better. But the biggest hope I have for doing these calls is to get to know you.

The more we come to know each other and the more we collaborate toward achieving our mission and goals, the better off we will all be, both as individuals and as a community.

I look forward to speaking to everyone. In the meantime, stay safe and help protect your neighbors.

Thanks. *Russ Mail*

2020 October Special Event!

Thursday 10/15/2020 10:00am

Guided Autumn Nature Stroll



What could be better than spending some time in nature during one of the Eastern Shore's most beautiful months?

Well, try spending it with your QA@H friends at Adkins Arboretum, a real nature treasure in nearby Ridgely, MD.

Birds are migrating, pond life is busy, plants are transitioning into autumn mode. QA@H's own **Margan Glover, MD Master Naturalist**, will lead this walk exploring the sights and sounds of autumn in woods and fields.

We'll stick to the main trails so that we can practice social distancing.

Please bring your own face covering, as mask use will be required throughout.

PARTICIPATION IS LIMITED TO 8 and REGISTRATION IS REQUIRED.

Use link in title above to register on the QA@H website, or contact the office by phone (410-635-4045) or email (OurQAH@gmail.com).

Confirmation and instructions for our meet-up will be sent to *registered participants* a few days before the event.

*(In case of inclement weather, our back up date will be **Monday 10/19.**)*

2020 October Coffee+Conversation

Friday 10/23/2020 11:00am

INTRO to GENEALOGY

October's *Coffee+Conversation* will be an introduction to genealogy (constructing your family tree) and how to get started. Our guest, **Debbie Hardy**, will cover general pointers, then delve into how we can use free resources, such as our QAC Library, and other tools to help us with this interesting process. Debbie will use her experience sleuthing her own family tree to help us build a road map for our own efforts.

This is a free and easy way to explore what has become for many a fascinating research project and hobby. The session will be held via Zoom (the link will be emailed out ahead of the event). Feel free to share the link and invite a friend to join us! Hope to see you there!



As always, **preregistration is appreciated.**

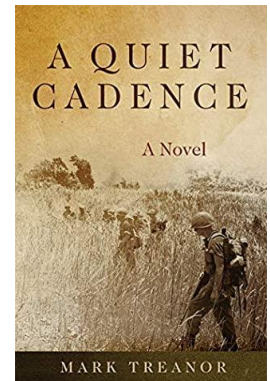
Use **link** in title above to register on the QA@H website, or contact the office by phone (**410-635-4045**) or email (OurQAH@gmail.com).

NEWS YOU CAN USE (see next page for new SNAP tool!)

- ❖ Did you **test your CO2 and smoke detectors** last month? September and March are the traditional times to make sure the batteries are up-to-date. Make sure you have a way to keep track of when those 10-year-battery devices are due to be switched out.
 - ❖ If you get your **medical prescriptions via mail**, you might want to consider ordering them a little earlier than usual. Studies show that mail delivery is lagging a bit, so make sure you're not at risk of running out of your critical prescriptions.
 - ❖ **Medicare open enrollment** runs from October 15 through December 7 each year. NOW is a good time to **REVIEW YOUR MEDICARE PART D (prescription medication) coverage for 2021** to make sure it still aligns with your needs. It's not hard to investigate and switch plans, and it might save you money. Start at <https://enroll.ehealthmedicare.com/> and select "Prescription Drugs Coverage".
- Hate using computers? Contact the Queen Anne's County **Maryland Access Point** for one-on-one assistance: **410-758-1040, ext. 2703.**

2020 September Coffee+Conversation with Mark Treanor

Author **Mark Treanor** quickly captured our participants' attention with his book-reading and vivid sharing of experiences as a 2nd Lieutenant Marine platoon leader serving in Vietnam. Mark said his book is not autobiographical but that he did draw on his experiences in Vietnam, his observations of others in combat, and his subsequent civilian involvement in Middle Eastern countries. Other C+C participants did us the honor of sharing their own experiences, along with their reactions to the book. For example:



Literally couldn't put it down. This Infantry perspective of the ground war was so vivid and real, and reflected my own experiences in Vietnam. Lots of us never talked about our experiences since it's so hard to talk about with people who weren't there. Vets from other wars who have read this book have said they shared many of the same experiences, and this book is being used by PTSD counsellors.

With tears running down my cheeks, I just finished this book after hearing Mark Treanor interviewed on All Marine Radio. I was in RVN 66/67 attached to the 5th Marines for a number of operations, so reading the reality of the grunts brought back so many memories. And the return home had so many parallels, I felt like I was writing it. And the ending at the Vietnam Memorial is all too real. Wow. Thank you, Mark.

C+C participants appreciated Mark's work, as well as accessibility to our group. They heartily recommend the book, which, though gripping and hard to read at times, ends on an uplifting note. Watch a recording of the Q&A segment: <https://vimeo.com/456677561>

BITS and BYTES

From Your Membership Team – Jinny Guy, Chair

As you might imagine, the Membership Team hasn't had much going on during the pandemic. Happily though, we do have *some new member prospects* in the wings! 😊 In addition, 59% of our membership *renewals* come up in September and October.



Renewal invitations go out via email or snail mail prior to the renewal date. *Keep your eye on your inbox and please renew promptly so you don't miss anything.*

We have a wonderful Membership Team who serve to walk prospective members through the process of joining. Hats off to **Dora Jean Hanna, Jan Weeda** (one of QA@H's newest members!) **Phil Stapleton, Sue (Rona) Warner, Steve Guy** and **Wendy Manzi**. *You don't need a computer to join this great team; just let me know with a phone call to (301) 641-8729 or email to jinnyyjouris@gmail.com.*

COMING IN NOVEMBER: NEW SNAP TOOL!

We'll be issuing a new SNAP tool next month, and would like to solicit your input. The new tool will be a calendar of tasks we should perform every year (eg, test/replace CO2 and smoke detector batteries, make sure our Medicare Part D coverage still suits our situation, update our medications list, review emergency and evacuation plans, etc.) The intention is that the calendar will go in the front of our SNAP binders, so you can personalize it with your own tasks and check them off as you go. This tool will be only as good as all the suggestions we receive, so **PLEASE SEND YOUR SUGGESTIONS TO OurQAH@gmail.com or call the QA@H office (410-635-4045) by 11/10/2020.**



MORE HELP WANTED!!!

Much to our own surprise, we have figured out how to set up a **Facebook** account for QA@H! That, it turns out, is just the first part of the trick. Now we need your help!



- ❖ If you are on Facebook, please consider following / liking us on **<https://www.facebook.com/QueenAnnesAtHome>**. And encourage your friends to check us out, too!
- ❖ Do you have Facebook skills? The learning curve is steep and your help is sorely needed, so *please* contact **Margan Glover** at **margan.OurQAH@gmail.com** or leave a message at **(410) 635-4045**. **THANK YOU!**