

QA@H SEPTEMBER EVENTS

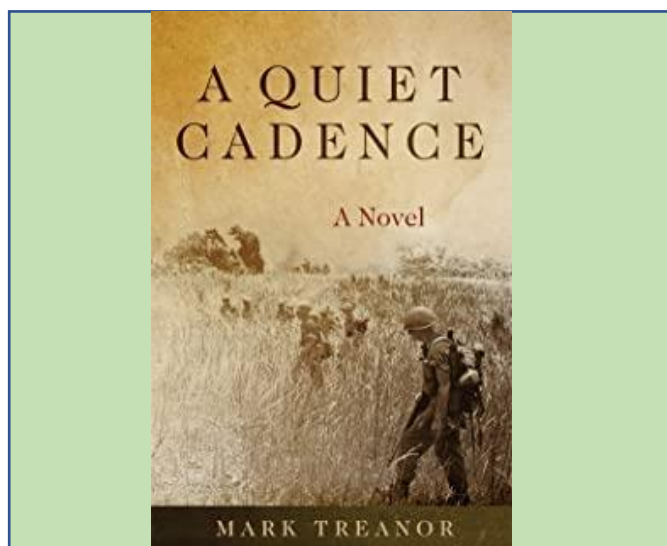
Tuesday 9/1/2020 11:00am
FORUM ON COPING

Thursday 9/3/2020 5:00pm
SOCIAL HOUR

Wednesday 9/9/2020 10:00am
Coffee + Conversation
A QUIET CADENCE

Tuesday 9/15/2020 11:00am
FORUM ON COPING

- ☆ 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



September Coffee + Conversation

Wednesday 9/9/2020 @ 10:00am

A QUIET CADENCE

Our Coffee & Conversation speaker this month will be **Mark Treanor** who will talk with us about his highly acclaimed recent novel "**A Quiet Cadence**".

According to the publisher of "A Quiet Cadence": *Family and friends know Marty McClure as a kind, peaceful man. They aren't aware that when he was young, he plumbed the depths of terror, hatred and despair with no assurance he'd ever surface again. Now he needs to reveal what happened in Vietnam and how, with the help of his wife, a disabled vet, and a corpsman turned trauma surgeon, he made peace with the ghosts that have visited his dreams all these years.*

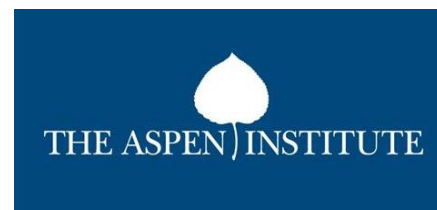
One member who has read the book says it was deeply moving and an excellent read.

Mark Treanor was, until recently, our neighbor here on the Wye River. He and his wife Clair have since moved to the Western shore. Mark is a Naval Academy graduate, was a Marine rifle platoon leader in Vietnam, an artillery battery commander, leadership instructor, and later served on the boards of the National Defense University and the Naval Academy. A lawyer, corporate executive, and leadership coach, Mark has participated in national security fact-finding missions in Iraq, Yemen, Africa, and the Caucasus. He lives in Maryland and Vermont.

The Zoom link will be sent out a few days before the event.

2020 August Coffee+Conversation with George Dixon

Our August C+C featured **George Dixon**, Chair of the Aspen Wye Fellows, an adjunct of the non-partisan Aspen Institute, whose mission is "to drive change through dialogue, leadership and action to help solve the greatest challenges of our time". Wye Fellows both promote and benefit from the Institute's interest in "encouraging civil dialogue with the most stimulating thinkers of our time to promote understanding and solutions to the most pressing issues of the day".



The Wye Institute has been a fixture on the Eastern Shore for 15 years, hosting thought leaders from Cabinet secretaries to former Congresspeople, US and foreign Ambassadors, and senior military officers, as well as movers and shakers such as Queen Noor of Jordan and Ruth Bader Ginsberg.

The Aspen Institute is an international organization headquartered in DC with a large campus in Aspen, CO, and until recently, a conference center on the Wye River. Eastern Shore events will be shifting to Easton, taking advantage of lovely new space at B'nai Israel. George shared with us the Fellows' efforts to adapt to our Covid "new normal", striving to maintain both the intellectual and social vibrancy that has been the hallmark of the Institute's many exciting programs over the years.

NEWS YOU CAN USE



With Covid-19 still going strong in the US, avoiding flu is particularly important this year. Those most at risk for serious complications from Covid-19 (including those of us aged 65+) are also most at risk for flu effects, so getting **your annual flu shot** is more important than ever.

While a flu shot doesn't protect you from Covid-19, you certainly don't want flu on top of any other infections. By getting the flu vaccine, you not only help yourself and those close to you, but you may also reduce the impact on our healthcare system.

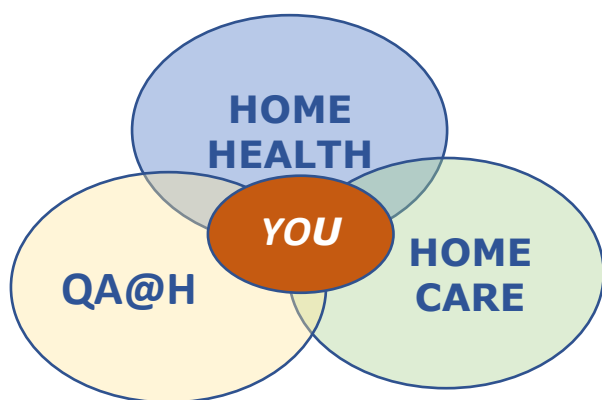
A stronger vaccine is available for those 65+, so ask your doctor or pharmacist which version of the vaccine is best for you. Talk with your doctor or pharmacist now about whether - and when - you should get a flu shot this season. It's also a good time to check whether your **other vaccinations** (such as those for pneumonia or shingles) are up-to-date. Don't put off this important conversation!

By the way, precautions against Covid (*wash your hands often, wear a mask, practice social distancing*) will help protect you and everyone else from flu as well. For more info, check the CDC site about flu: <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>

August SNAP: Home Care and Home Health

During the outstanding August SNAP, QA@H member **Cindy Bach** and **Brooke Christensen** (*Visiting Angels*) provided a wealth of information about the 2 types of in-home care services QA@H members might need. Both types of services aim to help individuals live safely in their home after an illness or injury, or when managing day-to-day activities becomes more difficult. Every year, over 5 million elderly, disabled or chronically ill individuals are supported in their homes with medical and non-medical services when activities such as showering, keeping up with household chores, going shopping, fixing meals, taking medications and keeping medical appointments become difficult to manage alone. It's also important to note that signing up for these services isn't permanent or a "slippery slope" – you use appropriate services only when and for as long as you need.

Often, successful in-home care is a combination of both skilled medical **home health** service with nursing and therapy services, and supportive **home care** services to help manage daily tasks. Cindy and Brooke reviewed the key differences between types of support each service provides, and how each is paid for.



They also emphasized that knowing what resources are available and planning ahead helps empower our members by avoiding panicked decision-making in a time of crisis. As the figure at the left indicates, a team approach that includes paid-for services alongside QA@H services may be the answer to helping an individual thrive at home.

It's clear that this topic is a cornerstone of our members' SNAP planning, so we'll use future SNAPS to delve more deeply into related topics.

QA@H members can access more detailed notes on this presentation on the QA@H website ("Members/SNAP Binder Materials"). The session (held via Zoom) was taped, and the link will be provided to our members who weren't able to join the event.

BITS and BYTES

Board of Directors Changes: We send heartfelt thanks to **Mary Ellen Mason** for her time serving as a Board member. Her insights and energy are much appreciated and we're grateful that she's planning to continue her active involvement in QA@H.

Members in Action: Remember last November's Coffee+Conversation about the "**Rock Steady Boxing**" program? Targeting Parkinson's disease at its vulnerable neurological points through a non-contact boxing-based fitness curriculum, Rock Steady helps people with Parkinson's fight back and improve their quality of life. Check out QA@H members active in the local Rock Steady program: <https://youtu.be/Or5BqjOjMKM>