

QA@H NOVEMBER EVENTS

Tuesday 11/3/2020 11:00am
FORUM ON COPING

Friday 11/13/2020 11:00am
Coffee + Conversation -
KENT ISLAND HISTORY

Tuesday 11/17/2020 2:00pm
SNAP: PALLIATIVE CARE
and ADVANCED LIFE
PLANNING

Tuesday 11/24/2020 11:00am
FORUM ON COPING

- ☆ 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

CASTING CALL and Save-the-Date



Actors and Cast Needed!
All Hams Should Apply!!

Since social distancing became the rage, we've all had to become a tad more creative. This year, we're going to try something new for our **Annual Party in December**: a play reading via Zoom.

The play is a "mock trial" of **B.B. Wolf vs. Curly Pig**. We're going to do it up: full cast, costumes (at least from the waist up), sound effects! And *everyone* gets a part, since the audience will comprise the "jury".

There are still open spots for cast and crew, so contact the QA@H office, **Mary Jo Keefe** (keefemj@yahoo.com) or **Jinny Guy** (jinnyjouris@gmail.com) to sign up and find out more.

We're pretty sure this is going to be a hoot, and who knows, this could lead to an ongoing play-reading group!

And SAVE THE DATE for this event:
Thursday, 12/17/2020 @ 5:00pm

Tuesday 11/17/2020 2:00pm
SNAP: PALLIATIVE CARE and
ADVANCED LIFE PLANNING

Madeline Steffens (RN, BSN, CHPN), *Program Coordinator of Shore Health's Palliative Care Team* and several of her colleagues will lead this important SNAP Chapter discussion via Zoom.



Palliative care is the medical specialty focused on preventing, treating, healing and relieving pain and the debilitating effects of serious and chronic illnesses. The goal of palliative care is to promote optimal health by helping individuals manage the progression of a chronic illness or disease.

The team will also discuss **Advanced Care Planning**, which consists of how to make your wishes at the end of life known to your family, including advanced directives, living wills and the MOLST form that is used in Maryland.

This may sound like heavy sailing, but it is such an important topic for each of us and our loved ones. Getting this aspect of our SNAP pulled together is such a gift to the people who care about us most. Think of it as a Thanksgiving gift of caring and gratitude to your dear ones.

This session will be via Zoom; the courtesy of your pre-registration is requested.

Friday 11/13/2020 11:00am
C+C – Kent Island HISTORY

Our guest for this Coffee+ Conversation via Zoom will be **Jack Broderick**, *Board President of the KI Heritage Society*.

Jack will talk about the early days of Kent Island including around the time of the establishment of Jamestown. He will then move on to how Kent Island was almost lost during the War of 1812 and lastly how one man, a senator, saved the island in World War I. If time permits, he will talk about the plans for a new bridge. This will be a fascinating way to get a better insight into our local history.

As always, you're encouraged to invite a friend to join us.



MEDICARE OPEN SEASON HAS BEEN EXTENDED TO DEC. 7TH.

Compare plans at

www.medicare.gov

2020 October Special Event: Guided Autumn Nature Stroll

Weather-wise, it was likely the most perfect day of the year — breezy, just warm enough and just cool enough. Ahhh! That alone would have been worth the drive to Adkins Arboretum but it didn't stop there. Our guide was QA@H's OVN Master Naturalist, **Margan Glover**, who found things to teach us every step of the way. We learned how to tell the V-wing of a turkey vulture from the flat wing profile of an eagle. We explored grasses and fungi and moss, and minerals in the stream, and paw-paws and why trees can have double trunks, and making a bug house and on and on! Best of all, it was such a treat actually to be with other people. Yes, we stayed apart, and yes, we wore our masks, but the people were *real* - imagine! We had such a good time that Margan promised to do another nature stroll in December and I recommend not missing it!!



2020 October Coffee+Conversation with Debbie Hardy



Debbie Hardy, Cataloguer for the QAC Libraries, led this introduction to genealogy. The topic can get overwhelming pretty quickly, but she generously provided a host of tips, shortcuts and suggestions gleaned from her own experiences. For example, before you even start working on your family tree, figure out what your goal is. Do you want simply to compile a list of the family's forebears for, say, 5 generations? Work on an extensive biography of one or 2 famous ancestors? Without some guidance and limits, Debbie warned that it is easy to become overwhelmed and lose focus as you dive into the wealth of data that is now available to all of us. She also provided an exhaustive list of free and paid online and archive resources (*now available to members on the QA@H website: [CLICK HERE](#) to link*). Debbie graciously fielded questions on how to get started with complex family lines and other participants chimed in with their own stories. With so much to learn, we are grateful that Debbie could share her expertise and insight.

BITS and BYTES

From Your Membership Team – *Jinny Guy, Chair*

The Membership Team would like to solicit your help encouraging folks to join QA@H! As you know, we need to reach a certain size, at least double our current membership number, to achieve the “critical mass” that will allow us to meet QA@H’s full potential. As with all membership organizations, the most effective recruiting strategy is for members to bring in their friends. We have prepared a packet of information you can share with friends who might want to take a peek at us – or you can refer them to our crackerjack Membership Team, who can carry the ball from there.



Also, please consider joining the Membership Team. *You don’t need a computer;* just let me know with a phone call to **(301) 641-8729** or email to jinnyyouris@gmail.com.

SNAP BINDER UPDATE – *Margan Glover*

For the first time in almost 3 years, we’ve made some significant updates throughout our SNAP binder, fleshing out the chapters from an expanded Table of Contents to new planning spreadsheets and checklists in pretty much every chapter. Here are just a few of the highlights:

- ✓ A completely **new tool: SNAP Calendar**. As you work through your SNAP Binder, this tool helps you collect and lay out the tasks and projects you want to accomplish as part of your Life Planning exercise.
- ✓ You can use the **new spreadsheets in Chapter 5** (*Financial, Insurance and Legal*) not only to collect your pertinent financial information but also to run “what if” scenarios for your financial future.
- ✓ The **new checklist in Chapter 7** (*End-of-Life Planning*) will help you tackle this important subject in manageable bits.
- ✓ **Chapter 8** (*Home Fitness and Staying Safe*) has a bunch of new checklists organized in a more accessible format.

Members can always access all SNAP binder materials under our website’s “Members” menu.

If you need help locating or printing SNAP materials, please contact the QA@H office.

***Never received your
SNAP binder?
Please contact the
QA@H office!!***

QA@H in the NEWS

*The following article appeared in the most recent edition of **Kent Island Neighbor** magazine.
We thank the editors for this great coverage!*

Planning for the Expected

By Alicia Eagan

It's been said that the best way to predict the future is to create it. That's the philosophy behind Queen Anne's at Home (QA@H), a non-profit that inspires local seniors to plan for—and lead—vibrant, meaningful lives.

"As we age, we strive to stay active and hope to remain in our own homes for as long as we can. Yet, for many of us, getting older is an uncomfortable and overwhelming subject to confront, and we put off making plans for the future," said QA@H President Russ Mail. "By connecting seniors across Queen Anne's County and providing invaluable tools and resources to support one another, we can proactively make decisions about how we want to live our lives. It's an incredibly empowering way to prepare for—and have some control over—the inevitable."

QA@H is part of Village to Village Network, the national peer-to-peer organization that addresses the challenges of aging and enables seniors to thrive as they mature. The cornerstone of QA@H is the Senior Navigation Action Plan—abbreviated SNAP—a comprehensive hands-on training and planning framework to help members "age in place" so they can live at home well into their golden years. According to the American Association of Retired Persons (AARP), 90% of Americans over age 65 say they want to remain in their current residence for as long as possible, yet far fewer anticipate being able to do so. QA@H's community support-based system and comprehensive SNAP curriculum aim to change that.

SNAP includes 10 detailed chapters devoted to seniors' most pressing concerns about getting older, such as contingency

planning, medical directives and end of life preferences. Each chapter is outfitted in an organized binder for quick reference and includes forms and checklists to guide members to create a fully-fledged life plan. Regular SNAP Chapter meetings feature life planning experts and presentations on SNAP-related topics to allow members to dive deeper into the content.

QA@H member volunteers also lend their time and expertise to other seniors by offering a hand around the house, training one another to use new technology and providing transportation to the grocery store or medical appointments. A robust social schedule helps members stay connected and builds a strong sense of community. The Live and Learn and Coffee+Conversation programs host VIP speakers ranging from area law enforcement leaders to national Medicaid and Medicare experts, and a regular social hour allows members to catch up about current events. In the wake of the coronavirus, QA@H has made all gatherings virtual and recently added a new moderated Coping Forum for members interested in sharing their experiences about life during the pandemic. QA@H relies on a phone calling tree to communicate with members who don't use computers or the internet.

County residents looking to learn more about QA@H's mission, membership benefits and annual fees should visit www.queenannesathome.org. The site also includes a list of upcoming Zoom sessions and virtual social hours free of charge and open to everyone.

