

QA@H DECEMBER EVENTS

Tuesday 12/01/2020 – 11:00am
FORUM ON COPING

Thursday 12/03/2020 – 10:00am
Guided Winter Nature Stroll
Group 1 REGISTRATION IS FULL!

Weds. 12/09/2020 – 10:00am
Guided Winter Nature Stroll
Group 2 SPACE STILL AVAILABLE

Thursday 12/10/2020 – 10:00am
Coffee+Conversation:
PETS on WHEELS

Tuesday 12/15/2020 – 11:00am
FORUM ON COPING

Thursday 12/17/2020 – 5:00pm
ANNUAL PARTY and PLAY
READING

- ☆ Click on event date or title above to link to event description and preregister on QA@H website OR call QA@H "office" (410-635-4045).
- ☆ 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.

CELEBRATE EACH OTHER!

**WEAR YOUR MASK,
GET YOUR FLU SHOT.**

ANNUAL PARTY and Theater Event



Thursday, Dec. 17 @ 5:00pm

Since Covid had other ideas for our annual cookie swap party, we are going all-out for a non-traditional approach.

Join us for a Zoom social hour and "mock trial" of **B.B. Wolf vs. Curly Pig**. You get to hear the evidence and be part of the jury. Guilty or not guilty? There's only one way to find out – Zoom in!

Director: **Jinny Guy**

Judge: **Bob Jensen**

B.B. Wolf: **Phil Stapleton**

Curly Pig: **Mary Ellen Mason**

Jack Smith: **Dee Humphrey**

B.B.'s Counsel: **Steve Guy**

Curly's Counsel: **Wendy Manzi**

Bailiff: **Anne McNulty**

Jury Foreperson: **Joanie Hart**

Producer: **Margan Glover**

With a crew like this, you know it will be a hoot! Zoom link will be send around a few days before the event.

Thursday 12/03/2020 – 10:00am
Guided Winter Nature Stroll
Group 1 THIS EVENT IS FILLED

Weds. 12/09/2020 – 10:00am
Guided Winter Nature Stroll
Group 2 SPOTS STILL AVAILABLE

Our Autumn Nature Stroll was such a success that we've decided to repeat it with a winter theme. It's a wonderful way to get in sync with nature as we shift seasons!

Our own **Margan Glover, MD Master Naturalist**, will lead this walk exploring the sights and sounds of early winter in woods and fields of Adkins Arboretum. Birds are active and the architecture of the woods is more easily appreciated now that the leaves are (mostly) down. *We will wear masks and practice social distancing throughout.*

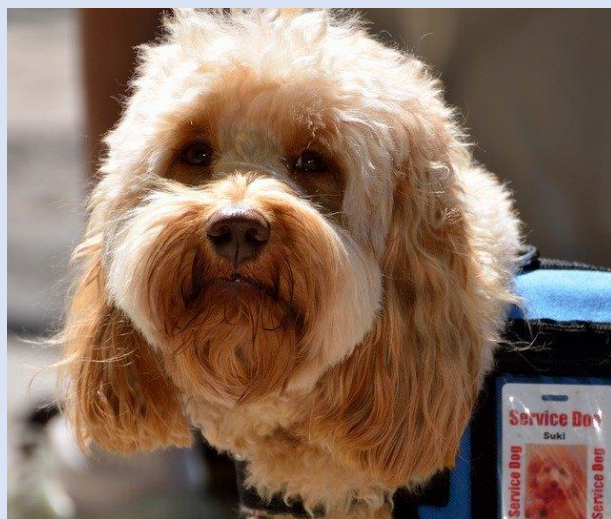
PLEASE NOTE: PARTICIPATION IS LIMITED and REGISTRATION IS REQUIRED. THE 12/3 DATE IS FULL; SPACES ARE STILL AVAILABLE FOR THE 12/9 DATE

Please register on the QA@H website, or contact the office by phone (410-635-4045) or email (OurQAH@gmail.com).



Thursday 12/10/2020 – 10:00 am
Coffee+Conversation:
PETS on WHEELS

QA@H member **Laura Plosilla** will lead this Coffee + Conversation via Zoom. She'll talk about her experiences with *Pets On Wheels*, and what it takes to be one of these special pets and volunteers.



Founded in 1993, Pets On Wheels of Delmarva has grown to encompass the Eastern Shore of Maryland, Delaware and Virginia. Volunteer teams (pet and handler) visit nursing homes, assisted living homes, homes for the handicapped, schools and other facilities. Pet volunteers have an instinctive way of giving comfort and joy to folks that often exceeds human contact.

As always, you're encouraged to invite a friend to join us. The Zoom link will be send around a few days before the event.

2020 November SNAP: Advance Medical Directives and Palliative Care

Two members of *Shore Health's Palliative Care Team*, **Madeline Steffens** (Program Coordinator) and **Sharon Stagg**, presented November's SNAP. They covered a ton of information, so **QA@H members who were unable to attend the SNAP are encouraged to view the Zoom session recording posted on our website ("Members/SNAP Materials/Zoom Sessions")**, along with Maryland Advance Directive forms and worksheets. *(Please call the QA@H office if you need help accessing this important information.)*

EVERYONE – not just seniors - should have an **Advance Directive** (AD). ADs have 2 key elements. The first designates your Health Care Agent (HCA), someone to act on your behalf in case you are unable to make medical decisions for yourself. (The HCA is a decision-maker on your behalf; they do not become financially responsible for your care.) The second element, also known as a Living Will, spells out your health care wishes, and serves to guide your HCA and medical providers. An AD is a *legal* document, requiring signatures and witnesses.

Unlike the AD, a **MOLST** (Medical Order for Life-Sustaining Treatment) is a *medical* document that spells out orders for end-of-life treatment. MOLSTs are appropriate for someone with a severe or life-threatening condition, and are filled out with a physician. (Tip: Medicare will cover the cost of the consultation if you specify that as the purpose of the visit when you make the appointment.)

Each document should serve as a conversation starter. You need an in-depth discussion with your HCA about your wishes and whether they will be able to do as you wish. It's also crucial that your family members know your wishes ahead of time in order to avoid conflict and upset when decisions need to be made. The AD forms can help you start those critical conversations. A MOLST is more complicated, so if you find you need one, consult with a health care professional (a Palliative Care specialist, for example) who really understands the practical implications of each decision.

Health care directives are not static. You may want to change your documents as your medical situation changes. The change process is not difficult, but you do need to re-sign and witness the new document(s).

More Hot Tips:

- Get rid of old versions so there is no confusion.
- Don't keep your documents locked away. Make sure your HCA, physician(s) and likely hospital have current copies. (You can take a copy of your executed AD to your local hospital's Medical Records department.)
- Download a copy of your executed forms to your cellphone. Got a partner? Make sure each of you has your own and each other's documents.
- Don't have a cellphone? You can keep a copy in your car's glove box.

*This topic may sound like heavy sailing, but think of it as a gift to the people who care about you most. **Do the work now so that they don't have to.** They will bless you for it!*

2020 November Coffee+Conversation with Jack Broderick

Jack Broderick, *President of the KI Heritage Society*, consummate storyteller and all-round County treasure, led us on a fascinating exploration of our area's history. Jack's novel approach presented history not as a plodding series of dates, but as a dynamic adventure as seen through the eyes of famous – and infamous – characters. We met William Claiborne, the Englishman who, at age 31, founded the first European settlement on Kent Island with dreams of establishing a trading empire. (Spoiler: didn't happen once Lord Baltimore got the land grant from the king.) Jack then introduced us to Margaret Brent, a "Founding Mother" first woman landowner in Maryland, including a tract of land on Kent Island. We heard stories from the War of 1812, when the British used Kent Island as a base of operations in the area. (We learned that we should be grateful to the mosquito for helping drive the invaders away.) We heard grisly stories from the Oyster Wars and met James Kirwan, an early commander of Oyster Police in Eastern Bay. Jack painted stories about the railroad and car ferry, resorts and showboat that shaped the course of the island's influence, and how traffic backups began within the first month of the 2-lane Bay Bridge's opening in 1952. On top of all that, Jack offered to lead a personalized tour of local historical sites as soon as the pandemic permits. Stay tuned for further announcements right here (well, in a few months)...



BITS and BYTES

Membership: Because our members are QA@H, we have established 4, count 'em 4 membership teams: Recruitment, Enrollment, "Happiness", and Renewal. This structure will help us concentrate efforts on growing our organization to "critical mass", as well as ensuring quick response to members' needs and ideas. We'll describe each team further in future newsletters but for now, we are initiating an exciting **RECRUITMENT INCENTIVE:**



When you recommend a friend or neighbor who might like to join QA@H, your annual membership will be extended by 1 month!



Just forward your pal's name and contact info to our *Member Enrollment Chair*, **Jinny Guy (301-641-8729 or jinnyyjouris@gmail.com)** and our crack Member Enrollment Team will follow up. Jinny can also help if you'd like more info about QA@H member benefits to share with your friend.

Do you have other questions about membership? Please contact the QA@H office (410-635-4045 or OurQAH@gmail.com). We're always delighted to hear from you!

THE BEST GIFT YOU GIVE IS OF YOURSELF. SHARE YOUR JOY AND KINDNESS!