

QA@H FEBRUARY EVENTS

Tuesday 2/2/2021 11:00am
FORUM ON COPING

Weds. 2/10/2021 10:00am
Coffee+Conversation:
Guest and Topic TBD

Tuesday 2/16/2021 11:00am
FORUM ON COPING

Thursday 2/25/2021 5:00pm
SOCIAL HOUR and TRIVIA


SPECIAL 4-Part series on
Alzheimer's and Dementia
- ***see page 2 for details.***

- ☆ *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.*



Because QA@H is a 100% member-run organization, our success depends on striking a meaningful chord with each of our members. That has been especially challenging during this past year, so we asked our members to tell us what QA@H means to them. What we ended up with is a series of timely "valentines" from our members to QA@H, which we're delighted to share with everyone.

So this month's newsletter is a bit different, a reflection on the many ways we see QA@H.

In return, QA@H sends all our members and friends our most  felt thanks for your support. YOU are why we are here!

We'll be cycling these valentines on our website, so keep checking www.QueenAnnesAtHome.org.

Send us your "valentine" and we'll publish it in an upcoming newsletter.

WELCOME NEW MEMBERS!
MARTIN+DONNA GLEASON
ANNE + DAVID JONES
CHUCK + PAT BARRY

2021 Brain Summit

A Conference on Alzheimer's and Dementia

Session 1: Weds., Feb.10	12-1:30 pm
Session 2: Fri., Feb. 12	12-1:30 pm
Session 3: Fri., Feb. 19	12-1:30 pm
Session 4: Fri., Feb. 26	12:30-2:00 pm

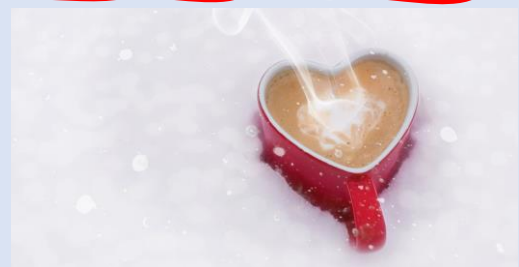
This conference, hosted by Alzheimer's Association chapters in Virginia, DC, and Maryland, is comprised of four sessions in February, 2021, that will address timely issues related to Alzheimer's and other dementia. Whether you are a family caregiver, a professional caregiver, a person with a diagnosis of dementia, or an interested member of the general public, you will learn from experts throughout our region regarding such topics as the latest research advancements, diagnosis, and care giving during times of COVID restrictions.

This conference is **free and open to the public**, but **registration is required**. The four sessions will be presented via Zoom. Register individually for each session you want to attend; log-on links will be provided via email following registration. If you have difficulty registering online, please call **800.272.3900** for assistance.

Click here for details:

https://www.alz.org/getattachment/seva/Events/Virtual-Brain-Summit-2021/BrainSummit2021_SEVA.pdf

This series is made available to QA@H members through our participation in the Washington Area Villages Exchange.



Coffee + Conversation **Wednesday, February 21 @** **10:00am**

We're working on a special presenter for this month's Coffee+Conversation, but still have a couple of details to iron out.

PLEASE STAY TUNED.

Updates will be posted on the QA@H website; simply click on the date above and you'll be taken to the event description and registration page. We'll also mail out updates as we get them.

Coping Forums **1st and 3rd Tuesdays**

These ongoing sessions, facilitated by members **Bob Jensen** and **Joanie Hart**, have turned into a big hit. As one member puts it, *"I am so happy to have found this! Sharing how we're doing has really helped me, while deepening my connection with fellow QA@H members."*

You don't need to have attended any past Forums, nor do you have to commit to future ones. Zoom links are sent around a few days ahead of time, so please **join us!**

1/28/21 TRIVIA CONTEST WINNERS



SCAVENGER HUNT: Tied for 1st Place

- ✓ Jinny Guy
- ✓ Steve Guy

TRIVIA CONTEST: Tied for 1st Place

- ✓ Jinny Guy
- ✓ Margan Glover

So, berets off to leader Jinny Guy!!

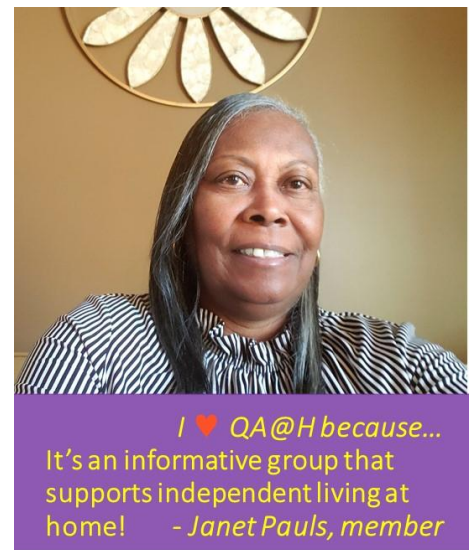
Our January Social Hour was a riotous event. Serving as our emcee and game-master, QA@H member **Mary Jo Volpicelli** had constructed some surprisingly challenging and fun events for us. We started off with a scavenger hunt around the house. Can you imagine the question to which acceptable answers were: *"Teddy bear made out of a mink stole"* and *"Wedgewood vase depicting the Chicago Fire"*? Hmmm, neither could we, but there it is. Moving on to the Trivia Contest, Mary Jo pulled together some real brain-busters. Each question seemed doable, but... not so easy as it turns out. Among the players' favorite contributions: *"Higgledy piggledy, Benjamin Harrison"*, and *"Carmen Miranda"*. (For the record, the last one was, in fact, wrong.)

The event was so much fun we've decided to do it again for the February Social Hour. Please join us **Thursday 2/25/2021 @ 5:00pm** for the next **SOCIAL HOUR and TRIVIA CONTEST**

Happy Valentine's Day, QA@H!



Julie Schaeffer, member



2021 January Coffee+Conversation:**TELEMEDICINE with
Dr. Daniel Lamphier**

On January 13, Coffee Klatchers and Conversation Fanatics were treated to a delightful and informative discussion with **Dr. Daniel Lamphier** of **Maryland Primary Care Physicians**. Dr. Lamphier gave us a look into how his practice is handling telemedicine and in-person visits during the pandemic. MPC Physicians take every precaution to keep their patients safe and even separate the sick folks from the well folks by seeing only sick people at certain times of day and well patients at other times.

Wisdom from Dr. Lamphier

- ❖ The **advantages of telemedicine** visits are that family members can join a visit from anywhere; people who are too ill or don't have transportation can visit the doctor; a determination can be made as to whether an in-person visit is needed; some follow-up visits can happen without a trip to the office; and questions that require more than an email answer can be answered. Mental health visits can also be done successfully via tele-medicine.
- ❖ **How to be a better patient:** Weigh yourself regularly on an accurate scale; regularly measure your blood pressure and heart rate using an upper arm blood pressure cuff that fits you properly. You might also use an oximeter on your warm finger to measure your blood oxygen saturation level, a glucometer and a plain-old under-the-tongue thermometer (most accurate) when needed. Bring your MOLST and Advance Directives to be added to your chart. Bring an extra set of ears to your appointment. Record everything and keep a list of things you want to discuss at your next visit.
- ❖ **Medical Records:** Most practices participate in some sort of on-line medical records designed for patient and practitioner access. To be sure you have joined, ask each of your practitioners about it.
- ❖ **How to get reliable health information on the internet:** Lamphier suggests searching www.familydoctor.org. Other reliable sites are associated University of MD, Johns Hopkins, Anne Arundel Medical Center and other well-known hospital sites. (The hospital sites are more scholarly, however.)
- ❖ **GET YOUR VACCINES!** Information on availability of Covid-19 vaccine changes daily, but what doesn't change is the importance of getting yourself inoculated!

BITS and BYTES

The best way for QA@H to grow is through members reaching out to friends who may want to join. Remember our **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 the QA@H "office"
(410) 635-4045 or OurQAH@gmail.com) and our
Member Enrollment Team will follow up.



QA@H mailed out the following information about Covid vaccines last week.

❖ **Contact your doctor** if you have questions about whether you should be vaccinated.

❖ **Get updates on Maryland Covid plans and status texted to your smartphone:**
Text "**MDReady**" to **898211**.

You'll start getting update texts on your phone as they become available. (Note: you may get other "readiness" texts besides Covid updates.) You can also go to <https://211md.org/covid-19-resource-center> if you'd rather get your info online.

❖ **Sign up with QA County to be notified when you can get a vaccine**
(depends on vaccine availability, your age and underlying health conditions)
Fill in the online form you'll find at <https://www.qac.org/FormCenter/Online-Forms-5/COVID19-Vaccine-Interest-Contact-Infoma-60>

Note: this is not a vaccine appointment site. It puts you on the list to be notified by QA County when vaccines are available for your cohort and how to make an inoculation appointment at that point.

❖ **Those who are not online or who are uncomfortable using a computer can access the QA County Covid Help Line at (443) 262-9909, Monday-Friday from 8am-4pm.** Hotline volunteers will help you navigate getting on the vaccine wait list and scheduling appointments when it's time.



We ♥ QA@H because...
it helps us prepare for a
bright future!
- Steve + Jinny Guy, members

SHARE THE LOVE!

**WEAR YOUR MASK,
GET YOUR VACCINE.**



*I ♥ QA@H because...
QA@H's Senior Navigation
Plan has been a godsend in
getting my life organized!
- Russ Mail, member*

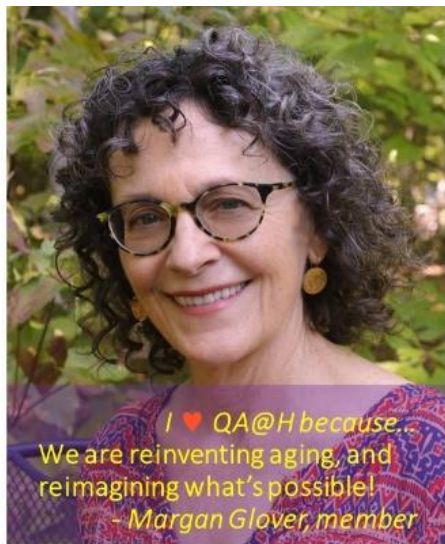


*I ♥ QA@H because...
I know members are there
to help each other!
- Linda Schuerholz, member*



*I ♥ QA@H because...
we help each other stay
healthy and happy at home
and in the community!
- Cindy Bach, member*

Happy Valentine's Day. QA@H!



*I ♥ QA@H because...
We are reinventing aging, and
reimagining what's possible!
- Margan Glover, member*



*We ♥ QA@H because...
though we didn't know back then
what wonderful and caring friends
we would have in QA@Home, even
in a pandemic we have found
numerous ways to share each
other's company and support.
- Bob + Wendy Manzi, members*



*I ♥ QA@H because...
it makes me feel at home, and
I enjoy the camaraderie of our
members!
- Anne McNulty, member*