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**Update Newsletter**

**March, 2019**

Upcoming Events

**Social Meet-Up**

March 21st

Details to follow…

**Be Savvy! Understand Fake News, Computer and Phone Scams**

March 13th 2-4pm

Centreville Library

121 S. Commerce Street

Centreville

**De-Cluttering - Possessions Wrangling SNAP Presentation**
April 24th 2-4pm
Kent Island Library
200 Library Circle
Stevensville

**Be Savvy! Understand Fake News, Computer and Phone Scams**

March 13th 2-4pm

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Americans are getting more information at their fingertips than ever.  In fact, we are checking our phones up to 80 times a day for more news!  How do we stay safe and media literate when at every turn someone is trying to fool us or scam us in some way.  Learn what fake news is, looks like and how to easily identify it so that you can be a well-informed consumer.

Find out the difference between fake news and scams, and how to keep you, your information and your money safe.  In this 90 minute presentation, Andrea Boothby Rice is a Public Service Librarian for the Queen Anne’s County Library will explore different types of bad actors online so that you can leave feeling more informed and ready to confidently identify what is real and what is fake."

Your Senior Navigation Plan



A Sneak SNAP Preview

Can you remember back to late summer, before the ice, snow and frigid temps, when Margan Glover presented us with the road map for Queen Anne’s at Home? She talked about the goal of helping members stay in their homes as long as possible, about a network of members helping members, socializing informally, and about a physical navigation tool, a SNAP binder.

Although most people want to stay at home, very few people have actually worked out a plan for how to make that happen.  That's where SNAP comes in! With this SNAP binder you will begin to accumulate information that will help you to be mindful of all manner of future plans, document management, and household management.

SNAP chapter presentations are scheduled to occur mid-month in various locations. Notice will be given in this Newsletter with details of upcoming topics. Presentations not only provide you with tools and expert information, but also offer the opportunity for collaborative problem-solving as we are a *group* working together on our individual plans.

In December and January, the *Emergency Planning* chapter was addressed by two workshops: Home Fire Safety and Winter Weather Preparedness. On March 13th you will learn about Fake News, and Computer and Phone Scams. April will bring you a spring-cleaning theme: Possessions Wrangling: De-Cluttering – Use it or Lose It!

In May, the SNAP presentation will address some the troublesome topics centered around planning for the future; topics that we all know we need to think about but too often put off because they are difficult to confront. At that time, you will be provided with your own binder and chapter headings.

Other SNAP chapter topics include, but are not limited to, such things as strategies for organizing important legal documents and medical records, end-of-life legal and medical planning, writing a legacy letter, and home fitness and safety tips.

As we move forward, we will be asking for your input for additional topics that may be of interest to members.

Watch this space for more information about SNAP's roll out!

**Winter Woes**

**Be Prepared!**

A SNAP Workshop in January on this topic was held. In the interest of helping ourselves to be smart about cold weather and to be prepared for power outages or traffic tie-ups here are tips shared by our presenter, Joe Cichocki. You might want to print this to use as a reference in your own Winter Preparations Kit - it is only 2 pages long.

**What To Do Before a Storm - Assemble Your Emergency Kit**

Charge cell phones

Have a plan for communicating with family.

Prepare an Emergency Kit

Flash light and batteries

Whistle to signal for help

Water – 1 gal./person/day, pets also

Food – 3-day supply – pets also

Mess kits, paper towels

Needs for an infant if appropriate

Personal hygiene needs

Can opener

Towelettes, garbage bags, plastic ties

Cash, important documents

Wrench to turn off utilities

Sleeping bags, blankets

Shovel, snow salt

Medications

First Aid Kit

Change of clothing

Fire extinguisher, matches

Paper and pencil

Books, games, etc. for children

**Additional items – for your vehicle:**

Spare tire kit

Jumper cables

Toolkit

Reflective vest

Long handled snow brush, ice scraper

Fold-up snow shovel

**What To Do During a Storm**

Drive only in an emergency

If you must be outside, walk slowly, avoid overexertion, immediately get out of wet clothing,

Wear layers of loose, lightweight, warm clothing

Mittens are warmer than gloves, keep your head covered

**Be aware**

Frostbite

* White or gray-yellow skin that feels unusually firm or waxy
* Numbness
* If you sense this or see this in someone, seek help immediately while protecting the area

Hypothermia

* + Confusion
	+ Shivering
	+ Difficulty speaking
	+ Sleepiness
	+ Stiffness

**Watch Out Be Warned**

Winter Weather Advisory

* Potentially dangerous weather expected within 12 to 36 hours that is expected to cause significant inconveniences and hazardous driving

Winter Storm Watch

* A winter storm is possible – usually issued 24 hours in advance

Winter Storm Warning

* + A winter storm in occurring or will occur soon – snow or sleet
	+ Usually indicates at least 6 inches of snow within 12 hours

Blizzard Warning

* + Severe weather
	+ Sustained winds or gusts 35 miles per hour or greater
	+ Considerable falling or blowing snow

If you need to evacuate you can text 43362 (4FEMA). Type in the word

SHELTER and your zip code i.e. SHELTER21658 and you will find out where the nearest shelter location.

Much of this information is relevant for any weather event, regardless of the season.

**New OnLine Service Matching Capability**

Queen Anne’s at Home continues to grow our website tool so that we can bring our members the very best ways to connect with each other.  We’re excited to announce that our online Service matching capability is now operational!

***What is it?***  Now all our members can request – and respond to other members’ requests – for certain services and help.  Need a ride to a doctor’s appointment?  Help with minor home repairs? Assistance with decluttering?  Your fellow QAH community of members can help you!

***How does it work?***  Once you post your request to the QAH website, the system automatically sends your request out to other QAH members who’ve volunteered to help provide that service.  Remember when you filled out your QAH application form and you said you could help drive people, for example?  That information has been entered into our system, so you’ll get notified when any QAH member requests a ride.  As a member service volunteer, it is up to you whether you accept that request, so if it’s at a convenient time, sign up!  If you can’t do it then, do nothing except wait for the next opportunity.

***How do I make a request***?  You can request a service in several ways:
1)  Use your username and password to log on to our website ([**www.QueenAnnesAtHome.org**](https://protect-us.mimecast.com/s/HmTxCJ6KrrIBBQVuGKq0d?domain=queenannesathome.org)), go to the “Members” tab and select “New Service Request”, then follow the prompts.
2)  Call **(410-635-4045)** or email (OurQAH@gmail.com) the “QAH Office” to have someone register your request for you.

***How do I volunteer to fulfill other members’ requests?***  You have a few options:
1)  You’ll automatically get an email with requests for services you’ve signed up to help with.  Just follow the instructions in that email.
2)  Use your username and password to log on to our website ([**www.QueenAnnesAtHome.org**](https://protect-us.mimecast.com/s/HmTxCJ6KrrIBBQVuGKq0d?domain=queenannesathome.org)), go to the “Volunteers” tab and select “Service Requests”, then follow the prompts.
3)  Call **(410-635-4045)**  or email (OurQAH@gmail.com) the “QAH Office” to have someone register you as the volunteer for any request.

**How do I learn more?**The online service request and volunteer system is very easy to use, but we’ve also developed detailed tutorials.  Depending on your learning style, you can choose either a text or pictorial aid!  Once you log onto our website, select the “Members” tab, then click on “Resources” and head to the “Resources and Articles” page to find a document you can download or print.  (You can also call the office if you’d like a printed copy of any tutorial.)

**And even more?**  Watch this space for an announcement of a meet-up when we’ll run through all aspects of the service request and volunteer system.  We want to make sure everyone is comfortable using it so that every member gets the most out of their QAH experience.

**Member Happiness!**

Many in our number are spending all or part of the winter in warmer climes!  In April when everyone is back, I’ll be hosting a brainstorming session to consider how to meet our membership’s needs both for now and in the future.  If you have ideas to share please contact me to say that you’ll join the fun!  This is a one-time commitment.  Once we have a list of needs, we’ll form a committee whose charge will be to find ways to meet those needs.  Please email your interest and/or your ideas to me at:  jinnyjouris@gmail.com or call the office at 410-635-4045.  If you’ve already responded you don’t need to do so again.  And THANKS TO ALL! – Jinny Guy