



QA@H MARCH EVENTS

Tuesday 3/2/2021 11:00am
FORUM ON COPING

Weds. 3/10/2021 10:00am
Coffee+Conversation:
Travels with DoraJean

Tuesday 3/16/2021 11:00am
FORUM ON COPING

Weds. 3/24/2021 4:00pm
SNAP: All Those Meds!
HOW Many?

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

WELCOME NEW MEMBERS!
TOM AND BOBBYE
HELFENBEIN

MARCH ON!
WEAR YOUR MASK,
GET YOUR VACCINE.

QA@H Services:

Moving Forward in 2021

We have all seen many changes this past year, and Queen Anne's at Home has faced this challenge and continues to offer programs and services to educate, empower and connect our members. Although we have not been able to provide direct face-to-face services, we have all learned new ways to stay in touch, continue with SNAP presentations to develop our Senior Navigation Plans, and navigate our daily activities through new technology – ordering our groceries from Instacart, caring for our health needs through a telehealth visit, and laughing during a Trivia Night with friends. Now 2021 brings hope of returning to an active community outside of our homes, and this is the time to start planning for a future with expanded services.

Until we reach that "all clear", we are offering the following services in the community while we continue to social distance:

1. Outdoor visits if masked and distanced.
2. Pick up and drop off (eg, groceries, meds), leaving items at requester's door.
3. Continued use of our Calling Tree to keep in touch with all members, and expanding frequent calls to members who would like to be contacted on a regular basis.
4. Continued education and technical support for members as we all transition to a virtual world and new uses of technology.

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continued... QA@H Services

We'll be asking for your help as we continue working to enhance our face-to-face service request systems. You'll be hearing a lot more about that endeavor in future newsletters.

In the meantime, if you need someone to help with the pick-up and drop-off of needed items, would like regular check-in calls, or are in need of technical assistance to stay connected, call the QA@H office (410-635-4045) with your request.

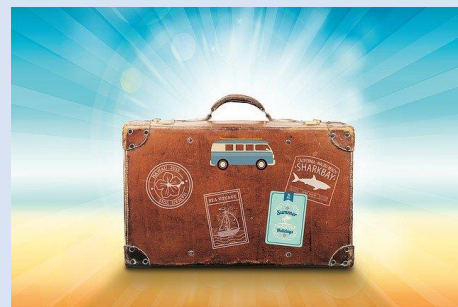
MARCH SNAP CHAPTER

ALL THOSE MEDS! HOW MANY?
Wednesday, March 24 @ 4:00pm



Our speaker will be **Melanie Chapelle, PhD**, a transitional care pharmacist with *Shore Regional Health* who works with seniors to help with managing medications. We will learn about over-the-counter vs. prescription meds, drug assistance programs, Medicare Part D and more. She will provide us with 10 tips to know about pharmaceuticals, including how many meds are too many. Even if you take just one medication, this SNAP is a MUST for you!

[CLICK HERE](#) to register.



Coffee + Conversation
Wednesday, March 10 @
10:00am

A special treat today! QA@H members **Dora Jean and Nabil Hanna** have lived many places around the world, including **Haiti, Samoa, Tanzania, Czechoslovakia, Morocco and Israel**. Today, Dora Jean will share pictures and personal stories about their experiences in some of these countries. As she puts it, *"mankind is one - even though we have some quirky, and delightful differences."*

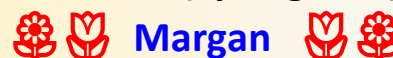
This C+C is not to be missed!! As always, bring a friend by sharing the Zoom link that will be emailed a few days before the event. And as always, the courtesy of your preregistration is much appreciated.

Congratulations to our
2/25/2021 Trivia Contest Winners:



Round 1 (Movies): Tie between
Team JoanieBob and Margan

Round 2: (Springtime)



2021 February SNAP:

**"Brain Strong" with
KELLY BERTENSHAW**



February's session was a huge success. The subject was memory care, and we were fortunate to have a real expert give us new insight into memory problems and what to do about them. Our speaker was **Kelly Bertenshaw**, a certified memory pathologist with extensive experience in identifying and treating memory decline. Her presentation brought the topic into clear focus, speaking in everyday terms while giving practical advice -- and all with a good deal of humor.

Kelly started by giving an outline of the seven stages of memory acuity, starting with normal memory and declining through forgetfulness and then to confusion. She did not go into the more serious stages of memory decline, which she will cover in future sessions. As she spoke, it was easy to recognize the symptoms in our own lives: forgetting names, not remembering appointments, and so on. We've all been there. But Kelly explained why it happens and how to make things better.

The primary reason that we forget, she told us, is that we don't pay proper attention. Paying attention is the key to imprinting something into memory. Kelly went on to give us simple ways to achieve that. She told us to **WRAP** it up for future recall. The system is: **W**rite it down, **R**epet it, **A**ssociate it (with something you're familiar with) and **P**icture it, mentally. It only takes 30 seconds to make a new memory and retain it. There were many more examples of how and when to employ these tips to improve our recall.

Have you ever come into a room and asked yourself, "Why did I come in here?" Kelly explained that the mind tends to erase recent recall as we enter a new space, so we don't remember why we came into the room. But if you stop, close your eyes and move your eyes back and forth behind the lids, quite often you'll get that memory back. If that doesn't work, go back to the previous space and look around. That usually does the trick. It was so helpful to have such easy ways to deal with frustrating moments.

Kelly will be invited again to explain more of the ways our memory works, how to recognize problems, how to care for someone with memory loss, and much more. Stayed tuned for announcements. In the meantime, she has provided us with some great resource materials.

Members can access these materials in the SNAP section of the QA@H website.

(Call the QA@H number if you need help accessing these documents.)

BITS and BYTES

RECRUITMENT INCENTIVE UPDATE:

👉 Congratulations to **Laura Plosila** and **Russ Mail** who received extensions to their membership for referring new members. Nicely done! And thank you. 👈

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

- ❖ **COVID vaccines** are becoming more plentiful, but getting an inoculation appointment is still a challenge. The confusion inherent in the current systems should get ironed out as supplies increase.
- ❖ There is a TON of information online ([MD VaccineHunters](#), for example). Here are just a few links that might help you find locations with appointments. *Please keep in mind that these lists change frequently; persistence and patience are mandatory!*
 - [CVS](#)
 - [Giant Food](#)
 - [Safeway](#)
 - [Walgreens](#)

Hospitals offering COVID-19 vaccine

- [Luminis \(AAMC\)](#)
- [UMMC](#) is not currently offering appointments if you have not already signed up. THIS WILL CHANGE!

Maryland Mass Vaccination Sites (*more sites, including Salisbury, should be opening soon*)

- [Baltimore Convention Center](#) (Baltimore)
- [M&T Bank Stadium](#) (Baltimore)
- [Six Flags America](#) (Bowie)

- ❖ **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.

❖ QA@H will help you if we can. Call us at (410) 635-4045.



WAVE
Washington Area
Villages Exchange



[CLICK HERE](#) to access WAVE-sponsored upcoming events!

Topics cover art, politics, current events, travel, and health, just to name a few.

Here's just one example of what you'll find:

Weds. 3 March, 2-3pm

One Minute to Midnight: Kennedy, Khrushchev, Castro on the Brink of Nuclear War

In October 1962, at the height of the Cold War, the United States and the Soviet Union came to the brink of nuclear conflict over the deployment of Soviet missiles to Cuba. Author **Michael Dobbs** has pored over previously untapped American, Soviet and Cuban sources to provide this NYT bestselling book on the Cuban missile crisis.

Sponsored by Bethesda Metro Area Village.

<https://us02web.zoom.us/j/85874822819?pwd=NWVPMGIydzJ3ck1rc09NRTYySVNMUT09>

These events are made available to QA@H members through our participation in the Washington Area Villages Exchange. QA@H is not responsible for errors in event descriptions.