

QA@H April EVENTS

Tuesday 4/6/2021 - 11:00am
Monthly FORUM

Zoom Tutorials @ 10:00am

See page 3 for details!

Tuesday 4/13 - Part 1

Tuesday 4/20 - Part 2

Tuesday 4/27 - Part 3

Weds 4/14/2021 – 10:30am
Coffee+Conversation
Exercise for Seniors

Monday 4/19/2021 – 9:30am
Walking and Outdoor Club -
Kick-off and Nature Walk

- ☆ *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.*

APRIL Coffee + Conversation

Wednesday 4/14/2021 – 10:30am

Exercise for Seniors



We all know that exercise is important at any age. Not only does it promote heart health and help with chronic conditions such as diabetes, but it's essential for strength, flexibility and balance – thereby protecting against falls, the leading cause of injury and death among seniors.

But exercise for its own sake can feel ... *boring!* What to do? Or maybe you've already decided to exercise more but aren't sure just what to do with this body you've spent so long nurturing. Fortunately, we've enlisted the help of **Mary D'Orseaneo**, a local certified fitness trainer whose expertise is working with people 55+. She'll teach us how to stay fit and get the most out of all our working parts by utilizing the exercises that work best for our bodies.

[CLICK HERE](#) to register.

WELCOME NEW MEMBERS!

MILDRED + JIM BARNETTE

ED + PRISCILLA RYAN

SUSAN VIANNA

CHECK THE [QA@H WEBSITE:](#)
SUGGESTIONS FOR GETTING
YOUR COVID VACCINATION

WALKING AND OUTDOOR CLUB Kicks Off in April!!

Monday, April 19 @ 9:30am

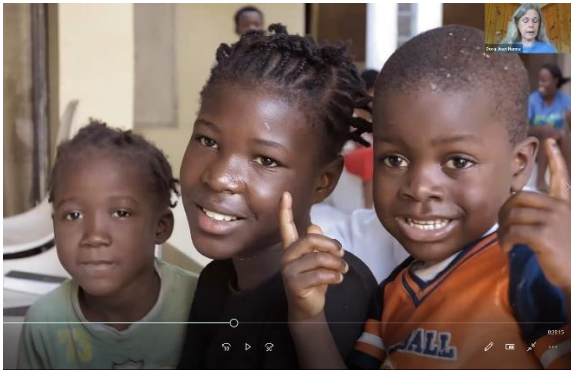
We're so excited to announce the formation of the **QA@H Walking and Outdoor Club**! QA@H member **Jennifer Illari** has graciously offered to help get this interest group off the ground, so our first event will also serve as our planning meeting to find out what people would like to do.



Join us at **Adkins Arboretum** to celebrate *Earth Day* and admire the sights, sounds and smells of spring. Spring wildflowers may be at their peak (although we won't know for sure until we get there), and there should be lots of bird activity. No matter what, we can guarantee a lovely time outdoors. We'll include time to discuss the goals and logistics of this new group.

*We anticipate the group will grow, but **participation on this walk will be limited to 8, and we'll observe masking and distancing protocols. Meet-up instructions will be sent only to those who pre-register. [CLICK HERE](#)** to register online or call the QA@H office at **(410) 635-4045**. We'll hold a second walk if there's enough interest, so do go ahead and register for the waiting list if the first event is full.*

March Coffee + Conversation Travels with Dora Jean



QA@H member Dora Jean Hanna made a wonderful C+C presentation, regaling us with stories of some of the many places around the world she has traveled and lived with her husband Nabil and their children.

As a young married woman in her twenties, Dora Jean, husband Nabil and their two young babies took off for Haiti and lived among the Haitian people for several years. (She had another baby while they lived there.)

As she put it, "mankind is one even though we have some quirky and delightful differences". She shared personal stories to illustrate some of these differences, such as food she ate and marketplaces where she shopped. The pictures she shared of her life there showed the primitive conditions that prevailed there at the time. The smile on her face while talking about their time in Haiti, however, showed how much she enjoyed their experience there.

As a special treat Dora Jean shared her experiences in Baha'i. She and her husband are part of this faith and have been engaged in a wide variety of service and welfare activities throughout their lives, promoting human rights in all that they have done. It was a privilege to hear about this faith and their experiences putting it into action.

We thank Dora Jean for her openness and for sharing this special part of her life so joyfully.

ZOOM TUTORIAL SERIES with QAC SENIOR CENTERS**QA@H is proud to partner with Queen Anne's County Senior Centers to provide a 3-part Zoom Tutorial Series**

One of the (few) upsides of a year in quarantine is that Zoom, the online video conferencing app, has become part of life. Even after we get the "all clear" to resume face-to-face activities, Zoom will be here to stay because it allows us to connect with our dear ones who are far away. Mastering some basic tips and tricks will help you get the most out of your Zoom experience as you find fun new ways to stay connected.

**Who should attend?**

Want to do a painting project or tell stories with a distant grandchild? Want to be with friends but don't want to drive at night? Want to have a reunion with family members all around the country? This 3-part tutorial will prepare you to get the most out of your online Zoom experiences. This is hands-on learning, so you'll actually find and push the buttons you need to know about! We'll take your questions as we go, so that you become confident with applying your new skills. All skill levels are welcome, so don't worry that you "don't know what you don't know." That's exactly what this tutorial is for!

Who's teaching the course?

Queen Anne's at Home is pleased to host this series in partnership with the Queen Anne's County Senior Centers. The instructor will be **Margan Glover**, who helped found QA@H and currently serves on the Board of Directors. Margan developed this tutorial to ensure that participants have fun while learning computer and communication skills that enable us to feel confident and stay connected.

Zoom is in session!

Tuesday, **April 13, 2021 @ 10:00 AM Session 1:** *Zoom basics, what in-meeting controls do and how to access them, troubleshooting*

Tuesday, **April 20, 2021 @ 10:00 AM Session 2:** *Getting your own (free) Zoom account, setting up a meeting, staying secure*

Tuesday **April 27, 2021 @ 10:00 AM Session 3:** *Advanced options such as share screen, virtual backgrounds, having fun with Zoom*



You can attend one, two, or all three sessions.

To sign up, contact one of the QAC Senior Centers:

Grasonville 410-827-6010 | Kent Island 410-604-3801 | Sudlersville 410-438-3159



QA@H members can also register on the [QA@H website](#)

March 2021 SNAP: ALL THOSE MEDS! HOW MANY?

With MELANIE CHAPPLE, PharmD

Melanie Chapple (PharmD), a transitional care pharmacist with *Shore Regional Health* system, gave a powerful presentation about being smart about medications. Her goal as she works with outpatients is to improve health outcomes – and prevent readmission – by optimizing medication therapy. Melanie shared with us her top 10 medication tips such as using technology to manage your medications appropriately. She also reminded us to keep an up-to-date list of our medications handy and posted on the refrigerator where EMS responders have been trained to look for it.

"Your routine around taking your medications is of the utmost importance," Melanie emphasized. *"Your routine needs to work for you, whether it's a pill box organizer, a calendar, an alarm, or sticky notes, etc."* The best routine is the one that you will follow.



Melanie also stressed the importance of establishing a relationship with a pharmacist in your area. They can help you understand medication instructions and likely side effects of your medications, while they check for negative drug interactions and other drug-related issues.

Lastly, Melanie discussed the COVID vaccine and addressed six myths that may prevent some people from getting the vaccine. She stressed why vaccination is so important and said that Shore Regional Health can **help people find an immunization appointment; call 410-822-1000 ext. 1227**. Melanie, a wealth of information, is available for one-on-one consultations to discuss your particular medication issues. You can reach her at Shore Health **(410) 822-1000 ext. 5456**.

A full write-up of Melanie's presentation, along with additional tips, resources and insurance insights, is available to QA@H members in the SNAP section of our website.

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

BITS and BYTES

RECRUITMENT INCENTIVE UPDATE:

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.