

QA@H May EVENTS

Walking and Outdoor Club

1st Thurs (5/6/2021) 9:00am

3rd Mon (5/17/2021) 9:00am

Monday 5/10/2021 - 10:00am

Sing! Breathe! Be Healthy!

Tuesday 5/11/2021 11:00am

Monthly Member Forum

Thursday 5/20/2021 - 2:00pm

**SNAP: Hospice – How It
Works, How It Started**

Wed'sday 5/26/2021 - 4:30pm

"All Together Now" Social

- ☆ 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!

CAROL TAYLOR

ANNIE MONEGO

ZOOM TUTORIAL VIDEOS AVAILABLE

[CLICK HERE!!](#)



All Together Now!

What a special Spring season this is! We always look forward to springtime, but never so much as this year. We've been cooped up and anxious for over a year. We haven't seen friends or family in person. And we're tired of it!

But we're also all in this together. So, let's make coming back together a huge success, all together. To do that, the QA@H Board needs your help. Even with our community's real accomplishments over the past year (*more members, more events, great programs, interesting informational sessions, etc.*), there is much more to do.

As we get closer to normal times, we need to be ready to ramp up our game. To get that done, we will be calling on all QA@H members, through the Calling Tree, for help with four specific areas. We must expand the Board of Directors. We need more people to help with the Calling Tree. We need more participation in event planning. And we need a more robust member recruiting program.

Your support is essential to making this happen. Since QA@H is a 100% volunteer organization, nothing can happen without you. Next month, you'll get a call to see how you can help our community achieve these goals. Because, as the song says, "We're All Together Now".

Thank you!

- Russ Mail, QA@H President



Outside Together
WALKING AND OUTDOOR CLUB Starts!
Thursday, May 6 and Monday, May 17

Come join our newest Club! We will meet the **1st Thursday** and **3rd Monday** of (almost) every month in the mornings. Meet-up locations will be announced each month. At the kick-off in April (an enchanting wildflower walk, by the way), we agreed we'd have a combination of exercise-type walks or hikes, exploratory walks (such as Forest Bathing or an Underground Railroad theme), and nature walks.

Thursday May 6 @ 9:00am: We'll meet at the Tuckahoe State Park lake and picnic area, then take the trail into Adkins Arboretum. Spring wildflowers are still blooming, so we don't want to miss this special time in the forest.

Monday May 17 @ 9:00am This will be a special walk focusing on **nature's role in the Underground Railroad**. Registration for this event will be limited to 10 participants. **[CLICK HERE](#) to register online or call QA@H (410) 635-4045.**

Meet-up instructions will be sent only to those who have registered.

(If there is sufficient interest, we can run a second session, so please add your name to the waiting list if registration is full.)

Questions? Contact **Jennifer Illari** at mdjillari@gmail.com or call QA@H.

Let's enjoy the great outdoors together!

MAY Coffee + Conversation
Sing! Breathe! and Be Healthy!
Monday, May 10 @ 10:00am

This month's C+C is a winner! QA@H member **Jinny Guy** will share the secret powers of healthy singing. With techniques learned from her college years as a voice student to 25 adult years as a Sweet Adeline where she sang and learned as a quartet and chorus singer, director and coach, Jinny will outline the important emotional and physical health benefits of proper breathing and good vocal production. These techniques are used by singers of course, but also by successful speakers the world over. Whether or not you want to sing, learning these secrets will boost your energy, lift your mood, even improve your posture and help you find your "voice"!



[CLICK HERE](#) to register online, or call the QA@H office.

May SNAP Chapter
HOSPICE: HOW IT WORKS, HOW IT STARTED
Thursday May 20 @ 2:00pm



Our own member **Mildred Barnette** has been associated with our local Queen Anne's County Compass Hospice since before its inception. She will share the journey she and others traveled to turn an idea into the beautiful facility we have now. How does a little seed blossom into a reality? Mildred can tell us, so you won't want to miss this!!

Special Social Hour!!
All Together -- Again! (and at last!)
Wednesday, May 26 @ 4:30pm

After over a year of confinement, it's time to celebrate our new freedom! Let's gather at **Hemingway's Outdoor Bar** for a real, in person Social Hour!

Come and have the drink of your choice (it'll be cash bar style) with your fellow QA@H members. Though not required, registration is appreciated so we can wrangle plenty of space. And do bring a friend who might want to learn about QA@H!



The social distancing situation is quite fluid these days, but of course, we'll be abiding by State and Hemingway's policies in place at the time. And we recognize that everyone's situation is different, so we respect all our members who may be mitigating risk more stringently. We'll do whatever we can to create a welcoming environment so that we can truly enjoy being **together again!**



QA@H was proud to host this Zoom Tutorial Series for the Queen Anne's County Senior Centers!

This 3-part tutorial, led by QA@H member **Margan Glover**, was designed to help participants master Zoom basics, progress to setting up their own (free) Zoom account, then "graduate" with confidence in hosting their own Zoom sessions. That was a lot of ground to cover, but we also had a lot of fun doing it!

[CLICK HERE](#) for videos of all 3 tutorials, along with Margan's presentation slides, or look on the QA@H website under the "Events" menu for the "Videos" tab.



April Coffee + Conversation Exercise for Seniors

Certified personal trainer **Mary D'orseaneo** gave us an absolutely delightful Zoom lesson about how we should be treating our bodies. Here are some of the highlights of her enlightening chat with us:

- + Start slowly. Don't push yourself too hard.
- + Stretch twice a day to maintain mobility with ease — especially important as we become more sedentary. Make sure to stretch both sides of your body.
- + Move! Just move! After sitting a spell get up and twist around a bit.
- + When driving or riding in a car for a few hours, stop often to walk around a little.
- + Unless you have doctors' orders otherwise, drink lots and lots of water. Keep it with you and sip, sip, sip. Water is the prescription, *not* drinks with caffeine or sugar.
- + Work on balance: stand on one foot, put one foot on top of the other. As we age, we can lose our sense of balance, which can lead to falling.
- + Work on posture, it helps your balance and energy!
(See page 2: "Sing! Breathe! and Be Healthy!")
- + Cardio work is important, so walk and climb steps when you can.
- + Take advantage of the many trails in our local and State parks.
(See page 2: "QA@H Walking and Outdoor Club"!)
- + Use very light weights or cans of soup while doing body twists, squats, arm raises, etc. Many weight-bearing exercises can be done while sitting.
- + Above all, keep moving!

BITS and BYTES

**Thank you, *Sheila Stutman and Mildred Barnette,*
for introducing QA@H to our newest members!**



**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.