



## QA@H NEWSLETTER - JUNE 2021

### **QA@H JUNE Events**

#### **Walking and Outdoor Club**

❖ **1<sup>st</sup> Thurs (6/3/2021)** 9:00am

❖ **3<sup>rd</sup> Mon (6/21/2021)** 9:00am

**Thurs 6/17/2021** – 10:00am  
SNAP Chapter **Brain Strong #2**

**Mon 6/21/2021** - 11:00am  
**FORUM with JOANIE and BOB**

**Mon 6/28/2021** - 10:00am  
SNAP Chapter **StrongerMemory Pilot Program**

- ☆ 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 MEMBER!***  
**NANCY KINNEY**

***OUR MEMBER RECRUITMENT INCENTIVE HAS BEEN EXTENDED!***

***CONGRATS, SHEILA STUTMAN!***  
***THANKS FOR INTRODUCING A NEW MEMBER TO QA@H!***

### **Listen Up!**

Since June is **Brain Awareness** month, QA@H has lined up two SNAP chapters for our members!

**SNAP #1:** Everyone will be delighted that **Kelly Bertenshaw** is back by popular demand to continue her fantastic seminar on Memory Care (*see page 2 of this newsletter for details*).

**SNAP #2:** We are honored to announce that QA@H has been selected to take part in **StrongerMemory**, an exciting pilot program geared to strengthening and preserving our cognitive functions (*more on page 2*).

Since our members have told us that losing memory and cognitive abilities is a primary concern, please plan to join us to learn how you can protect and enhance this precious capability.

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To follow up on Russ Mail's article in last month's newsletter, we've identified some jobs where QA@H desperately needs our members' help (*see page 4*). Our Calling Tree will contact each member in the next few weeks to explore how you can support your community.

*Among our members' major concerns is the prospect of declining memory and cognitive ability. We can feel brave about facing many things, but the loss of even a marble or two shakes us. We're uneasy in the face of so many unknowns, which can make us feel helpless. QA@H is diving right in, finding experts and programs to help educate, prepare and empower us. This month's double-barrel SNAPs will give you a better understanding of the challenges and resources available to us.*

**Thursday 6/17/2021 – 10:00am**  
**SNAP Chapter Brain Strong #2**

We are so pleased to announce that **Kelly Bertenshaw** is returning for a second Zoom session on memory power, sharing her experience with people suffering from cognitive impairment. As a certified speech and language pathologist, as well as a memory care specialist, she brings deep insight into the causes of and treatment for memory loss. When Kelly spoke to us some weeks back, she focused on identifying the symptoms of memory decline and the stages of loss as the problem worsens. For this month's SNAP chapter, she will give a brief description of more advanced stages of dementia, helpful tips for the caregiver and an update on recent research on the subject. Kelly will take our questions and once again provide solid, practical advice for dealing with related issues. This is sure to be a powerful and informative event.



**Monday 6/28/2021 - 10:00am**  
**SNAP Chapter StrongerMemory Pilot Program**

The Village-to-Village Network, our national umbrella organization, has invited QA@H be part of a pilot to implement the **StrongerMemory** program for our members. The program was developed to actually *improve* brain health, even before cognitive ability slips significantly. It is a curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Participants spend just 20-30 minutes a day engaged in low-stress reading, writing and math activities. Preliminary results of the program are extremely promising; best of all, StrongerMemory is something you can do proactively to address cognitive decline.

To explain the program and our role in the pilot, June's second SNAP Chapter will be presented by **Jessica Fredericksen** (MSW, CDP), the Brain Health Program Manager at Goodwin House, a senior residential facility in Alexandria, VA, where StrongerMemory was developed. She'll review how – and why – the program works, and we'll evaluate as a group how we might want to go forward with this pilot opportunity. We strongly urge you to take advantage of this unique offering.

## ***WALKING AND OUTDOOR CLUB!***

**9:00am Thursday, June 3 and Monday, June 21**



### **June 3 (Thurs): Millstream Park, Centreville, MD**

This lovely walk is paved and follows Millstream in Centreville from the Rte. 213 bridge to Creamery Lane. We will add a little extra by walking down Creamery Lane to Wharf Drive and across to the Centreville Wharf. Since this is a return walk, we can walk out at a good pace and then have more of a stroll back to enjoy the stream and surroundings. We will meet and park at the **Millstream Park** parking lot. The walk is mostly in the shade until we get to Creamery Lane and onto the Wharf, but you may want to bring a hat and your favorite bug repellent just in case.

### **June 21 (Mon.): Terrapin Nature Park, Stevensville, MD**

This lovely walk through the nature park will pass through a number of habitats: meadow, wetlands/marsh, beach and forest. This walk has multiple surfaces: some of the trail is paved, oyster shell, dirt (through the meadow and forest), plus a short bit across the beach sand. We will meet and park in the **Terrapin Nature Park** parking lot. Though some of this walk is shaded, plan to bring a hat and, if you like, your favorite bug repellent just in case.

☆ *If there's a change in plans, we will try to notify those who've **pre-registered**.* ☆  
(Click on the headings above or call the QA@H office.) Directions and meet-up instructions are available on our website or by calling QA@H.

Other questions? Please contact **Jennifer Illari** at [djillari@gmail.com](mailto:djillari@gmail.com) or **410-490-4069**.

(Dora Jean Hanna will "captain" the 6/21 walk – reach her at 410-758-7263 or [dorajhanna@aol.com](mailto:dorajhanna@aol.com) for day-of communications.)

## ***MAY Coffee + Conversation: Sing! Breathe! and Be Healthy!***

This C+C was a new look at singing! QA@H member **Jinny Guy** told us how singing can be an aid in the search for better health. We learned that there are three major components to better singing and to better health as a result: *posture, breathing and resonance*. Good posture brings with it better balance which helps keep us from falling. Deep, full breaths, the kind that send air into all the cavities in your body, help with circulation, sharper thinking, energy, strengthening the immune system, increasing your lung capacity. And here's the kicker! Singing is an aerobic workout for the upper body. Singing, which is resonance, releases endorphins making us feel better, happier, more connected. Jinny says the more you sing, the better you sing and the better you sing the better you feel. We all tried it - even those of us who can't carry a tune in a bucket- and it's true!!!



### Walking and Outdoor Club - Underground Railroad Nature Walk

On a glorious May morning, we took a fascinating educational walk through *Adkins Arboretum*, led by QA@H's own Master Naturalist, **Margan Glover**. We started with an exploration of how and why land use evolved, from Native American times through early European settlement to the present. Along the way, we learned how economics, history and politics collided to give birth to the slave trade. From there, we heard how brave men and women set out to reclaim their freedom, braving harsh conditions, terrifying consequences, and many perilous miles to reach their goal. While nature helped shape the Underground Railroad, that network of connections and information, it was those freedom-seekers' strength of character of that truly inspire us.

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### HELP WANTED!! No, NEEDED!!

As you read in the May newsletter, QA@H needs your help! We're pressing forward with growing our membership to "critical mass", fleshing out our events calendar, and gearing up to reopen our face-to-face service operations. Remember, we're all volunteers, and our mission can't happen without active involvement of our members.

Many of us who joined QA@H originally because we're looking for ways to help our community have felt like we've been "on hold" during Covid. We're raring to go now, so here's a quick overview of the current "job opportunities" QA@H needs to fill.

*Do you like organizing events?  
Talking with potential presenters  
about interesting topics we can offer  
to our members?*

If this describes you, consider joining the **Events Team**! We have lots of great ideas, but we need more people to make it happen.

*Do you believe that QA@H is a  
great organization that can benefit a  
lot of people?*

*Do you enjoy meeting and talking  
with new people?*

If so, please join the **Membership Team** to welcome new members and help them complete the enrollment process.

*Do you enjoy talking with people?  
Exploring how QA@H can best  
help our members?*

If so, please join the **Calling Tree** where you'll make regular contacts with your fellow members, helping folks feel better connected to our community, and gathering ideas about how we can do even better.

*Do you enjoy public speaking?  
Do you think it's important to spread  
the word about QA@H?*

If so, please join the **Outreach Team** to present interactive seminars on the "art of thriving while aging at home".

Our Calling Tree will be contacting members shortly to talk about how you can help. We can then follow up with more information about each "job description". Keep in mind that you can volunteer at a level that works for you. Preparation and training will be provided so that you never feel like you're out on a limb. **Thank you!**