



QA@H NEWSLETTER - JULY 2021

QA@H JULY Events

Walking and Outdoor Club

- ❖ 1st Thurs (7/1/21) **9:00am**
- ❖ 3rd Mon (7/19/21) **9:00am**

Weds. 7/14/21 – **10:00am**

Coffee+Conversation:

History of Compass Hospice

Tuesday 7/20/21 - **10:00am**

SNAP Chapter: Hospice and You

Tuesday 7/27/21 **10:00am**

StrongerMEMORY Interest Group: Info and Kick-Off

- ☆ 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**.
- ☆ Many events are now live! Please check each event description. If Zoom, access info will be emailed shortly before each event.

WELCOME NEW MEMBER!

MARILOUISE DODGE

Thank you, QA@H Canvassers!

Pat Barry	Margan Glover
Jinny Guy	Kent Hoisington
Shirley Hoisington	Russ Mail
Julie Schaeffer	Phil Stapleton
Sheila Stutman	

QA@H Launches Important New Service

Queen Anne's at Home has heard from our members that being informed and proactive about our memory and cognitive abilities is a key concern.

Therefore, we're excited to announce a new service for our members: **StrongerMEMORY (SM)**.

QA@H is participating with other Villages in an SM pilot program geared to strengthening and preserving our cognitive functions. SM combines daily individual exercises and weekly group discussion and support.

See page 2 to learn more about the SM program and how you can sign up to participate.

Since last month's newsletter article asking for help and member involvement, we've reached out to all our members. A special thanks to our callers (see box at left) and to all of you who took the time to speak with us about our organization's needs and how you can provide support.

QA@H can only be as strong as our members' engagement.

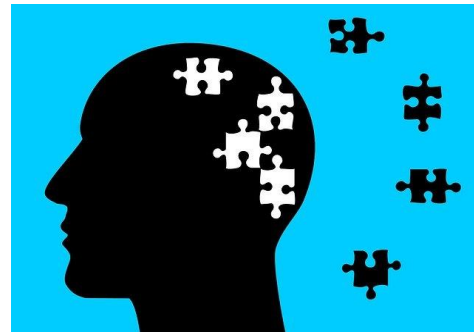
Thank you!

StrongerMEMORY (SM) Interest Group – Info & Kick-Off Meeting

Tuesday July 27 @ 10:00am (location: local coffeehouse TBD)

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, including 2 SNAPS in June to help us better understand of the challenges and resources available to us.

One of the resources is **StrongerMEMORY (SM)***, a program run by Goodwin House in Alexandria, VA. The premise of the program is to use simple, daily exercises to stimulate the prefrontal cortex, part of the brain deeply involved in forming and retrieving memory. Preliminary results are extremely encouraging, so QA@H is forming an interest group for those members who wish to participate in this program free of charge.



What's involved? SM provides a workbook series that contains a simple "reading, writing and arithmetic" exercises for individuals to work on for about 30 minutes every day:

- easy math problems (the process of problem-solving rather than getting right answers is the goal),
- reading aloud (any material of your choice), and
- writing (journaling long-hand on any topic; suggestions are provided to help you get started).

Participants will meet together once a week to talk about how the week's activities went, share ideas and resources, compare notes and generally support each other. We've already identified a group facilitator (thank you **Dora Jean Hanna!**) who will help keep the program on track.

What's next? If you might be interested – or just have some questions – please attend this kick-off meeting. We'll take a look at the materials, discover how to sign up for the group, and figure out the best times for the group's weekly meetings.

**To ensure we have enough room,
PLEASE PRE-REGISTER FOR THIS EVENT ([CLICK HERE](#) or call 410-635-4045)**

*** Download workbooks and learn more about the StrongerMEMORY approach at <https://www.goodwinhouse.org/stronger-memory/>**

July C+C: History of Compass Hospice

10:00am Wednesday, July 14

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 travelled to take an idea to the beautiful facility we have now. How does a little seed blossom into a reality? Mildred can tell us! We will gather for coffee on the lovely **Courthouse Square in Centreville**. There are benches but your own outdoor chair is likely to be much more comfortable. Coffee and restrooms will be available at The Creamery across the street, and we can move inside the café in case of rain. [CLICK here](#) or call **QA@H** to register.

July SNAP: Hospice and You

2:00pm Tuesday, July 20

We are fortunate to welcome **Heather Guerieri**, *Executive Director and CEO* of our local Compass Hospice for this SNAP Chapter! Heather has been the ED at Hospice since 2007 and will give us information we need either to volunteer, or take advantage of their services. Because we never know what's coming at us, we can all certainly benefit from Heather's experience and expertise.

Because this event is taking place at the Hospice office (*not* Hospice House) and space is limited, **pre-registration is required**. [CLICK here](#) or call **QA@H** to register.

WALKING AND OUTDOOR CLUB!

9:00am Thursday, July 1 and Monday, July 19

July 1 (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 meet at the **Millstream Park** parking lot. The walk is mostly in the shade until we get to Creamery Lane and onto the Wharf, but bring a hat and your favorite bug repellent just in case.

July 19 (Mon.): Terrapin Nature Park, Stevensville, MD

This lovely walk through the nature park will pass through several 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 in the **Terrapin Nature Park** parking lot. As always bring a hat, water and 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 or **410-490-4069**.

QA@H members who would like to view recordings of the 2 June SNAP sessions can find the links on our website. (Log in, and go to Members / SNAP Materials / zoom recordings), or call the Office to get the link.

June SNAP Chapter #1 **BrainStrong**

We were delighted welcome **Kelly Bertenshaw** back for this second Zoom session in her series on memory power, as she shared her experiences working 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. In this session, she gave an overview of the stages and mechanics of memory loss, along with concrete tips for helping us make the most of our “memory muscle”.



June SNAP Chapter #2 **StrongerMemory Pilot Program**

This program marks an exciting new direction for QA@H as we offer memory-related services and tools to our members (see page 2).

A FEW MEMORY TIPS

1. **DON'T PANIC.** Some forgetfulness is perfectly normal; some is not. Forgetting where you put your keys is normal. Forgetting what keys are *for* is not. Evaluating memory problems is not a DIY proposition. If you're concerned about yourself or a loved one, ask your doctor to begin an assessment.
2. **SLOW DOWN and PAY ATTENTION.** One reason it gets harder for us to remember things is we don't store strong memories when we're distracted or multi-tasking.
3. **REPEAT and ASSOCIATE.** The more effort you make to store a strong memory and connect it with other memories, the better able you'll be to retrieve it.
4. **DECLUTTER.** Remember our earlier decluttering SNAP chapters? Turns out decluttering is good for your brain, too. You can't concentrate in a cluttered environment, so remove mental and visual clutter whenever possible.
5. **STAY ACTIVE.** Dance, sing with a choir, read things you don't normally read, do things out loud. Learn new games, especially ones that have you working with associations (such as Charades or 20 Questions). Enjoy and have fun!