

## **QA@H AUGUST Events**

### **Walking and Outdoor Club**

❖ **1<sup>st</sup> Thurs (8/5/21)**      **9:00am**

❖ **3<sup>rd</sup> Mon (8/16/21)**      **9:00am**

**Every Tuesday**      **10:00am**

**StrongerMEMORY Interest  
Group** (*locations will vary*)  
*See page 3 for more info...*

**Thursday 8/19/21** -      **2:00pm**  
**SNAP Chapter: Understanding  
and Evaluating a Continuing  
Care Retirement Community  
(CCRC)**

☆ *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 MEMBERS!**

**ANN TILLOTSON and  
BILL FUTRELL**

**KAREN KIRCHNER**

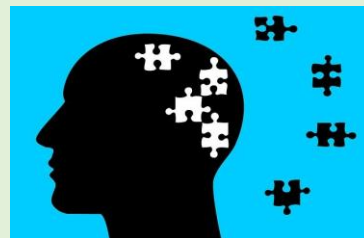
**SALLY LEWIS**

## **StrongerMEMORY Interest Group Launches!**

It's official – our new service  
**StrongerMEMORY (SM)** – has  
launched. The group's first meeting  
went off with a bang, and we're  
energized for what's next!

As you've read before in this space,  
SM is a program that uses simple  
daily mental exercises – *reading*  
(aloud), *writing* and (basic) *arithmetic*  
– along with weekly check-ins to help  
us preserve and promote cognitive  
wellness. The check-in meetings will  
also be an opportunity for the group's  
participants to support each other and  
learn together about cognitive health  
tips and resources.

If you're ready to join the group,  
or just want to learn more about it,  
please contact the group facilitator,  
**Dora Jean Hanna (410-758-7263**  
or [dorajhanna@aol.com](mailto:dorajhanna@aol.com)).



You can also access more background  
information and videos about SM, plus  
check out some of the exercise kits at  
[https://www.goodwinhouse.org/  
stronger-memory/](https://www.goodwinhouse.org/stronger-memory/)

## **August SNAP Chapter: Understanding and Evaluating a Continuing Care Retirement Community (CCRC)**

**Thursday 8/19/21 - 2:00pm via Zoom**

Many of us have given some thought to our Plan B: “even though I want to stay at home as long as possible, what happens if/when I no longer can?” Thinking about it, however, isn’t the same as actually figuring it out.

Fortunately for us, QA@H members **Bob Jensen** and **Joanie Hart** have spent several years researching, visiting, considering and recently moving to a Continuing Care Retirement Community (CCRC), ultimately selecting one near Frederick, MD. During this SNAP chapter, they will share the results of their pioneering efforts, taking us through the process from beginning to end. We'll be able to ask them questions such as:

- *When did you know it was time to make the move?*
- *What do you look for in a CCRC or other residential setting? What are the different models currently available?*
- *How do you figure out the whole cost angle? Can you negotiate the contract?*
- *How do you know if these facilities are good bets (financially, managerially, etc.) for the long run?*
- *Is there a way to tell if one of these facilities is a good fit for me?*
- *What should I plan for - moving out of where I am, moving to the new place, and adjusting?*

This session will be held via Zoom, so register by [CLICKING HERE](#) or calling the QA@H “office” to make sure you get the connection info.

## **WALKING AND OUTDOOR CLUB!**

**9:00am Thursday, August 5 and Monday, August 16**

### **1<sup>st</sup> Thurs (8/5/21): Cross Island Trail**

We will meet at the parking lot of the **Kent Island Library** and walk along the Cross Island Trail toward Castle Marina Road. The trail is paved and this section is mostly shaded and provides lovely vistas as it crosses Cox Creek. This walk will be approximately 2 miles round trip. It is very helpful if you *register ahead of time* - just [CLICK HERE](#) to register *for this walk* and get more detailed directions.

### **3<sup>rd</sup> Mon (8/16/21): Matapeake Park**

We will meet at the parking lot of **Matapeake Park** (off Rte. 8 south) and walk along the path toward Sassafras Lane. The trail is paved and mostly shady; the walk

will be approximately 2 miles round trip. It is very helpful if you *register ahead of time* - just [CLICK HERE](#) to register for *this walk* and get more detailed directions.

☆ *If there's a change in plans, we will try to notify those who've **pre-registered**.* ☆

*(You can also register by calling the QA@H office.)*

Directions and meet-up instructions are available on our website or by calling QA@H.

*If you cannot register online, or have questions about the walks,  
please contact our Walking Group leader*

**Jennifer Illari**, at **(410) 490-4069** or [djillari@gmail.com](mailto:djillari@gmail.com).

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## ***StrongerMEMORY Interest Group***

**EVERY TUESDAY at 10:00am – locations will vary**

Become part of the SM Interest group and join your fellow QA@H members as we explore techniques and resources for improving our cognitive abilities. Since we'll be meeting in different places (each other's homes, libraries, coffee houses...) every week, **the best way to stay in the loop is to join the SM Interest Group** on the QA@H website. Members can access a tutorial for how to do that by [CLICKING HERE](#). Don't have a computer? No internet access? Please call **Dora Jean** (**410-758-7263**) to get on the SM Calling Tree.

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## **July SNAP: Hospice and You - How Hospice Works**

**Heather Gueieri**, the current CEO of Compass Hospice, is a dynamic personality. Her wonderful SNAP presentation gave an overview of all the many things Hospice does and what it costs, which in most cases is nothing!!! Just to give you an idea of the scale of their operations, Compass Hospice served 278 QAC residents in 2020.

Hospice provides both palliative care (longer term) and hospice care (short term), both in one's home and at their gorgeous 10-bed inpatient facility, the Barnette Center (named for QA@H member Mildred Barnette). They have a trained nursing staff and a staff physician to do it. All it takes is a phone call (**443-262-4106**). In-home care is free! Palliative care and inpatient care are not. Their fundraisers are a big part of keeping their services affordable. And we were encouraged to participate!

If volunteering is of interest, they use volunteers for patient companionship, relief for primary care givers, help with events, Estate Treasures, making (sewing) memory pillows, greeters, and clerical services at the Barnette Center. They also have Grief Services for patients, families, and the community. We are so very fortunate to have this important resource available to us in Queen Anne's County.

## **July C+C: History of Compass Hospice**

As we are all coming to realize, we are going to have to come to terms with end-of-life situations. But we don't have to do that by ourselves. An important resource is available to us through the services offered by **Compass Hospice**, providing hospice care for counties in our region. We learned about the history behind Compass from its most prominent founder (and QA@H member), **Mildred Barnette**. Mildred spoke to us last month on the old Courthouse lawn in Centreville. She knows about how it started because she was instrumental in its inception, being the first director of what was then Queen Anne's Hospice Volunteers. Mildred started by telling us about the history of the hospice movement from the creation of the hospice concept in England in the 1960's, to its being adopted in the US in the 1970's. The program first began in QA County in 1985, then expanded to Kent and Caroline in 2014 when it became Compass Regional. Mildred was initially offered a "part-time" job as director and soon learned that there was nothing part-time about it. She and a wonderful group of volunteers struggled through the startup difficulties that challenge most volunteer projects: finding office space, recruiting trained volunteer staff, and generally becoming a part of the health service community. She explained how Hospice grew through the successive stages of certification required as the service began to be recognized and regulated throughout the state and finally, the country. Mildred told us about the creation of the Estate Treasures thrift shop in 1991. Estate Treasures is a remarkable enterprise, staffed completely by volunteers and yet raises over \$700,000 annually for Compass. Mildred stayed the course as Director for 15 years, when she stepped down in 2000 to become "just a volunteer". Her influence on hospice is honored in part by renaming the hospice care center to the "Barnette Center". It's a fascinating history.



### **SNAP TIP**

The news from out West and around the world are unsettling reminders that we are subject to extreme weather here in our beautiful Chesapeake Bay setting. Hurricane season begins earlier and lasts later than ever before, so it's important to

**review Chapter 8 of your SNAP binder and update your Emergency Plan.**

*(Not sure you have the most current version of the SNAP materials? Go to the Members section of the QA@H website for "Resources" or call the QA@H "office").*

We always hope we'll never face a serious storm charging up the Bay, but you never know. So **KNOW YOUR ZONE!** before you need to decide it's time to evacuate.

Go to <https://mema.maryland.gov/Pages/know-your-zone-md.aspx> or call the QA@H "office" for help polishing your emergency plan!