

OCTOBER, 21 20 NEWSLETTER

SEPTEMBER COFFEE AND CONVERSATION

Our New Member Welcome Coffee at the Bay City pavilion was a rousing success! The day was glorious with a delicious breeze. (And breakfast nibbles were delicious, too!) There was plenty of good conversation and it was a delight to formally welcome many new members to our warm and friendly community. We also had so many non-member guests who wanted to learn

more about us that Margan gave an impromptu membership presentation. Hopefully this means another New Member Welcome Coffee soon!



QA@H Coffee-and-Conversation ... and friends
Photo by Jinny Guy







**Thank you, Dora Jean Hanna,
for introducing QA@H to some of our newest
members!**

***Barbara & John Mellon, Brenda Fellows,
Janet & Chuck Melson, Linda Jackson,
Babs & Lamar Perry***

WELCOME!



QA@H Member Services
Photo by Julie Schaeffer

SUN	MON	TUE	WED	THUR	FRI	SAT
O	C	T		B	E	R
					1	2
3	4	5 10 AM Memory Millstream	6 10 AM SNAP Millstream	7 9 AM Walking Millstream	8	9
10	11	12 10 AM Memory Millstream	13	14	15	16
17	18 9 AM Walking Tuckahoe	19 10 AM Memory Millstream	20	21	22	23
24	25	26 10 AM Memory Millstream	27 4:30 Social Hr Q Golf	28	29	30
31						

**Happy Birthday,
QA@H -
We're 3 Years Old!**

STRONGERmemory weekly check in:

10:00am Tue 10 / 05 / 2021 -
Millstream Park, 410 S. Liberty,
Centreville, MD 21617

LINK TO REGISTER: <https://qaathome.helpfulvillage.com/events/236-strongermemory-weekly-check-in>

Additional October dates for SM Weekly Check-Ins (all at 10am, all at Millstream Park) Tue 10 / 12 / 2021
Tue 10 / 19 / 2021 Tue 10 / 26 / 2021

QA@H is excited to be part of a pilot program testing ways to retain our cognitive abilities and strengthen our memory. Participants perform 20-30 minutes of simple mental exercises (worksheets provided), and meet weekly for check-in and camaraderie. Preliminary results of the StrongerMEMORY program are very encouraging! If you have any questions about the program or the SM group, please contact Dora Jean Hanna directly at (410) 758-7263 or dorajhanna@aol.com

SNAP CHAPTER

10:00am Wed 10 / 06 / 2021 –
Sheriff Hofmann on Avoiding Scams
Millstream Park, 410 S. Liberty,
Centreville, MD 21617

LINK TO REGISTER <https://qaathome.helpfulvillage.com/events/218-snap--sheriff-hofmann-avoiding-scams>

We all know that seniors are targets for scammers: fake debt collection, fake government officials, bogus prizes, medical alerts, affordable care and many, many more!! Sheriff Hofmann will talk with us about how to recognize and avoid these and other scams. Bring your coffee and a lawn chair (if you aren't comfortable on a picnic table bench). Don't miss this SNAP Chapter to learn what scams are trending in QACounty and how to fend them off!



SOCIAL HOUR @ Queenstown Harbor Golf Course

4:30pm Wed 10 / 27 / 2021 - Social Hour at Queenstown Harbor Golf
Queenstown Harbor Golf, 310 Links Lane, Queenstown, MD 21617

One of our newest members, Lamar Perry, has generously arranged for us to gather under the pavilion at Queenstown Harbor Golf. We can purchase drinks (alcohol may not be brought in) and share appetizers we bring while looking out over the fairways and greens of this truly beautiful golf course. So hone-up those social genes, ready-up a little nibble to share and join the fun!

LINK TO REGISTER: <https://qaathome.helpfulvillage.com/events/240-social-hour-at-queenstown-harbor-golf>

Thursday October 7, 9am - Millstream Hiking Trail

This is a 2.5 mile round trip walk on a paved trail along the old Mill Stream, through woods and parkland areas, then onto the town Wharf and back. We should have a beautiful walk with some fall colors. We should be done with bugs, but you never know, so bring your favorite bug repellent.

Directions: From North or South Rte. 301 - take 213N toward Centreville. At the bottom of the hill before the Citgo station, turn left at the end of the bridge into the Millstream Park parking lot. Link to register:<https://qaathome.helpfulvillage.com/events/190-walking-and-outdoor-club>.

Monday October 18, 9 am - Tuckahoe State Park

It should be lovely in the forest as the leaves will be changing. This walk is approximately 2.5 miles and a bit more of a hike in the woods with some elevation changes. Part of this walk is in Adkins Arboretum. Because of the natural terrain, there are roots and stones as well as fallen leaves to be aware of.

Directions: From 301N or S, take MD-304 exit. At the traffic circle at the end of the ramp, take the exit to MD-304E (toward Ruthsburg). Drive 4 miles, turn right onto MD-481S. Drive 2 miles, turn left onto Crouse Mill Road (toward Tuckahoe State Park). Go about 200 yards past the bridge where the dam is, and park in the gravel parking area off the road on the right.

<https://qaathome.helpfulvillage.com/events/202-walking-and-outdoor-club>

If you have any questions about the walks or the Walking Group please contact the group leader, Jennifer Illari at (410) 490-4069 or djillari@gmail.com

Covid and Flu Update

With Covid still rampant, it's essential to take care of all aspects of your health. Get vaccinated, wash your hands often especially after coughing and sneezing, get plenty of exercise and sleep, and eat a nutritious diet. And yes, you'll need a flu shot even if you're fully vaccinated for Covid-19.

As always, check with your doctor if you have any questions regarding flu or Covid vaccination!

Covid-19 Update

We all know recent Covid-19 numbers are distressing. QA@H continues to promote full Covid vaccination for all eligible citizens. Let's work together to keep each other safe and *beat this thing!!*

Dr. Joe Ciotola, QA County Health Officer, strongly encourages *anyone with a history of immuno-compromise* to get a Covid booster ASAP. You'll need a doctor's note at this time. You can contact the QAC Health Dept. at **410-758-0720** for information and an appointment, or contact Safeway, CVS or Walgreens.

**After consultation with Dr. Ciotola,
QA@H has updated our policies as follows:**

- ❖ **We'll continue to hold our events outdoors for the foreseeable future. Once the weather turns, we'll revisit options for safely congregating in light of conditions at that time.**
- ❖ **We will continue face-to-face services (for now) with the requirement that both requester and volunteer must be fully vaccinated and wear face masks.**

Don't Forget Flu!

The Queen Anne's County Department of Health will be offering **FREE flu vaccination** (while supplies last) to ALL persons 6 months of age and older at on **Tuesdays during October and November.**

Clinic times vary by date, so contact the County Health Department (**410-758-0720**) for details before you go. Most local grocery stores and pharmacies are also offering flu vaccination.

**Re-introducing our Membership
Incentive Program:
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.**



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