

# March

2022



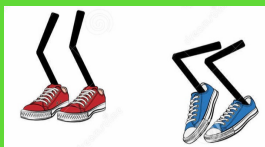
February

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

April

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1	2	3 <b>WALKING GROUP</b> 9:00 AM Millstream Trail in Centreville Open to All	4	5
6	7	8	9	10		12
		<b>BRAIN HEALTH</b> 10:00 AM Dunkin Donuts	<b>HOW TO CHOOSE A NURSING FACILITY</b> 10:00 AM Grasonville Moose Lodge			
13	14	15	16	17		19
	<b>CRAFT</b> SPECIAL INTEREST GROUP 10-11 AM On ZOOM		<b>SNAP- Completing Advanced Directives &amp; MOLST Forms</b> 3:00-4:30 PM Grasonville Moose Lodge			
20	21	22	23	24	1w	26
	<b>WALKING GROUP</b> 9:00 AM Cross Island Trail Kent Narrows OPEN TO ALL	<b>BRAIN HEALTH</b> 10:00 AM Dunkin Donuts				
27	28	29	30	31	2w	2



## Walking Group

Thursday March 3, 9am

**Millstream Hiking Trail**, Centreville, MD - Park at the Millstream Park, 410 S. Liberty Road, Centreville, MD 21617. This is a 2.5 mile round trip walk along a paved trail along Millstream, through woods and parkland areas, then onto the Wharf and back. We shouldn't have any bugs, but you never know, so bring your favorite bug repellent. Maybe we will have some early spring flowers. Directions: From North or south 301 - take 213N toward Centreville, turn left at the end of the bridge into the Millstream parking lot. **Click HERE to Register.**

# Brain Health Interest Group

**Tuesday, March 8, 10:00 AM**

**Tuesday March 22, 10:00 AM**

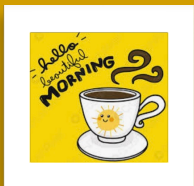
**Dunkin Donuts, Centreville**

This Interest Group has evolved from a group that participated in a study called StrongerMEMORY done by Goodwin House in northern Virginia and graduate students from George Mason. The group met its twelve week commitment but is continuing to meet twice monthly to discuss brain health and provide support.

**QA@H members are welcome to join in at any time. It isn't necessary to have been part of the study. Come once, come now and then, come all the time!**

*Register here for March 8*

*Register here for March 22*



## Tips on Choosing a Nursing Facility

**Wednesday, March 9 10-11:00 AM**

**Grasonville Moose Lodge**

Join in for a Coffee and Conversation with our member, **Janet Melson**.

Janet and her family are long-time residents of the Eastern Shore of

Maryland. She is a registered nurse with degrees from the Universities of Virginia and Maryland. Recently retired from her career as a nursing facility inspector, for the previous ten years she inspected long-term care facilities in Maryland to ensure compliance with state and federal regulations. Janet is going to give us the insights we will need should we ever be choosing such a facility for ourselves or for someone we love. She knows **what to look for, what to ask about and when to start looking**. Although we all hope we won't need to know, **knowing could be life saving!! REGISTER HERE**

# Craft Special Interest Group - kickoff mtg.



10:00 - 11:00 AM  
FREE on ZOOM

**March 14, 2022**

Our events survey showed some members are interested in getting involved with a Craft Special Interest Group. This is an initial kick-off meeting to discuss what we want this group to be, when we want to meet and to find a point person for the group. If you are interested but cannot make this day or time, please notify Linda at [lindat\\_01@comcast.net](mailto:lindat_01@comcast.net) with days and times you are available. If the majority of people interested cannot do this day or time – we will reschedule to when most can attend. [CLICK HERE TO REGISTER](#)

Zoom link:

<https://us02web.zoom.us/j/82072440855?>

# SNAP - Completing Advance Directives & MOLST Forms



3:00 - 4:30 PM Free to members

Moose Lodge 6154 Main St.

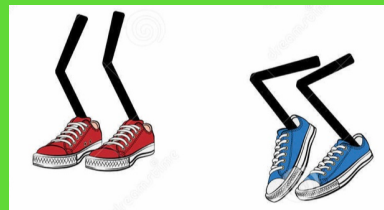
Grasonville, Md. 21638

**WEDNESDAY, MARCH 16, 2022**

We welcome Maddie Steffens, RN who is the Shore Regional Palliative Care Coordinator. This SNAP Chapter will help us understand and work through our **Medical Orders for Life Sustaining Treatment (MOLST) and Advance Directive forms**. She will explain the choices and how to decide which choices to make on the MOLST. What do we want our Advance Directives to be? What should we consider? Maddie will help us with that, too. If you haven't prepared these two forms you won't want to miss this important SNAP Chapter.

**[REGISTER HERE](#)**

## WALKING & OUTDOOR CLUB Monday, March 21 9:00-10:00 AM CROSS ISLAND TRAIL open to all



Depending on the weather that day we will either go east or west for about a mile and back. East would take us on the Cross Island Trail (CIT) connector - The combination boardwalk and asphalt trail connects to the CIT extending the trail east from Kent Narrows for 1.3 miles. The trail runs parallel to the westbound side of Rt. 301/50. Scenic vistas of the Chester River can be viewed from this section of the trail. If it is windy we may choose to go West along the CIT, mostly an asphalt trail through the woods, and parallel to RT 50/301. Directions:

From Centreville area – Take RT 50/301 west to Exit 41 West ramp, continue .25 mile turn right into the parking area under the Kent Narrows Bridge.

From the Kent Island area - Take 50/301 East to Exit 41 West, turn left onto RT 18, turn left on Piney Narrows Road, turn left into the parking area under the Kent Narrows Bridge. [REGISTER HERE](#)