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Hello Friend!

Welcome and happy summer! In this issue, you'll find lots of good stuff about Queen Anne's at Home and its members. ***You are a vital part of the group and we look forward to your participation and feedback.***

In This Issue:

President's Message

Service Team Helps Neighbors CONNECT

Welcome New Members

Member Spotlight: Margan Glover

We Need You!

What's Happening at QA@H

SNAP Chapter Update

Refer a Friend & Get a Bonus!

Notable Quotables

Tech Talk

Sharing Corner

About QA@H



President's Message

Greetings!

As we come up on the mid-year milepost, your Queen Anne's at Home has a lot to be pleased about. Our membership is up and our retention rate is high and steady. We are having more and more **lively social get-togethers**. We are exploring more and better ways to age gracefully in our own homes.

There's a recent accomplishment that puts a big feather in our cap. QA@H developed a program a while back called **"Ready or Not."** This program was designed to lead members through a planning process that prepares them for potential catastrophic life events. *It's a unique approach to opening our minds and to actively think through possible disasters and their consequences.*

Those members who took the training were amazed at how much better they felt about handling unforeseen problems. We are so proud of this work that we submitted it to the Washington Area Village Exchange competition for best project. We didn't win, but it did get the word out – so much so that **we have been approached by over 50 villages nationwide to share its benefits**. We are on the map! All in all, this is really a lot of progress for a relatively new organization.

I am quite proud of the small contribution I have made to our progress in the two years that I have been President. But as all good things must come to an end, I have decided to step aside from that role. I am confident that our progress will continue because our very capable Vice President, **Cindy Bach**, has agreed to take over the duties of President. I know that you will join me in supporting her in her new capacity. We wish her the very best.

Warm regards,

Russ Mail
President



Service Team Helps Neighbors CONNECT

By Cindy Bach

Thank you for helping members **CONNECT!**

The main reason we all joined Queen Anne's at Home is to help others and to learn how we can benefit from the support of others when we are

in need.

We **CONNECT** to others when we learn of a need to help another member get to the doctor or pick up a prescription.

We **CONNECT** when we attend a SNAP event to learn more about how to gracefully age in our homes.

We **CONNECT** when we attend a social hour and form deeper friendships with our neighbors.

Here's what members are saying about the services we provide:

"I initially had weekly friendly visits and we enjoyed jelly donuts together. These visits actually turned into strong friendships. Now I am going on outings with my new friends and exploring new places I have never seen!"

"One of our friendly visit requests included a quick trip to the mailbox, sharing sweets, and a fascinating chat about advocacy in Illinois at the time that women's rights were coming to the forefront in the state legislature."

Be sure to respond to service request notifications and to request services when in need to grow our village! Member volunteers are the foundation of our organization and all are needed!!!



Welcome New Members!

Please help us welcome new members who joined since our last newsletter:

- **Lizzy Riffe**
- **Georgette Toews**
- **Yvette Hynson**
- **Kathy Dubel**
- **Joanie and Harry Jenkins**

We look forward to getting to know you!





Member Spotlight: Margan Glover

If you are a member of QA@H but have never met **Margan Glover**, then I would have to guess that you haven't been a member for more than five minutes.



Margan got started on the QA@H effort when she attended a Queen Anne's County meeting held in 2017 to explore the idea of setting up a "Village" in our County. Already familiar with the Village movement, she immediately became a champion of establishing a Village here. Margan jumped in to help move the process along and it was not long before QA@H was born and she was running the show. (Margan helped recruit the Board and served as a Board member for 5 years, including 3+ years as President.)

To move the effort forward, Margan made many presentations to local groups to get the word out and start building interest in QA@H membership. She was also instrumental in setting up the website, organizing **"Senior Navigation Plan" (SNAP)** materials and presentations, and hosting numerous Welcome Meetings for new members.

Margan has also been a key player in developing the **“Ready or Not”** tool and workshops, QA@H’s unique life planning tool for seniors. She has provided IT support and training to various QA@H teams, organized social and educational events, and written newsletters.

Now that she has rotated off the Board, she plans to continue supporting the organization’s many efforts, but with a lower profile. Margan believes firmly in QA@H’s mission.

“We started QA@H at a time when it felt like goodwill and cooperation were in short supply. QA@H was intended to be an antidote to that, building bridges and helping create meaningful connections among people whose paths might not have crossed otherwise. There’s something powerful about strangers coming together to work on a common goal, and ending up as community of friends dedicated to helping each other and the broader community.”

She is convinced that QA@H members volunteering to help each other and the organization is the key to its long-term success.

“QA@H is ready for the next phase of growth and invention. This is such an exciting time when so much is possible and, finally, within our reach!”

Of course, with her ten minutes of free time each week, she also has other interests. As a **Master Naturalist**, she leads walks at [Adkins Arboretum](#) and is helping the Arboretum to train its new docents. She also loves to draw, to observe nature, to cook, read, kayak, and above all spend time with family and friends.



We Need You!

We're excited about our future. We hope to grow even more, support more service calls, provide more education, team with QA County organizations, and **HAVE MORE FUN!**

To do that, **we need your help** specifically with **reaching out to the community**, **welcoming new members**, **fundraising** and more.



Please tell us how you can help your senior neighbors.

-Are you a pet lover who could help by walking a dog?

-Do you love to chat? Could you do a few friendly visits?

-Are you available to drive someone to an appointment?

-Do you have a special skill that would be useful to fellow members?

You joined Queen Anne's at Home to be part of a community that helps each other thrive as we age at home. **Please share how you can play an active role. *People need what you have to offer.*** And life is more fun when we help each other!

Call us at 410-635-4045 or send an email to OurQAH@gmail.com



What's Happening at QA@H

By Linda Teuber, Event Team

May was a very busy month with activities and we are busy working on getting more things out on the calendar.

We just kicked off our Lunch Group **(Queen Anne's Lunch Bunch)** which will be meeting on the 4th Wednesday each month and we had a great SNAP presentation from Dr. Aland with Chesapeake Hearing the prior week.

We have not planned too many events for the summer months as we know everyone is busy with vacations and company, but we do have some socials planned which should be nice. If you are interested in the **Sunset Cruise in July** – make sure to sign up early – there is limited capacity.

Things we are trying to get added on the calendar during the next few months:

- Happy Hour
- Tour of the Kirwin House
- SNAP on Depression
- Trivia (where guests write the questions) coming October 4th

- Cook out (looking for a location)
- Sleep Specialist
- Medical Marijuana



New Book Club - Join Us!

Our new book club will meet on the **3rd Monday of the month at 10:00 a.m. starting in July**. We will meet monthly – with a different person hosting each month. We will leave it up to the host if they want to hold the meeting at their house, someplace out in public, or Linda could always reserve the room at the Moose.

We will have a host signup list by month so each person can pick what works for them – and switch around if something comes up later on.

Host Responsibilities

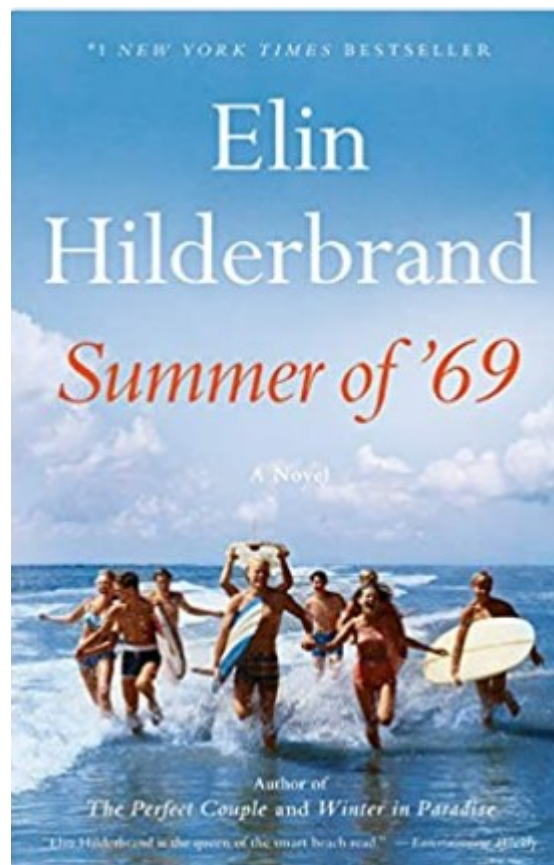
Pick the book the prior month which will be discussed the month they host

Have some type of snack to share (could even be Party Mix – nothing elaborate). Each person bring their own drink

Lead the discussion of the book. (We found a lot of books have questions in the back for discussion – if not, some can probably be found online.)

For anyone who prefers not to lead the discussion, others can step up to do it for them.

Karen Kirchner offered to host the first month which will meet in July. The book we picked is **Summer of '69** by Elin Hilderbrand. (This is one both she and I have been wanting to read.) Watch the calendar to register!



Be sure to check **Village Talk** occasionally to catch any last-minute events added. You can also setup in Village Talk to receive email notifications about events.

If you have ideas or suggestions, please contact Linda Teuber-Kampes at lindat_01@comcast.net or (410)596-2545.



Dr. Caroline Aland, Au.D.
Audiologist

SNAP Chapter Update

QA@H hosted a fascinating SNAP Chapter on how hearing loss impacts our cognitive, emotional and physical health. The presenter, **Dr. Caroline Aland** of Chesapeake Hearing Centers, provided a wealth of information during the interactive session. The title of this talk could have been "You Don't Know What You're Missing!"

QA@H members should stay tuned for a write-up that will be posted to

the SNAP Resources section of our webpage.



Refer a Friend

Our current members are the best source of future members, so please help! Until further notice, you'll get a free month's extension to your own membership when you refer a friend who joins QA@H.

Just forward your pal's name and contact info to the QA@H "office" by calling **(410) 635-4045** or send an email to OurQAH@gmail.com. Our Ambassador Team will follow up. Thank you!



Notable Quotables

“Count your age by friends, not years. Count your life by smiles, not tears.” –John Lennon



“The invariable mark of wisdom is to see the miraculous in the common.” –Ralph Waldo Emerson



“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your


mind young.” –Henry Ford

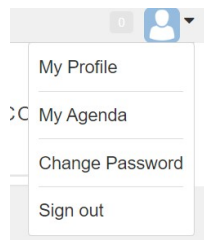




Tech Talk

In the last newsletter, we reviewed info that members can access from the QA@H website. Now let's see how to **personalize your member profile.**

As always, log into your member account on our website. Then click on the **"Profile"** icon  in the upper right corner and select **"My Profile."**



The info currently in your profile will pop up.

Scroll down to the bottom of that page and hit the "Edit" box to:

- Change your phone number, address or emergency contact,
- Add your "head shot" photo (select the "Browse" button under the icon), or

- Include a brief bio in the box provided.

Remember to click the **SAVE** button when you're done. It's easy to personalize your own online profile!



Why we love QA@H



Russ helped Julie with project



Julie helped Sheila with iPhone



Sheila checks on isolated member

Sharing Corner

Our members are the best! Here's an example of what one member said about being part of Queen Anne's at Home's thriving community:

"Dora Jean said: Not being a "native" of Queen Anne's County, I have found that Queen Anne's at Home provides a sense of community that one would normally only develop after living for many years in a place. I really feel that people are watching out for each other!"

Tell us what QA@H means to you. Thank a neighbor, praise another member, or tell us about your positive experience. Send your comments to **OurQAH@gmail.com**. You might just see your comments in an upcoming newsletter.



About Queen Anne's at Home

Founded in 2018, QA@H is based on the model of seniors helping seniors to thrive as we age in our own homes. Members offer help as they can and seek help as they need it. This reciprocity helps build on QA@H's three foundational principles of **Empowerment**, **Connection**, and **Purpose**.

The **Queen Anne's At Home Fund** is a component fund of the Mid-Shore Community Foundation, a public foundation designated as a 501(c)(3) charity. Donations to the Fund support Queen Anne's At Home's programs helping seniors stay safe, healthy, connected, and independent at home and are tax-deductible as allowed by law. A copy of the Mid-Shore Community Foundation's financial statement is available at www.mscf.org or by calling 410-820-8175. Information about Mid-Shore submitted under the Maryland Charitable Solicitations Act can be obtained from the Office of the Secretary of State, State House, Annapolis, MD 21401.



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