



## In This Issue:

[President's Message](#)

[Welcome New Members](#)

[What's Happening?](#)

[Service Team Helps Neighbors CONNECT](#)

[The Virtues of ASKING for Services](#)

[Member Spotlight: Jennifer Illari](#)

[We Need a Secretary & a Photographer](#)

[Tech Talk: How to Use Your Smartphone to Scan Documents & How to Use the Website](#)

[Refer a Friend & Get a Bonus!](#)

[Notable Quotables](#)

[Sharing Corner](#)

[About QA@H](#)



Hello Margan!

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

## President's Message

Greetings!

Happy Holidays to ALL!

As we say goodbye to 2022, I want to celebrate the many accomplishments of Queen Anne's at Home this year. We have seen an increase in interest groups and participation in a wide variety of events, an increase in service requests and meeting the needs of our neighbors, an increase in member involvement, an increase in communication about the activities of QA@H through various media channels to reach as many as we can in the community and most importantly, an increase in membership. We now have 91 active members!

As we transition into 2023, we have more to celebrate as we were awarded a grant through the Mid-Shore Community Foundation to fund our programs and initiatives. The grant will support the project titled "The Three Rs: Recruitment, Retention & Recognition."

The Three Rs project is designed to further increase awareness of Queen Anne's at Home among residents, business owners, and community leaders to RECRUIT new members and form new partnerships to GROW. Our goal is to increase our membership to 132 active members in 2023, and we are on our way to meeting that goal NOW thanks to the efforts of our Outreach & Communication Team, our Membership Team, our Events Team, our Service Team, and ALL of our members who encourage friends and neighbors to join and be part of our organization. Our New Member Ambassadors are doing a stellar job welcoming members into Queen Anne's at Home, engaging them to join committees and to be part of our activities from the first day of membership. Folks are connecting and want to volunteer to make a difference in our community.

The project will help us RETAIN our members, dedicating resources to keep our membership informed and engaged in the many activities, events, and services Queen Anne's at Home has to offer. This grant will help support the daily operations of planning and executing educational opportunities, social events, and providing services to members.

This coming year we will RECOGNIZE those who have given time and effort to help other members and to improve the organization. Mark your calendars for a Volunteer Recognition Dinner on April 11, 2023. We will be recognizing the



many who contribute to Queen Anne's at Home daily, thanking them for their contributions. We will also recognize those who have delivered exceptional service to fellow members and the organization.

I am so excited about the upcoming year. I believe 2023 will be a year for us all to get involved and make a difference for seniors who want to thrive in their own **homes and community!**

Warm regards,

Cindy Bach  
President





## Welcome New Members

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

- Linda Belcher
- Susan Buckingham
- Lizanne Flowers
- Veronica Gunnerson
- Ruth Hoffman
- Doris Moore
- Marlene Pickles
- Dorotheann Sadusky
- Bernard Sandusky
- Sandra & Bob Seitz
- Debra Sullivan

We look forward to getting to know you!

We are working on planning a **Coffee and Conversation** in March – topic to be determined.

### **Save the Date - Member Appreciation Event**

**Join us for a special event on April 11** at the Moose to celebrate us and show appreciation to members who keep things moving for us. Watch for details in the upcoming monthly newsletters. If you're interested in helping to plan the event, we'd love to have you! Please contact Linda at [lindat\\_01@comcast.net](mailto:lindat_01@comcast.net)

### **Village Talk and Special Interest Groups**

Please take some time to go out to the website and look at the Village Talk section under Members. This is a nice way to communicate with each other outside of email. You will see all of the **special interest groups** and can join the ones you like. When you join a special interest group, you will then get any messages put out specifically to that group.

If you are unsure how to sign up for an Special Interest Group, there is a documented page for this under:

Members >> Resource & Tutorials >> Tutorials & Articles >> Tutorials on Using QA@H Website – Tutorial 5 :Signing up for an Interest Group.

### **Our Special Interest Groups**

Our Special Interest groups continue to grow. Recently our members Kay Alston and Susan Buckingham taught a small group of our members how to play **Mah-Jongg**. We're getting organized and searching for a location



## What's Happening?

By Linda Teuber-Kampes

The Events Committee is excited for 2023. We have some new ideas for this year and are anxious to get them on the calendar.

We have some interesting **SNAP** events coming up in the first quarter of 2023. Topics include: Decluttering (always a good winter activity), Body and Balance' and Home Safety.

Make sure to join us at the **Fisherman's Inn Nauti Mermaid** bar on **January 12** for **Happy Hour!**

February's social will be a **Bingo Brunch** – bring a brunch snack to share and win some prizes. This will be a good opportunity to learn to play.

for the group to play.

If you have an idea for a special interest group, contact Linda at [lindat\\_01@comcast.net](mailto:lindat_01@comcast.net) and we will see what we can get started.



### **BOOK CLUB**

The book club continues to meet monthly. You are welcome to join us! All you have to do is register for the event and read the book. Meetings are held on the 3<sup>rd</sup> Monday of the month from 10 – 11:30.



### **WALKING AND OUTDOOR GROUP**

This group gets together on the first Thursday and third Tuesday of the month. We explore the many wonderful outdoor places in our area while getting exercise and making new friends. Our walks are about an hour and the pace is set by the attendees that day. Each month the locations are noted on the calendar. We try to cover a variety of types of settings during the year.



### **LUNCH BUNCH**

Our lunch group continues to meet on the 4<sup>th</sup> Wednesday of the month. We like to alternate between different areas within Queen Anne's county. We plan two months ahead of time so check the calendar and sign up to join us when you can!

Members at the luncheon will pick the location for the lunch bunch for the next two months Note: for November & December we decided to just have the "Between the Holidays Luncheon" due to the Thanksgiving and Christmas holidays.



### **PICKLEBALL**

We currently have about 8 members who get together to play. With the cold weather setting in, we are playing less frequently and generally in the afternoons rather than morning. We do not have a set day at this time when we play; it is based on member's availability for the week. If you are interested, contact Linda at [lindat\\_01@comcast.net](mailto:lindat_01@comcast.net) and you will be added to the weekly email we use to coordinate playing. We play at the Grasonville Park or Mowbray Park.



### **Service Team Helps Neighbors CONNECT By Cindy Bach**

Welcome two new members to the Service Committee! Janet Melson and Lizanne Flowers have joined to help connect members in need of service with those volunteering to help.

We are so appreciative of the great work of our Service Committee Monitors:

Karen Kirchner  
Jennifer Illari  
Wendy Manzi  
Janet Melson  
Lizanne Flowers

These Service Monitors oversee service requests daily, helping to connect members with those volunteering their time and talents. Our goal is to fill all service requests. Although not a guarantee, we do our best with your help! Our service monitor team looks at the requests on the website daily, and if requests are not filled, will send out additional requests through the website and at times will send out emails or calls, doing what it takes to meet the needs of our members. But ALL OF US CAN HELP!

**Do you remember which services you volunteered to provide when joining QA@H?** Would you like to review those services and make some changes? You will only be contacted to provide services for the service areas you checked on your profile. So take a few minutes and see if you want to make changes to your volunteer profile! As you have learned more about Queen Anne's at Home and met other members, now is the time to review your profile and get involved!

#### TO REVIEW YOUR ONLINE VOLUNTEER PROFILE:

Log into the QA@H website. Click on the person icon in the upper right corner of the page, then click on the **"My Profile"** option which will open your profile page.

Take a minute to review your basic profile, and hit **EDIT** to make any changes and to review your volunteer profile. When you hit **EDIT**, you will be able to update your bio, change your address or update your emergency contact information. You will also be able to **REVIEW** your **VOLUNTEER PROFILE**, the volunteer services you checked when first joining QA@H.

#### WANT TO UPDATE YOUR VOLUNTEER SERVICE PROFILE TO BE ALERTED TO ADDITIONAL SERVICE NEEDS?

CALL THE QA@H "Office" at (410) 635-4045

OR...

Click on the **VOLUNTEER APPLICATION FORM** button, click all the categories that you would like to volunteer for, then click SEND. An email will be sent to you and the QA@H "Office", where we'll update your volunteer service categories for you.

NEIGHBORS HELPING NEIGHBORS ... We want all to know we are here to help you stay safe, healthy, connected, and independent at home. Together we can make the difference!

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friendships in a way that doesn't usually happen at a social event. And I can arrange those days without worrying about transportation for him. All that happened because Steve needs a weekly ride to Queenstown and we asked our fellow Queen Anne's at Home members for help.

Our service program has many, many willing volunteers (hurray!) and very few requests for service (bummer!). ***If you need help, please ask!*** It's a membership benefit and you'll be amazed at what happens next.

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### Member Spotlight: Jennifer Illari

By Charlotte Zang

It isn't often that you meet someone as well-traveled as Jennifer Illari. She was born and raised in Southern Rhodesia which is now known as Zimbabwe. Her parents were pioneers of the Baha'i faith. (Pioneers are similar to missionaries. The main difference is that pioneers are not supported financially so they must get a job.) The family's lifestyle gave Jennifer a unique perspective on the world,



### The Virtues of Asking for Service

By Jinny Guy



Many of us joined Queen Anne's at Home so that we could help our peers when they need a little boost. But if you're like Steve and me, you'd much rather deliver a service than ask for one.

Back in July, we hit a bump in the road with Steve's health and he has not been driving. We hope he'll drive again soon but in the meantime, he needs to get to many appointments. After much consternation and teeth gritting, we decided to ask for help from our wonderful fellow QA@H members.

Drivers, you have been over the top! ***All*** of our requests have been answered. (Sure, we could call Taxi Crab, but think what we would have missed!) Steve has experienced people he never would have known otherwise. He has had thoughtful conversations he never would have had. He's forged some new

experiencing people and places that many of us never have the good fortune to see firsthand.



Jennifer is one of four children. She has a twin sister and two younger sisters. "I'm the oldest and the shortest," she said. Her sisters have lived in the far corners of the globe. Two of them currently live in Australia – on opposite coasts – so Jennifer once spent six months caravanning, hiking, and camping with them, starting in Broome in northern western Australia, going east to Katherine and then straight down the middle of the country to Port Elliott on the southern coast. Never in all that time did she encounter a poisonous spider or venomous snake, thankfully. Her sisters now live in Perth and Port Elliott, giving Jennifer two exotic locations to visit each year. A third sister lives in South Carolina,

having moved recently from Rhode Island.

Traveling has always been part of Jennifer's life. On school holidays, the girls visited their father in exciting places where he worked including the Kariba Dam and power station on the Zambezi River, game preserves, and Victoria Falls. It's one of the things she remembers most fondly about her childhood. Jennifer said that growing up in Zimbabwe was delightful. "The weather was perfect and the scenery was beautiful. We had real wild animals: antelopes, giraffes, and elephants."



When she was eight years old, Jennifer's mother took the family to the United States by way of a cargo ship from Cape Town. "We were the only passengers on the boat," Jennifer said. The trip took three weeks. The family arrived in New York City and traveled to Wilmington, Delaware where Jennifer's maternal grandmother lived. They spent six months there and then took a bus trip to California to visit her paternal grandmother, spending another six months on the west coast. Jennifer and her sisters attended school in Delaware and California before returning to south central Africa. "One of the things I found very curious is that in the United States in the 1960s, twins were not permitted to be in the same class, so my twin sister and I were separated."

She noted that the education system was much different than it is here. In

said. Years ago she spent time visiting her sisters in London, and while she was glad to see her sisters and tour England and Ireland, the weather was not to her liking. She's also been to Lake Tahoe, recounting a tale of being at very high elevations on scary roads with no guard rails.

When asked about her favorite place in the world, Jennifer said, "I really don't have a favorite. Every place is special in its own way. It's exciting to travel and see different places. Around here, one of my favorite places to walk is Tuckahoe State Park. It is more of a workout because of the changes in elevation."

Jennifer said she enjoys helping Queen Anne's at Home members connect through service requests, teaching them how to navigate the website, and encouraging them to take advantage of all that the group offers. If you haven't met her yet, be sure to reach out and say hello at the next event.



### 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

Zimbabwe, students take an aptitude test on the first day and are then placed with students with the same interests and abilities. "They called it streaming. I was in the A group which focused on the sciences. When I graduated at age 16, I started an apprenticeship at a medical lab."

In 1979, Jennifer moved to the United States. She and her husband had decided to leave Zimbabwe because there was a war going on. Before her husband could join her, she had to prove to the U.S. government that she could support him so she had to find a job. She landed one at a car dealership - Brandywine Chrysler Plymouth - in the finance department. After 4 months, her husband joined her in America. Jennifer worked there for two years before accepting a position at Hercules, a chemicals manufacturer. "My role required me to travel which was wonderful. I went to Hattiesburg, Mississippi; Kalamazoo, Michigan; Jacksonville, Florida; Key West, Florida; Phoenix, Arizona; Reno, Nevada; and even Sweden. I was in the research and development division and while we did develop new products, much of the time it felt like we got paid to play."

Jennifer's second husband lived in Grasonville, so that's how she landed in beautiful Queen Anne's County. She worked at the Queen Anne's County Parks Department for 13 years.

Now that she is retired, Jennifer has time to focus on things she enjoys, including volunteer work. She serves the Atlantic Regional Baha'i Council doing statistical tasks. She has visited the Baha'i World Centre in Israel numerous times and is committed to promoting that organization.

As a member of Queen Anne's at Home, Jennifer leads the walking group because she believes that walking is one of the best things a person can do for their brain and overall health. "You don't need any special equipment: just put on a pair of comfortable shoes and go!" She is also on the Service Committee. She attends the Brain Health meetings, plays pickleball, is part of the Lunch Bunch, and helps with charitable activities. "I helped other Queen Anne's at Home members to make blankets to support Project Linus and the Queen Anne's County Christmas Angels. I know how to sew, knit, and crochet, and I like doing those things." Her other interests include gardening and golf, plus she loves lighthouses. Always open to new things, Jennifer recently took up line dancing at the senior center. "I like to keep active," she said.

Without a doubt, traveling is Jennifer's favorite thing to do. She isn't even bothered by the 20-hour plane ride to Australia. "I love those big planes!" she

organizations, and **HAVE MORE FUN!**

To do that, **we need your help!**

We're looking for someone to fill the **Secretary** position on our Board of Directors. It's a great way to get involved and be part of what's going on.

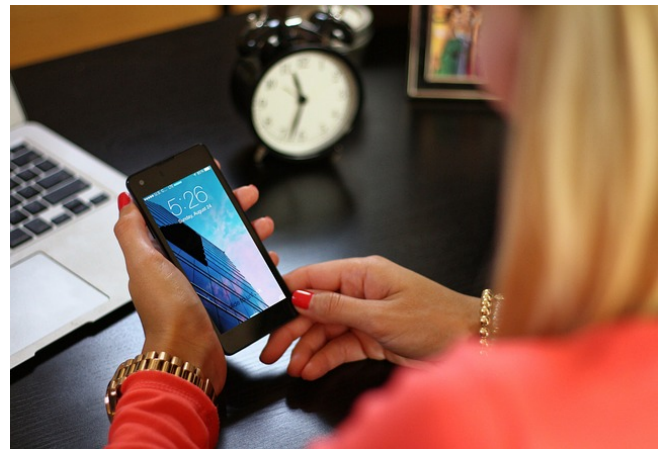


We also need a **photographer**. Do you love taking pictures? If so, we'd love it if you could take photos of events, workshops, seminars, etc.



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

**To get started, call us at 410-635-4045 or send an email to [OurQAH@gmail.com](mailto:OurQAH@gmail.com). Thank you!**



## Tech Talk

### How to Use Your Smart Phone as a Scanner

By Kay Alston

Have you ever needed to scan, then email, something (a document, picture, business card, etc.) to someone, but wondered how to do that without a scanner and a computer? It's so easy, it will make you wonder, "Why didn't I think of that?"

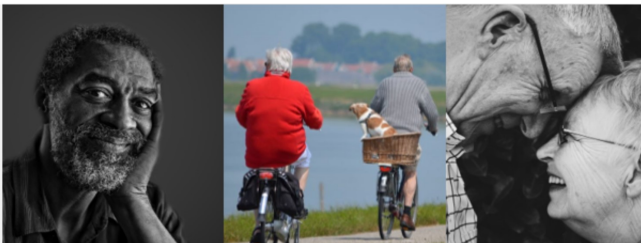
Scanning simply means to capture an image. To do that with a Smart Phone (Android or iPhone) you simply take a picture using the camera app on your phone. Once the picture is in the photo gallery on your phone, you may then share it with anyone that needs a copy via email or text message.

Of course, as with all technology, there are multiple ways to scan/capture an image using built in apps on your cell phone. For more information about the different options, review this AARP article: [How to Use Your Smartphone as a Scanner \(aarp.org\)](http://www.aarp.org/technology/2014/05/01/how-to-use-your-smartphone-as-a-scanner/)

If you need further help, please feel free to give me (Kay Alston) a call (410-212-9190) and I will see what I can do to help. No promises, but I am willing to try!



VILLAGE INFO MEMBERS EVENTS CONTACT US DONATE



## The Queen Anne's at Home website

### How to Set Up Queen Anne's at Home Notifications

Have you heard other members talking about QA@H updates and activities and wondered, **"How did they know that?"** They are probably receiving **email notifications** from the website. If you are not getting these, please take a few minutes to setup your email notifications on the QA@H website using these instructions:

1. Open an Internet browser
2. Copy / Paste this link into browser: <https://qaathome.helpfulvillage.com/posts?category=53>
3. Enter EMAIL (OR USERNAME) and PASSWORD
4. Click "Log In" (QA@H GENERAL page opens)
5. Click "Joined" (a drop down list appears)
6. Click the toggle button to the right of "Notify Me Via Email" (both the "Notify me on the website" and the "Notify me via email" buttons will be green)

You are all set! Now, you will receive email notifications about upcoming events and other information related to QA@H.

## How to Find the Online Tutorials

The QA@H website has several online tutorials that will further your understanding of the organization and help you navigate the website more efficiently. To access these tutorials:

1. Login to the QA@H website
2. Click the "Members" menu at the top of the page (a list of topics appears)
3. Click "Resources & Tutorials" from the list (another list of topics appears)
4. Click "Tutorials & Articles" from the list (a list of all of the tutorials for the website appears)
5. Scroll through the list to select a tutorial that will be the most helpful to you, or open the first tutorial in the list: **Getting the Most From the QA@H Website: How To Do EVERYTHING!**

If you need further help, please feel free to give me (Kay Alston) a call (410-212-9190) and I will see what I can do to help. No promises, but I am willing to try!



### 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](mailto:OurQAH@gmail.com). Our Ambassador Team will follow up. Thank you!



### Notable Quotables



*"I love the events!"*

*"I found the SNAP book extremely helpful as well as the educational sessions."*

*"I'm glad to see that there are other men in this group."*

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](mailto:OurQAH@gmail.com). You might just see your comments in an upcoming newsletter.



### Sharing Corner

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

*"I am grateful for the friends I have made."*



### About Queen Anne's at Home

Founded in 2017, 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](http://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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**Our mailing address is:**  
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