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Hello Friend!

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.***

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President's Message

Hello Everyone and Happy Spring!

As mentioned in the December newsletter, we were awarded a grant through the Mid-Shore Community Foundation to help fund our programs and initiatives. Many have been working diligently to put into action the project titled “**The Three R’s: Recruitment, Retention & Recognition.**”

The Three R’s 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

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, and

RECOGNIZE those who have given time and effort to help other members and to improve the organization.

I am so pleased to provide an update as to our growth and activities this quarter. We have much to celebrate and opportunities for all to get involved!

By the Numbers

For the first two months of 2023, we have grown, nearing the 100 mark in membership. (We were at 98 members as of March 13.) This is a reason for ALL to celebrate as we spread the word about our organization.

What does our membership look like? The age range is 58 – 94 years with an average of 72 years. 82% of our members are also volunteers and clearly members are joining to help other seniors.

From the end of December 2022 to the end of February 2023, we offered **19 different events** – SNAP presentations, interest group activities, lunches, and outings.

In total, we had 97 participants registered for these events (not individuals, but signups per event with duplicate member signup).

At Your Service

Our New Member Ambassadors are hearing that individuals want to volunteer to help others, but we know not all of them are providing services they would LIKE to provide. So how can we all be more engaged to help? ***What services are needed?***

Queen Anne's at Home is a relatively new organization, and as we all know, COVID brought us all inside for quite some time. We are now back out in the community and able to participate in events and activities, and provide direct service when requested.

We reported **over 300 hours** of volunteer service, 26 hours of which were direct member activity of driving to appointments and friendly visits. It is clear that we need to increase the number of service requests and continue to work hard to meet those requests. ***We need to spread the word that our member volunteers are here to help.***

We also see that service to keep Queen Anne's at Home operating includes hours of volunteer time that might not be direct member-to-member service, but time offered to operate and grow. As an all-volunteer organization, it takes many hands to keep things running.

We Need You!

What can you do to help? We currently need a **Secretary** on the Board to take monthly meeting minutes. We also need additional help on the **Events** Committee to help plan events and develop Interest Groups. ***Do you have a hobby or interest to share with other members?***

We would also love to have individuals with **fundraising** skills raise their hand so we can keep our annual membership dues low.

And lastly, we have a dynamic team of New Member **Ambassadors** that do a fabulous job greeting new members and providing information about our organization. But as we grow, we can use more so that we can contact new prospects on a timely basis and welcome new members.

Let's Connect!

There are many ways to provide volunteer service and we have many who want to serve. We need to connect. If you're unsure of how to get more involved,

please call the central number, **410-635-4045**, let us know your interests, and we'll connect you with the right person to give you details about how you can help.

We welcome more ideas, more hands, and the opportunity to work together to serve!

Celebrating YOU on April 11

Queen Anne's at Home is developing into a known and valued organization in Queen Anne's County. In appreciation to ALL MEMBERS of Queen Anne's at Home, **be sure to register** to be part of the **Volunteer Recognition Dinner on April 11, 2023 at the Moose Lodge in Queenstown.**

This will be a time to meet other members and to **RECOGNIZE** the many people who contribute to Queen Anne's at Home daily. It's an opportunity to thank those who have delivered exceptional service to fellow members and the organization.

This is a **FREE DINNER** to members, planned by the Events Committee, to give back to all of our Queen Anne's at Home members – all part of this volunteer network, working to find the best ways to serve or request services needed to stay safe, healthy, connected, and independent at home. See you there!

Warm regards,

Cindy Bach

President





Welcome New Members

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

- **Ken Bach**
- **Sharon Campbell**
- **Carrie Christie**
- **Joetta Denny**
- **Mary Lou Dulina**
- **Shirley Gayner**
- **Lew Gayner**
- **Damian Hanrahan**
- **Mary Lawyer**
- **Olga Masciarelli**
- **Steve Masciarelli**
- **Barbara Sharkey**
- **Steve Sharkey**

We look forward to getting to know you and seeing you at events!

What's Happening?

By Linda Teuber-Kampes

We have a lot of events coming up in the next few months and some of these have a limited capacity so be sure to sign up early. There is something for everyone!

Member Appreciation Night

Free for members, \$20 for guests

RECOGNITION DINNER FOR MEMBERS

Bay Country Moose Cash Bar



April 11, 2023

5:30 to 9:00 PM

Make sure to sign up for **Member Appreciation Night – April 11th**. We will be having a lasagna dinner catered by the Moose, including a vegetarian lasagna option.

There will be a cash bar – cocktail hour from 5:30 – 6:00. Dinner is free for members, \$20 for guests.

If you bring a guest and they decide to sign up with Queen Anne's At Home that night, their \$20 will be refunded.



[Adkins Arboretum](#)

April will also offer a guided walk by our very own Margan Glover at Adkins Arboretum on April 27th.

Travel through Adkins Arboretum with Master Naturalist / Docent Margan Glover to understand how self-liberators used the natural landscape to forge a path to freedom.

Their methods for navigating, concealing themselves, finding food, and evading capture reflect a deep connection to, and understanding of, the natural landscape.

Throughout the walk, we'll explore how nature both helped and hindered the journey, bringing history alive in the landscape you see today. Tour cost is \$10.



PRS Guitars Tour

We are working with Barks to schedule a lunch and tour of **PRS Guitars** – tentative date is Friday, **May 12** – we are just waiting on a confirmation for the tour, so keep an eye on the calendar for this.

We have two upcoming **boat excursions** – both with limited capacity:



June 28: Poplar Island Tour – FREE – See what they are doing to the Island. Janet and Chuck Melson have done this tour and really loved it. Tour is from 9 – 12 and for those interested, we can coordinate lunch together in the area afterwards.



July 26: We are bringing back the **Chester River Packet Sunset Cruise** – 6-8 pm. Everyone loved this last year – so we are doing it again. Dinner is served during the cruise. Check the calendar for information on signing up and purchasing your ticket.



Ready or Not

Though most seniors want to age in place, most lack a concrete plan for making that happen. **This facilitated workshop helps participants take charge of their life** using a structured approach to planning for the many critical decisions facing all of us as we age.

QA@H's fabulous **Ready or Not** program, designed by and for the members of our Village, is a planning tool and 3-4 session workshop that builds on our Village's three quality of life pillars: Connection, Purpose and Empowerment.

The Ready or Not activity provides:

- **A tool to help our members organize and plan for aging in place**
- **An educational program to provide our members with knowledge they'll need to thrive**
- **An opportunity to collaborate and develop practical strategies for staying healthy, safe, connected, and independent at home**

Over the course of the workshop, participating households (e.g.,

spouses or partners, singles, or families) use the Ready or Not workbook as structured “homework” to ***spark conversations about visions and fears, challenges and opportunities that will impact their ability to age in place.***

After tackling each workbook section individually, households come together along with the facilitator, a QA@H member who is trained and certified in mediation and problem-solving techniques.

Our goal is to offer a Ready or Not session every quarter. Stay tuned for the exact date for a session this spring.

Senior Navigation Plan

We are working with the Alzheimer’s Association to plan some upcoming **SNAP’s** for the early summer months that we think will be of interest to our members – so watch for more details coming up.

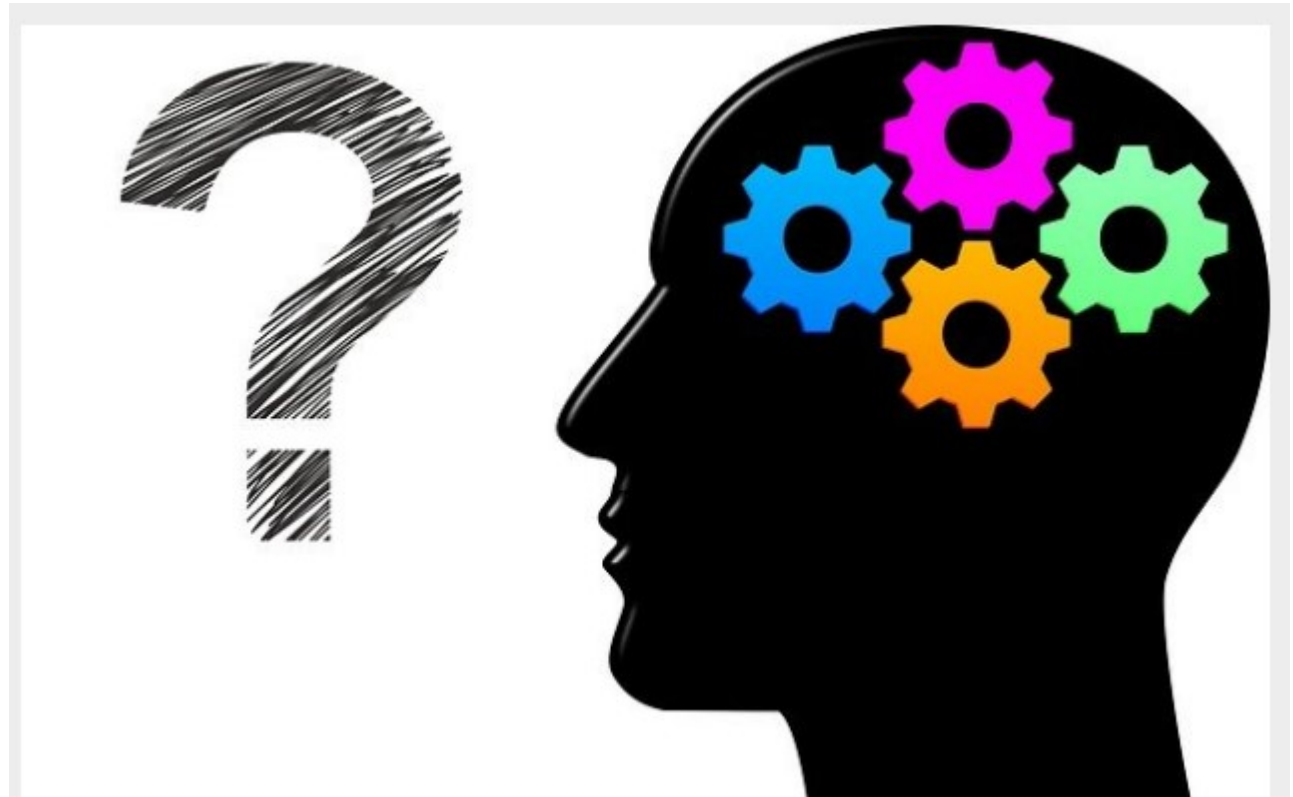


In case you haven’t heard, [we are collecting empty pill bottles](#) (Prescription bottles and vitamin / medicine bottles) for Matthew 25 Ministries. They use them to send medicines to improve medical care in developing countries and if they can’t use the bottles, they recycle them

for money. Make sure to remove your name from the bottles – preference is to remove labels and stickiness and wash in soap water. Look for the collection bag at all events.

Our Special Interest Groups

If anyone has any ideas they are interested in for a special interest group, contact Linda at lindat_01@comcast.net and we will see what we can get started.



Brain Health Group

The Brain Health Group will continue to meet at the Centreville Library on the second and fourth Tuesdays at 10:00 until the weather warms up. The group is a great opportunity to make new friends while exploring ways to maintain a healthy mind. Dora Jean Hanna heads up our Brain Health Group.



Mah-Jongg

Our newest special interest group, we have several members being taught by our member Kay Alston. Kay has also been gracious enough to let us play at her house while we are learning, but soon we will need to work on finding a new location and setup a schedule. If others are interested, reach out to Kay or Linda so we can get you joined up with the group.



BOOK CLUB

The book club continues to meet monthly. Anyone is welcome to join us – just register for the event and read the book. Meetings are held on the **3rd Monday of the month** – we recently moved the time to 2:00 in the afternoon to accommodate a member that works in the morning. Note: February date was changed due to special circumstances.



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 of our area while getting exercise and making new friends.

Our walks are about an hour and the pace set by the attendees that day. Each month the 2 locations are noted on the calendar. We try to cover a variety of types of settings during the year. Jennifer Illari heads up our Walking and Outdoor Group.



LUNCH BUNCH

Our lunch group continues to meet on the **4th Wednesday** of the month. We try to alternate between different areas within Queen Anne's county and 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 luncheon two months out from that date.

Note: for June and July, we will probably alter the dates because they clash with our cruise dates – so watch the calendar!



PICKLEBALL

We currently have about 8 members that get together on different days to play. With the cold weather, 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 just based on member's availability for the week.

If you are interested, contact Linda at lindat_01@comcast.net and you will be added on the weekly email we use to coordinate playing. We play at Grasonville Park or Mowbray Park. As the weather begins to warm up, we will see if we can set a regular schedule.

Tech Tips

Kay Alston is heading up our Tech Tips group with lots of good information. Be sure to watch for her tips on **Village Talk** and in our new **Facebook group** as well as in this newsletter.



Service Team Helps Neighbors CONNECT

By Cindy Bach

SERVICE NEEDS OF OUR MEMBERS

Did you know? There are **18 service request categories** on our website. Our wonderful member volunteers are ready and waiting to assist with many services that can help us stay healthy, happy, and safe in our homes.

Volunteer members have indicated they want to help other members and our service categories range from **friendly visits** and **daily check-in calls** to **light help around the house**, **equipment sharing**, **tech help with that new cell phone**, **driving**, and so many more!



At this time, members are requesting services from two categories: **driving** and **friendly visits**. We have filled most requests, around 86% since the beginning of the year.

We have not filled all friendly visit requests. Keep in mind the value of providing weekly friendly visits to our members that find it hard to join us at events and activities. Socialization is so important and means so much to all of us. Member volunteers who checked that they would like to be alerted to all friendly visit requests will receive a weekly email with open requests. Keep your eyes open for those friendly visit requests as our goal is to fill 100% of ALL requests and we can do it with your help!

Are there services you would like to request?

Be sure to go to the [Queen Anne's at Home website](#):

GO TO MEMBERS AT THE TOP BAR ON THE PAGE> NEW SERVICE REQUESTS>

ON THE SERVICE REQUEST PAGE FILL IN YOUR NAME> FILL IN

THE TYPE OF SERVICE

WHERE IT ASKS "PLEASE CHOOSE">

USE THE DROP DOWN TO PICK ONE OF THE 18 CATEGORIES OF SERVICE

Choose your service and complete the request. Member volunteers will be notified of the service requests at the beginning of each week. Remember to give plenty of time for the requests to be sent out and accepted. Planning ahead will help us fill the service request to your satisfaction! Our Service Monitors are keeping an eye on open requests and will send out the request the following week if the request is not filled.

Please test out the website, make sure you can find where to request a service, and look at all of the service categories. You will then be ready to make that request when the time comes. ***We are willing and waiting!***



Member Spotlight: Chuck Melson

By Charlotte Zang

One of the best things about Queen Anne's at Home (maybe *the* best thing) is making connections with people in our community. Our members have a broad range of skills, talents, and experiences, along with exciting, successful careers and very interesting lives.

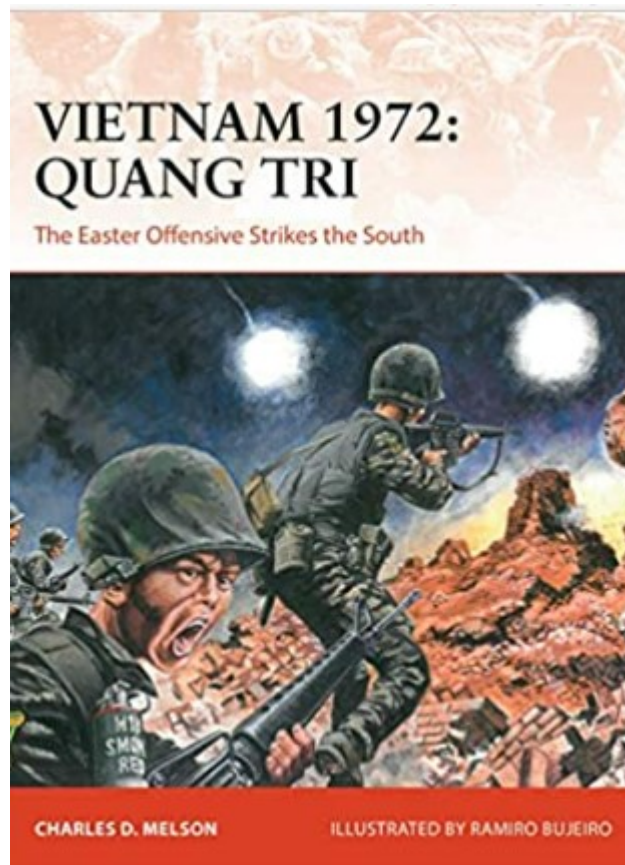


This month we turn the spotlight on **Chuck Melson** of Stevensville. A native of the San Francisco Bay area, Chuck settled in Kent Island in 1982. He said, “I moved from one Bay to another, and I don’t even own

a boat!”

In addition to being Janet’s husband, a father of two, and grandfather to three, Chuck is an award-winning Marine Corps historian and published author. His book, ***Vietnam 1972: Quang Tri: The Easter Offensive Strikes the South***, was published in 2021 to commemorate the 50th anniversary of the Vietnam War. It’s about a critical period that has not been widely publicized. “I felt obligated to tell the story and recognize the Americans who were still in Vietnam at that time. There wasn’t much coverage on television then because troops were being reduced,” Chuck said. A cease-fire was declared in 1973, but before then, in 1971, the strategies and combat technologies changed. It was the first time the United States conducted warfare from three positions simultaneously: in the air, from the water, and on the ground. Chuck’s book examines this stage of the war and details the U.S. Marine Corps Advisory Unit’s role in helping the South Vietnamese defeat the North Vietnamese Army.

If you’re interested in military history and Vietnam in particular, the book is available on [Amazon](#).



Chuck served in the Marine Corps for 25 years, from 1967 to 1992. In 1993, he was an adjunct lecturer on American, Maryland, and Western Civilization history at Anne Arundel Community College in Arnold, MD. From 1998 until 2105, he served as Chief Historian emeritus at the U.S. Marine Corps Headquarters in Washington, DC. He has published 126 papers, articles, and reviews, and has appeared on NPR, CNN, and the History and Military Channels.

Since 2015, Chuck has served his community in various ways. He was on the Queen Anne's County Department of Emergency Services Advisory Board as well as an exploratory committee for a museum in Queen Anne's County. He has also worked with the Rotary club and his neighborhood Board, along with supporting his wife's activities with Queen Anne's at Home.

When asked what he likes best about Queen Anne's County, Chuck said, "It's the Eastern Shore. What's not to love?" He said he enjoys the changing seasons and the fact that there isn't too much snow. He likes living far enough out in the country but is still relatively close to

Baltimore, Washington, and Richmond.

Chuck's hobbies include reading, writing, and editing historical documents, and writing book reviews. He is also working on another book of his own. He has an extensive library and is the first one in line at area used book sales. Currently, he's participating in a seminar on the classics at St. Johns College in Annapolis where he received his Master's degree. As far as pets, Chuck and Janet have two cats, Orla and Taz "who pretty much run things at home."



Traveling is another one of Chuck's favorite activities. He and Janet have been to Australia, visiting Sydney, Melbourne, Adelaide, and Tasmania. They have enjoyed cruises in Europe, too, on the Danube and Elba rivers. Coming up, the Melsons are looking forward to a 21-day trip this fall. They are cruising from Vancouver, Canada to Alaska, stopping at the Aleutian Islands, and reaching their destination in Japan where their son, an attorney for the Navy, is presently stationed.

Chuck is a very accomplished person who has led a fascinating life. We're honored to have him as a member of our organization.



You Can Help!

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!**



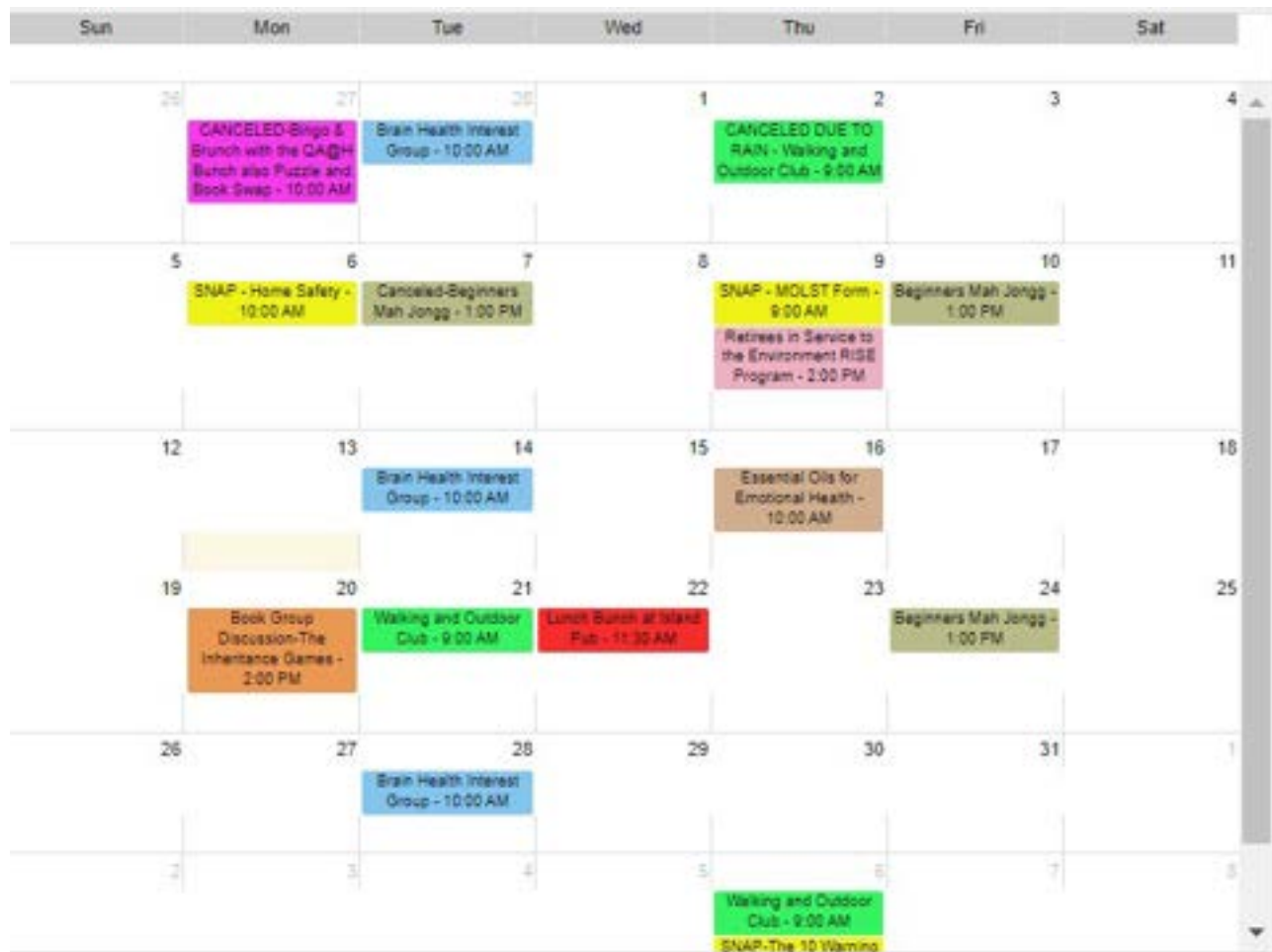
We're looking for someone to fill the **Secretary** position on our Board of Directors. It's a great way to get involved and be part of what's going on.

We also need:

Ambassadors to welcome new members
Finance Committee members
Event Committee members
Project Manager

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. Thank you!



Tech Talk

How to View and Register for Events

By Kay Alston

Have you seen all the events that this group has to offer? There are a lot! And, the website makes it very easy to see and register for all of them in one place.

Here's how:

Starting on the Home page, [click on the Events menu](#), then click either **Events List** or **Events Calendar**.

The Events List shows all upcoming events in a scrollable list, separated by month. Each line item includes the name and description of the event on the left and the day of the event on the right. The Events Calendar shows all upcoming events in calendar view. In each case, simply click on the name of the event to open the details page for the event.

Once you open the details page of an event, you can add the event to either your Google or device calendar (how cool is that?) and register.

If you wish to attend, you must register. Why? If we know the attendance for an event:

- The event is more likely to occur and not be cancelled due to low registration.
- We know who to contact in case of cancellation. ***If you don't register, you will not be notified of cancellation.***
- We can prepare nametags, seating, handouts, etc.
- We can determine whether to hold the event again.

To register for an event, **click the REGISTER FOR THIS EVENT** button at the bottom of the Event details page. The page will expand to include your name and address and:

- A drop down list regarding transportation – you may ask for a ride or offer to drive others
- A comments box
- Three lines so that you may add guests and
- Two check boxes: “Add me to the event mailing list” (default to checked) and “I accept the Village Terms and Privacy Policy” (you must check this box).

If you need further help, please call me (Kay Alston) at 410-212-9190 and I'll walk you through it.



Tech Talk - Part 2

How to Scan a QR Code using a Smart Phone

By Kay Alston

Since the pandemic, the uses for QR codes has grown: restaurants use them to allow customers to access paperless menus; employers use them for job postings; morning television shows use them to enable quick purchase of featured items; manufacturers use them to link to product details; gyms and other businesses use them to allow quick access to their WiFi, etc.

But, what are they? QR (or Quick Response) codes are square shaped black-and-white grids containing specific information or actions. When you scan a QR code, your phone displays the information contained in the code. If the code includes an action (e.g., the details for a Wi-Fi login), then your phone will follow those instructions (e.g., connect you to the specified Wi-Fi network).

QR codes are easy to use. Simply open the phone's camera, point it at the QR code, and tap the name of the link that is displayed once the camera focuses on the code.

If simply pointing and clicking doesn't work, you may need to update your operating system (iOS 11 or later) or adjust the settings (i.e. enable QR Code recognition) on your iPhone, or you may need to use a specific app on your Android. For example, I have to use Google Lens on my LG Stylo 6 Android phone.

This article includes more information for both: [How to Scan a QR Code on Android and iPhone \(makeuseof.com\)](https://www.makeuseof.com/how-to-scan-a-qr-code-on-android-and-iphone/)

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. No promises, but I am willing to try!



The Wisdom of Seniors

By Charlotte Zang

We're pleased to share a new feature on the Queen Anne's at Home website: a **blog**!

Check out this month's entry called "The Wisdom of Seniors." You'll find it under the Members tab. Here's the link:

https://qaathome.helpfulvillage.com/blog_posts/3-the-wisdom-of-seniors



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

“Anyone who keeps the ability to see beauty never grows old.” – Franz Kafka



“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” – Henry Ford



*May good luck be with you
Wherever you go, and your blessings
Outnumber the shamrocks that grow.
May your days be many and your troubles be few,
May all God's blessings descend upon you.
May peace be within you,
May your heart be strong,
May you find what you're seeking wherever you roam.*





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 recently said about being part of Queen Anne's at Home's thriving community:

"The interest groups are my favorite! It's so much fun to get together with people and learn something new like Mah Jongg. I even tried pickleball! The next thing I want to do is the Ready or Not program."

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 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 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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