
Exciting News from Queen Anne's at Home

Queen Anne's at Home <OurQAH@gmail.com>

Tue, Jun 13, 2023 at 4:20 PM

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Hello Charlotte!

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 Summer!

The word for this summer is **ENGAGEMENT**. Queen Anne's at Home is growing as we all continue to spread the word about our caring community of seniors helping other seniors stay safe, healthy, connected, and independent at home!

We had a wonderful attendance at the First Annual **Membership Appreciation Dinner** in April. All had a lovely time socializing with friends, enjoying good food, celebrating our growth and the contributions many have provided to support our organization. We had 48 in attendance, a great turnout for this first annual event! Awards were given to volunteers who have provided the greatest number of service visits this past year, organizing and leading the many events, programs, and interest groups being offered (**31 offerings** from January through April of

this year!) and for the wonderful communication, outreach, and support services many are providing behind the scenes. The first annual **Margan Glover Award of Excellence** was presented to none other than **Margan Glover** for all of her past and current hours of service! What a great night!

And there is more to come...mark your calendars and plan on attending the **Summer Social and Membership Business Meeting** on **June 22** at **Talisman Therapeutic Riding** in Grasonville. We will meet from 5:00 to 7:00 to enjoy a beautiful summer evening and the lovely grounds of Talisman while learning about their programs, and hear about the activities, programs, and services we now offer through Queen Anne's at Home. There will be a chance to ask questions and provide suggestions. And of course, we will have light food and drink as we socialize and learn more about how we can all help!

If you are wondering how to become engaged, share your interests, and connect with other members, this is your opportunity! Be sure to **[register for this all-member event](#)**. I hope to see you there!

Warm regards,

Cindy Bach
President





Welcome New Members!

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

- **Luba Burrows**
- **Nancy Colletta**
- **Roberta Gray**
- **Dottie Kelly**
- **Carolyn & Tuck Moorshead**
- **Stephanie Parreco**
- **William & Norma Patton**
- **Stan Ruddie**
- **Karen Twigg**

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



What's Happening? Events Update

By Linda Teuber-Kampes

We have a lot of events coming up in the next few months and we have some new **Interest Groups**! See all the details below.



All-Member Summer Social & Board Meeting

Make sure to sign up for the [Member Summer Social](#) on **June 22nd** at **the Talisman Therapeutic Riding**. We will learn about Talisman and then discuss what is going on with our organization and how people can help.

Refreshments and a light meal will be served in a beautiful outdoor setting at Talisman. **Bring a chair** and you may want a can of bug spray, just in case. **Please be sure to [sign up](#) so we can plan drinks and food appropriately.**



[PRS Guitars Tour](#)

We are working with Barks to schedule a lunch and tour of [PRS Guitars](#) so keep an eye on the calendar for this.

[On the Water](#)

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



The **June 28 Poplar Island Tour** is currently full. If you want to be on

the backup list in case someone cancels, please contact Linda at (410) 596-2545 or lindat_01@comcast.net



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. We do still have spots left but ***tickets must be purchased by July 18*** so they can order the food.

[Commission on Aging Town Hall](#)

Make sure to submit your question for the **QAC Commission on Aging Town Hall** to be held at the Grasonville Senior Center on **September 21**.

The meeting will have representatives from the QAC Commissioners, Area Agency on Aging, Sheriff's Department, County Ride, and Maryland Department of Aging answering questions submitted by QAC seniors. Questions or comments are solicited before the event to allow time for

the respondents to prepare.

Collection boxes for questions will be at each county senior center.

Questions submitted can be signed or anonymous. Please submit any questions before **August 21, 2023**.

For questions about the Town Hall, please contact our member Janet Melson, Member QAC Commission on Aging.



The Power of Psychodrama to Heal

Linda Ciotola will be joining us again on September 22 to discuss the power of Psychodrama to heal trauma and other mental health issues. This was a topic many were interested in when she gave a balance and body presentation so she has offered to join us again.

Special Interest Groups



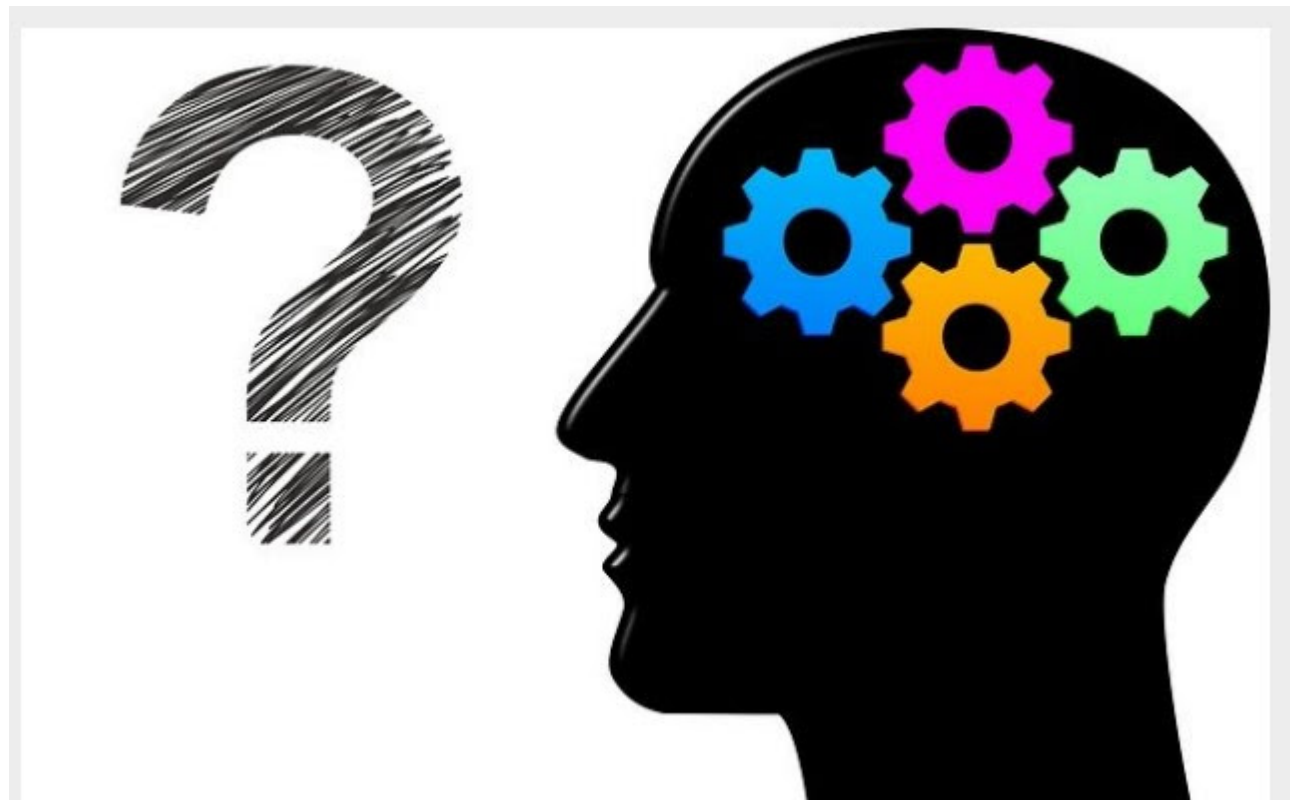
Learn To Play (Our Newest Interest Group)

This game group is just starting up so come learn with us and let's figure out what we want our group to be.

We'll start by meeting twice a month and learn to play different games. This includes card games, dice games, Mexican Train, Bunko - really anything can happen!

We will meet at the **Grasonville Senior Center** on the first Friday of each month from 10-12 and on the 3rd Wednesday of each month from 2:00-3:45 so check the calendar and register!

If there's enough interest in a particular game (poker, euchre) a separate group may spin off.



Brain Health Group

By Dora Jean Hanna

Although “senior moments” may be an accepted aspect of aging, there are many things we can do to keep our brains healthy. The Brain Health Interest Group (yes, a boring name but a change is in the works) helps members by providing a place where they can:

- (1) continue to learn new things** and
- (2) deepen social connections**

which are two pillars of brain health.

We begin each meeting by sharing what is new in our lives (be it joyful or stressful). We then continue to get to know each other by answering the **“question of the week.”** (Examples: what was one of the first jobs you held and what did you learn? What is the best vacation/trip you have ever been on? What is something you miss from “the old days”?)

Finally, we explore a topic of interest. To date, we have been concentrating on ways to maintain a healthy brain such as a healthy diet, keeping mentally active, exercising, etc. However, we are now expanding our focus to include a wide range of topics, all of which support the need to continue to learn new things.

Do you have a topic you have been yearning to explore or knowledge and experiences you'd like to share? If so, we would love to have you join us, whether it's for one meeting or as a regular “date.”

If you have questions or suggestions, please email Dora Jean at dorajhanna@aol.com.



Mah-Jongg

Our Mah Jongg group is now playing at **Grasonville Senior Center** on the 1st Monday of the month at 2:00 and the 2nd Wednesday of the month at 10:00.

Join the group to keep in the loop and if you are looking to learn how to play - send a message through Village Talk - Mah Jongg or contact Kay Alston. We may be able to offer lessons during playing times at the Senior Center.



Book Club

The book club continues to meet monthly. All are welcome to join us – just [register for the event](#) and read the book. Meetings are held on the **3rd Monday of the month** at 10:00 a.m. Location is designated in the event.



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.

The Walking Group is now scheduling two walks for each session. From 8-9 are the **“Power Walkers”** – for those who want to walk for exercise. This is followed from 9-10 (at the same location) by the **“Nature Walkers”** for a more leisurely walk with time to observe nature and the surroundings.



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 have altered the dates because they clash with our cruise dates.



Pickleball

Now that the weather has warmed up, we are trying to schedule several games a week. We generally play in the mornings at **Grasonville Park** on Perry's Corner Road.

We are using a phone app called Team Reach (Group Code = QAHPBALL) for scheduling games. If you are interested, contact Kay Alston and she will help you get set up.

Note: We do post games on the calendar afterwards just for tracking purposes.

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.

What Else?

If you have an idea for a special interest group, contact Linda at lindat_01@comcast.net and we will see what we can get started.





Service Team Helps Neighbors CONNECT

By Cindy Bach

Volunteers are here to help!

Queen Anne's at Home members are ready and willing to help keep members healthy and happy in their homes. There are many services our volunteers provide to meet the needs of our members. The services most requested by our members are:

- **Transportation to appointments**
- **Friendly visits**
- **IT assistance**

We have the volunteers to fill those requests!

Most often new members say they are joining Queen Anne's at home to help others, with 79% of our current membership committed to volunteering to help others requesting a service, or to help keep Queen

Anne's at Home up and running for all!

When you joined Queen Anne's at Home you were given the opportunity to check where you would like to volunteer your time and talents. **It may be time to check your profile to modify your designated volunteer service groups.** Take a moment to see how you can be helping others AND what types of services **YOU CAN REQUEST AS NEEDED!**

VOLUNTEER SERVICE GROUPS:

- Daily check in calls
- Decluttering/organizing
- Driving
- Equipment/tool sharing
- Errands/groceries/shopping (pick-up and delivery)
- Friendly visit
- Hand sewing; light help around the house; home mending (minor repairs); home minding, light gardening
- Short vacation help (pick up mail for example)
- Meal preparation (short term)
- Play cards/board games/read aloud
- Teach a skill/share an interest
- Tech help
- Translation

Please take a few minutes and look at your profile on the website and let us know if you would like to make any changes. Once signed in, here is how you do it online:

1) Log in, then click on your profile icon in upper right corner

2) Select "Volunteer" tab (just under your profile icon or picture), then click on "Edit" at the bottom of that screen (be sure to scroll ALL THE WAY TO THE BOTTOM)

3) On the next screen, scroll down to "Volunteer Services" section and click on the "Volunteer Application Form" boxed in red. This will open the listing of volunteer service groups.

4) Tick all the boxes you'd like to volunteer for - or simply make a note in the "Comments" box of changes you'd like to make - then click on "Send". You'll get a confirmation email, and QA@H will handle your request.

Those without online website access can email a request to OurQAH@gmail.com or call the office number 410-635-4045 to request a change. Be sure to leave your full name and a detailed description of the change request.

Keep those requests for service coming! We are a village of talented and caring individuals. Sharing our interests and helping others is why we are here!



Member Spotlight:

Nancy Colletta

By Charlotte Zang

At Queen Anne's at Home, we are very fortunate to have members from all walks of life who have a wide range of experiences, talent, and expertise.

Meet **Nancy Colletta**, one of our newest members. She resides in northern Queen Anne's County in a quiet spot on the Chester River. This is very different from her early life: ever since she read *Robinson Crusoe* and *Swiss Family Robinson* as a child, she craved adventure, and that's exactly what she set out to experience, as you'll read below. Nancy's friends describe her as someone who is determined, has a good sense of humor, and enjoys connecting with people.



Here is Nancy's fascinating story, in her own words:

It feels like a gift to be asked to tell my story since I truly believe that everyone in our age group has a life story to tell. If you're like me, it often

feels as if many people see our age but forget to be curious about all that has been gone before. If I tell my story, perhaps we can all be more curious about the rich tales and adventures of people around us.

Early Adventures

I'm now 75. I grew up in the snow belt of upstate New York. Maybe living in deep snow all those months every year is one of the reasons I took the first opportunity to head to the tropics. When I was 19, I got married and three days later was in the Peace Corps, on my way to a Pacific Island to work for two years. Sounds idyllic, doesn't it? The reality was a bit different. Rather than sandy beaches, the island was surrounded by mangrove swamps. It's one of the wettest places on earth, receiving up to an inch of rain most days. It had no roads, running water, sewer systems or access to radio or telephone (unless you count ham radio operators).



The island of Ponape (now known as Pohnpei) was beautiful. The people were welcoming and quite willing to help us build our tin-roofed house out of reeds. They forgot to mention that we were building it on

the site of a rat warren. (If we ever meet in person, feel free to ask about my “living with rats” stories!)

For two years, my husband Nat and I paddled our outrigger sailing canoe to work every day. We learned far more from the Ponapeans than we could ever begin to teach them. I began my lifelong fascination with children, seeing the huge variations in the way they could be raised and how their upbringing shaped their development. I also learned how little I knew about life, children, and cultures. This caused me to spend the next decade collecting the degrees the world demanded I have for the work I wanted to do.

Travel

We didn't spend all our time on college campuses. We managed to work in Malaysia, Afghanistan (before the Russians arrived), Indonesia and other places. The travel was as exotic as the locations. An example was traveling up river in North Borneo, spending some time with the Land Dayak who still had the shrunken heads from their cannibal days.

We eventually settled down in Washington, DC where my husband worked for the World Bank. I started out at the University of Maryland teaching a graduate program in developmental psychology. We had two children, Megan and Cullen, who learned to travel and live in places like Indonesia.

Helping Children & Mothers

While living in Indonesia, I took my first foray into community work focused on helping malnourished infants and their families. There was already a system of village-based volunteers who worked to make sure babies were receiving adequate nutrition. While the infant's growth was being monitored, no one was addressing their cognitive development. Poorly nourished brains need extra stimulation to recover. Malnourished mothers, even after they were fed, still had little energy to play with their infants. We developed a cartoon-based curriculum at a second grade reading level for village volunteers to use with the mothers. How did we get the mothers to participate? A nearly universal trait of parents is to want the best for their children and the mothers believed school was an answer. We explained that talking to and playing with their children would help them perform better in school.

Eastern Shore Living

But enough of deep history. Have you noticed how work-life evolves? While I continued to do international work, raising children demanded a more centered approach which led me to clinical psychology, practicing in DC.

Moving to the Eastern Shore seemed quite logical. My second husband, Joel Leon, was the director of a geriatric research center north of Philadelphia and I was still working in DC. As avid boaters and kayakers, we picked our favorite river, the Chester, noting that it was halfway between our jobs. That was the start of 22 years of loving the river, the country, and the community (but not so much the commutes!).

Things changed with the COVID pandemic. I closed down my DC office to take care of Joel in his last days and moved permanently to our house on the river. Life continues to progress and change. As for retirement, that lasted only about three months for me. There are just too many children who need help, so once again, I adjusted. I now work with children ages 9 to 15 who have anxiety disorders. The work is virtual which means I can do it from home, but it also means there is an enormous amount to learn.

Joining Queen Anne's at Home

Describing what has been is easier than planning what is to come, but I believe that things will continue to develop. That's what led me to Queen Anne's at Home. I strongly believe in the power of community members helping each other. And of course sharing their stories. ***When we meet, I hope to be able to ask you about your story and about how you plan to write the next phase of your life.***



We want YOU!



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. If you're organized and want to be involved, this is a good fit for you. We also need:

Ambassadors to welcome new members
Finance Committee members
Event Committee members

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 Reduce RoboCalls

By Kay Alston

Recently, I noticed that I was getting a lot of unknown calls with area code 667. I don't answer calls from unknown numbers, but I was curious about the origination of these calls, so I Googled it. 667 is a Baltimore area code. Who knew?



Last year Americans received over 50.2 billion illegal robocalls. Most of these calls originated from overseas. How is that possible, when the unidentified numbers that you see on your smart phone include local or U.S. area codes? Read the following AARP article for more information: [Robocalls: Americans Flooded By Billions of Illegal Calls \(aarp.org\)](https://www.aarp.org/privacy-security/robocalls/2017/06/robocalls-americans-flooded-by-billions-of-illegal-calls/)

Many of these calls are scams. It is best to ignore them. If a caller from an unknown number is someone that knows you or needs to get in touch with you, he/she will leave a message and you can call back.

If the caller does not leave a message, the call is most likely from a telemarketer or scammer. Review your call log often and **block those numbers**.

If for some reason you do answer one of these calls, **do not respond to any questions**, especially those that can be answered with "Yes."

Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information. Instead, ask the caller for a number so that you may call back and verify the company or organization from which they are calling.

According to the AARP article, “the Federal Trade Commission (FTC) is accelerating its efforts to block these calls though its Project Point of No Entry, which targets the 'point of entry' providers that field illegal calls from outside the U.S.”

In the meantime:

1. Talk to your phone company about call-blocking tools they may have, and check into apps you can download to your mobile device to block unwanted calls

2. Register your number on the Federal Trade Commission (FTC) National Do Not Call Registry at donotcall.gov. Legitimate telemarketers consult the registry to avoid calling both landline and wireless phone numbers on the opt-out list.

MEMBERS DIRECTORY

Tech Talk - Part 2

How to Locate Member Contact Information

By Kay Alston

Have you ever wanted to get in touch with another member of Queen Anne's at Home, but you weren't sure how?

Once you log on to the website, you are just a few clicks away:

Click on the Members menu, then the [Members Directory](#) sub menu.

The Members Directory will appear.

This list includes all current members and their mailing addresses, email addresses, and phone numbers.

Please note that **this list “is for private use between members only and should not be used for any other purpose.”**



Let's Get Moving!

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 "Let's Get Moving." You'll find it under the Members tab. Here's the link:

https://qaathome.helpfulvillage.com/blog_posts/5-lets-get-moving!



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

"All life is an experiment. The more experiments you make the better." ~Ralph Waldo Emerson



"There is only one success, to be able to spend your life in your own way." ~ Christopher Morley





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:



"I joined because I recently moved to the area and didn't know

anyone. Now I have a whole group of friends and lots of things to do! Plus, I can pitch in and help someone else. Joining Queen Anne's at Home was definitely a smart choice for me."

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, 16 Francis Street, Annapolis, MD 21401.



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