



## QA@H NEWSLETTER - February 2020

### QA@H EVENTS UPDATE

**Remember: Click on the date or title for link to online registration. Please!**

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#### Thu 02 / 27 / 2020 - HAPPY HOUR

5:00 - 6:30pm

Bridges Restaurant Kent Narrows

Are you feeling happy? If so, come to this Happy Hour! If not, come to this Happy Hour! Cash bar, possibly we'll share apps. Bring a friend to introduce QA@H to, and enjoy some fun socializing. As always, your RSVP is much appreciated.

#### Wed 03 / 04 / 2020 - Coffee + Conversation - LOCAL ENVIRONMENTAL ISSUES

10:00 – 11:30am

Little Lovely Coffee House (Premier Outlets)

**Jay Falstad**, Executive Director of Queen Anne's Conservation Association, will talk with us about current environmental issues here in the County. He will specifically address environmental concerns in the upcoming County Comprehensive Plan review as well as general environmental issues.

There will be time for Q&A as well as general socialization so bring a friend who may want to learn more about QA@H. *RSVP strongly encouraged* so we know what size table to snag!

Haven't been to Little Lovely Coffee yet? Well, you're in for a treat. Yummy coffee at this Mom-and-Pop owned shop, it's a great meet-up spot up at the Outlets (near the Pepperidge Farm/office end).

#### Tue 03 / 10 / 2020 - SNAP Chapter: DIET & NUTRITION for CANCER PREVENTION

2:00 – 3:30pm

Centreville Library

**Cheryle Bourneman**, Registered Dietician / Nutritionist and Diabetes Educator, will talk with us on a wide range of topics including:

- \* Help with common gastro-intestinal problems in the elderly: what to eat, what not to eat
- \* How to compensate for a weakened sense of taste
- \* Are supplements worthwhile?

Do you have a special topic you'd like Cheryle to address? You can forward your question to the QA@H office ([click here to email](#) or call **410-635-4045**) and we can get it to her ahead of time so she can prepare. Or just bring it with you. Either way, there'll be tons of info.

#### Tue 04 / 21 / 2020 - SNAP Chapter: HOME HEALTH and HOME CARE

2:00 – 3:30pm

Kent Island Library

Speakers **Cindy Bach** (QA@H Board member and Visiting Nurse Association of Maryland) and **Brooke Christensen** (Visiting Angels) will help us unravel the differences between a Home Health and Home Care provider, and when to call which. They'll also provide strategies for fall prevention, as well as "equipment management" (i.e., how to get that blinkin' wheelchair into the trunk of your car).

**NOTE: This topic is important for all QA@H members, whether you might need these services now or in the future. We also encourage all QA@H volunteers to attend, as we'll be touching on which activities our volunteers may and may not undertake when responding to service requests.**

## Thu 06 / 11 / 2020 – SNAP Chapter: Declutter Computer and Email Files

2:00 – 3:30pm

Chesapeake Heritage and Visitor's Center

In the second installment of this wildly popular series, QA@H's own **Peggy Schaefer** will regale us with helpful tips on digging yourself out of the morass of computer files and emails that has bogged so many of us down. Like last year's SNAP Chapter on decluttering, this should be both useful and fun!

### Look for more information about SNAP Workshops coming in 2020 including:

- **The Lowdown on Generic vs. Brand name drugs and their approval process**
- **Robo Calls and Computer Virus Protection – what's safe and what APPs are worthwhile**

Please forward your own suggestions for SNAP topics to the QA@H Office (contact info below)

## **FREE OUTSIDE EVENT: ACTIVE AGING EXPO**

Wednesday, 03 / 18 / 2020 from 10:00 AM to 2:00 PM

Chesapeake Community College, 1000 College Circle, Wye Mills, MD 21679

No registration or entry fee required

The Active Aging Expo has assembled a range of local companies and experts at the Community College so you can get answers and explore activities for a more healthy and active aging lifestyle. Enjoy fascinating lectures and workshops led by people knowledgeable about health, medicine, technology, and finance. Meet a wide range of exhibitors to learn about services and activities. You can find the day's schedule and more information by clicking on [THIS LINK](#)

## **BOARD and COMMITTEE NEWS**

Your Board is delighted to welcome our newest member, **Dr. Tom Walsh**. Tom was a founding partner and board member of Maryland Primary Care Physicians, and was the Medical Director of Compass Regional Hospice for two years. He has been involved with the Queen Anne's County Alcohol and Drug Abuse Council, and the Chester Wye Center. We are happy to have him join our Board.

MEMBERSHIP AND OUTREACH - You may have already noticed that you are receiving a phone call or an email about upcoming SNAP workshops and other events. This is because the Board has a 'Buddy System' in place to reach out to members, reminding them of what is coming up. We hope this will encourage you to participate in the variety of activities Queen Anne's at Home has to offer.

EVENTS COMMITTEE UPDATES - Members enjoyed an enlightening Coffee and Conversation recently with **Mike Hash**, a retired government executive who talked about the origins of the Medicare program. Medicare is such an important program to all of us, and some of the facts behind its development were surprising. It was well worth while!

Members Helping Members - Do you need a minor home repair?  
A ride to a doctor appointment? Just make a Service Request on the  
Website or call the office number (contact info below) and leave a  
message. Remember: we're all in this together!

If you have an idea for our newsletter, please contact the office and let us know.  
We will help you share your thoughts.

