

[View this email in your browser](#)



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.***

In This Issue:

President's Message

Welcome New Members

What's Happening?

Service Committee: We help QA@H Members CONNECT!

Member Spotlight: Barbara & Steve Sharkey

We Need You!

Tech Talk: Cell Phone Tricks

New Blog Post: The Next Chapter

Refer a Friend & Get a Bonus!

Notable Quotables

Sharing Corner

About QA@H



President's Message

Hello Everyone!

Summer has been an exciting time for us all, filled with activities, and it has also been a time for our Village to grow. As of the end of August, we

are 112 members strong! I'm sending a warm welcome to all of our new members and a hearty thank you to our devoted members who help keep things moving forward every day.

Where do we go from here? We are growing, but can we sustain our growth without fresh input and additional helping hands? In the next three months, the board will be prioritizing needs and asking for your help. Our goal is to match the skills and talents of our members with bite-sized tasks that will make a great difference and a significant impact. We all signed up as volunteers. Now is the time to review and seize those opportunities. I am optimistic about the future of our organization with the new ideas and energy of our members.

My best to everyone as we move into sweater weather with a cup of pumpkin spiced coffee close at hand.

Warm regards,

Cindy Bach

President





Welcome New Members!

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

- **Theresa and Richard Baamonde**
- **Barbara Carollo**
- **Robin and Robert Lanham**
- **Mary Jane Odendhal**

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

What's Happening? Events Update



Face It! Plan It! Do It!

Thursday 10 / 19 / 2023

10:00 AM

Centreville Library

When you joined Queen Anne's at Home, you got this terrific binder packed full of stuff – checklists, info, forms, resources, calendars, worksheets, and spreadsheets. In fact, using the QA@H SNAP binder to help organize your life may have been one of the reasons you joined. But OMG! now what?! If you're like a whole lot of your fellow QA@H members, that binder is sitting on a shelf relatively unscathed.

How will you ever get through it all? We can help! We created **"Face It, Plan It, Do It!"** – an interactive workshop designed to help you dive into the SNAP binder and get it completed.

We'll explore the roadblocks we've run into and create solutions so that we can help each other get 'er done! We promise it will be low-key and fun – plus you can finally take care of something that's been in the "I've been meaning to get to this" pile once and for all!

Please register at: <https://qaathome.helpfulvillage.com/events/695>

Ready-or-Not Workshop Results

By Margan Glover

QA@H developed the Ready-or-Not Workshop to help our members tackle the issue of **"How do I plan for what's next in my life?"** Workshop exercises lead participants through the Big Questions, such as "How do I want to live?" and "What's important to me?" And perhaps most importantly, "What's my Plan B?" It's not an end-of-life plan so much as it is a **"How do I want to live?"** plan.



This interactive Workshop takes place over 4 sessions with small groups of participants working on their own plan while sharing ideas and encouragement. **The latest Workshop participants rated their experience as a 4.8 out of 5.0 overall!** Here's what some of the most recent "graduates" want you to know about the experience:

"It has me thinking STILL about what might work for me now and later. I now have ideas about what info I need to gather and I'm more motivated than before about it. It's a topic that is very hard to think/talk about, and it was good to have a supportive group with which to explore some avenues of potential control over the future."

"I attended the Ready or Not workshop with a lot of questions in my mind. Being with others who were having some of the same questions and hearing how they were trying to solve them gave me hope that I would finally be able to get my head on straight."

"My biggest takeaway is just how unprepared I am for some of the more serious twists life may throw at me. Even if you think you have all the contingencies covered, this workshop will help you sort through what is important and what is a not-to-worry."

Pre-registration for the next Ready-or-Not Workshop (Spring of 2024) will be available shortly. Contact the QA@H “Office” for more info at **410-635-4045**.

QA@H Announces New Tool: *When Is It Time to Leave Home?*

Most of us seniors want to “age in place” as long as possible. But how do we know when that’s no longer a good idea? “Safety first” seems to be a reasonable threshold and there are lots of resources (check your QA@H SNAP binder, our website, and of course Dr. Google) for how to make your home safer, but there’s not much out there about how to evaluate when we are no longer in a good living situation.

QA@H developed a new tool that will guide you through the right questions and help you take proactive steps *now* to put strategies in place that may be a real gift to your future self and your loved ones.



We'll hand out this new tool at the **October Social Hour** on **Thursday, October 26** from 4:00 - 5:30pm at the new Hyatt at Kent Narrows. Please [PRE-REGISTER HERE](#) so we are sure to have enough materials for everyone.

As always, call the QA@H office for additional information: **410-635-4045**.



Service Committee Helps Members CONNECT

By Cindy Bach

We know that the services most requested have been transportation and friendly visits, but are we missing opportunities to ask for help from our neighbors? Lizanne Flowers says, “Yes, there are so many services we can offer to help each other out AND **make new friends** while asking for help!”

Lizanne was in need of a bicycle pump and thought to put in a service request for assistance. Not only did she get the assistance of Margan Glover to bring by the pump, she had a chance to chat with a friend and Village neighbor. Lizanne says, “There are many times we could be asking our neighbors for help. We need to think outside of the box and **send in a request.**”

Lizanne is right. Filling in the gaps with borrowing a tool, asking for help to pick up your mail for a few days after a minor surgery, or requesting help with a small home repair can make a world of difference.

Members have joined Queen Anne's at Home to support and assist others. Be sure to **make your needs known** by submitting a service request when needs arise. Our members are ready to help!



Member Spotlight: Barbara & Steve Sharkey

By Charlotte Zang



Meet Queen Anne's at Home members **Barbara** and **Steve Sharkey**. Originally from New Jersey, they lived in Cecil County at the head of the Chesapeake Bay for 28 years. Avid sailors, they chose to move to Centreville because they wanted a house with a dock where they could keep their 38-foot sailboat. Barbara said, "The location was ideal since both of our grown and married children live on the western shore not too far away and Centreville is such a picturesque town! We like Queen Anne's County because it's quiet and peaceful. We enjoy the rural surroundings, the farms, being on the water with the Corsica and Chester Rivers and the Chesapeake Bay."

Before retiring, the Sharkeys each had successful careers. Barbara was the assistant treasurer at the University of Delaware. Steve was in the Marines and has fond memories of the time he spent stationed in the Philippines. As he says, "Once a Marine, always a Marine!" From there, he accepted a position as a technical expert in the printed circuit board division of DuPont. This role required him to travel the globe 50% of the time to places that included Argentina, Germany, France, Brazil, and Puerto Rico as well as to cities across the United States. His job was to train people in manufacturing plants to use the circuit boards and to troubleshoot issues. "It was a great life," Steve said. "Because of our

jobs, we got to do everything we wanted to do.”



After all those years working hard in their careers, retiring gave the couple more time to explore their love of the outdoors. They especially focused their efforts to **conserve the natural environment**. They started with an underwater grass project, growing plants indoors until they could be transplanted in the water.

From there, the Sharkeys got involved with **raising oysters** to help improve the water quality. To do this, they received spat from what was then called the Corsica River Conservancy (and is now Shore Rivers). They grew the oysters in cages hung in the water from their dock. When the time was right, the oysters were put on protected oyster bars in the Corsica River. Steve also helped build oyster cages for growing oysters.

More recently, Barbara and Steve were part of a program designed to protect fish and other creatures. They helped set up boxes to **collect used fishing line**. This important initiative was taken over by a group called Plastic Free QAC.

There was a time when the Sharkeys monitored bluebird boxes and wood duck boxes and collected data for the Chesapeake Bay

Environmental Center. However, the amount of ticks in the woods have lately deterred them from this work.

Community service isn't limited to environmental conservation for the Sharkeys. Barbara is active with the League of Women Voters. She served as president for four years and now serves as treasurer for the Queen Anne's County chapter. The group's mission is to empower voters and to defend democracy. It's a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. You might see Barbara at various events in the area including those held at Chesapeake College, Centreville Day, and Kent Island Day. She also serves as moderator at candidate forums presented by the League.

When they were not serving others, the Sharkeys went out on the water in their canoe, kayak, and sunfish, but have had to postpone those activities due to health reasons. They enjoy traveling, having vacationed in South and Central America and many other destinations. Their next trip will be a **Viking Cruise** down the Mississippi River from St. Paul to St. Louis.

One of their favorite activities is going on birding tours, mostly with **Road Scholar** which is an American not-for-profit organization that provides educational travel programs primarily geared toward older adults. Last year they took a birding tour around Fort Myers, Florida. They were fortunate to see a large variety of birds and meet some wonderful fellow birders from all over the United States.

The only thing they enjoy more than traveling is getting together with their family which includes their children, grandchildren, and now even a great grandson!

When asked how they found out about Queen Anne's at Home, Barbara and Steve responded that their friend Jinny Guy told them about the organization. They love the group's mission of seniors helping each other thrive in their own homes and that it serves seniors throughout the entire Queen Anne's County region. They enjoy the nature walks as part of the **Walking & Outdoor Club** as well as meeting people at other events and making new friends. They plan to complete their **Senior Navigation Action Plan** (also known as the SNAP binder) during the cold weather months.

The Sharkeys are proof that the retirement years can be an active and rewarding time. Steve said, “I encourage people to get involved in **environmental conservation** projects. Anything they can do will help. Even small efforts can have big results. Our world is a marvelous place but it is changing and it really is in trouble. Together we can make a significant impact to restore, preserve, and protect our natural environment.”



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 like to be involved, this is a good fit for you.

We also need:

Ambassadors to welcome new members
Fundraising Committee members
Outreach Committee 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

Cell Phone "Tricks"

By Kay Alston

I am constantly surprised by what my tech toys (cell phone, brand new laptop, and TV) can do. This month I learned that our phones can read to us, caption video calls, recognize important sounds, and translate conversations.

If you are comfortable with your phones, here are the “bread crumbs” to setup the various “tricks:”

Reading

iPhone – Accessibility menu / VoiceOver

Android - Accessibility menu / Select to Speak

Captions

iPhone - Accessibility menu / Live Captions

Android – Settings menu / Sound / Live Caption

Sound Recognition

iPhone - Accessibility menu / Sound Recognition

Android - Accessibility menu / Sound Notifications

Translations

iPhone – Launch the pre-installed Translate app

Android – Download and install the free Google Translate app from the Google Play store

If you need more instruction, and you are an AARP member, open the June 2023 AARP Bulletin

(<https://www.aarp.org/content/dam/aarp/members-only/member-benefits/2023/06/aarp-bulletin-issue-june-2023.pdf>) and scroll to the article on page 28 titled "MY PHONE CAN DO THAT?"

MY PHONE CAN DO THAT?

Our mobile devices are so packed with features that you may have missed some surprisingly useful capabilities

BY JASON R. RICH

One small sin of smartphone makers is that they leave it to users to find many of the great tools they've built into their devices. So these options go underused. Here's an example: Go to the Accessibility menu in the settings of your iPhone or Android-based smartphone, and you'll find tools designed for people with disabilities that can make all our lives easier. Here are a few to try (note that all take some trial and error to set up and use):

IT CAN READ TO YOU. This can be helpful when listening is more convenient than looking at the phone screen; essentially, the phone reads aloud whatever text is on the screen. You can adjust the speaking rate and choose from a handful of synthesized voices.

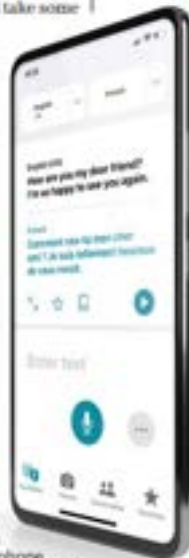
iPhone: From the Accessibility menu, tap on VoiceOver, then adjust the various settings to meet your needs.

Android phone: Tap on the Accessibility submenu option, then turn on Select to Speak. In addition to screen text, your Android phone can read printed material. Just point your phone's camera at any text, and using the Select to Speak option, the phone will read it aloud. (If this feature does not appear, download the free Android Accessibility Suite from the Google Play store.)

IT CAN CAPTION YOUR VIDEO CALLS. Say you're in a noisy area and you get a video call from a friend. Go ahead and take it. Your phone can create real-time captions of what's being said.

iPhone: Go to the Accessibility menu, and tap on the Live Captions option. Turn on the virtual switch associated with Live Captions, then tap on the Appearance menu option to customize the text size and color.

Android phone: From the Settings menu, tap on Sound, then choose the Live Caption option. Turn on this feature, then customize the settings as you like.



IT CAN RECOGNIZE IMPORTANT SOUNDS. Have you ever not heard the doorbell? Or your dog barking outside? Or even your grandchild crying in the next room? Your phone can be set to listen for specific sounds and alert you when it hears them.

iPhone: Look for Sound Recognition in the Accessibility menu, and follow the instructions.

Android phone: Look for Sound Notifications in the Accessibility menu, and follow the instructions.

IT CAN TRANSLATE CONVERSATIONS. If you encounter someone who doesn't speak English, there's no need to resort to pantomiming. Your phone can serve as a real-time translator.

iPhone: Launch the pre-installed Translate app. From the top-left corner of the screen, use the pull-down menu to select your native language. From the pull-down menu in the top-right corner, select the language the other person is speaking. From there, you can either type in what you want translated or use the microphone icon to speak it. What you say will be displayed almost instantly in both languages selected.

Android phone: Download and install the free Google Translate app from the Google Play store. Launch the app, then from above the round Microphone icon, choose your native language from the left pull-down menu, and the language the other person is speaking from the right pull-down menu. Tap on the Conversation icon, then the Auto icon. As each of you speak, what's said gets displayed on the screen with the appropriate translation. Tap on the Speaker icon that appears in the top-right corner of the translation window to also hear a computer voice speak each translation.

Jason R. Rich is a personal technology journalist who has also written for Forbes and Entrepreneur.

Made Easy

BY SHERLYN FREEMAN

I only know how to send one photo at a time from my smartphone. How do I send multiple photos in a single text message to my friends or family?

It's an easy process; you should be able to do it in no time.

On an iPhone, launch the Messages app and start a text message. Tap the photos icon at the bottom (the icon looks like a kaleidoscope) to bring up the photos you have stored on your phone. Tap on each photo you want to send. Once done, go back to the text message with the photos added. Write anything you wish to say, then tap the arrow to send. Each photo you selected will be included.

On an Android phone, open the Messages app. Choose

the contact or contacts to whom you want to send the message and photos. Locate the image icon near the message box. Tap on it to open a quick view of your photos or the gallery icon to see more.

Tap on all the photos you want to send. A check mark will appear on those you selected. Enter your message. Tap send.

I have a pretty ancient phone, but I don't want to buy a new one. How do I know when it really is time to retire it?

If your phone is running slowly or an important security upgrade is required and can't be installed, it's probably time to upgrade. Even if your phone is working well enough, mobile operating systems, which run the software on your phone, are generally optimized only for models that are 4 years old or newer. So another rule of thumb is to upgrade every four years.

One more method is to assess your battery's health. On an iPhone, go to Settings, tap on Battery, then tap on Battery Health & Charging. If Maximum Capacity is nearing or below 80 percent, that's a sign your battery's days are numbered. Some Samsung Android phones have a similar check; for other Android phones, you might need to download a free app to test the battery.

Sherlyn Freeman is a lead technology trustee with Senior Planet From AARP. For help with a tech question, call 888-733-3405 between 9 a.m. and 4 p.m. ET weekdays.

Find out about online tech classes and other learning opportunities offered by Senior Planet From AARP at seniorplanet.org.

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

BONUS TIP A Quick "How To" for the Website

Service Requests

One of the primary missions of Queen Anne's At Home is to help seniors age in place – in their own homes. To do that, the community supports each other by placing and fulfilling Service Requests through the

website.

Service requests include, but are not limited to:

- Daily Check in Calls
- Decluttering/organizing
- Driving
- Equipment / Tool Sharing
- Errands / groceries / shopping (pick up and delivery)
- Friendly visit
- Hand sewing
- Help (light) around the house
- Home mending (minor repairs)
- Home minding (light gardening, short vacation help)
- Meal preparation (short-term)
- Play cards / board games / read aloud
- Teach a Skill / Share an Interest
- Tech Help (all platforms)
- Translation

If you need any of these services or another type of assistance, log in to www.queenannesathome.org and:

1. Click Members / **New Service Request** (the New Service Request form will open)
2. Make the applicable selections on the form: Type of Service, Purpose, Service Date, Start Time, Approximate Duration, and Member Needs
3. Click Submit (the request will be added to the List of Service Requests)
4. Click Members / My Service Requests to review your request. Note: If you need to make changes to this request, please call the office at 410-635-4045 and leave a detailed message about the change.

If you would like to **help someone with a Service Request**, log in to the website and:

1. Click Volunteers / Service Requests (the List of Requests window will open)
2. Click in the box underneath Types of Request (the default select is all) to select a specific type of request

3. Click the View button to the right of the request with which you can help (the Service Request Detail page will open)
4. Click the Button that says “I Can Do It / I Volunteer” (the Service Request Detail page will refresh, including a green box describing the next steps). Note: If you need to cancel, please call the office at 410-635-4045 and leave a detailed message.



The Next Chapter

By Charlotte Zang

Retirement sure sounds good, right? We have worked for decades, looking forward to the time when we can give it all up for the good life of leisure. No more adhering to a full-time hectic schedule, sitting through endless meetings, filing reports, and otherwise dealing with the pressures that come with a career.

Sure, there is less stress when you no longer have a demanding job, but there could also be a sense of loss, and that doesn't only mean income. Some retirees find that they are happier and more fulfilled when they are productive. They decide to put their experience and wisdom to good use and ... **Continue reading here:**

https://qaathome.helpfulvillage.com/blog_posts/6-the-next-chapter



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!

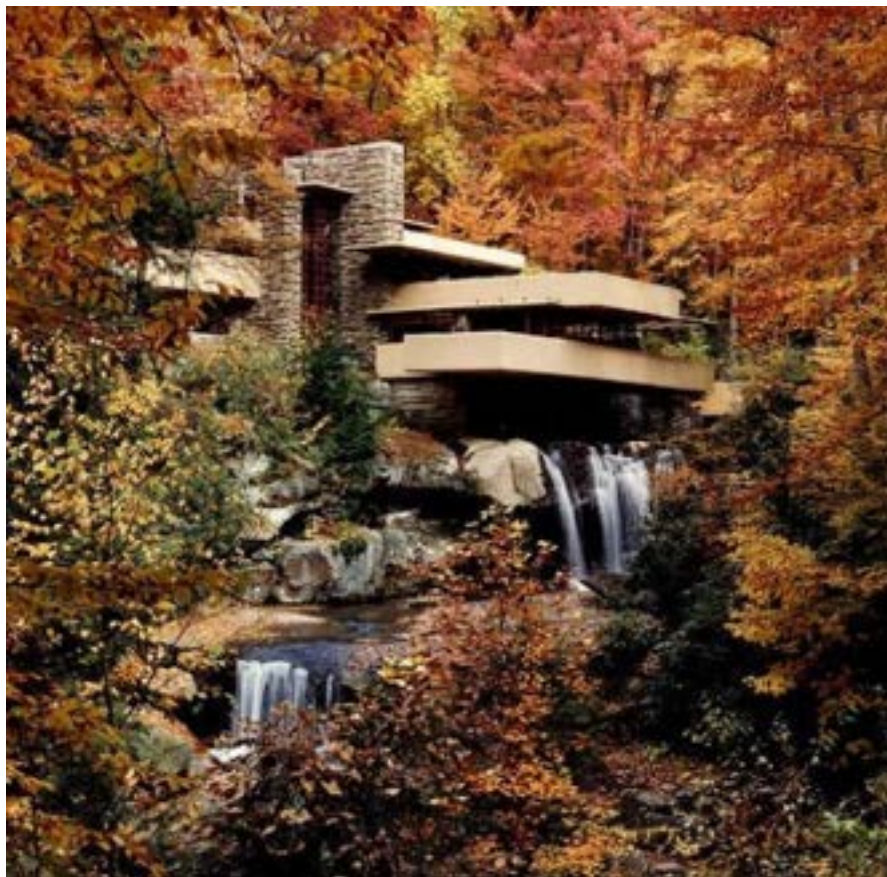


Notable Quotables

“To keep the heart unwrinkled — to be hopeful, kindly, cheerful, reverent — that is to triumph over old age.” — Thomas Bailey Aldrich



*“Youth is the gift of nature, but age is a work of art.” –
Stanislaw Jerzy Lec*



"The longer I live, the more beautiful life becomes." – Frank Lloyd Wright



Sharing Corner

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

"My mother-in-law and I value the opportunity to meet other seniors in our community to build new relationships and share information about resources. The Lunch Bunch is something we look forward to every month as it gives us the opportunity to meet new people and catch up with our new and old friends."

Karen Twigg and Dottie Kelly

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.



Copyright © 2023 Queen Anne's at Home All rights reserved.

Our mailing address is:

PO Box 164
Centreville, MD 21617

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Queen Anne's at Home · PO Box 164 · Centreville, Maryland 21617 · USA

