



Good Morning, QA@H! Today is a great day to get outside and look for a 4-leaf clover. And if you don't find one (or maybe especially if you do), send a shamrock 🍀 emoticon to someone, and tell them what you wish ... for them!

Last time, we inundated you with a ton of information because events were unfolding so abruptly. Things will continue to evolve, so we're going to try to send shorter messages more frequently. We're also going to post all our messages on our website so that you can refer back to the links and ideas we're sharing - stay tuned for that link.

HELP

If you need help from your QA@H, please **call the office (410-635-4045)**. We'll do whatever we can to get you the help you need. For example, do you need help signing up for grocery store or pharmacy delivery? Call us and we'll work with you to get you going. We can still use our service request system, but we're asking that you send all your requests through the office so that we can get you to the best resources.

SELF-CARE

It's so easy to get caught up in the rush of current events that we forget we still need to take *positive* care of ourselves every day. We'll continue to share tips from our members as to what they're finding helpful during this turbulent time. Today's tip:

- ❖ ***Nature is still open!*** Getting out in nature is still one of the best-known cures for tension and boredom. As of this writing, the buildings of some of these locations may be closed but the grounds are still open:
 - ✓ **Cross Island Trail** (*several access points, including up at Terrapin Park on Kent Island and behind the KI Library*)
 - ✓ **[Chesapeake Bay Environmental Center](#)** (800 Discovery Drive, Grasonville, MD 21638) - *walking trails and boardwalk overlooking Kent Narrows*
 - ✓ **[Adkins Arboretum](#)** (12610 Eveland Rd, Ridgely, MD 21660) - *walking trails through meadows, woods and wetlands; connects to trail system of Tuckahoe State Park*
 - ✓ **[Pickering Creek Audubon Center](#)** (11450 Audubon Dr, Easton, MD 21601) - *wooded walking trails*

Send your tip into the office! (OurQAH@gmail.com)

