



**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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## Welcome New Members!

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

- **Ann & Michael Grace**
- **Sara Shelley**
- **Philip Snyder**
- **Rich Weinfeld**

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

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## What's Happening? Events Update

### **Announcing the Spring 2024 READY-or-NOT WORKSHOP**

Developed by and for QA@H members, it's based on a workbook of exercises that participants address some Big Questions we all have to face as we work on our next chapter." The experience is designed to stimulate your creative juices, bring fresh eye creativity to these Big Questions, help organize your options – and then serve as prompt discussions with the important people in your life.

***You can get more info and register for the Spring 2024 Workshop here:***

<https://qaathome.helpfulvillage.com/events/807>

**April 24, 2024 (Wednesday) 2:00 PM to 3:30 PM**

Symphony Village, Centreville

*(location details will be provided to registered participants)*

**The Workshop consists of 4 facilitated meetings,  
with homework in between.**

*At this first meeting, participants will determine a mutually agreeable  
time and place for subsequent sessions.*

**Participation is limited to 8 individuals.**

The Workshop is open to single and multiple households.

(Multiples are strongly encouraged to participate together)

*If the Workshop is fully subscribed, please sign up on the waiting list  
so that we can determine whether to add a second Workshop series.*

**Still have questions? Need help registering?**

**Email QA@H at [OurQAH@gmail.com](mailto:OurQAH@gmail.com) or call (410) 635-4045**

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## **Coming Events**

By Linda Teuber-Kampes

We have some new events coming up to **celebrate the New Year!**

First: **SAVE THE DATE** for our second annual **Appreciation Night!** It will be held on Tuesday, April 16<sup>th</sup> at 5:30 PM at the Bay Country Moose Lodge. More information will coming!

In January, we will be doing our first **Painting Party**.



This will be held at the Bay Country Moose on Monday, January 8<sup>th</sup> at 2:00 in the afternoon. We need at least 10 people to hold this event and you must register prior to December 15<sup>th</sup> so our host has time to prepare the materials, so don't delay signing up or we may have to cancel.

cancel the event. Check the calendar for details.

We have planned a few **Happy Hours** for the cold winter months. January we will be at **Jeffe** on Thursday evening the 18<sup>th</sup> and in February, we will meet up at **Mama Mia's** in Centreville on Sunday afternoon – February 18<sup>th</sup>.

In **February** – get out your bowling shoes for an afternoon at **Easton bowling!** They have a special from 2:00 – 5:00 for \$10 (includes shoes if you don't have your own). This should be a lot of fun and I imagine some friendly competitions will be occurring.

For **March** – we have scheduled another get together to assist in filling out your SNAP binders – **Face It! Plan It! Do It!** On Monday March 11<sup>th</sup>. If you missed the one last October – this is your opportunity! Jinny Guy gives a great walkthrough explaining the binder and giving tips on getting it completed.

We are also working on some other events for March – hoping to plan a get together at **Easton Theater** with lunch afterwards. Watch for more information on that!

For those that missed the **Physical and Cognitive Activities** workshops which Madira led for us, you are in luck. Our member **Kay Alston** is working on putting together some sessions for our **Brain Health** group with activities similar to the ones Madira walked through. The group meets for one hour, twice a month to engage in exercises that focus on “gross motor and fine motor abilities, as well as coordination, balance, memory, attention, visual-spatial skills, and executive functions”. The exercises will not involve strenuous or conditioning exercises, and the group leader will provide a variety of props and handouts.

The **Book Club** is seeking new members! Where are all of our readers? Each month we decide as a group the book that we will read the next month and we can use some new perspectives. Meetings are held on the 3<sup>rd</sup> Monday of the month at 10 am. Location is designated in the event.

We are always looking for new ideas for events – let Linda know if you have any ideas ([lindat\\_01@comcast.net](mailto:lindat_01@comcast.net) or (410)596-2545)

## **Our Special Interest Groups**

### **Learn To Play**

We meet twice a month and learn to play different games. This includes different card games, dice games, Canasta, Mexican Train, UNO, Bunko - really anything can happen! People in attendance decide! We meet at the Grasonville Senior Center on the 1st Friday of each month from 10-12 and on the 3rd Wednesday of each month from 2-3:45 - 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**

The Brain Health Group is undergoing some changes and is now being led by Kay Alston. This group meets for one hour, twice a month to engage in exercises that focus on “gross motor and fine motor abilities, as well as coordination, balance, memory, attention, visual spatial skills, and executive functions”. The exercises will not involve strenuous cardiovascular conditioning exercises, and the group leader will provide a variety of props and handouts. Since the planned activities rely on a specific number of participants, REGISTRATION IS MANDATORY. If you do not register, but attend scheduled workshops, you may not be able to participate, but you will be welcome to observe. All updates to scheduled meetings will be posted on the website. Please contact Kay Alston (kae0861@atlanticbb.net or 410-212-9190) if you have any suggestions or questions.

## **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 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. Anyone is welcome to join – just register for the event and read the book. Each month we decide as a group the book that we will read next month and we can use some new perspectives. Meetings are held on the 3<sup>rd</sup> Monday of the month at 10 am. 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. 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 4<sup>th</sup> Wednesday of the month. We plan two months ahead of time – so check the calendar and sign up to join us when you can! Members of the luncheon will pick the location for the luncheon two months out from that date.

## **Pickleball**

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

## **Tech Tips**

Kay Alston is heading up our Tech Tips group with lots of good information. Be sure to follow her for her tips on Village Talk and on our new Facebook Page.

If anyone has any ideas they are interested in for a special interest group, contact Linda [lindat\\_01@comcast.net](mailto:lindat_01@comcast.net) and we will see what we can get started.

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## **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:

**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](mailto:OurQAH@gmail.com). Thank you!***

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## ***Tech Talk***

### **Casting**

By Kay Alston

What does casting mean to you? Are you:

- beginning a knitting or crochet project?
- trying to catch a fish?
- fixing a broken limb?
- assigning parts in a movie or theater production?
- making a mold for something?
- OR
- given that this is a Tech Talk article: playing video or audio content from a computer, phone, etc. on a television screen or other device?

As with all multiple “guess” questions, if in doubt, pick C or the longest answer!

It is relatively simple to transfer web content, home movies, and photos from your Smartphone or computer or tablet to your smart TV by wirelessly connecting two devices to a WiFi network. This is called casting. You can also use a cable to physically hook the device and TV together or by logging into an app on your smart TV.

The November 1, 2023 AARP Bulletin article titled, “**How to Bring Smartphone Video**

**Photos to Life on Your Big-Screen TV**” explains how to cast:

- Without cables from YouTube
- Without cables from other players
- Using Apple AirPlay
- Mirroring your Apple device
- Using an HDMI cable
- By logging into an app, like Facebook

Check it out: <https://tinyurl.com/mvz44xjc>

If you need further help, please feel free to give me (Kay Alston) a call (410-212-9190) or email me. I will see what I can do. No promises, but I am willing to try!

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## **BONUS TIP**

### **How to Update Your QA@Home Website Profile**

When you joined QA@Home, did you log into the website and update your profile information? I just did - I added a photo that is only 11 years old! Hopefully, I will find a recent one in the near future. 8-)

1. Log into the website
2. Click on the person icon in the upper right corner (a drop down menu opens)
3. Click "My Profile" (your profile page opens)
4. Scroll to the bottom of the page and click the EDIT button (your profile page will open in edit mode)
5. Edit the following as needed:
  - **Add your photo** by clicking "Choose File" under the person icon on the upper right side of the page. Then scroll through the files on your device and click the one that you would like to add.
  - **Edit Phone, Cell Phone, Bio, Address, First Emergency Contact, Second Emergency Contact**
6. Scroll to the bottom of the page and click the SAVE button
7. To change VOLUNTEER SERVICES or VOLUNTEER BUILDER call QA@Home (410-635-4045) or click the "VOLUNTEER APPLICATION FORM" button. Select the services you want or use the "ADDITIONAL COMMENTS" box on the form to note any other changes (such as volunteer groups you'd like to deselect). Then click SEND. An email will be sent to you and QA@Home noting that your request was sent. Changes may take a couple of days to process.
8. To change your email address, call QA@Home (410-635-4045) or send an email via the "Contact" menu.





## Refer a Friend

**Our current members are the best source of future members,** so please help! Ur further notice, **you'll get a free month's extension** to your own membership **when yo 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](mailto:OurQAH@gmail.com). Our Ambassador Team wi follow up. Thank you!

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## Notable Quotables



“Christmas is doing a little something extra for someone.” – *Charles M. Schulz*



Year's end is neither an  
end nor a beginning but  
a going on, with all the  
wisdom that experience  
can instill in us.

Hal Borland



## 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 what a member recently said about being part of Queen Anne's at Home's thriving community:

*"The best part of being a member of Queen Anne's at Home is the friends I've made. I love the events and activities and interacting with people who have similar interests."*

**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](mailto:OurQAH@gmail.com)**. You might just see your comments in our 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 Queen Anne's At Home'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 private 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](http://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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