



QA@H JUNE EVENTS

Tuesday 6/2/2020 – 11:00am
FORUM ON COPING

Saturday 6/6/2020 – 5:00pm
SOCIAL HOUR

Tuesday 6/9/2020 – 11:00am
FORUM ON COPING

Wednesday 6/10/2020 – 10:00am
COFFEE+CONVERSATION
Guest TBA

Saturday 6/13/2020 – 5:00pm
SOCIAL HOUR

Tuesday 6/16/2020 – 11:00am
FORUM ON COPING

Tuesday 6/23/2020 – 11:00am
FORUM ON COPING

Wednesday 6/24/2020 – 10:00am
SNAP Chapter:
Decluttering Your Computer
and Email Files

Saturday 6/27/2020 – 5:00pm
SOCIAL HOUR

☆ Unless otherwise noted, all events are via Zoom. Links will be emailed shortly before each event

☆ Please call the QA@H office for help with Zoom

Here are just a few activities some **Queen Anne's at Home** members reported recently:

- ✓ Working on our SNAP binders – at long last we're getting organized (yay!), plus finding gaps we need to work on (boo!)
- ✓ Sewing and distributing face masks
- ✓ Helping grandchildren who are stuck at home and b-o-r-e-d, or struggling with online learning
- ✓ Hosting "art camps", bingo sessions and game nights, happy hours, coffee dates, family reunions via Zoom and FaceTime
- ✓ Learning new apps for schools and doctor visits (plus ones like Zoom, FaceTime)
- ✓ Participating in social justice initiatives
- ✓ Decluttering! (*Thank you **Peggy Schaefer** for last year's SNAP on this subject! Check out Page 2 for this month's SNAP event: Decluttering Phase 2*)
- ✓ Learning to play the piano – finally!
- ✓ Making videos lampooning the new "normal" we're striving to cope with
- ✓ Helping neighbors find beauty on their new regime of daily walks. (*Check out [THIS LINK](#) for QA@H members **Sue (Rona) & Steve Warner** on local TV news.*)
- ✓ Yes, learning to bake with sour dough
- ✓ Creating art of all kinds (*Check out member Joanie Hart's creation, Page 2.*)
- ✓ Talking walks in nature (CBEC, Adkins Arboretum and the Cross-Island Trail are all reported as favorite destinations).
- ✓ Reading "all those books that have been gathering dust on my nightstand". (*See Page 4 for library resources.*)

Come share your stories on our Social Hour Zooms!

Welcome to Our Brave New World!

What a difference a month or two makes, eh? But one of the things we seniors have going for us is **resilience**. Another thing we have is **community**. Even when we're keeping our distance, we're finding ways to stay active and engaged.



"Requiem, Covid 19" by Joanie Hart

What Are "Coping Forums"?

How are we all bearing up? Each of us is probably dealing with stress from myriad current events in different ways, sometimes different ways in the same day! Many people find that hearing what others are dealing with - and being heard by others - are tried-and-true methods for reducing stress.

Two generous QA@H members, **Bob Jensen** and **Joanie Hart**, have been facilitating a weekly Zoom drop-in chat for QA@H members who'd like to give sharing those thoughts and feelings a try. So far, the consensus is that this has been hugely helpful, so the forums will continue for the foreseeable future.

You don't have to sign up for the forum events, nor do you need to commit to participating. Just drop in on any of the forums when the idea appeals to you.

A Zoom link is emailed before each event.

May Coffee+Conversation

QA@H welcomed **Jay Falstad**, Executive Director of *QA Conservation Association* to our virtual C+C. Jay gave us some local history as well as updates on projects around Kent Narrows and impacts of sea level rise on the area. We talked about what's going on with the "new Bridge", amid hopes for some updated data that may help the strategizing process.

Jay also invited QA@H on a field trip to **Calico Fields** lavender farm to enjoy the lavender-laced scene and demonstrations of several types of conservation measures

(<https://calicofieldslavender.com/>).

Stay tuned, as that will definitely be on our calendar once things open up.

June SNAP Chapter: Decluttering #2

*(Please note new date: **Weds. 6/24/2020**)*

Welcome back for a second SNAP presentation on getting organized. Last year we tackled the "stuff" in our homes and learned how to fold and store our clothes efficiently and get rid of items taking up space. This year's presentation (via Zoom) will tackle organizing the office. Having trouble keeping up with emails? Are you fed up with keeping track of passwords? What's the best way to store vital records and photos? QA@H's own **Peggy Schaefer** is back with more helpful tips on digging yourself out of the morass of computer files and emails that has bogged down so many of us. Join us and bring the strategies that are working for you to share with the group. Like last year's SNAP Chapter on decluttering, this should be both useful and fun!

WHAT NOW?

Coronavirus has impacted all of us in myriad ways, from upending our social lives to upending our family arrangements and knocking our financial plans sideways. As if that were not enough, our country has been buffeted by unrest the likes of which we only remember from decades ago.

Staying Safer At Home means that many of us have had more time to think about what is truly important to us and how we want to focus our time and energy once the immediate Covid threat passes.

Likewise, QA@H is using this enforced hiatus to re-evaluate how we can best fulfill our mission of **seniors helping seniors thrive at home**. As you know, QA@H made the difficult decision to suspend face-to-face service requests since, by definition, our member volunteers are in an at-risk age group. But QA@H still has a vital role to play in our community – it just needs to be re-imagined a bit.

We've begun by expanding our Calling Tree so that every QA@H member gets a call at least every couple of weeks (or more often if requested). Not only does this help us all feel connected, it has also yielded input that is crucial to this "re-imagining and refocusing" effort.

But what does that mean? So glad you asked! For starters, our members say we really value our educational and social programs. We recognize that, since we all want to age in place as long as possible, we need robust and thoughtful plans for how to do that. In the coming year, we'll be focusing on new angles of planning for this life phase, an area where QA@H is uniquely qualified to tap the skills and talents of not only our incredible members, but local experts across a range of fields.

QA@H Board News**2020-2021 Officers:**

- ☆ *President:* **Russ Mail**
- ☆ *Vice President:* **Cindy Bach**
- ☆ *Secretary:* **Jinny Guy**
- ☆ *Treasurer:* **Charlie Brooks**
- ☆ *Continuing Board members:*
Margan Glover, Mary Jo Volpicelli and Tom Walsh. We're also delighted to welcome new Board member **Mary Ellen Mason.**

And we give special thanks to **Linda Schuerholz**, who's stepping down from the Board, for her outstanding role with QA@H's inspiring SNAP program.

We need to include more QA@H members on the Board as we gear up for exciting developments in the coming months. ***Please contact a Board member or the QA@H office if you have ideas and energy to share with our community.***

QA@H will keep finding ways to help our members connect with each other and to those who are important to them. So far, we've ramped up our social and educational activities by holding more frequent (virtual) social hours and Coffee+Conversations, and instituted weekly drop-in coping support forums. Of course, the "virtual" means we've also had to extend our tech support to include Zoom, on-line ordering and other apps to help members manage and connect while socially distancing.

Though seniors are an at-risk group for Covid, our members remain eager to help others. In fact, service is a big reason many members joined QA@H in the first place. Our service operations are not going away, but will need to be modified in the near term. We will continue to help our members connect with the County's many services.

We'll keep offering tech support to our members to further the independence that is important to so many of us. If our members need something to help them thrive, we'll do our best to find a way for us to help each other.

We've thought a lot about the mantra "we're all in this together". QA@H believes we can be even stronger by partnering more closely with other County organizations. We're

expanding our outreach to build partnerships that could support complementary missions. There's no limit to what we can do, so bring your ideas about how you'd like to participate to your next Calling Tree conversation.

QA@H is just as committed as we've ever been to helping seniors help each other. Your ongoing engagement and support mean so much.

"Vignettes: My Life on Zoom" © 2020 Margan Glover

Welcome New Members!

- 👍 Dall & Carolyn Parsons
- 👍 Paul & Mary Ellen Mason
- 👍 Shirley & Kent Hoisington
- 👍 Jan Weeda and Mike Purdy

RESOURCES:

- In case you missed our earlier email on the subject, please be aware that Gov. Hogan recently announced the launch of the **Caregiver Services Corps (CSC)**, a program to support Maryland seniors who have been affected by the COVID-19 pandemic. Those in need of assistance should **call 2-1-1** to be connected with the CSC help center. <https://governor.maryland.gov/2020/05/18/governor-hogan-announces-caregiver-services-corps-to-help-marylands-seniors/>
- Some of us feel like we may need a second mortgage to pay for all the books we've been ordering recently, so good news from our libraries! "**Library Express**" is now available for pick up of pre-reserved books, DVDs, and audiobooks. Phone your library or visit www.qaclibrary.org. But what if you didn't get a library card before the libraries had to shut down? You can get that card by calling your library or follow this link: <https://eshore.polarislibrary.com/polaris/patronaccount/selfregister.aspx>. You can then access e-books, audio books and e-magazines immediately.
- Did you like that idea on Page 1 of holding virtual **activities for the kiddos** in your life? You might check out a popular app called **Caribu** (<https://caribu.com/>), which touts itself as "family video-calling app integrating children's books and activities - a truly engaging experience for kids and their families - a 'virtual playdate.'"

