

Queen Anne's at Home celebrates one year



Queen Anne's at Home celebrates one-year anniversary at the home of Russ and Norah Mail. Russ is a member of the Board of Directors.

CENTREVILLE – Queen Anne's at Home, a non-profit organization with a mission of helping seniors remain at home as long as possible, celebrated its one-year anniversary in October. Members gathered at the home of Russ and Norah Mail to enjoy each other's company and accomplishments over the past year, and learn about plans for the upcoming year.

As part of the mission of remaining safe at home as long as possible, members of Queen Anne's at Home participate in monthly informational workshops. Over the past year, members have met on two occasions at the Queen Anne's County Department of Emergency Services. Topics of discussion there included fire safety, defensive driving, winter preparedness, and a highly enlightening discussion of what happens when a 911 call is made. Members practiced using a fire extinguisher, got a close-up look of details in the interior of an ambulance, and observed operations in the Emergency Dispatch Center.

Other informational workshops have been held in both of the Queen Anne's County Library meeting rooms and at the Chesapeake Heritage and Visitor Center. Topics at those workshops have included learning how to be aware of safety hazards at home, elder law concerns, becoming savvy about fake news and scams, and a light-hearted but serious look at end-of-life plans and options. A topic involving how to make decisions about what is trash and what is treasure in basements and attics was met with amusement, but resulted in members supporting each other in efforts to de-clutter their households.

Future topics will include one-on-one time with a Medicare advisor answering questions and sharing information about the State Health Insurance Assistance program. Next year will start off with a talk about the FDA drug development and approval policies as well as things to be aware of regarding brand-name vs. generic drug options.

QA@H also offers a small group seminar where a facilitator fosters discussion about thinking ahead about what life might look like in 5, 10 or 15 years down the road. After the first such seminar, one participant commented, “This was so enlightening for me and my husband. It opened conversation about issues we’ve never fully addressed before. We were left feeling invigorated and empowered.”

Queen Anne’s at Home also offers informal ‘Coffee and Conversation’ gatherings. At one such gathering, members were surprised to learn about a coffee roasting operation located right here in Queen Anne’s County. Members have benefitted from being made aware of Parkinson’s Disease and the highly regarded Rock Steady Boxing program offered at a local athletic center.

The next Coffee and Conversation will be held Dec. 12 at the Creamery in Centreville where members will visit with Rep. Steve Arentz, R-36th – Queen Anne’s. In January, a retired police detective will talk about seniors’ safety at home.

During the upcoming year, there will also be car trips organized to local historical sites, museums, and musical venues.

Coffee and Conversation meetings are open to the public. If interested please check the at QueenAnnesAtHome.org, send an email to info@QueenAnnesAtHome.org, write to P.O. Box 164, Centreville MD 21617 or call 410-635-4045.