



QA@H NEWSLETTER - December 2019

QA@H EVENTS UPDATE

PLEASE register for events! Just click on the date or title for the link to online registration.

More details available online or through the QA@H Office

- **Tues 1/14/2020 - Coffee+Conversation - SENIOR SAFETY AWARENESS 10:00am Creamery**
Today we'll talk with **Mike McQuillen**, retired police detective, about recognizing the indications of domestic abuse and how to report it to the authorities. It's not always obvious, and it may not be what you think. And it can happen anywhere to anyone. This is important awareness information for all of us.
- **Weds 1/22/2020 - HAPPY HOUR 5:00pm The Narrows**
Enliven the post-holidays with some cheer! Cash bar will be available, and we can share some appetizers. Bring a friend - we're always happy to meet prospective members.
- **Weds 2/05/2020 - Coffee+Conversation - HISTORY of MEDICARE 10:00am Taste Buds Kitchen**
This month's C+C takes a different look at Medicare, as **Mike Hash**, a retired government executive, talks about the origins of the program. Medicare is such an important program to all of us, yet some of the facts behind its development may surprise you! (Taste Buds is just down from BadaBean.)
- **Thurs 2/27/2020 - HAPPY HOUR 5:00pm Bridges**
Are you feeling happy? If so, come to this Happy Hour! If not, come to this Happy Hour! Cash bar, possibly we'll share some appetizers. Bring a friend to introduce QA@H to, and enjoy some fun socializing.

SAVE THE DATE (details will follow in January newsletter):

- **Tues, 3/10/20, 2-4pm SNAP: Diet and Nutrition for Cancer Prevention**
- **Tues, 4/21/20, 2-4pm SNAP: Home Health vs. Home Care**

QA@H In the News

Did you catch QA@H's appearance in the *Bay Times* and *Record Observer* in late November? The article covered our one-year anniversary celebration at the home of Russ and Norah Mail. Check it out on our website by clicking on [THIS LINK](#).

Board News

Please help us welcome our new Board member, **Cindy Bach**! Cindy currently is an Account Executive with VNA (Visiting Nurses Association) of Maryland, committed to expanding quality home health services for older adults living on the Eastern Shore. Cindy is a licensed Occupational Therapist who has been serving seniors for over 35 years as a clinician and administrator. With a specialty in Home Health Care, she has served the Eastern Shore since 2000 in both clinical and managerial roles, providing community-based home health and transitional care services, and developing programs to best serve individuals and their caregivers working to optimize health and safety in the home and community. Cindy is committed to serving individuals and their caregivers to safely age in place through her practice and participation in supportive community services. Cindy is going to be a huge asset to QA@H as we continue to grow and serve QAC seniors.

SNAP Report

The State Health Insurance Assistance Program (SHIP)

The November SNAP workshop was a huge success, and not only due to the donuts provided! Jennifer Hall and Renee Carter from the Queen Anne's County Department of Community Services talked about programs and services available through the County. But what was most interesting to those in attendance was the amount of information and advice that can be obtained from their department.

We found out that most of us do not know as much as we think we do about the ins and outs of Medicare provisions and supplemental insurance options. We learned that we all should keep the **Maryland Access Point (MAP)** phone number handy as that is the place to start to get answers about senior health, care, local services, support groups, and much more.

The MAP phone number is (410) 758-1040.

Following their presentation, Jennifer and Renee remained available for one-on-one conversations where they answered questions individually. Overall this was a most valuable workshop for all who attended. As one member said, "I only wish I had known about all the services when my mother was failing and in nursing care."

QA@H Service Operation Underway

Another major milestone! QA@H member-helping-member service capability is now live on our website! If you need help such as a ride, small home repair, vacation plant-watering, meal or friendly visit, it's easy to put in a service request. Log onto our website, go to the "Members" menu tab, and select "New Service Request". Fill in the form that appears, providing as much detail as possible. If you'd rather not go on-line, simply leave a message at the QA@H phone number (**410-635-4045**), and we'll do it for you. An email notification will be sent automatically to every member who has volunteered for that particular service category. The first volunteer to respond to the request, gets it. Then the 2 members can confer directly to establish the details of the request, and voila! We've already fulfilled several service requests, and expect more in coming months.

Cookie Swap



Our first annual cookie swap was such fun! Lots of cookies, of course (*see some delicious recipes below*), and lots of stories, conversation and laughter. Backstory about Errol Flynn? Check. Insight into growing up in post-war Oak Ridge, TN? Check. What does "ANZAC" stand for? You bet. Makes you eager for what we'll learn next winter.

Mock Pecan Cookies (*Jennifer Illari*)

- 1 lb of butter (room temperature)
- 1 cup sugar
- 2 tsp vanilla
- 2-1/2 cups flour
- 3 cups oatmeal (I used old fashioned)

Preheat oven to 375°

Cream together butter and sugar, add vanilla, then flour, then oatmeal. I used a big mixer.

Refrigerate if you want to roll into balls the size of a walnut - I did not but instead dropped them onto the cookie sheet. In either case, press all around with a fork (*tip - dip the fork in flour*).

Bake for 12 to 15 mins. Cool on the pan about 2 mins, then place on a rack and sprinkle with powdered sugar while still warm. Allow to cool completely. Depending on the size you make, this recipe makes 5 - 7 dozen. (The size I made I actually yielded 95 cookies.)



Anzac Cookies (*Russ Mail*)

Anzac cookies get their name from the Australia New Zealand Army Corps, which sent their soldiers to Europe to fight in WWI. The folks at home wanted to send them cookies, but the long shipping times meant that cookies would dry out before reaching the front. So they came up with a recipe for cookies that stayed moist for the long trip to the troops.

"DRIES"

- 1 cup flour (all-purpose or whole wheat pastry)
- 1 cup rolled oats
- 1/2 cup sugar
- 1/2 cup fine grain natural cane sugar OR brown sugar
- 1 cup finely shredded non-sweetened coconut
- scant 1/2 teaspoon fine sea salt

"WETS"

- 1/2 cup butter, cut into little cubes
- 2 tablespoons golden syrup or honey
- zest of one medium orange
- 1 tablespoon boiling water
- 1/2 teaspoon baking soda
- 2 tablespoons Orange Liqueur

Preheat oven to 325°. In a large bowl, combine dry ingredients and mix well.

In a small saucepan over low heat, combine butter, syrup (or honey), and orange zest. Stir until melted and remove from heat. In a small bowl whisk together the boiling water and baking soda. Stir it into the butter mixture, then pour over the big bowl of dry ingredients and stir. Add the orange liqueur and stir again. This is a dough I like to mix it with my hands to make sure the butter is evenly distributed and the dough is moist throughout. I bake this batch of cookies in a well-buttered, heart-shaped cast iron pan, but you can simply drop them by the tablespoonful onto parchment-lined baking sheets. Make sure they're not too flat or they get crispy. Bake for about 12 minutes or until deeply golden.

Sesame Chocolate Blondies *(Margan Glover)*

Tahini helps these taste less sweet than your typical blondies, while chocolate adds a nice kick

- 1/4 lb butter (1 stick) melted and cooled
- 1-1/2 cups brown sugar (you can actually get away with less)
- 2 eggs
- 1 teaspoon vanilla
- 1 cup tahini, stirred well. (Yes, that's 1 cup!)
- 1-1/2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 4 ounces chocolate chunks, or morsels
- Flaky or kosher salt for sprinkling, optional

Preheat the oven to 350°. Line a 9-by-13-inch baking pan with parchment or aluminum foil, leaving enough overhang on the short sides to help lift out the baked slab. Grease the liner with cooking oil spray.

Blend the melted butter and brown sugar in a mixing bowl. Add the eggs, mixing until thoroughly incorporated, then blend in the vanilla bean paste and tahini.

Mix together the flour, salt and baking powder, and stir into butter mixture until just combined. Fold in the chocolate chunks, being careful not to overmix. You'll end up with a soft dough.

Scrape the batter into the prepared pan, spreading it evenly into the corners and smoothing the surface. Sprinkle with the flaky sea salt if you like.

Bake (middle rack) for 22 to 25 minutes, until the top is slightly puffed, firm and golden brown and a toothpick inserted in the center comes out clean.

Let cool slightly before lifting out the slab and transferring to a wire. When still slightly warm or completely cool, cut the slab into pieces. Makes 24 2-inch pieces.

Shannon's Ginger Cookies *(Russ Mail)*

- 2 cups (9 ounces) unbleached all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons ground ginger
- 1-1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon salt
- 8 tablespoons (1 stick) unsalted butter, melted and still warm
- 1/4 cup unsulfured mild or full-flavored molasses (not Blackstrap)
- 1/2 cup (3.5 ounces) granulated sugar
- 1/3 cup (2.33 ounces) packed brown sugar or light muscovado sugar
- 2 tablespoons finely minced fresh ginger
- 1 large egg
- 3/4 cup (4 ounces) ginger chips or crystallized ginger, cut into 1/4 -inch dice
- About 1/2 cup (3.5 ounces) Demerara or turbinado sugar or 1/4 cup (1.75 ounces) granulated sugar for rolling

Preheat the oven to 350°. Position racks in the upper and lower thirds of the oven.

Combine the flour, baking soda, ground ginger, cinnamon, allspice, and salt in a medium bowl and mix thoroughly with a whisk.

Combine the warm butter, molasses, sugars, fresh ginger, and egg in a large bowl and mix thoroughly. Add flour mixture and ginger chips and stir until incorporated. Dough will be soft.

Form the dough into 1-inch balls (0.5 ounce dough for each). Roll the balls in the Demerara sugar and place them 2 inches apart on the lined or ungreased cookie sheets. Bake for 10 to 12 minutes, or until the cookies puff up and crack on the surface and then begin to deflate in the oven. Rotate the sheets from top to bottom and from back to front halfway through the baking time to ensure even baking.

For chewier cookies, remove them from the oven when at least half or more of the cookies have begun to deflate; for crunchier edges with chewy centers, bake for a minute or so longer.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

-- often attributed to Mark Twain