



QA@H EVENTS UPDATE

Remember: Click on the date or title for link to online registration. Please!

"C+C" = Coffee+Conversation, QA@H's newest discussion series

More details available online or through the QA@H Office

- [Tues 11/12/19](#) Coffee+Conversation (C+C): PLASTIC FREE QAC 10:00am Creamery
- [Tues 11/19/19](#) Share a Skill: NO KNEAD BREAD! 2:00pm Russ Mail's home
- [Weds 11/20/19](#) SNAP Chapter: MEDICARE CONSULTATION 10:00am KI Library
See page 3 for more details on this timely event

NEW EVENT [Fri 12/06/19](#) COOKIE SWAP 3:00pm MarganPhil's home

Let's get together to do two of our favorite things - eat and chat! What could be better than a cookie swap? It's simple as 1,2,3. Uh, no, make that 1,2.

- (1) Bring a **plate** of **3 dozen** of your favorite cookies or treats - home-made or store-bought, we won't tell - and a **label** as to what kind they are (and any special notes such as gluten or sugar free).
- (2) Bring a **container** to take home your newly swapped cookies (or you'll have to eat them all there!)

Coffee, tea and spiced cider will be provided. If you want something a bit more fortified, it's BYO. Also, [BYOFriend](#) - this will be a terrific opportunity to introduce a friend or neighbor to QA@H.

This is a private home and space is limited so participation will be limited to first 20 to register

- [Tues 12/12/19](#) C+C: 2020 MD LEGISLATIVE SESSION 10:00am The Creamery
- [Tues 12/17/1](#) **DIY DINNER has been **POSTPONED!** Stay tuned for details in Spring!**
- [Tues 1/14/2020](#) C+C: SENIOR SAFETY AWARENESS 10:00am Location TBD

Look for more information about SNAP Workshops coming in 2020 including:

Diet and Nutrition for Disease Prevention

The Lowdown on Generic vs. Brand name drugs and their approval process

Robo Calls and Computer Virus Protection – what's safe and what apps are worth it

Decluttering - Keeping your Email inbox organized and manageable.

Please note there will be no SNAP Workshops scheduled in December 2019 and February 2020.

BOARD and COMMITTEE NEWS

MEMBERSHIP AND OUTREACH - We are pleased to welcome seven new members! At the next Coffee+Conversation or SNAP Workshop you attend, please look for and welcome **Shiela and Perry Stutman, Jennifer Illari, Marianne Dunn, Mary Ellen Hebert, and Charlie and Peggy Brooks**. Charlie is also new to the Board of Directors as our Treasurer.

EVENTS COMMITTEE UPDATES - Russ Mail organized a very interesting Coffee+Conversation get-together about Parkinson Disease and the highly regarded Rock Steady Boxing Program that is available at Island Athletic. This meeting was held at the beautiful Taste Buds Kitchen in Chester, a new establishment that specializes in offering unique cooking events for all ages.

OCTOBER SNAP WORKSHOP

*Leave the Driving to Us (what happens when you call 911) and
Defensive Driving Tips for Seniors*

This SNAP session was highly informative, very enlightening, and provided us with a wealth of information. We learned that we are very fortunate here in a relatively rural county to have an emergency services department that is well funded, staffed with highly trained EMT's and Paramedics, and has a sophisticated dispatch center.

Our session started out in the back of an ambulance with Joe Cichocki, Emergency Management Associate and Debra Hopkins, an EMS Lieutenant, Paramedic and Emergency Management Supervisor. Should you ever have to call 911, rest assured that based upon your initial reason for calling, appropriate help is immediately on its way even though you will remain on the phone to answer a number of questions. Your call is received by someone in the dispatch center but is also being 'copied' by someone in the field. Thus, the more questions you are able to answer, the better prepared the providers will be when they arrive. This is regardless of whether they are the paid Emergency Service providers or the volunteer first responders from the fire departments. It is critical that you remain calm, state the facts, and know where you are if your call is not from your own home.

We were given a File of Life packet to keep at home. This is a small, magnetized envelope for your refrigerator containing a card you fill out with pertinent medical information. Associated with this is a sticker to be placed on your front door that lets first responders know you have this information on your refrigerator for their immediate access. We will have these packets available for you at future SNAP workshops or Coffee Meetups.

Next, we moved inside and Maria Parker talked with us about how to be defensive in our driving habits. She graphically illustrated how to be aware, as senior drivers, of our reduced peripheral vision, our angle of sight, clarity of night vision, and slowing of reaction time.

Did you know the human eye has an angle of sight of 120 degrees, but with age this can be reduced to about half that? Did you know that with age, it takes longer for eyes to adapt from low light to high light situations and vice versa? That's why driving at night can be problematic with bright lights in surrounding darkness. Most of us failed this test: What do you do when an emergency vehicle is behind you, approaching with lights and siren? 1. Do you move off the road to the right shoulder? 2. Do you move off the road to the nearest shoulder? The correct answer is #2. Maria's illustrations were very enlightening and literally eye opening!

These were excellent presentations. Afterward, one participant said, "This SNAP was terrific! For one thing, I am now even more impressed with the caliber of emergency services available in QAC. The resources are impressive, especially for such a rural and fairly small county. For another, I now have a much better idea of what happens - and what doesn't - if I should ever have to call 911. There's a lot more that goes into the whole process than I ever knew, which gives me great peace of mind. Thank you!"

READY OR NOT SEMINAR

Four households signed up for this 'thinking ahead' seminar facilitated by Bob Jensen. They met in two of the members' homes for two sessions that resulted in universally positive comments about how thought provoking the conversations were and how broad were the breadth of ideas that emerged. Those who attended left with strategies for moving forward on their own with future ideas and plans. A highly successful seminar that will be repeated in 2020.

UPCOMING SNAP WORKSHOP

**The November SNAP will be a Coffee and Conversation Opportunity -
Wednesday, November 20, 2019
Kent Island Library 10 - 12 AM
The State Health Insurance Assistance Program (SHIP)**

Bring yourself a cup of coffee and indulge in some Dunkin Donut Holes

It's Medicare's Open Enrollment Season and we all think we know all we need to know, but guess what?! That may not be quite accurate. Come hear a brief presentation by Jennifer Hall and Rene Carter from the Queen Anne's County Department of Aging. They will talk about The State Health Insurance Assistance Program (SHIP), which meets the most universal needs of Medicare beneficiaries. They'll help you to understand your health insurance benefits, bills, and your rights.

Topics to be Covered

- Medicare Part A: Hospital Insurance
- Medicare Part B: Medical Insurance
- Medicare Part C: Advantage Plans
- Medicare Part D: Prescription Drug Plans

- Financial Assistance for Low-Income Beneficiaries
- Billing Issues, Appeals, Denials, and Grievances
- Medicare Fraud and Abuse

You will learn the 5 Things **You** Need to Do when selecting a plan including a review of your plan, help shopping for a plan, finding out the rating of your plan and finding out if you are eligible for help with payments. Then you will have an opportunity for a **one-on-one** discussion with Jennifer or Rene where you can ask about you own plan and discuss questions in a private setting.

Don't miss this great opportunity to have a donut and do something good for yourself!

@ Home With Dora Jean Hanna

By Phil Stapleton



To truly do justice to Dora Jean's story, I would need to write a book rather than just a short article. But here we go anyway.....

Dora Jean was born in San Jose, California and lived there until she went away to college (*if you can call attending University of California- Santa Barbara and Cal State-LA "going away"*). While living in Hollywood, she met her husband Nabil at a Baha'i get-together. Dora Jean & Nabil were married within a couple of months of their first meeting! But I guess they got it right, since they have now been married for 47 years.

Nabil earned a doctorate in Ethnomusicology (*look that up, if you wish*) and accepted a position at Colorado Women's College, so off they both went to Denver. At the Women's College, professors' wives could take classes for free and that is where Dora Jean completed her Bachelor's degree in urban studies. A few years later, they packed up their two babies and moved to Haiti where they did the groundwork to open a Baha'i-sponsored school. That plan worked fine until they were both taken ill (with paratyphoid, malaria, and dengue fever) and, since health care in Haiti was a

bit dodgy, at best, they decided it was time to bring the now three kids back to the States.

Dora Jean became an IRS agent and later became an Inspector with the Inspector General's office of the Department of Defense and then with the Department of Interior. While in the Interior job, the family lived in American Samoa for three years. They then moved back to the States and both worked for the State Department. As Foreign Service Officers they served tours in Tanzania, the Czech Republic, Morocco, and Israel. After the Israel stint with the State Department, Dora Jean retired (*well, sort of*) and went to work at the Baha'i World Center in Israel where she served as the head of Personnel. Dora Jean and Nabil moved back to the States and although Dora Jean had "retired" she soon went back to the State Department as head of Human Resources for Iraq reconstruction efforts and ended her career as an advisor at the International Monetary Fund.

Having now **really** retired (*well, at least for the moment*) Dora Jean and Nabil moved to the Eastern Shore in 2011. She has been a volunteer with a number of organizations here on the Shore including hospice, CBEC, and Upper Shore Mediation, but is taking a break in order to simplify her life in preparation for the next great adventure - whatever that may be.

Dora Jean also shared with me that she was adopted when she was very young. However, she recently located her “birth family” with the help of Ancestry.com and they had a big family reunion out in Colorado and where she met her six brothers and sisters. She and the sisters are now planning another get-together in the not-so-distant future.

Dora Jean and Nabil have a son working in Liberia as an engineer for the Agency for International Development and a daughter who is a criminal defense attorney in Baltimore. They also have two granddaughters - son Kalim met his wife while they were living in Morocco.

What does Dora Jean love about QA@H? Well, she wants to stay at home as long as possible and she wants to help others in our community achieve the same goal. She recently participated in the “Ready or Not” Workshop session and says it made her “look at life in a completely different way”.

So, Dora Jean knows a good cause when she sees one. If you want more details about her fascinating life story, give her a call!

Members Helping Members - Do you need a minor home repair? Plants watered while you are away? Just make a Service Request on the Website or call the office number and leave a message.

Why should 60+ aged people use valet parking?
The valet won't forget where he parked your car!

If you have an idea for our newsletter, please contact the office and lets us know.

We will help you share your thoughts.