

UPCOMING EVENTS: (click on event date to go to website and REGISTER)

[Tue 04 / 09 / 19](#) – **Membership Meeting** **POSTPONED** (see below, 5/15/19)

[Wed 04 / 24 / 19](#) – **SNAP*: De-Cluttering/Possessions Wrangling** 2:00-4:00 pm **KI Library**

Need some tips about what to do with the rising tide of “stuff” that threatens to engulf us all? Learn best practice solutions for wrangling your possessions during this interactive workshop. Work on your “Use It or Lose It!” plan, maybe even join a Decluttering SWAT Team.

[Wed 05 / 15 / 19](#) – **SNAP: RollOut and Binder Distribution!** 2:00-4:00 pm **KI Library**

Come and get it! At last, your very own SNAP Binder - including inserts and hand-outs - awaits you! We’ll also learn about – and provide input to - future SNAP plans.

[Wed 05 / 15 / 19](#) – **Membership Meeting** **NOTE NEW DATE** (directly following SNAP meeting)

Following our SNAP binder/materials roll-out, we’ll call a Membership Meeting to order, the primary purposes of which will be to update everyone about what QAH has been up to, get input on member preferences and ideas, and solicit help with key initiatives.

PLEASE ATTEND! QAH is your organization and needs your input.

[Fri 05 / 17 / 19](#) – **Senior Summit (outside event)** 9:00 am -2:00pm **4-H Park**

QAC Dept. of Community Services and Area Agency on Aging are sponsoring the 2019 Senior Summit, an annual public event celebrating and connecting the community with resources (including QAH!!) specifically important to seniors and the aging population. Admission is free and there’ll be vendors, prizes & plenty of fun! Call (410) 758-1040 for more information.

[Tue 06 / 04 / 19](#) – **SNAP: Is Your Home Out to Get You?** 2:00-4:00 pm **KI Library**

Have you figured out how to ensure your home is going to *help* you “age in place”? What are your options? Our speaker, Jay Blankenship (PT, Certified “Aging-in-Place” Home Safety Inspector) will walk us through important guidelines and options. During this workshop, we’ll work on completing our own “home inspection” plans.



Need a ride? Need help with spring cleaning?
REMEMBER: Members Helping Members service is now available
either through our website or through the “office” (410-635-4045).
It’s easy-peasy to use. Click [HERE](#) to check it out online.

MEMBER SUGESTION BOX:

At our recent “Fake News and Scam” SNAP (see write-up next page), members asked for **more frequent reminders about upcoming events**, including links to go directly to the event registration page on our website. Starting this month, expect to get a more-or-less weekly event email. If there’s a piece of hot news that can’t wait until the next monthly newsletter, we’ll tuck that in as well. After we’ve tried that for a while, let’s revisit the issue to see if we’ve found the sweet spot of enough-but-not-too-much communication.

* Senior Navigation Plan (SNAP)



March SNAP Highlights – “Protect Yourself From Fake News and Scams”

“Fake News” has become a thing. It’s everywhere, on any part of the political spectrum, on pretty much any subject you can think of. Some is just plain silly, some is innocuous, but some of it is truly harmful. At our SNAP session, we learned to follow this **ESCAPE** plan to dig below the surface and figure out if “news” is real or not.

- E = Evidence.** Do the facts hold up? Look for what you can verify. Does it even make sense?
- S = Source.** Who made this, and can I trust them? Trace who touched the stories (hint: chain mail doesn’t count).
- C = Context.** What’s the big picture? Think about political goals or financial pressures that may affect the story.
- A = Audience.** Is the story intended to appeal to a specific group or type of people? Check images, language.
- P = Purpose.** Why was it made? Look for motivation: mission, moneymaking tactics, implicit or explicit agenda.
- E = Execution.** How is the information presented? Style, grammar, tone and image choices affect the impact.

We’ve heard a lot about **scams** and think “Oh, I’d never fall for that.” But guess what? Each of us, given the right situation, may well fall for a charlatan’s pitch. Scammers depend on pressure and confusion, and once you connect with them, they’re masters at manipulating you. The key is don’t connect with a scammer!

- **DON’T pick up the phone** unless you know who’s calling. If it’s a number that looks sort of familiar, take a beat. Scammers can *fake* phone numbers to look local. **DO let your phone roll to voicemail.** If it’s for real, you can call right back. Waiting for an urgent call, perhaps from a doctor? The caller ID should be exactly who you’re expecting the call from. Otherwise, **let it roll.**
- **DON’T click on links in email** that come to you, even if the email looks legit. **DO go directly to the site** in a web browser, not through that email link.
- **DON’T fall for pressure tactics.** The IRS will never contact you by phone unless they’ve first contacted you by mail. No government agency will ever pressure you to send money for any reason. **DO call someone you trust** if you get a pressure call that makes you uncomfortable or fearful.
- **DON’T worry alone. DO call someone!** The Sheriff’s department (410-758-0770) can help you.

Help Wanted: Communication Team



Do you like to write? Got a flair for outreach? Perhaps have a background in communication? QAH is ready to put together our Communication Plan, but we need a team to work on this. **Can you help out?** Please leave a message at QAH’s “office” at (410) 635-4045 or drop an email to OurQAH@gmail.com.

COMING NEXT MONTH:

Check out the next QAH newsletter for a new feature: *QAH Profiles*. Our own intrepid biographer, **Phil Stapleton**, will share his interview of one of our fellow members. Was she a singer? A dancer? A rocket scientist? A cucumber sorter? You won’t know unless you stay tuned! Depending on how it’s received, Phil may be willing to get a regular byline. (Got a story to share? Contact Phil at 410-827-7232 or marganphil@gmail.com)

Remember QAH is of, by and for its members, which makes this your organization!
Ideas? Suggestions? Call (410-635-4045) or email OurQAH@gmail.com