



QAH NEWSLETTER ~~~ 26 November 2018

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Hopefully you are still basking in the glow of a lovely Thanksgiving. It's such a wonderful holiday because as we all know, gratitude is the "universal solvent". Things at QAH have been jumping as you'll see below. And thanks to Linda Schuerholz for the wonderful write-up (next page) of our recent SNAP chapter meeting on Fire Prevention. It was a huge hit!

QAH NEWS

Please welcome our 3 newest Board members! ([click here](#) to meet the Board on our website)

- ❖ **Jinny Guy** has a long history of non-profit board service. She says she likes "to get into the weeds by making things clearer, cleaner, accurate and all round easier." She's looking forward to helping "turn QAH into a thriving organization" that realizes our vision of a "true community".
- ❖ **Russ Mail** also has board experience, and has "been an interested observer of the Village movement for many years through the experiences of friends who have been participants in villages in the DC area. Russ says he is "impressed at the amount of good that can come from a group of dedicated volunteers with the determination to help others in the community."
- ❖ **Peggy Schaefer** has extensive experience with non-profits as well as working with seniors (think, decluttering, downsizing and moving.) She says she hopes to utilize her "organizational skills and help seniors navigate through the changes that come with aging."

We can already feel increasing momentum with the advent of these 3 dynamic personalities! Specifically...

We're making great headway with getting our systems up and going. Two new committees are forming: **Ambassadors** (member recruiting, community outreach) and **Events** (SNAP chapters, educational and fun events). We could use your help as we define each committee's mission, get our calendar set up, and figure out how best to deliver the activities our members want most. **If you'd like to get involved**, please contact:

- ❖ **Events Committee**, Russ Mail (rmail@wye-river.com)
- ❖ **Ambassador Committee**, Peggy Schaefer (pegcol@verizon.net)

or contact the office at OurQAH@gmail.com or (410) 635-4045

We're also pleased to announce **Share-A-Skill**, a new "service" where members share a skill or passion with other members. It's a great way to learn something new! We're kicking off the concept this month with a truly weird and wonderful skill: making meringue mushrooms (*see "Upcoming Events", below*). Do YOU have a skill to share? Contact the Events Committee (Russ Mail (rmail@wye-river.com)) or the QAH office at OurQAH@gmail.com or (410) 635-4045 and we'll get it set up.

QAH UPCOMING EVENTS

SHARE A SKILL

When: Dec. 17 (Mon), 10am-12noon

What: "Learn to Make Meringue Mushrooms" Workshop

To introduce our new share-a-skill service, Margan Glover will give a hands-on lesson in how to make meringue mushrooms – just in time for your holiday treats!

NO BAKING SKILL REQUIRED – promise! But you will get sticky. Chocolate is involved.

Where: Margan's kitchen, Grasonville

RSVP: **required:** Space is limited to 8, so first come, first served. [CLICK HERE](#) to go to our website, or call the office (410-635- 4045) to make your reservation. (Oversubscribed? We'll do another session later.)



MEET UPS



When: **Dec. 6 (Thurs), starting at 10:00am**

What: **Coffee Meet-Up – drop by**

Where: **The Market at Chesapeake Bay Beach Club** (adjacent to Knoxies Table),
180 Pier One Road, Stevensville, MD 21666 (on the way to Hemingways)

RSVP: much appreciated ([CLICK HERE](#)), or call the office (410-635- 4045)

Bring a friend who might like to find out more about joining QAH! 😊



When: **Dec. 12 (Weds), starting at 4:30pm**

What: **Happy Hour - drop by**

Where: **The Narrows Restaurant, bar side**

RSVP: very much appreciated ([CLICK HERE](#)), or call the office (410-635- 4045)

It looks like a Happy Hour is going to be a monthly thing for QAH. This month, we're going to meet up at The Narrows Restaurant (for your GPS: 3023 Kent Narrow Way S, Grasonville, MD 21638). It's a cozy space and they're going to run individual tabs for us, so what could be easier? Bring a friend! 😊

WHAT'S BEEN GOING ON

SNAP CHAPTER: FIRE SAFETY (write up by Linda Schuerholz)



On November 13th, eight QAH members attended a highly informative and entertaining presentation at the Queen Anne's County Emergency Services office in Centreville. This included a discussion, a tour of the dispatch operations center, practice with a home style fire extinguisher, and quality petting time with the center's rescue dog. Just a few of the important points and cautions are listed here. A full copy of the presentation will be made available at a later time.

- ❖ Did you know that people 70 to 85 years of age represent **38% of all deaths due to fire and smoke**? Our poor hearing and our slowing reaction times are contributing factors to making a quick escape.
- ❖ Battery operated **smoke detectors** should be replaced annually. Even hardwired smoke detectors need to be replaced, but only every 10 years.
- ❖ **Log burning fireplaces** should be cleaned professionally annually. You know those fake logs that are also easy to use as kindling? Well, they are a definite no-no for fireplaces as they contribute significantly to creosote buildup.
- ❖ **Kitchen fires** are the leading cause of fire injury. When cooking, be mindful of wearing clothing or a bathrobe with loose sleeves that might come near an open flame.
- ❖ Rid yourself of all **extension cords** in permanent use! Use power strips if you need more options for electronics and small appliances.
- ❖ You should have **fire extinguishers** on all levels of your home. You can always pull the pin and quickly test that one is functional without diminishing its effectiveness.

Remember PASS: Pull (the Pin), Aim, Squeeze and Sweep

We were reminded that our local fire departments are all volunteer and that our geography is spread out. Although our fire departments have good response time records, they might not be as fast as one might expect given those factors, so **prevention is key and up to each of us!**



This was a very worthwhile presentation. If there is interest, we can ask for a repeat performance.