



## QA@H NEWSLETTER - JULY 2019

### QA@H EVENTS UPDATE

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

**NEW** [Tue 07 / 09 / 2019](#) - **COFFEE MEET-UP** 10-11:30 am Bada Bean  
Meet-&-greet over a cuppa joe. Bring a friend to introduce them to QA@H and learn about who we are.

[Wed 07 / 17 / 2019](#) - **SNAP Chapter: LEGACY LETTER WORKSHOP** 2-4pm KI Visitors Ctr  
We know that a will distributes your stuff. But you are so much more than your stuff – how do you pass on all the things that make you, you? Life lessons, wisdom, gratitude. Enter the Legacy Letter. Please **PRE-REGISTER** (online or through the office) so that we can send you some preparatory materials.

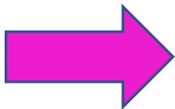
**NEW** [Tue 07 / 23 / 2019](#) – **HAPPY HOUR** 5:30-7pm Narrows Restaurant  
Come by yourself or bring a friend, hang out, enjoy a beverage (cash bar) and maybe we'll chip in on an appetizer and watch the sun on the water. (Talk about gratitude!)

**NEW** [Tue 08 / 06 / 2019](#) - **COFFEE MEET-UP** 10-11:30 am The Creamery  
Coffee is more fun when shared, so bring a pal to learn more about the welcoming community of QA@H

[Thu 08 / 15 / 2019](#) - **SNAP Chapter: ASK the UNDERTAKER** 2-4pm KI Library  
Find the answers to your burning questions about a subject no one wants to talk about. We promise this isn't going to be the creepy downer you might be imagining. 😊

**NEW** [Tue 08 / 20 / 2019](#) - **HAPPY HOUR** 5:30-7pm Bridges Restaurant  
Can you imagine anything more fun than hanging with friends watching sun, boats and water go by? Nope, neither can we. Bring yourself, bring a guest ... just come.

**NEW** [Tue 09/10/2019](#) - **SNAP Chapter: LEGAL EXPERTS ANSWER YOUR QUESTIONS**  
An expert answers your questions on a wide variety of topics related to Elder Law legalities, insurance and more. Contact the QA@H office to submit your questions in advance.



Queen Anne's At Home is proud once again to offer

### **"Ready or Not" Workshop -- From "What If..." to "Let's Go!"**

Most seniors want to "age in place" but most lack a concrete plan for how to make that happen.

**READY or NOT** is a facilitated workshop developed and offered by QA@H to help participants identify and plan for important life decisions they will face as they age. It's about being proactive on your own behalf, so consider this a gift to your future self, as well as your loved ones.

The **READY or NOT** workshop uses a planning tool QA@H has developed exclusively for our members. The tool provides a structured approach to thinking about the many critical decisions facing all of us as we age. Whether you're thinking 5 years ahead or 30, now's the time to get started.

- Limited to 8 participants (both members of household membership should attend)
- Three sessions, separated by 4 to 6 weeks each. Starts during 2<sup>nd</sup> half of September
- All sessions scheduled at a convenient time to be determined by registered participants

*No additional fee for this workshop.* Want more info? Contact the office to get a detailed brochure.

If you'd like to attend, include available dates/times in the 2<sup>nd</sup> half of September. Our workshop facilitator will follow up with you directly.

**HELPFUL NOTICE:** [Farmer's Market Coupons](#) to be distributed to **senior citizens:**

- July 10: Kent Island Senior Center 10:00 a.m.
- July 11: Grasonville Senior Center 10:00 a.m.
- July 12: Sudlersville Senior Center 10:00 a.m.

**HELP WANTED:**

- Know your way around effectively posting to **social media**? We need someone to manage QA@H's Facebook page and help grow our social media presence. Please contact the office!
- **Share a Skill** – do you have a fun – or bizarre - skill to share? (Last time we learned to make meringue mushrooms 🍄) Contact the office so we can put you on our calendar!



**SNAP News - Staying Safe at Home**

Members had their eyes opened at the **June “Stay Safe at Home” SNAP workshop** presented by **Jay Blankenship**, a Certified Home Safety Specialist. It was hard to be inside on such a glorious June day, but those in attendance were rewarded with a greater appreciation of potential hazards in their own homes and got ideas for problem area remedies. Some members had submitted photographs ahead of time, so Jay could guide us on personal tours of possible trip/fall hazards and **simple** ideas for easy preventive fixes. He reminded us to think not only about ourselves, but also those, young and old, who visit our homes.

Jay made recommendations for good sources of safety equipment like hand holds and grab bars. Not surprisingly, Amazon is a good source, but he added that Walmart is another resource for such materials. Jay was quite impressed with our forward thinking in creating QA@H and hopes to remain involved with us. He is interested in liaising with contractors when home modifications are made. We will invite him back for another session where members will share before and after pictures of fixes they have put in place as a result of his helpful and practical workshop.

**Before**



- **Increase color contrast between riser vs. step**
- **Add non-skid strips**
- **Strengthen handrail**

**After**



## ***Board Buzz***

The Board began its June meeting with a send-off to three retiring Board members. **Janet Pauls, Chris Perkins, and Jody Simmons** - all founding Board members - have left our Board to tend to their very busy lives. Margan presented each of them with a QA@H t-shirt and a framed photograph donated by our own **Phil Stapleton!** We will certainly miss the many, many contributions of these three and wish them the very best.

On June 11, QA County Commissioners presented QA@H with a **CharacterCounts! proclamation** stating that we are an organization practicing the CC! pillar of citizenship. Several Commissioners asked questions and praised our organization, so it was a terrific opportunity get the QA@H word out to the wider community.

## ***JUNE COFFEE MEET-UP***

Members gathered at Bada Bean to enjoy a morning coffee. Did you know we have a coffee roasting company right here on Kent Island? **Open Seas Coffee Roasters** is located at the very tip of Love Point, where the Baltimore ferry would dock back in the day.



Open Seas owner and chief roaster, **Bryce Roszell**, gave us the buzz about coffee. Open Seas is a small batch coffee roaster supplying Bada Bean, among other area shops. Bryce is as passionate about coffee as a vintner is about wine. He has lived in Laos and spends time in Central America, where he has become friendly with small coffee farmers. He told us fascinating facts about the economics of coffee growing and distribution: from grower to collector to shipper to distributor to roaster, processor, wholesaler, retailer, and finally to consumer. Someone takes a cut at each step, making it harder for the original grower to earn a living. Bryce is striving to shorten that supply chain by dealing directly with coffee farmers and arranging as many of the steps as possible to get the beans to his roastery. He is re-investing in the growers' local economy through the 10-4Farmers Initiative.

"Through our 10-4Farmers Initiative we are investing 10% of our gross profits into sustainable water filtration systems for coffee farming communities and surrounding areas. For every 12oz bag of Open Seas coffee you drink, we are giving an average of 210 liters of clean drinking water to real villagers in one of our source countries. That is over 35 days' worth of potable water per bag of coffee sold."

Visit his website ([www.openseascoffee.com](http://www.openseascoffee.com)) for beautiful pictures of the growers and the farms where he sources coffee beans. He invited us to come out to Love Point for a demonstration of coffee roasting at his facility. Stay tuned for news of that event this fall, and maybe a repeat of this fascinating program.

## ***COMMITTEE NEWS: MEMBER HAPPINESS UPDATE***

I am happy to report that of the 6 survey responses (so far), all are happy with QA@H. You had loads of suggestions for the future, which I have shared with Committee chairs who will add your ideas to their list of possibilities. Among those suggestions were day trips, walks, tea party and some great suggestions for SNAPs such as financial management, long term care, and even hearing loss remedies. A few of you mentioned "better/more" participation for events and gatherings, and asked for more service requests and volunteer opportunities. We have room to grow here, so step right up! Please know that we take your input seriously and will do our best to make QA@H what you want it to be. You can still take the survey, so [CLICK HERE](#) to complete it online, or call the office to get your paper version. –Jinny Guy, Member Happiness Chair

***MEMBER PROFILES*** will return next month!

**Got an idea for our newsletter? Contact the office and find a place for your voice!**