



# QA@H NEWSLETTER - AUGUST 2019

## QA@H EVENTS UPDATE

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

[Tue 08 / 06 / 2019](#) - [COFFEE MEET-UP](#) 10:00 - 11:30 AM The Creamery  
Share a cup of morning joe and hear about the latest QA@H Workshops

[Thu 08 / 15 / 2019](#) - [SNAP: ASK THE UNDERTAKER](#) 2:00-4:00 PM KI Library  
This promises to actually be fun and amusing as well as informative.  
You may not have thought of everything!

[Tue 08 / 20 / 2019](#) - [HAPPY HOUR](#) 5:30 - 7:00 PM Bridges Restaurant  
If you missed the sunset at the Narrows in July, be sure to catch this one! Another beautiful setting right here in our own 'backyard.'

[Tue 09 / 10 / 2019](#) - [SNAP: ELDER LAW QUESTIONS & ANSWERS](#) 2:00-4:00 PM  
KI Library  
Bring your questions and benefit from two hours with an attorney – free!

## BOARD COMMITTEE NEWS

### AMBASSADOR and EVENTS COMMITTEE UPDATES

Peggy is pleased to announce that as of July we have two new member households: Mary Jo & Vinnie Volpicelli from Centreville and John and Eugenie Fitzgerald from Queenstown. Please welcome them when you see them at the next event or SNAP Workshop.

Russ has been hard at work planning and scheduling events for QA@H. The first Friend Raiser was a huge success as you can see below. The Monthly Coffee Meetups and Happy Hours are going strong and are great ways for guests to meet members and learn more about us.

### SNAP COMMITTEE UPDATE

#### Writing a Legacy Letter



If you thought this workshop sounded too serious or maybe even a bit morose, please give this a second thought. With Margan Glover facilitating our discussion, we were provided with a multitude of fun, entertaining, and yes, poignant ideas for sharing thoughts with family or friends. We worked in teams and shared thoughts about many topics, including faith,

gratitude, family, and adversity. We discussed who, what, where, and how we might share these thoughts. The 'what to share' was brainstormed with ideas including offering advice for the future, sharing heartwarming reminiscences, or old family lore. The 'how to share' included ideas in the form of a letter, a diary, an

illustrated journal, a video, or maybe a cookbook with stories about great grandad's cooking a hotdog over the manifold of a Model T. We also discussed how recipients' generation might help direct the form of the presentation. This was an eye-opening presentation and one that those in attendance will follow up on in a few months. We are all anxious to

see how each of us begins to tackle this family project.



Wendi Manzi was among the participants and she commented afterward that she was leaving with lots of food for thought and a plan to begin this project. She's looking forward to a follow up to share her progress.

### **SNAP for August - ASK THE UNDERTAKER**

Remember to Register for the Upcoming SNAP Workshop - August 15<sup>th</sup>

This will not be the least bit dreary and you will learn about things we're sure you've never even thought about!

### **FRIEND RAISING FUN**

Thanks to Russ Mail's vision to promote membership in QA@H, the first Friend Raising event was held in late June. Russ was the organizer, Linda and Bob Schuerholz were the hosts, and Margan Glover was the emissary for QA@H. Members in attendance brought appetizers to share, and their guests were both entertained and educated about our purpose and mission. Thirteen members were responsible for

the 15 guests who attended. Everyone mingled, inside and out on a lovely but hot evening. At one point, many of the guests gathered around while Margan shared information and answered questions. Our Ambassador Committee will follow up with those who expressed an interest in pursuing membership. This was a very successful event and we look forward to more.



## Coming Soon - "Ready or Not" Workshop Moving from "What if" to "Let's Go!"

This facilitated workshop is a repeat event offered to help you identify and work through important life decisions. Where do you want to be in the future? Be proactive! Use our planning tool to help with this journey.

- Limited to 8 participants (if a household, both members should attend)
- Three sessions separated by 4 - 6 weeks starting in late September
- Time to be arranged with participants

Please register on the website or call the office

## Helpful Information

Check this out online. There is a lot of interesting and useful information about services and events in Queen Anne's County available through Maryland Access Point Queen Anne's County: [www.qac.org/MAP](http://www.qac.org/MAP)

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.

## @ Home With ... **Bob Jensen**

By Phil Stapleton

*One suggestion to our readers: Despite his lack of square pants (well, at least to my knowledge), you should ask Bob why some of us tend to refer him as "SpongÉ".*

Bob grew up in Cranford, NJ but was born in nearby Elizabeth – which is deep in the heart of "Sopranos" territory. As a kid, he mostly hung out with his buddies, "played guns" (*are we still talking about the Sopranos here?*) and he was an Eagle scout. Bob also played clarinet for years although says he played better in sixth grade than he did in high school.



Bob attended a private high school in Jersey, the Pingry School. In his Freshman year Bob got the most improved student award. After his wild success at Pingry, Bob moved on to Dartmouth College where he was a chemistry major. He attended Dartmouth along with one of his buddies since kindergarten.

A direct commission in the Navy allowed him to attend law school at Yale. He did this in part to avoid the draft during the Vietnam War. In 1969 he became "Ensign Jensen" (*I guess if he had gone into the*

*Army he might have been “Sergeant SpongÉ” instead).* He served in the Navy as a Judge Advocate General (JAG) and spent time at both the Navy Yard and Bethesda Naval Hospital. Bob was eventually sent to the Pentagon and became a line officer.

After leaving the Navy, Bob went to work for a small law firm in DC. He wanted to work there in part because one of the job requirements was that “a sense of humor is required”. Unfortunately, that firm went belly-up in the 1980’s, leaving Bob with no source of income for a year and a half (*so I guess a sense of humor was actually required for the job*). He then went to work at a larger law firm (the DC office of a big Chicago firm) where he practiced business law. During that time, he worked with many potential start-ups that couldn’t quite make the move from concept to reality, and he subsequently became known as “Dr. No”. He wasn’t crazy about the legal work itself, but like most of us he needed the money.

Bob met his wife Joanie at the Spanish Ballroom in Glen Echo back in 2000. They waltzed. He saw her at the Ballroom again two weeks later and took the risk of asking her to take a hike with him -- she said YES. They married in 2003 and Bob & Joanie lived in Bethesda until they moved to the Eastern Shore in 2008. Their

move to the “good side” of the Bay Bridge was prompted by a desire for a more relaxed lifestyle, less traffic and proximity to water. Bob recalls seeing Joanie walking back from the dock at the house they ended up buying over here. The glow on her face was all he needed to see.

What does Bob like to do for fun? Play poker and computer games, study philosophy, kayak and fish. He and Joanie also love cruises around various parts of the world (next up: the fjords of Scandinavia). Did I mention earlier that one of Bob’s goals in his younger days was to sail around the world?

What does Bob like about QA@H? The people, good intentions, SNAP topics, and the idea of educating contemporaries. He is a bit of a techie, so he is willing to help other QA@H members with their computer woes. Bob also will be coordinating the first “Ready or Not” sessions when they start up this the fall.

Bob has spent some time studying and might eventually seek to move into a Continuing Care Retirement Community (CCRC). He likes the continuity of care concept and the potential socialization opportunities. But until that happens, we will have him here to enjoy.

**If you have an idea for our newsletter, please contact the office and let us know. We will help you share your thoughts.**