



## QA@H NEWSLETTER - SEPTEMBER 2019

### QA@H EVENTS UPDATE

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

[Mon 08 / 26 / 2019](#) - [Free Hearing Test - provided by MAP - Grasonville Senior Center](#)

[Wed 09 / 25 / 2019](#) - [Free Hearing Test - provided by MAP - Grasonville Senior Center](#)

[Thu 10 / 17 / 2019](#) - [SNAP Chapter: DEFENSIVE DRIVING plus 911 INSIGHTS into PROCEDURES](#)

[Stay Tuned for Up-coming Coffee and Conversation Events](#)

### BOARD and COMMITTEE NEWS

The Board would be delighted if all of you could help with member recruitment and with offers to join our committees. If you would like to become a member of the Board please contact any Board Member: Margan Glover, Jinny Guy, Russ Mail, Peggy Schaefer or Linda Schuerholz.

MEMBERSHIP AND OUTREACH - We are pleased to welcome three new member households. Mary Jo and Vinnie Volpicilli, Genie and John Fitzgerald, and Marge Hardy. Stay tuned as well for a happy hour gathering for the purpose of welcoming new members! It will be at the home of Jinny and Steve Guy in Centreville.

COMMUNICATIONS - Did you see the article featuring QA@H in the Star Democrat? It ran on Sunday, August 18<sup>th</sup>. If you missed it you can read it online on the Star's website or on our own website.

EVENTS COMMITTEE UPDATES - Stay tuned - As a follow-up to a coffee meetup earlier this summer, there will soon be a tour of the Open Seas Coffee Roasters in Love Point.

## SNAP COMMITTEE UPDATES -

### AUGUST SNAP WORKSHOP: ASK the UNDERTAKER

If you weren't with us in August, you missed a good one! A family can spend a year planning a wedding, but how much time is expended on the other end of life? Ryan Helfenbein entertained us with undertaker jokes but more importantly informed us with a wide variety of facts and advice regarding end-of-life planning. Some information surprised us (like the increase in people choosing cremation), some amazed us (like the cost of a death certificate), and some caused us to smile (like the wife who had her husband's beloved Harley Davidson next to the casket). We learned about options for end-of-life planning that many of us never even knew about. It was a thought provoking session. Check the website for documents you might want to have in your SNAP binder.



Ryan's thoughtful and at times amusing commentaries can be seen monthly in the Bay Times and What's Up Eastern Shore magazine.

### SEPTEMBER SNAP WORKSHOP: ASK the ATTORNEY

Kandice Scherr, ESQ from Frank, Frank & Scherr, LLC in Easton answered our questions about Elder Law. We were informed about issues some of us thought we already knew all about as well as issues some of us had never even considered. At the very least we learned that we all should have a will, someone designated with a Power of Attorney, a medical Power of Attorney, Advanced Directives and a MOLST (Medical Orders for Life-Sustaining Treatment). These documents would aid those who would be involved in decision making in the event of an unexpected event or emergency. Of particular importance is that those who might be involved know how to readily access the Power of Attorney and MOLST documents.

We were also made aware of a number of strategies important for the protection of assets should there be the necessity of long-term care in or out of the home. Ms. Scherr presented this information with a very thoughtful and friendly manner. This was highly informative session. Members left feeling empowered and ready to make pro-active decisions.

## SNAP for October - Leave the Driving to Us and Be Defensive!

Thursday, October 17<sup>th</sup> 2 - 4 pm  
Queen Anne's Co. Dept. of Emergency Services, Centreville

Learn about all that happens when you call 911 - where you might be taken;  
what EMT's can and cannot do, and much more.

Understand how to be defensive in your driving habits.

Tour an ambulance - do you know if you can you ride along ?

## Don't Miss This Opportunity - "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

See more information on the website. You may register on the website or  
call the office.

## Helpful Information

**Hurricane Evacuation Zones.** Click on the link to see your evacuation zone: A B or C  
[Emergency Management | Queen Anne's County, MD ...](#)  
<https://www.qac.org/377/Emergency-Management> Then click on Hurricane Preparedness

A question has been raised regarding **Notary Public** services. Most banking institutions have a notary to serve you at no charge if you have an account. Services are available at the County Commissioner's Office also at no charge. Island Shipping charges \$4.00 / stamp and UPS has a notary, but fees seem to vary depending on either location or the notary. You can have a notary come to you, but fees will naturally be higher. Here is how to find a mobile notary: 310-210-6319 | info@123notary.com

## @ Home With Vicky Humphrey

By Phil Stapleton



One thing that comes clearly through talking with Vicky is that she believes

that life is good and that she is very fortunate.

Vicky was born in Havana, Cuba. She remembers it as a beautiful place -- at least until the Communists took over. Her father (an engineer) had to give up his business and leave the country in August 1960. He moved to Miami and then on to New York, where he found a job within a week. The rest of the family needed to join him in the US, so on October 14, 1960, Vicky boarded a plane with her Mom and two siblings bound for New York. Mom left Cuba with \$100 in her pocket and her Singer sewing machine. It was a gloomy fall day when they arrived in New York – especially when Vicky recalled the lovely sunshine they had left behind in Havana. Despite the challenges of this “riches to rags” tale, the family made the best of things. Vicky learned English in six months and never looked back. After living in a hotel for a short period of time, the family moved to Queens for four years. Then they picked up and moved to Pennsylvania. Vicky feels very lucky to have grown up here in the States, recalling the bombings and other horrors of her early life in Cuba.

After high school, she went on to Monmouth College (now University) for her undergrad degree, Villanova for her master’s and then to Lehigh for her doctorate. She worked in education for thirty-two years as a teacher, counselor and administrator before finally serving as the principal of a middle school in Allentown, PA with 1,300 students. She loved it, despite the occasional wacky parents.

Vicky retired on the younger side, in part because she had put in the required years, but also because

she and her husband at the time (Dave) had purchased a home on the Wye River. They moved to the Eastern Shore in 2006 after extensive house renovations. Life was good - they had three boats, loved being on the water and living along the beautiful Wye. But sadly, Dave got a cancer diagnosis and died three years later in 2009. Through the friendly interventions of various parties she met up with Dee Humphrey. It didn’t take long to see that this was meant to be. Vicky and Dee married in 2012 (“The heart has room for two” she says). Since their marriage, Vicky and Dee have traveled to 44 countries! Among her favorite trips are African safaris, Turkey, India, Australia & New Zealand and Southeast Asia. Later this year they will be touring at some of the US National Parks out West.

When not traveling, Vicky’s life is very full. She volunteers for “Rock Steady Boxing” Mid-Shore, which is a program designed to help people with Parkinson’s. She is also very busy around the Prospect Bay community with bridge, mahjong and work on various committees. She recently took up golf and practices frequently with her grandson Kevin who is only eight years old. Life is not without its challenges. Her son Michael had a stroke a few years ago and is paralyzed on the right side. Despite this, Michael works very hard to keep moving and take care of himself (“He’s my hero” she says). He lives in his own apartment in Pittsburgh and has a great support team of friends to help him with chores and get him out for social activities. *(Does that sound familiar, perhaps?)*

What does Vicky like about QA@H? She thinks the Village Movement is a great concept, thinks we have nice folks in our local chapter and loves the idea of people helping each other. So, if you ever need a boost of positive energy (or some extremely tasty coffee!), give her a call!

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