

Queen Anne's at Home helps with 'sandwich'

Sep 4, 2019

Two key points in Bay Times (Aug. 14) editorial should give us pause. First, “a majority of Americans 40+ ... have done almost no planning” for their future care. Second, “people don’t generally call the ‘locator’ until they’re in crisis.”

Many of us who’ve been the caregiver slice of the “sandwich” have felt the pressures, so we’re committed to maintaining our independence as we shift from caregiver to needing support. QAC’s excellent resources targeting our most vulnerable individuals and families are straining. Our aging population needs additional support.

That’s why some of us banded together to form Queen Anne’s at Home (QA@H, of which I am Board President). Following the national “village” model, QA@H is a membership non-profit where seniors help each other thrive at home as we age. Empowerment, purpose and connection are essential.

QA@H achieves these goals through education, planning/organization tools, and fun socialization. QA@H members tackle the first point above – understanding and preparing for our own future — so we can run our own show as long as possible. Being proactive helps our members and our families.

We also help each other by both offering and accepting individual acts of service. This mutuality and respect strengthen our community.

While QA@H can’t solve the “sandwich generation” problem, we think working together can help. These goals take time, so we’re not waiting until we’re in crisis. We hope anyone interested in learning more about QA@H will check www.QueenAnnesAtHome.org or call us at 410-635-4045.

MARGAN GLOVER,

Board President

Queen Anne’s at Home