

SAIL

SHEPHERDSTOWN AREA INDEPENDENT LIVING

VISIT OUR WEBSITE: www.shepherdstownSAIL.org

Newsletter Winter 2017

PRESIDENT'S MESSAGE

I find it hard to believe that we are approaching the end of another year. SAIL has thrived and grown in 2017, thanks to the efforts of so many of you who support SAIL in many ways – as board members, volunteers and participants in our services and activities.

This fall, fifteen of us participated in “Build Your Brain and Memory,” facilitated by Bill Carrigan. We learned a holistic approach to brain fitness to help us remember things better, improve our focus, and reduce our stress through setting and meeting goals, and being supported by each other. Let the office know if you would like to participate in the course when we offer it again. You can read more about the workshop in Susan Kern’s article.

Hardy SAILers walked in the annual Shepherdstown Christmas parade, part of our community partnership with Rotary and an opportunity to show that we may be growing older, but we don’t have to grow old!

Be sure to buy some chances to win Wendy Moseley’s gorgeous Christmas quilt by buying raffle tickets at the holiday market, weekends this month at the community club. It’s a fun way to raise money for SAIL.

Thank you for your engagement and your creativity in helping SAIL to grow and respond to our needs and those of our community. Thanks also to you who respond to our continuing financial appeals with your donations.

Wishing everyone a lovely holiday season and a healthy 2018.

Carolyn
Carolyn Rodis



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SAIL Annual Meeting



Nearly 60 SAIL members and friends attended the annual business meeting held at the Fellowship Hall of Trinity Episcopal Church on Friday, November 10th. The Rev. G.T. Schramm conducted the session. President Carolyn Rodis gave her president's report and each of the committee chairs provided short overviews of their areas of responsibility.

SAIL Members Catherine Irwin, Cathy and Tom Lewis had recently attended the Annual Village to Village National Conference held in Baltimore, MD. They provided a brief but excellent overview report about the Conference.



Three new members were elected to the board. They are Linda Spatig, Jane Tuckerman and Dan



VanBelleghem. Along with the three new members, the board now consists of Edwinna Bernat, Joan Ergin, Woody Garrett, Catherine Irwin, Cathy Lewis, Carl Moore, Carolyn Rodis and Ted Walton.

Martha Young and her Luncheon Committee members prepared a wonderful bill of fare for all to enjoy.

SAIL Monthly "Coffee & Conversation" Meetings

Shepherdstown Area Independent Living (SAIL) is one of over 300 Aging In Place organizations located throughout the United States. SAIL opened its doors in January 2012 with 26 Members. In the ensuing years, it has steadily grown to its current membership of 103.



Martha

And of course, there is plenty of coffee/tea and delicious "goodies".

If you know of someone who might be interested in joining our SAIL community, please bring them to one of our monthly meetings. The C & C's have proven to be very successful and informative opportunities for interested community folks to learn more about the National Village To Village Movement, in general, and about SAIL, in particular! The SAIL Office announces the dates for the C & C Meetings at the beginning of each month.

Instrumental in achieving that successful increase in membership has been the implementation of SAIL's Coffee & Conversation (C & C) sessions. These informal meetings are hosted monthly at the home of Martha and Jack Young. Jack is SAIL's Membership Recruitment Committee Chairman.

The C & C get-togethers are usually scheduled mid-month at 10:30 AM and last just over an hour. They afford an opportunity for people who may be interested in SAIL to learn more about the background and benefits of joining such a worthwhile organization. The session consists of a short program overview and adequate time for discussion and questions.



Jack

Community Club Christmas Dinner at the War Memorial Building and Christmas Breakfast at the Bavarian Inn

Dear Members of SAIL,

We hope to see you at the SAIL tables on Tuesday, December 19 at 6:30 at the War Memorial Bldg for the Community Club celebration.

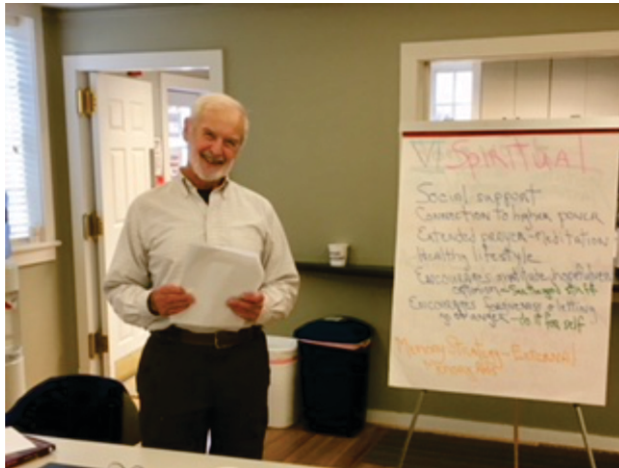
Also, a table has been reserved for Christmas morning breakfast at 9:30 for you at the Bavarian Inn. If you would like to share a pleasant Christmas morning gathering with fellow members, please RSVP to me no later than Wednesday morning, December 20th.

Please RSVP to the SAIL office.
Linda O'Brien
Office Manager/Volunteer Coordinator
304-870-7245



Build Your Brain and Memory by Susan Kern

Fifteen SAIL members met weekly for eight weeks this fall to investigate six areas of life experience as part of “Build Your Brain & Memory,” a course from the Matherlifeways



Institute on Aging.

With Bill Carrigan's knowledgeable instruction and facilitation, participants investigated the concept of cognitive reserve and its evidence-based, empowering message that older adults can effect positive change in brain function and stave off cognitive decline.

SAIL members implemented that information in considering physical and emotional health, intellectual and spiritual activity, nutrition and social engagement.

A weekly video on the related topic and class activities offered science-based information and led to sharing of experiences and ideas, a value of the group setting. A section on suggested activities, applicable memory tips and long and short term goal setting in the topic area added a helpful “homework” component.

Group members were very positive about their experience in the class and explored possible future meetings to discuss progress and challenges. There may be opportunities for other “Build Your Brain & Memory” workshops in the future.



A little memory challenge: (no peeking!) Can you recall and total the three numbers mentioned in the beginning of this article?

SAILers Poetry: New originals and old favorites

SAIL is pleased to initiate a poetry column in the Newsletter this quarter and, luckily, Betty Snyder has volunteered to be our poetry editor. Betty believes that there are probably a lot of "closet" poets among our SAIL members and she encourages you to send her your poems to be included in the column.

Each quarter we will print an original poem by one of our members--maybe two if they're short. We also solicit your "favorite" poems by established writers as long as doing so won't infringe on copyright laws. So dig out those old notebooks and send your musings to Betty at bhsnyder13@comcast.net. She looks forward to hearing from you.

...

Welcome to our first submissions to the Poet's Corner. The first poem by Catherine Irwin is a love letter to her three grandsons and two granddaughters. The short one following it is something I wrote in keeping with this season of gratitude. Hope you enjoy them and will share your own writings with us in the coming newsletters. Betty Snyder, poetry editor

I'm Grammie by Catherine Irwin

Grammie
I love to hear that name,
to say it to myself
Even to hear it in my head moves me
somehow

Grammie
I love to hear it said by my grandchildren
Truly from them it rings with joy

Grammie
I love to hear it from my own children
Speaking about me, calling me
Grammie
There is happiness and fullness in their
voices
as they speak of my role
A settled acceptance as well as pride
of who I am to them

More than a name
A bigger, wider, deeper meaning
of what I mean to them
Such pleasure for me, such gratitude,
such love

Grammie, I am Grammie

A Grateful Heart by Betty Snyder

I asked for wisdom and was told to keep living and listening and it would come.
I asked for strength and was told it could be gained by lifting up those around
I asked for happiness and was told to experience sadness so I would know the difference.
I asked for peace and was told the road to serenity lies in service to others.
I asked for wealth and was told I already had many blessings that made me rich.
I asked for a grateful heart to appreciate my blessings and it was given without reservation.

Ranson Elementary Project *by Susan Kern*

As part of a new community connection, SAIL members volunteered at the Fall Fest at Ranson Elementary School on November 9. The early evening event provided a safe, fun activity for Ranson students and their families and also benefitted the school's scholarship program for former students.



The school's classrooms and other spaces were transformed with autumn decor and student artwork. A variety of games, auctions, cake sales and a scarecrow competition kept the hallways bustling with a large group of children and adults.

As part of this new connection, SAIL will be working with the Ranson School staff to support the Ranson



Elementary community of children and families. Opportunities may include classroom/ library participation and providing nutritional supplies for students for out of school hours. Please email Susan Kern (susanckern@aol.com) of your interest in working on this project in the new year.

Trivia Tuesdays

Once a month, SAIL members play Trivia at the Clarion Hotel under the team name of "SAILers Have More Fun." While Trivia Nite is held every Tuesday evening from 7-9:00 at the Rumsey Tavern, our team participates only once a month. Competing against eight to ten teams each evening, we've placed first two times so far; most of the time we end up in second or third place. It doesn't matter because we usually have dinner beforehand and have a great time.

Our SAIL team consists of 8-12 participants on any game night. Regulars include the following: Mary Bell, John Burns, Gary & Lara Engebretson, Joan & Erdem Ergin, Marlene Gallo, Catherine Irwin, Paul & Diane Kradel, Carol & Bruce Latham, Tom & Cathy Lewis, Becky Lidgerding, Maylene Reisbig, Elinor Ross, Steve & Jill Schatken, Hal & Betty Snyder, Margaret Turner, Kate Walsh [not an official SAIL member], and Jack & Martha Young. Others wander in from time to time. If you're interested, but not sure what Trivia is all about, come and sit in on a game or just observe. We'd love to have you.

We are in the process of adjusting our scheduled participation night. Our next night will be Tuesday, January 16, 2018. From February on, we will probably move the night to the first Tuesday of the month. Stay tuned for an update in late December or early January.

Trivia Nite is run by Flagship Trivia and is held 7:00-9:00 pm every Tuesday night at the Rumsey Tavern in the Clarion Hotel.

Lunch Bunch News by John Burns

The SAIL Lunch Bunch has been meeting at noon on the second Tuesday of each month since September 2013. We have had 48 lunches, missing very few dates, mostly because of bad weather. Our group typically numbers from 8 to 12.

Restaurants are chosen based on member suggestions. We try to have a mix of locations in Shepherdstown and nearby towns. In the winter months, we favor local restaurants, to simplify the driving. Over the four years we've added many interesting restaurants as far away as Boonesboro. We've more-or-less settled into a pattern, but modify the list according to member suggestions. Sadly, we've dropped a few from our list as they went out of business, or fell into disfavor.

Over the past six months, we've lunched at the Blue Moon Café, Kazu and the Bavarian Inn, all in Shepherdstown, La Mezzaluna in Charles Town, Casa Visone in Martinsburg, and Rik's Café in Hagerstown.

For the first six months of 2018, here are the planned restaurants. Members should watch their email for changes due to member input/revues and weather forecasts. The lunches at 28 South and Shula's Grill & Crab House will be new to us. (They come highly recommended.)

We hope to see you there.

- Blue Moon Café - Shepherdstown, Jan. 9, 2018
- Mi Degollado – Shepherdstown, Feb. 13
- 28 South - Hagerstown (new), Mar. 13
- Dan's – Boonesboro, Apr. 10
- Shula's Grill & Crab House - Hagerstown (new), May 08
- Alfredo's Mediterranean - Charles Town, June 12



Our Resident Psychologist: Notes by Dr. Marty Amerikaner

One thing I like about my discipline (psychology) is that our research sometimes serves as a “myth-buster” by showing, through good data, that stereotypes and caricatures are often harmful and flat-out wrong. For example, in the area of aging, psychologists have demonstrated that getting older is NOT inevitably associated with isolation, depression, or many other popular misconceptions about the most experienced amongst us. In the spirit of valuing this kind of work, perhaps some SAIL members might be interested in an occasional column discussing research about “us.”

One focus of research on aging is how social support is connected to overall health and well-being. It will likely surprise no one that research consistently finds strong positive relationships between “perceived” social support (that is, how much a person feels as if s/he has supportive connections with others) and various indicators of wellness. At an intuitive level, most of us in SAIL recognize this- which is one important reason we join and highly value the organization. Some recent work has looked at this relationship in more detail.

For example, researchers in Montreal discovered that for many older people, the value of available social support was more complicated than simply asking “how much support does Sarah have available to her?” What they learned was that people experienced social support as valuable at least partially in relation to the kinds of goals they held and how rigidly they held them. In other words, people were much more satisfied with available social support when they were flexible with their goals as their life circumstances changed. Essentially, we seem to appreciate and benefit from support to the extent that we're able to modify what we look to others for, as situations in our lives change through time.

Rotary Ball



SAIL sponsored one table at the Annual Rotary Ball conducted on Friday, December 1st at the Bavarian. It was a gala affair and well attended by Shepherdstown organizations and individuals. SAIL's table included the following: Marianne and Duane Alexander, Betty and Hal Snyder, Martha and Jack Young, and Ted Walton and guest Tom Miller. The beautiful table setting and decorations were the handiwork of Martha Young. The sponsorship generated \$900 for SAIL's Fund Raising Program.



Martha Young at the SAIL Table she decorated

LOOKING AHEAD

Brown Bag Lunches 2018

January 19 – Vicky Thomas, Resources for Alternative Living

February 16 – Karen Rice, Lifelong Learning on the Spring Catalog

March 23 – Carolyn Rodis, Intergenerational gathering with Shepherd Students

April 20 – Lyn Widmeyer, to discuss her book

Birthdays

January – Mark Smith, Betty Snyder, Diane Kradel, Paul Kradel, John Landolt, Woody Garrett, LouAnn Stovall, Ed Moore

February – Diana Eldridge, Cathy Lewis, Donna Wright, Mandy Staffa, Jeffrey Stead, Martha Young, Joan Ergin

March – Clara Castelar, Maylene Reisbig, Jerry Thomas, David Wright, Donna Ord, Erdem Ergin, Hal Snyder, Winnie McGarty, Karen Gerstmyer, Carolyn Rodis, Pam Splaine

Health Notes

What's In Your Kit? Submitted by Jean Ergin

Many of us have various first aid supplies, but if they are not in one place, it may be difficult to locate an item when needed immediately. Case in point – several years ago I sustained a deep cut on my index finger when opening a tin can. I thought I would need stitches so I scoured for a gauze pad to use as a pressure dressing. No luck. In the ER, the doctor, looking at my bandaged finger said, “What is this”? as he unwrapped my bandage, a tightly wrapped sanitary pad. Said he, “I’ve never seen this type of a pressure dressing!”

It is best to have your supplies in one place with the kit clearly labeled. Additional items can be added or replaced, as needed. Listed here are the necessities for most minor emergencies, such as falls, burns, cuts, bee stings and allergic reactions.

Dressings and bandages

25 adhesive bandages of various sizes (Band-Aid, Curad)
5 sterile gauze pads (3x3 and 4x3 inches)
2 absorbent compress dressings (5x9 inches)
Gauze roll
Eye shield or pad
Roll of adhesive tape or adhesive cloth tape -- paper tape may not be strong enough
Elastic bandage (Ace, etc.) for wrapping wrist, elbow, ankle and knee injuries (3-4 inches wide)
2 triangular bandages for wrapping injuries and making arm slings
Cotton balls and cotton tipped swabs (Q-tips)

Equipment and other supplies

2 pairs of latex or non-latex gloves, size L (to be worn anytime you may be at risk of contact with blood or body fluid of any type)
Instant cold pack
5 large safety pins to fasten splints and bandages
5 antiseptic wipe packets (hydrogen peroxide or betadine)
Thermometer (non-mercury/non-glass)
Tweezers to remove ticks, insect stingers and small splinters
Scissors (rounded tip or bandage) for cutting gauze
Breathing barrier with one-way valve for giving CPR
Blanket, preferably a space blanket
Antibiotic ointment (Neosporin or Bactoban) that contains bacitracin or mupirocin
2 packets of Aspirin (81 mg. each)
Hydrocortisone cream, lotion or ointment for itching
Other medications, such as pain relievers, antihistamines, decongestants anti-nausea and anti-diarrheals, laxatives and antacids (may be kept in a separate medicine cabinet).
Sterile eye wash
Hand sanitizer (liquid and/or wipes)
First aid manual
List of emergency numbers



Be Safe, Be Prepared

Death in Venice - the novels of Donna Leon

by: Marellen Johnson Aherne

It is probably evident by now that I am a dedicated series reader. Give me a good author and compelling characters and I am set. In this issue I am pleased to introduce you to Donna Leon and her Police Commissario Guido Brunette series.



“Death at La Fenice” published in 1992 takes place, as do all of Leon's novels, in the romantic, mysterious, and beautiful city of Venice. But Venice is more than that as we soon discover when internationally acclaimed maestro Helmut Wellauer is found dead in his dressing room at the celebrated Venetian opera house, La Fenice. We are introduced into the seamier side of the city as Commissario Brunette navigates the complexity of Venetian Society, the world of international opera, and the back stories of those involved.

Leon weaves an intricate story while introducing us to the cast of characters. Brunette leads the ensemble. He is intelligent, principled, and extremely capable. His preening and self-serving boss, Vice-Questore Patta, is there to throw up roadblocks as he protects his own political position. Brunette's right hand is the single, good-looking, and loyal Sergeant Vianello. Signorina Elettra, Patta's secretary, may be the most intriguing character. Breathtakingly beautiful she is strangely all-knowingly connected. The rich detail about Venetian life makes the city a character of its own. Their stories are revealed as the mystery is solved.

Leon's stories are nuanced and surprising. I am six books into the series and am enjoying them thoroughly.

Happy reading!

Welcome New Members

James “Jim” Bauman – November

Susan Mills – October

Esther and Tim Murphy – October



Season's Greetings
and Best Wishes
to All SAILers in 2018

