


SAIL

Shepherdstown Area Independent Living



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Shepherdstown, West Virginia, 25443



Mission and Goals

SAIL is a non-profit 501 (c) 3 corporation whose mission is to enable its members to remain active, connected, independent, and in their homes and community as long as possible.

SAIL is part of the "village movement" pioneered in Boston. We have created a community where members establish relationships, socialize, and help each other and the community. SAIL was the first "Village" in West Virginia and is recognized as a model for other non-urban villages nationwide. SAIL fills gaps in overburdened services for seniors and the disabled.

There are currently several hundred villages established or in development throughout the USA.

Our Members

SAIL members are like-minded people of diverse backgrounds. Some have lived here in Shepherdstown for generations; others arrived much more recently.

We are strong, independent, vote and pay taxes, and want to remain in our community, where we volunteer in our churches and service organizations. We patronize local businesses and attend classes at Shepherd University keeping our minds and bodies healthy.





Volunteering

There are ample opportunities to volunteer for SAIL:

- Assisting the office manager with mailings and managing office files and data input.
- Preparing newsletters and articles for the media and the website.
- Providing transportation to medical appointments and serving as a medical note taker.
- Running errands, providing a meal and making home visits to give a caregiver a break.
- Planning social and cultural events and organizing parties and dinners.
- Distributing SAIL literature and organizing "Coffee and Conversation" gatherings for prospective members.

*Volunteers of all ages and skill sets are welcomed;
it's a wonderful way to become better acquainted
with our "Village"*



Benefits of Membership

- Transportation.
- Medical Notetaking: a service for members who wish to have a second set of ears at a medical appointment.
- Personal services: respite care for a few hours, friendly visits, grocery shopping, check-in calls.
- Health, wellness and education programs.
- A website with a calendar of events, photo gallery, archived newsletters and information about SAIL.
- A single, trusted source to call for information, referrals, and resources.
- Access to a network of pre-screened service providers.
- Social activities: monthly brown bag lunches with a speaker, monthly Lunch Bunch at local restaurants, Tai-Chi classes, kayaking and "Women on the Go" and more.
- Events: trips to museums, art galleries and the theater; picnics and holiday dinners.
- Opportunities to volunteer.

"Keeping the Wind in Our Sails."

Eligibility

Anyone living within the geographic area, roughly within a 6-7 mile radius of Shepherdstown, is eligible. There is no minimum age requirement. (See map on website under membership)

Value

For a cost of \$250.00 per year for a single individual living alone and \$500.00 per household of two or more, members are entitled to all services and activities.



Why Join Now?

Our dues and energy are pooled to help each other with the anticipation that the services will be there when we need them.

We never think of SAIL as just an insurance policy; it is crucial to participate in activities from the beginning and to become involved as a volunteer in some manner. That's how you become part of the "Village."

Accidents, illnesses and surgeries happen.



Contributing to SAIL

An investment in your community

SAIL has been able to operate under budget through the generous gifts of founding members and donors, and the time and talents of our volunteers. Fund raising is also an important component. As membership increases, services are added and office and administrative costs rise. Operating costs are funded through member dues, remembrances, bequests, special events, and a variety of supplemental initiatives. Partnerships with the business community and with local organizations are critical to sustaining and supporting SAIL as well.

*Donations may be mailed to SAIL at
P.O. Box 2091, Shepherdstown, WV 25443
Online at www.shepherdstownSAIL.org*

Our Community Partners

**Good Shepherd Interfaith
Volunteer Care Givers
Hospice of the Panhandle
Panhandle Home Health, Inc.
Shepherdstown Community Club
Shepherd University Life-Long
Learning Program
Shepherdstown Presbyterian Church
St. Agnes Catholic Church
Trinity Episcopal Church
Village to Village Network**

