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NEWSLETTER SPRING 2023



Editor's note: This newsletter was in production when we learned of Jack Young's passing. He was an invaluable contributor to our SAIL newsletters and this one is no exception. Look for the articles with purple borders around them and you will see what I mean.

AGE-FRIENDLY SHEPHERDSTOWN- ONWARD AND FORWARD!

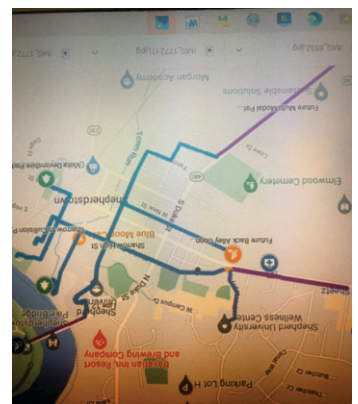
By Linda Spatig, Chair

Age-Friendly Shepherdstown Advisory Board

The Age-Friendly Shepherdstown Advisory Board, including SAILers Marty Amerikaner, Marcy and Steve Bartlett, Susan Kern, Linda Spatig and Jack Young, took a major step forward this past summer by completing a 35-page Action Plan. The plan, which is based on results from community needs assessments (survey and listening sessions) conducted over the past two years, is an effort to make Shepherdstown increasingly accessible for people of all ages and abilities. It includes plans for new bike and walking paths, downtown sidewalk improvements, assessments of downtown building accessibility, better downtown lighting, improvements of public green spaces, and explorations of possible improvements in two areas of concern – the need for more and good-quality accessible housing including assisted living facilities, and the need for local public transportation.



Linda Spatig



Map of proposed bike route

The Action Plan is part of an ongoing cycle of activities Shepherdstown committed to in 2018 when it was accepted into the international network of Age-Friendly Cities and Communities, a World Health Organization initiative facilitated in the US by AARP. In addition to specifying short, intermediate, and long-term goals and strategies, the Action Plan includes a history of Shepherdstown, a list of key community partners, a description of our community assessment strategies, and

vision and mission statements. To see a full copy of the plan, contact Marty Amerikaner at amerikaner@marshall.edu.

Our SAIL Board unanimously endorsed the plan at our July 2022 meeting. It was unanimously accepted by Shepherdstown Town Council in July as well. We should all be proud of this major achievement! Keep an eye out for news about a new Shepherdstown bike path. Thanks to Age-Friendly Advisory Board member Steve Ayraud, the route is designed to connect all of Shepherdstown's parks. It also connects with the entrance to the C&O Canal and includes additional nearby destinations such as the Shepherd University Wellness Center, the new Shepherdstown Public Library, Maddox Square, the WVU Medical Center in Shepherdstown, and Morgan's Grove Park. We are planning for on-street signage as well as posted signs that will be part of the county-wide Wayfinding Project currently underway.

Another exciting Age-Friendly focus is our new Fall Prevention project. Thanks to advisory board member Marcy Bartlett, the first step of the work—identifying unsafe areas of Shepherdstown sidewalks and streets—is set to begin this coming spring. If you are interested in helping with this, please contact Carolee Youngblood at the SAIL office.



NEW ACTIVITY CHAIR



We are pleased to announce that Bonnie Sitman has taken on the chairmanship of the Activity Committee. She will be the go-to person if you have an idea for a new activity. She will also be keeping tabs of all the ongoing activity groups: T'ai Chi, bike riders, walkers, kayakers, coffee klatch group, Coping With Crisis Discussion Group and the new Healthy Aging Group.

Bonnie says that her particular interest is in volunteerism and matching people with volunteer positions. She is also interested in building community through a range of shared activities (from working on a project to dancing).

Please let Bonnie know if you are interested in exploring ways to get involved in any activity.

HOLIDAY PARTY IMAGES



SAILers smile for the camera during our Brown Bag Lunch Holiday Party.



Everybody brings a gift!



Elinor Ross shows off her gift.



Grant and Renny Smith



Linda Spatig and Marty Amerikaner



Leah and Dave Rampy

IT'S SPRING: IDEAS FOR MOVING FORWARD

By Carolyn Rodis

What keeps you up at night? While I have a health care agent and I have made my end-of-life decisions known, I do not have strategies for managing my life between now and then, when I may require more support.

The Care of Members Committee is launching "Ideas for Moving Forward," a series of discussions with SAIL members about how we envision remaining as independent as possible while needing more assistance. What do we need to be thinking about? Who is available and willing to help? Are there plans we should be making? What have you already thought about or put in place?

One of our members has personal experience with hiring caregivers. Another has ideas about downsizing sooner than later. Some further topics we envision exploring are innovative housing options; ways to safeguard our health; creating a group of trusted friends to decide when to alert our doctor or health care agent; how to communicate with trusted family members and friends; the role of care managers and home health aides; putting in place powers of attorney; getting our financial affairs in order; how to avoid guardianship; and exploring community resources.

Having these conversations and brainstorming together will stimulate us to think of new options and make plans. Watch for announcements as we seek your input about how we want to structure these conversations, and how we can provide opportunities to share our experiences and learn from each other.

Ah! Being young is beautiful but being old is comfortable.

When people see a cat's litter box they always say, "Oh, have you got a cat?" I just say, "No, it's for company!"

The easiest way to find something lost around the house is to buy a replacement.



Features



Editor's Note—Our original writing for this issue comes from Jack Young.

AUTUMN AND APPLESAUCE GO TOGETHER

By Jack Young

My Mother liked apples and she liked to use them to make pies and applesauce! So--I guess that it's not surprising that each fall I make several trips to "Rellim's Orchard" in Kearneysville to buy apples to undertake my annual chore of making applesauce.

I always end up making much more sauce than I need personally.

Consequently, I end up sharing my extra sauce with neighbors and friends! People often comment - "Tastes like my Grandmother's applesauce."
Good apples and proper "equipment" are essential.



Jack preparing his applesauce

SAILERS IN THE ARTS AND OTHER ORGANIZATIONS

Editor's note—Usually these are separate contributions, but Judy Jones and The Friends of Music hit both topics! Thank you Judy!

FRIENDS OF MUSIC

By Judy Jones

Are you a musician, I'm often asked. Heavens, no! Much as I liked studying piano in middle school, playing for others was terrifying. The mandatory recitals pretty much drove me away, but they never stopped a latent interest in listening to music of all kinds. Around our house, we were fortunate to hear classical music, but Rock and Roll was also a favorite. Am I dating myself?

When Dr. Craig Winkel asked me to consider joining the board of Friends of Music (FoM), I wasn't quite sure about the fit. After all, I often can't remember the names of pieces I like. But then I spoke with Betty

Lou Bryant who described how Friends of Music always wanted to encourage a home for fine music in people's lives, both through its concerts and in exposing youth in particular to music studies. The twin goals appealed to me then, and it has been especially rewarding to see how the organization's support of education has grown in recent years. Now, thanks to Ecolab, we give at least 10 mini-grants annually to teachers in local schools who are able to buy instruments or other items to improve their teaching.

Before COVID hit, a perk of being on the FoM board was going to schools and watching the kids show off new-found skills at rhythm – using sticks or drums – or playing on a donated loaner instrument. Frankly, many of our local schools don't have great resources, but watching the smiles on young people's faces is infectious and rewarding. With support from the Nora Roberts Foundation, we also assist rising seniors, giving them a \$500 scholarship to keep musical studies in their lives at college.



Judy Jones; Scott Beard Intern,
Sianna King; and Sherry Sykes,
FoM Administrator

Our latest venture has been the Scott Beard Internship: this allows a music studies major at Shepherd to become part of the Friends of Music administrative team. They get to learn all the tasks involved in organizing concerts, like contracting with musicians and guest artists, or managing the myriad tasks underlying our marketing and fund-raising efforts. It's one thing to master an instrument and enjoy performing, but quite another to see what it takes to bring music to an audience and sustain an arts organization. We see Friends of Music as a community institution, with our Two Rivers Chamber Orchestra a driving force in our success. We support professional musicians and make it possible for them to grow and sustain themselves in our midst. As such, we are a driver in the economic well-being of the

Eastern Panhandle.

What involvement with Friends of Music has taught me is that the more you are exposed to the creative process, the more your appreciation for it grows. FoM rehearsals are open to those who want to come listen, and we love having school classes visit to observe how a conductor interacts with the musicians to refine their approach and play together as a team. Chamber music is said to be special, allowing a relatively small number of instruments to be heard as individual voices speaking to and with each other. As I attend rehearsals or concerts and watch our FoM artists in action, the more I have come to understand this process and appreciate how a talented conductor (like our Jed Gaylin) both challenges and highlights each musician's artistry to make a robust composite sound.



Two Rivers Chamber Orchestra

A growing body of research documents the way exposure to music is helpful to the developing brain. For those of us in our later years whose brains are fully formed (or maybe even in decline), music is equally as important. It speaks directly to our emotions, and can stimulate and energize us, even if at times it may also evoke sad feelings. It's important to be in touch with our souls, and I see listening to great music as an antidote to aging. We may not be able to reverse the process, but hearing wonderful music sure can make living more resonant and deep, more worthwhile—and fun!



BEWARE OF SCAMMERS



Here are some more examples of scams received by our SAIL Scambuster, Paul Kradel.

Paul reports that he received:

- 1) a call from Hill City, SD, informing me that I had won \$100,000,000 in a Publishers Clearinghouse giveaway. Also, I would get \$7,000 per month for life, plus an additional cash prize of \$18,000,000 and a brand new Mercedes Benz. They said that the prize was being held in NYC at the Federal Reserve-- I just needed to call them and make a security deposit. When I did call the number they provided (one month later) the phone line had been disconnected-- and that was the end of the story.
- 2) an Amazon logo appeared in my email and told me to click on it for a prize I had won. Of course, I called Amazon directly and they told me that they had never sent out any such email. This was one more way to gain my private information and work their way into my computer.
- 3) a text message allegedly sent from the US Postal Service wanting private information -- another fraud.
- 4) a phone message from a man offering me an immediate \$50,000 hardship loan -- another fraud.

MEDIA REVIEW

By Susan Kern

In drawing distinctions between our SAIL generation and those coming after us, a new book calls us “all children of a different media generation.” Surely ours has seen, experienced and been affected by the greatest range of media by virtue of our longevity and the incredible range of technological development throughout our lives. I recently had a chat with some SAILers where we talked about some of that media from our youthful days. We all enjoyed the recollections, so I thought I'd widen the conversation to you readers, inviting you all into the comfort of “oh I remember that.” So let's return to “those thrilling days of yesteryear” for a few minutes.

In the late 1930's and 40's, radio was the medium of broad mass communication here and throughout the world. Information came to us in homes, work places, cars at scheduled times and in moments of important events. The news was delivered by richly toned male voices like international reporters Edward R. Murrow and Eric Severeid and by the voices of our local commentators sharing news, weather and farm prices. The image of the family gathered around the huge radio cabinet was a common experience, as the group shared humor and drama, music and games coming through the speakers. I heard once from someone whose family was in their car, on a dark night with a flat tire, listening to the 1930's performance

of Orson Well's "War of the Worlds," mesmerized by the images.

In contrast to today's immersive experience of big screen sports, fans relied on the descriptions of sportscasters relaying the event. A St. Louis Cardinal fan once told me of the fun he and his brothers had in Pennsylvania, listening to the games coming through clearly on their shared radio. I remember being with my grandparents in the 50's, watching the Phillies on their new TV set, but with the volume down so they could hear the play by play called by their favorite announcers. Fibber McGee and Molly, Superman, the Lone Ranger all kept heads bent to the radio.

The broader events of the world were brought as well. In the late 30's, world events came to us the same way, but at a safe distance from us here in the United States. Maybe there's a SAILer who remembers that Sunday address by President Roosevelt with the words, "Yesterday, December 7, a day that will live in infamy," marking our move into the events of World War II.

After the war and into the 50's, the prominence of radio faded as TV entered the lives of the Baby Boomers and their families. Some radio shows made the switch and became TV favorites, like Jack Benny, Ed Sullivan, Ozzie and Harriet and Dragnet. For us as kids, now becoming an important market, there were lots of special weekly shows to watch like Howdy Doody, Winky Dink or Captain Kangaroo. Leonard Bernstein did televised Children's Concerts on Saturdays. There were many, many westerns like Davy Crockett and Roy Rogers. The Miss America Pageant was first televised in 1954, Queen Elizabeth's coronation was shown to the world, and the Mickey Mouse Club and American Bandstand became favorites. And of course, there were sports! I remember friends rushing home to catch the last of a ball game on the TV.

Moving into the 60's, as we became teens, there were the wonders of liftoff! at Cape Canaveral. We saw Elvis and the Beatles. Familiar commentators like Walter Cronkite and Huntley and Brinkley, narrated dramatic events like the 1960 presidential inauguration and the assassination of the president. TV was an unforgettable accompaniment to it all, and all that has come since.

Hope this brings thoughts and ideas from the past to recall and enjoy now, in the days of Internet and Twitter.



RECIPE CORNER

By Esther Murphy

If you're like me, the approach of Spring brings with it the desire for lighter meals and fresh vegetables. This year, we're spending the last weeks of winter with my daughter Chris, who is the best cook I know. Fresh vegetables are usually the focus of her delicious meals. This month's recipe for Sesame Tofu and Broccoli is one she served to us and shared with me. I hope you'll enjoy it, too.

1- 14-oz. block extra-firm tofu
1 large head of broccoli (about 1 lb.)
1 scallion
1 -1" piece ginger
1 garlic clove
¼ cup tamari or soy sauce
2 Tbsp. light or dark brown sugar or pure maple syrup
2 Tbsp. tahini
2 Tbsp. unseasoned rice vinegar
1 Tbsp. toasted sesame oil
1½ tsp. plus ¼ cup cornstarch, divided
1½ tsp. Diamond Crystal or ¾ tsp. Morton kosher salt, divided, plus more
1 Tbsp. plus ¼ cup grape-seed oil or vegetable oil, divided
¼ tsp. freshly ground black pepper
1 Tbsp. toasted sesame seeds
Optional: sliced chicken breast
Steamed white or brown rice (for serving)



Preparation:

Drain one 14-oz. block extra-firm tofu and pat dry with a kitchen towel. Cut tofu in half horizontally through the equator (like a hamburger bun), then cut into 1" cubes and pat dry again. Arrange in a single layer on a rimmed baking sheet or large plate and set aside.

Cut 1 large head of broccoli (about 1 lb.) into small 1" florets. If your broccoli has a long stem, peel tough outer skin to remove the lighter fibrous layer, then slice stem ¼" thick. Finely chop 1 scallion and set aside for serving.

To make the sauce, scrape skin from one 1" piece of ginger with a spoon, then grate on a Microplane into a small bowl. Smash and peel 1 garlic clove and grate into bowl with ginger. Add ¼ cup tamari or soy sauce, 2 Tbsp. light or dark brown sugar or pure maple syrup, 2 Tbsp. tahini, 2 Tbsp. unseasoned rice vinegar, 1 Tbsp. toasted sesame oil, 1½ tsp. cornstarch, a pinch of kosher salt, and 3 Tbsp. water and whisk to combine. Set sauce aside.

Sprinkle 1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt over tofu and toss to coat. Scatter remaining ¼ cup cornstarch over tofu a tablespoonful at a time, tossing after each addition and gently pressing into the tofu pieces, until well coated on all sides.

Heat 1 Tbsp. grapeseed oil or vegetable oil in a large nonstick or cast-iron skillet over medium-high heat. Add broccoli, season with ½ tsp. Diamond Crystal or ¼ tsp. Morton kosher salt and ¼ tsp. freshly

ground black pepper, and cook, tossing occasionally, until just tender, about 5 minutes. Transfer broccoli to a plate. Wipe out skillet.

Heat remaining ¼ cup grapeseed or vegetable oil in same skillet over medium-high heat. When oil is hot (it will start to shimmer), reduce heat to medium and add tofu in a single layer (work in batches if needed). Cook, turning every 3–4 minutes, until golden brown all over, 10–12 minutes total. Transfer to a clean kitchen towel or paper towels and let drain.

Pour out any remaining oil in pan and wipe out. Return pan to medium heat. Whisk reserved sauce if it has separated, then pour into pan and cook until thickened and bubbling, about 20 seconds. Immediately remove pan from heat and add broccoli and tofu; toss to coat.

Top tofu and broccoli with 1 Tbsp. toasted sesame seeds and reserved scallions. Serve with steamed white or brown rice. If adding chicken, brown with the broccoli and add to sauce with broccoli and tofu.

COFFEE AND CONVERSATION

By Jack Young



Erdem Ergin and Jack Young

Our last C & C was held at my home on Wednesday, December 14th. SAILers in attendance, along with me, were: Carolee Youngblood, SAIL Program Coordinator; Suzie Patrick, Membership Staff; and Cliff Smith, SAIL Member.

Regina Adams, who recently moved to Shepherdstown from Florida to be closer to children, attended the meeting. Regina had heard about SAIL and was anxious to join. Suzie provided Regina with paperwork and she is now our newest member. Welcome Regina!

Paul Adams, a resident of Winchester, also attended. I recently met Paul at a Martinsburg Senior Citizens Meeting and he wanted to hear more about SAIL. He came away singing praises for our

program.

Editor's Note: Here is a picture of Jack and some SAIL friends who recently visited him.



Sydney Lewis, another visitor



ACTIVE SAILERS



HOT OFF THE PRESS!



SAIL member Deb Tucker has volunteered to head a new SAIL activity: Dinner groups. Groups of six SAILers will meet at the restaurant of their choice for dinner once a month. The office will send out information as to how, if you're interested, you can sign up to join in the activity. Watch for the announcement.



BROWN BAG LUNCHES



Sylvia Shurbutt

Editor's Note: From the time I first began editing the SAIL newsletter, Jack has provided pictures and commentary for the Brown Bag Luncheon section.



January BBL: SAIL's January Brown Bag Lunch was held at Trinity Episcopal Fellowship Hall. The speaker was Karen Rice, director of Lifelong Learning at Shepherd University. Karen talked about upcoming Lifelong Learning classes for the spring semester. She stressed the close association between SAIL and LLL. Eleanor Finn and friends provided drinks and dessert.

February BBL: Again, the February BBL was held at Trinity Episcopal Fellowship Hall. Our speaker was Dr. Sylvia Shurbutt, Director of the Center for Appalachian Studies and Communities at Shepherd University and Coordinator for Appalachian Graduate Studies at Shepherd. Her presentation was entitled "Appalachian Studies at Shepherd: Telling Our Story and Transforming the Region."

Editor's Note: Thank you to Eleanor Finn, Judy Moore, Suzie Patrick, and Maylene Reisbig for their frequent contributions of fruit and sweets for SAIL Brown Bag lunches. If members would like this practice to continue, volunteer contributions will need to be organized.

Eleanor also has SAIL plates, cups, coffee and coffeemaker, plastic ware, napkins, etc., stored in her basement. If someone else would like to store them and be responsible for taking needed items to BBLs, potlucks, picnics. etc., please let Eleanor know



Editor's Note: Mary Bell has offered to write restaurant reviews for the newsletter. This is her first.



BISTRO 112 - READY, WILLING AND ABLE TO DELIVER A TRULY FINE DINING EXPERIENCE



By Mary Bell

On Friday the 13th of January, my husband Kent and I joined our dear friend Becky Phipps for dinner at Bistro 112, which was still technically in its soft opening. What can I say? A sublime experience.

With the exterior outlined in warm twinkle lights, the Bistro stood out from the other store fronts on German St. on a frosty night. The staff greeted us with genuine warmth without stepping into over-familiarity and unctuousness.

We were seated in the upstairs dining room at a table by the front window overlooking darkening German St. The soft green walls, green and white striped drapes and artwork on the walls created a comfortable, upscale—without stuffiness-- atmosphere conducive to enjoying good food and company. Low volume jazz and soft rock in the background facilitated the flow of conversation.

The wine list offers enough wines by the glass that one is not compelled to get a bottle to get a good glass. We chose two whites, including a white Bordeaux, which is a rare find on a by-the-glass list. Both were fine accompaniments to our entrees.

The menu covers the bases without being overly ambitious. Becky and I started with the soup, featuring fennel, apples, and potatoes garnished with slivered almonds. To my palate, the soup was exactly what we came for: a unique taste, seasonally appropriate, executed perfectly. The texture was incredibly smooth, prompting me to wonder just what kind of immersion blender does Chef have?

For entrees, we chose the vegetarian medley, the Norwegian salmon (not farm raised) and trout almandine, each served on a warm, heavy ceramic plate. One note on my trout: it was served skin side up, making a dark gray blob on an otherwise attractive presentation. I simply flipped it with my fork and knife. The trout was excellent, perfectly cooked and delicious. Kent and Becky were equally happy with their choices of entree. My trout came with creamy mashed potatoes and fresh spinach. The spinach was over salted, so much so that I considered sending it back.

Before our entrees were served, Proprietor Jaye Reyes, who, with her husband and co-proprietor Lars Golumbic and Chef/Proprietor Paul Stearman, opened the Bistro, stopped by to greet us and chat. "My goal is outstanding dining in a casual atmosphere," Jaye explained. "There's no need to dress up to enjoy excellent food." Jaye quickly credited Chef Paul Stearman for creating and delivering succulent dishes.



Bistro 112 Garden

Clearly, Jaye and Lars are working hard to train their staff, which tries to be attentive and not intrusive+. The staff includes fresh young faces eager to learn, and some Shepherdstown veterans, poised to give direction and keep everything running smoothly. My prediction: Bistro 112 will become a destination in itself. I recommend making a reservation.

Bistro 112 • 112 West German St • Open 6 days a week for lunch and dinner, closed Monday. 304-876-8477

T'AI CHI

By Edwinna Bernat

SAIL's T'ai chi class, which is partnered with the Community Club, has been meeting steadily since its inception last fall. We usually have 12-15 members for each class. As some drop out, new members come in. It's never too late to join the class, which meets on Thursdays at 9:30 a.m., because we repeat the moves over and over.

Leader John Yost explains that Tai chi is especially useful for improving balance and preventing falls—a major concern for older adults. Studies have shown T'ai chi to reduce falls in seniors by up to 45%. T'ai chi helps improve balance because it targets all the physical components needed to stay upright—leg strength, flexibility, range of motion and reflexes—all of which tend to decline with age.

What better reason for SAILers to take part.



T'ai chi leader demonstrates on Elliot Kirschbaum...



...as the class looks on.

HEALTHY AGING

By Carolee Youngblood

A new discussion group on "Healthy Aging" began meeting once a month, starting Monday, January 23, 10:00. They will be doing a book study on "Breaking the Age Code: How Your Beliefs about Aging Determine How Long and Well You Live," by Becca Levy. The leader of the group is Linda Spatig. The first Zoom session featured the intro and first chapter of the book.

This group was originally a "Stronger Memory" Group. They have expanded the scope of the discussion group to address "Healthy Aging." All SAIL members are invited to join.

If you wish to be a part of this group, please notify Carolee at info@shepherdstownsail.org or call 304 870 7245 to be added to the Zoom list.

SAIL PROGRAM COORDINATOR'S REPORT

In 2022, volunteers gave 2,569 hours to volunteer services. In 2022, volunteers traveled 2,874 miles to provide services. 54 members have signed up to volunteer. Services provided include transportation to doctor appointments, dental appointments, physical therapy appointments, as well as computer assistance, picking up mail, delivering papers to CPA, member visits, grocery shopping and household chores.

Members who wish to request volunteer services should call the office, 304-870-7245, to make arrangements. Allow at least 72 hours for scheduling.

In January 2023, SAIL had 135 members: 59 individual memberships and 38 household memberships. There were 10 requests for volunteer services in January, 10 requests were filled.

Total donations to the 2022-2023 SAIL Annual Fund as of January 31, 2023 were \$12,515.

Annual membership fees will be due May 31, 2023-- \$250 for individuals and \$500 for households. Members can send a check to the office, PO Box 2091, Shepherdstown, WV 25443, or membership fees can be paid online at SAIL.clubexpress.com.

BIRTHDAYS

March

Phil Baker-Shenk
Steve Bartlett
Clara Castelar
Terry Hadley
Jack Kendall
Elliot Kirschbaum
Joseph Matthews
Winifred McGarty
Maylene Reisbig
Carolyn Rodis
Kent Shaffer
Daniel Shelton
Pam Splaine
Jerry Thomas

April

Susan Kemnitzer
Judith Moore
David Rampy
Sara Reynolds
Bonnie Sitman
Nancy Stewart
Abby Streu

May

Steven Altman
Roger Bernstein
Frances Bernstein
Helen Burns
Janice Carper
Bill Carrigan
Monte Cole
Donna Hiatt
Linda Kato
Takehiko Kato
Jennifer Privee
Sally Riley
Geraldine Smith
Joan VanBrunt



POST SCRIPT

This long pseudo-winter is coming to an end. We'll soon be able to work in our gardens and enjoy lunch outside at one of our town's many restaurants. Mary Bell has volunteered to review our restaurants and the first of these appears in this issue. I'm always pleased and gratified when one of our members volunteers to write something for the newsletter. After all, it IS your newsletter and I welcome your suggestions.

This newsletter will never be as rich and folksy as it has been with Jack Young's input. I hope I have always let him know how much I appreciated his contributions.

I thank all those who contributed to this newsletter, with a special thank you to Agnes Freund who formats each issue, Melinda Landolt who proofs each issue, and let's not forget Margie Knott who distributes them around town.



Active SAILers march in the Christmas parade

For further information on all SAIL events and activities, go to the website listed below.

This newsletter is a publication of SAIL

Shepherdstown Area Independent Living
304-870-SAIL 304-870-7245
www.shepherdstownSAIL.org