



## Newsletter

## Winter

## 2015

### President's Message

It was with great pleasure that I accepted the Board's nomination to become SAIL's President for 2015. Our organization owes a large debt of gratitude to Vicky Thomas for her outstanding leadership as SAIL's President since its inception in January 2012.

Two other loyal Board members are stepping down, having completed their terms. Judy Moore, a founding member of SAIL, who served as Chair of the Marketing and Public Relations Committee; and James Stovall, who served as Chairman of the Membership Committee. Our thanks for their outstanding contributions.

Fortunately, we have three stellar folks stepping forward to join the Board – Carl Moore, Diana Eldridge, and John Griffith.

Also – please welcome new members Mike & Bonnie Austin, Winifred McGarty, John King, Carrie Singer, John & Pam Splaine, and Oscar & Janet Stine.

*Jack*

Jack Young  
President



**Important Articles Inside This Issue...** Take a look! A nearby art museum, an interview, and good ideas.

### SAIL's 2015 Board Elected

**President** – Jack Young

**Vice President** – Carolyn Rodis

**Secretary** – Ted Walton

**Treasurer** – Carl Moore

**Members:** Diana Eldridge, John Griffith, G.T. Schramm, Hal Snyder, Dan VanBellegem

**Immed. Past Pres.:** Vicky Thomas

**Emeritus Member:** Jean Neely

## Meet the Members: **JACK & MARTHA YOUNG**

*Founding Members, and enthusiastic SAILers.  
Jack is our new President, so this is a first!*



### **SAIL: When did you arrive in Shepherdstown?**

We first visited Shepherdstown when our son Richard enrolled in Shepherd College in the late 1980's. We moved to Shepherdstown in July 1999 after 22 years in Fairfax, VA.

### **SAIL: What did you do before retirement?**

(Jack) – I retired from a 24-year Navy career in 1980. Then I worked as a Management Consultant in the Arlington, VA area for the next 16 years; finally, 14 years as a Career Transition Counselor. Retired for good in 2011.

(Martha) – a Navy wife, a mother, and a teacher. First taught in Norfolk, VA 1959. Taught in various places in the 1960's and 70's. Retired from Manassas City Schools in 1999 – where I had taught kindergarten.

### **SAIL: The Navy moved you around—so where was your favorite place?**

Yes, we traveled a lot. Our favorite locations were in Yokosuka, Japan (near Tokyo) – mid '60's and in San Diego, CA. – mid '70's, and Hawaii.

### **SAIL: How did you hear about SAIL?**

We participated in the 2009 Shepherdstown “Aging in Place Survey” done under the auspices of the Shepherdstown Ministerial Association. We later became Founding Members of SAIL.

### **SAIL: So, what is your hope for SAIL in the future?**

We believe in SAIL! We think the overall National Village to Village movement is needed and is a very worthwhile initiative. It makes sense for people, communities and for our country, as a whole. Neighbors helping neighbors – it does make sense! We want to see SAIL continue to make a difference in the lives of the residents of the Shepherdstown area.

### **SAIL: Is there anything else you'd like our readers to know about you?**

(Martha) – I grew up as a coal miner's daughter, the youngest of seven children. I lived in the same coal company's house (in western PA) until we got married in 1957. I have enjoyed being a wife, mother, teacher, and traveler. I love Shepherdstown – the best decision we ever made!

(Jack) – I loved playing baseball. I had a tryout with the Pittsburgh Pirates and had an offer to play in their farm system, but I decided to go into the Navy instead. That was the right decision for me.



## **A Gem Across the River: Washington County Art Museum**

By Mary Bell, Arts Editor

One Sunday in December, a friend and I ventured across the Potomac for an afternoon of art and music at the Washington County Museum of Fine Arts. Pleasingly sited on the lake in City Park in Hagerstown, the museum was established in 1931 by the Singer family, and it has been recognized as one of the finest small museums in the country. Its mission is to collect, preserve, interpret, and exhibit art of lasting quality for the citizens of Hagerstown, Washington County, and the surrounding region.

The museum's strength is that its professional staff is dedicated to its basic mission, and they understand what they can and cannot do. For example, on our lecture tour that Sunday, the Museum Director, Rebecca Massie Lane, characterized the Museum's European collection as "a cabinet of curiosities", i.e. a hodgepodge of good quality donated items. This small collection is not displayed very well, and most of the paintings need a good cleaning.

The rest of the museum's collection, however, is well-organized and masterfully displayed in well-lighted, airy galleries. True to its mission, the collection emphasizes American works, regional artists and local subject matter. I was delighted to learn that the Museum features the works of currently working artists. The Museum is currently featuring the works of Philip Koch, who is on the faculty of the Maryland Institute of Fine Arts, and local Shepherdstown artist Diana Suttentfield will have an exhibition at the Museum opening with a reception on February 28.

The Museum hosts an excellent concert series, with performances at least monthly. On our recent visit, we heard the Kuznik Trio, comprised of members of the Maryland Symphony. While the trio had scheduled a program of Mozart and Mendelssohn, they instead played works by three little-known 20th Century Polish composers. We enjoyed all of the pieces, and it's unlikely we would hear them performed anywhere else.

The Museum's website: <http://wcmfa.org> No entry fee and free parking.



## What's a “Lifelong Home”?

If you are not fortunate enough to live in a home designed with this concept, there are resources to help you turn your home into a lifelong home, using universal design. AARP has an excellent do-it-yourself guide, “The Room-by-Room Home Fit Tour”, which includes what to look for in each room of your home, recommendations on minor and major changes, help with specific needs and much more. It includes how to hire a contractor or an advisor such as an Occupational Therapist (OT).

Review the AARP information at the following web site, which includes what an OT does and how to work with one and how to check your own home for safety.  
<http://www.aarp.org/livable-communities/info-2014/what-is-universal-design.html>

**We are pleased to announce** that SAIL has negotiated an affordable arrangement with a local OT provider. Panhandle Home Health has Occupational Therapists who specialize in this kind of evaluation. For about \$75, you can have your home examined for features defining a “Lifelong Home”.

**CALL THE SAIL OFFICE TODAY TO SET UP YOUR APPOINTMENT:  
(304) 870-7245**

## Annual Groundhog Day Potluck



Joy Johnson and  
Joan Ergin



Vicky Thomas,  
Maurice and Gerry Smith



John King and Judy Moore



## Falls! BIG Health Hazard!

*So: What are the facts, and what can we do to protect ourselves from this all-too-frequent situation? Read on...*

**Falls are the single biggest cause** of fatal and nonfatal injury in people 65 and older; roughly one in three experiences a tumble every year. The problem, though often overlooked in a specialty-driven health care system that focuses on one physical system at a time, "is as serious as heart attacks or strokes," says Mary E. Tinetti, M.D., a leading specialist on falls at Yale School of Medicine.

The American Geriatric Society adopted a new guide in 2011. Regular exercise, focusing on strength, balance and gait, is best. For people who feel sure-footed, joining a tai chi class, strength training at the gym, and walking all can fit the bill. Those who feel unsteady will likely need the help of a physical therapist to design a safe, graduated program of strength-building exercise.

Cutting down on medication, especially psychoactive drugs (anything from coffee to heroin.) This is where the fragmented approach to medical care fails many older people. "What's best for a patient's blood pressure may be bad for their fall risk. What's good for their depression may be bad for their fall risk. It's all about trade-offs." The ideal, Tinetti says, is an individualized approach that takes into account how multiple prescriptions increase the chance of falling. *Ed. Note: Adapted from an AARP article.*

### The Lighter Side...

A husband and wife are on the 7th green when suddenly she collapses from a heart attack! "Help me, dear," she groans to her husband.

The husband calls 911, talks for a few minutes, and lines up his putt.

His wife raises her head off the green and stares at him.

"I'm dying here and you're putting?"

"Don't worry, dear," says the husband, "they found a doctor on the second hole and he's on his way." He studies his putt distance and makes his stroke.

"Well, how long will it take for him to get here?" she asks feebly.

"No time at all," says he. "Everybody's already agreed to let him play through."



ED. NOTE: WE KEEP ASKING YOU FOR JOKES—THE ABOVE IS ONE, SO NO COMPLAINTS! PLEASE!