



**Newsletter**

**Spring**

**2015**

### **President's Message...**

The Ames Brothers' 1953 hit – “**YOU, YOU, YOU**”! I loved that song – but – that was another era! However, I am still fond of those words – **YOU, YOU, YOU** – but for another reason. They remind me of **YOU** – SAIL's volunteers and members!

In the coming weeks, I ask for **YOUR** support for two SAIL initiatives, (1) **YOU** will be receiving a Survey related to SAIL's services (how are we doing?) and it will also request that you submit suggestions you might have for new or revised programs/services. And (2) I ask for **YOUR** support in our efforts to recruit new Members and Volunteers! Specifically, I ask that **YOU** take a personal role in identifying neighbors, friends, and area newcomers who might be interested in learning more about SAIL – as an attendee at one of our monthly Coffee and Conversation meetings. **YOU** can help out by calling the SAIL office (304 870-7245) and providing Linda O'Brien with the names of interested parties. Your involvement is key to SAIL's continued success. **YOU, YOU, YOU!**

A special welcome to new members Woody Garrett, Elloyd Lotridge & Carolyn Rodis.

Sadly, we note the passing of member Mary Horky in March. We offer our sincere condolences to her surviving husband, Jeff, and her family.

And just recently, Founding Member Marian Buckner died suddenly. We send our heartfelt sympathy to her family. (See 'An Appreciation' in this issue.)

*Jack*  
Jack Young



### **In This Issue...**

- More Tech Tips
- A review for you
- Our Member interview, and..a first: Page 6!

### **Help Us Do This!**

**This quarterly work** is brought to you by a group of volunteers. We'd like to know what **YOU** would like (to follow Jack's metaphor!) in these pages. Do you like what you see? Do you wish we'd do more “\_\_\_\_” Less? (fill in the blank)? Are you pining to write articles?

**Please let us know!**

*Email or call SAIL's office today!*

**(304) 870-7245**

## *An Appreciation*

*By Judy Moore*



***Marian Buckner***

**We are saddened** by the recent loss of Marian Buckner, a SAIL Founding Member. Marian had a vision before SAIL had a name or a mission. In 2007, together with other members of the Organizing Committee, later to become the Board of Directors, she began researching “aging in place” and the Village Movement. She participated

in the creation of our Mission and Vision Statements and wrote content for the website. In 2012 Marian created an extensive and invaluable history of SAIL from the Spring of 2007 through mid July 2012, chronicling SAIL's milestones, decisions and events. A well-known artist, she recently donated one of her works to a SAIL fundraiser. Marian liked to refer to herself as an “armchair activist”. She was a food activist and a tireless supporter of farm preservation. Eventually she was unable to participate in SAIL activities, mostly due to hearing impairment, but was completely tuned in via her computer. To the very end of her life she repeatedly praised SAIL for her daily reassurance calls, for regular visits, for transportation and other services provided by SAIL volunteers. We will miss her and her infectious spirit.

## **In Case You Missed It:**

*The Washington Post* had a good piece on strengthening one's skeleton—read bones—recently. The point was that much is made of strong muscles and tone, but less talked-about is **bone strength**. Exercise and good nutrition add up to a stronger, better skeleton. The weight-bearing types of exercises are best, and walking is the basic building block for building bone density.

In addition, the quality of what we eat is important: don't just quell the hunger pangs--select the nutrients carefully, they say. Hand-in-hand with an exercise program goes the availability of calcium and vitamin D. What can one eat? Dairy, dark leafy veggies, canned salmon (with the bones!), almonds, tofu are good examples.

If you are 'of a certain age', your doc may recommend a bone density test to check for osteoporosis.



Professor Benedict

## Visual Arts in Our Own Front Yard

By Mary Bell, Arts Editor

We sometimes think we have to travel to find quality, engaging and thoughtful art. But, thanks to the robust visual arts program at Shepherd University, that's not the case here. We need only to stroll over to Shepherd's Center for

Contemporary Arts building to enjoy cutting edge and innovative work.

Shepherd offers a Bachelor of Fine Arts degree, and as part of the curriculum, students are required to have a show, either alone or in combination with other students. The students design and write promotional materials, present their work, hang the show, and learn all aspects of showing their work. Professor Dow Benedict, Dean of the School of Arts and Humanities, brings in panels of experts, including gallery owners, curators, and other artists, to critique and jury students' shows. Students hang their shows in venues in Shepherdstown, Martinsburg, Hagerstown and Frederick, and the public is welcome to see them. For a complete listing, go to the Facebook page for the SU Department of Contemporary Arts.

Professor Benedict emphasizes professional development throughout the curriculum so that graduates know not only how to create art, but also how to sell it. "After all, even though it's not a Big Mac, art is a product," according to Benedict. The Shepherd program is a nationally recognized model of how to incorporate professional development into a fine arts program.

Like everything else in modern life, art has been transformed by technology. "All of our workspaces are also computer labs," says Dr. Benedict. Every medium in which artists work incorporates technology. Sculptors are designing with computer assisted drawing and working with 3-D printers to create models. Currently, several students are creating art using cast iron, an ancient medium, using cutting edge technology.

The more people who attend the students' shows, the more feedback students receive. Contact the Visual Arts office at Shepherd University (876-5294) for a complete schedule of student shows.

## Meet the Members: Catherine Irwin



**She wasn't always** a theater maven, but many think of her that way. We wondered what else this woman did before CATF, so we begged an interview. Here's what we found out in a wide-ranging chat in her comfortable home, as Miss Kit looked on.

### **SAIL: How and when did you discover Shepherdstown?**

Back in the '70s, my brother took my late husband and me on an excursion here. He had friends living in the area. Later an intern from Arena Stage moved to Harpers Ferry and later became CATF's first managing director. We enjoyed the area and would visit regularly. Later when deciding where to retire, we literally started searching inside a 50-mile circle, wanting to be in the general area where our kids were.

### **SAIL: Before CATF, what were your career days like?**

I started out in the midwest—my home area—working for non-profits and really learned my trade on the job. About 15 years later I heard about an opening at Arena Stage in D.C., and landed there. I spent some wonderful years there until my husband retired. After our move to Shepherdstown in 1999, I did some consulting work, riding the train to the city a few days a week. One day in 1999, Ed Herendeen of The Contemporary American Theater Festival, called and asked if I'd come to work for them. I did and stayed until 2011—a great job, and a great time for me.

### **SAIL: What would you say was your proudest achievement, and why?**

That's easy! It was my work—all volunteer—in the “women's rights movement in the '60s. I worked in the trenches at first, and was elected president of the National Organization for Women's DC Chapter in 1968. Then in '75 I became a vice president of the national organization. Working with women like Betty Friedan was a huge bonus.

### **SAIL: So, why SAIL?**

Originally, I was attracted to the 'vetted vendor' feature. Then I enjoyed the social interactions that I attended. I had the need to use our volunteers, finally becoming one myself. The calls before storms I really appreciate! Just knowing SAIL is there is reassuring.



**Tech Tips...**In a never-ending quest to find the latest and greatest electronic gizmo for our members, your reporter has stumbled on two potential gems!

**FIRST.** CapTel, a telephone, connected via Internet, works somewhat like 'closed captioning' on a TV. You can read the words being spoken to you on the phone on its screen. It is meant **for those with hearing difficulties**. One of our SAIL members has this device, and likes it. **There are problems if the Internet fails for any reason.** CapTel offers a few models. Also, states have programs for defraying costs involved with the purchase of this device, WV included. So, if this sounds like something you --or someone you know -- could use, check it out. [www.captel.com](http://www.captel.com)

**SECOND.** VTECH makes a phone that's designed for seniors. It's called "CareLine", and is sold online, although it can be found in some stores. We bought ours from Amazon and it is under operational testing at this point in the SAIL Newsletter lab. This device has large numbers on the base unit as well as on the other handsets. It has the usual speed-dialing of numbers, but it has a couple of added features. There's 4 speed-dial keys for emergency, or frequently-called, numbers. Moreover, those keys have a slot for a photo of the person—in case you forget the name (!?) The other little thing is the 'pendant' you can wear or place in its belt holder. It can answer the phone, and has 2 emergency numbers you can program for it—including 911! Take a look if you're in the market for a new or upgraded landline. Go to: [www.vtechphones.com](http://www.vtechphones.com) Search for SN6197.

Words we live  
by...these days:  
The biggest lie I  
tell myself is ... "I  
don't need to  
write that down,  
I'll remember it."

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## The Lighter Side



## ...And Finally



Vicky Thomas and Jack Young, together with members of Kanawha County's Village, (at left) were featured at the WV chapter of the National Social Workers Association meeting in Charleston April 16. They helped put on a workshop on the "village movement". We are sure they did us all proud!!

On April 16<sup>th</sup> -- during National Volunteer Appreciation week--SAIL honored its wonderful volunteers by combining an appreciation reception with its second training session. There were sixteen volunteers present. Trainers were Carolyn Rodis and Catherine Irwin. Here are some photos of the folks in attendance. Thank you, All!

