



Newsletter

Fall

2015

President's Message...

A special fall season "Thank You" to each of our Members and Volunteers for your continuing interest and support for SAIL. We are continuing to grow and to provide interesting, challenging and responsive support to our Members and to the Community at large.

One of our organizational goals at the beginning of this year was to establish improved communications and to work more effectively with other Shepherdstown community organizations. Toward that end, we met with and/or invited senior representatives from the following organizations to attend SAIL functions – Hospice of the Panhandle, Good Shepherd Caregivers, Shepherdstown Community Club, Council on Aging for Jefferson County, Panhandle Home Health, Shepherd University, and the Shepherdstown Visitors Center. These sessions were productive and well received. We believe that through such liaisons, we are contributing to a more effective Total Community within the Shepherdstown area.

In August, we briefed the Shepherdstown Planning Commission on SAIL status and volunteered to assist in any way to enhance Shepherdstown's reputation of being an "Age Friendly Community" – more on this topic in the coming months.

We note with sadness the passing of member George Johnson. We also extend a warm welcome to new member Edwinna Bernat.

Jack

Jack Young



INSIDE THIS ISSUE...

"Women on the Go"
cranks up

Another great movie
review

Why do we "hang up"?

Don't miss this one

And more!

(See the next pages for
your reading pleasure!)



Still Alice: Really?

by Mary Bell

We all fear it. Every time we can't think of that movie star's name, every time we can't find the perfect adjective and settle for a lesser one, every time we can't conjure up a street name, although we haven't been near that street in 17 years: Alzheimer's Disease.

In the film, Still Alice, starring Julianne Moore and Alec Baldwin, Directors Richard Glatzer and Wash Westmoreland challenge each of us, in a palatable, Hollywood way, to visit that fear for about two hours. In the film, Alice, an accomplished world authority in linguistics who teaches at Columbia University, is diagnosed at age 45 with early onset Alzheimer's. Hers is a rare, hereditary form of the disease, a fact that lets the audience off the hook a little. We accompany Alice and her family from the first symptoms of the disease through its progression, and we see how each family member reacts to this slowly and usually quietly exploding bombshell.

Julianne Moore's performance as Alice is, of course, stellar. No wonder it earned her an Academy Award. The direction and acting tries hard not to let the family members devolve into caricatures – the ambitious research physician husband, the attorney daughter and her husband trying to get pregnant, the doctor son and the rebellious youngest daughter. And, for the most part, that's accomplished pretty well. We feel their pain.

The real strength of this film is that it asks each of us, without being trite or preachy, what makes us who we are? Who are we, without our reliable stash of memories? If we can no longer recall a loved one, are we deprived of the joy we experienced with her? The grief over his death? Is there still love? If so, how is it manifested? What is our role-- as patient, family member, caregiver – in this?

Still Alice is available on DVD and On Demand.



WOMEN ON THE GO

A new group has started to form within SAIL. It's intended for single women in search of social interaction and stimulation. Here's the story,

SAIL: Introducing Diana Eldridge, SAIL board member and organizer of the Women on the Go group. Thanks for meeting with us here in the downtown offices of the SAIL newsletter (otherwise known as The Sweet Shop.)

Diana: My pleasure! We are happy to get the word out about Women on the Go.

SAIL: Why don't you tell our readers what this is all about.

Diana: It started out as a way for women who had recently been widowed to reintroduce themselves into an easy social setting. It has evolved, however, to include all women living alone—and even those still with partners, as well—who'd like to join us. We want to offer a menu of activities and outings, gatherings that will give a wide choice. Going to the theater, concerts, restaurants--even further destinations are fair game. Anything that helps promote a social setting.

SAIL: Is this a board-inspired idea?

Diana: In a way, yes. Our Care of Members committee is always looking for ways to enhance SAIL membership. One of our committee members thought that offering this to SAIL women would be helpful. Since I'm on the committee, I volunteered to help get it started.

SAIL: How many women are involved? What have you done so far?

Diana: We had a meeting the end of June at which 9 women came to discuss the concept. After that, we had a few activities in which a total of 16 women took part. Our one anchor point is dinner at the Blue Moon on Saturday nights. That's when everyone felt most keenly the absence of social life they'd known in the past. Anyone is free to come -- just let us know so we'll know who to expect. The SAIL Office has been sending out a reminder on Fridays. As we get to know one another we'll have more and varied functions, I'm sure.

SAIL: So, this is still in the formative stages.

Diana: Yes, we are in no hurry. People feel we need to meet and think about ways we can interact and have fun.

Caveat Emptor!

The Federal Trade Commission recently put out some tips for consumers NOT to do; in other words, as Latin I teaches us: “buyer, beware!” (We know YOU would never fall for these, but take a look...)

1. Don't send money to anyone you don't know. If you are buying online, use credit cards with protection.
2. Don't agree to deposit a check or wire money. Wiring money is like sending cash.
3. Don't reply to any message, letter, e-mail or phone call asking for personal or financial information about you or your family, unless you know and trust the source.
4. Don't play a foreign lottery. Remember: If you have to send money to collect a prize, you've not won anything.
5. Don't donate money to pop-up charities after a disaster. Stick to the tried and true.
6. Don't buy health products or treatments without first consulting your doctor.

Finally, report any fraud to the WV Attorney General's office. www.ago.wv.gov

“Daddy, why do we say: 'hang up' the phone?”

This, asked by a small child in a car within my hearing.

“Dunno, son, I'll have to Google that.”



Back in the 20th century (remember 1940?) telephones were mounted in boxes on walls, with receivers that connected to a hook. When the hook was depressed with the receiver (wired to the box) the connection broke. The person was said to have “hung up” by the act of replacing the receiver on the hook. Later of course, we got dial phones (some still on the wall!) for putting in the telephone number of the party we wished to reach. A rotary dial with holes for fingers to spin. That's why we still

say we “dial” a number, when most of us don't dial at all, but punch buttons.

(Note: We did this -- without Google!)

Uh-Oh! It's That Time of Year!

Yup, it's time for your **FLU SHOT**. Did you know there's a special shot just for us seniors? Ask your doc if this is the one for you.

Flu is no fun, but a recent poll showed only 8% of seniors surveyed had any concern about getting it. (Eek! The numbers out there don't support this view. Nearly half of flu victims are 65 and older, and almost **ALL** the flu-related deaths are in that age group.)

We are not trying to scare you, but this is a serious health threat, especially if you have diabetes or heart issues. Medicare pays for the shot, and you need to **GO GET ONE**.

(and, while you're at the doctor's, ask about a shingles shot. Also, if you're not sure whether you've had a pneumonia shot, ask them to check your records. These three vaccines are a must for us of a 'certain age'!)



The lighter side...



What REALLY
Happened to the
Dinosaurs

...And, Finally...



SAIL picnic before Wolftrap concert



Mike Austin tells
Brown Bag Lunch
crowd all about bees



SAILERS (L to R Esther
Murphy, Joan Van Brunt,
Martha Young) at
Morgan's Grove
Labor Day festivities



Mike Austin showing Tools of the
Trade for Beekeepers



Labor Day at Morgan's Grove