



Newsletter

Winter

2016

FROM THE PRESIDENT:

A slightly belated Happy New Year wish for each of YOU – may 2016 bring you Good Health and Happiness!

From my perspective, 2015 was an exciting, rewarding, and prosperous year for SAIL. We remained solid financially and were successful in expanding our membership from 79 in January 2015 to 86 as of the publication of this Newsletter. The number of volunteer hours during the year were 2,141 and our volunteers drove 1,667 miles. I am also pleased we were able to maintain our existing membership dues structure, which is considerably below the National Village average membership fee levels.

The results of our Member Survey conducted during the year indicate that our Activity Committee is providing a wide range of successful and stimulating activities for you – our Members and Volunteers. We solicit your continued recommendations for additional activities for consideration.

Thank you for your responsive and generous financial support for SAIL's special fund raising efforts during the year.

A special welcome to our two new Board Members – Joan Ergin and Hulda McLachlen. A grateful farewell goes to Vicky Thomas, our first president.

New members include Clara Castelar, Tom and Cathy Lewis, Dotti Mozden & Peggy Swope. We're glad you're on board!

On a sad note, member Dabney Chapman died in September. We miss him.

Jack

Jack Young



Introducing...

Our New Feature:

"Your Health Matters",

a regular article on the importance of wellness to us seniors. It is written by **Joan Ergin**, a member and a retired nurse—as well as a brand-new SAIL board member. You will find her first offering on page two. Joan asks that anyone with a subject they'd like covered let us know.

WELCOME, HEALTH AND
WELLNESS EDITOR,
JOAN ERGIN!

(It all starts when you flip the page)

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Your Health Matters: A Visit to Your Physician

By Joan A. Ergin, Health & Wellness Editor

We have all made trips to a physician whether it be for a routine checkup or a symptom related problem. The following are tips that I have found to be helpful for myself and for patients.

Be prepared. Today visits are commonly limited to 15 minutes, so make the most of the time.

Take a family member or good friend with you. Two sets of ears are better than one. I remember a patient saying, “I am so glad I don't have cancer” when the doctor said “You may not have cancer, but these tests must be done for us to know”.

Write down questions before the visit, otherwise you might remember an important question on the way home.

Bring a list of prescription medications including name, dosage, frequency and any medication allergies. Include OTC (over the counter) and supplements.

Write out family and personal medical history. The office may have a checklist for you to complete, but writing it beforehand helps to prevent omissions.

Be specific about your concerns, (generally called “chief complaint”). Prioritize concerns, remember you have only 15 minutes. For example – pain: location; severity (scale of 1-10); onset; relief measures, medication or physical, that helped; subsequent symptoms such as diarrhea, a lump, etc. Be honest; don't omit details such as alcohol intake. Doctors have heard it all and it is hard to help if they don't know. It has been estimated that over 75% of diagnoses can be made by medical history alone.

FINALLY:

Write down physician comments and ask questions for any clarification needed. If need be, repeat what you heard the physician say to be sure you understand.

Determine follow up: a change in medications; a referral to a specialist; another appointment with current physician or another health care provider, physical therapy, etc.; how best to reach the physician for any additional concern or question and when a response can be expected.



Editor's Note: Print this page and clip it to your calendar by your next doctor visit date. (Or, do the digital equivalent on your smartphone.)

Celebrate Music : The Jefferson County Community Choir

By Mary Bell, Arts Editor

SAIL members are everywhere. On Tuesday evenings in the spring and fall, you'll find three of them, Diana Eldridge, Karen Gerstmyer and Mary Bell, singing their hearts out rehearsing with the Jefferson County Community Choir.

Organized in 2011 by Roberta Ranelli, the choir performs programs at local venues twice a year and sings at the Veterans Administration Hospital at holiday time. Anyone who wants to join the choir may do so; there are no auditions, but members must commit to missing no more than two rehearsals a season. Choir members contribute toward the purchase of music for each program.

The choir charges a nominal admission fee, usually \$5, at its events and has a silent auction of items and services donated by individuals and businesses. The choir has raised funds for the Old Opera House and the drama departments at Jefferson and Washington High Schools. Typically, between one and two thousand dollars are donated from each concert—a nice gift!

The choir's programs vary in theme from patriotic music to Broadway show tunes to holidays – and not just Christmas! The choir's next performance will be in the late spring – time, date and location to be announced. Like everything else, the Jefferson County Community Choir is on Facebook, and its email address is jefferson countycommunitychoir@gmail.com

Concerts are publicized in all the Jefferson County newspapers, and all are welcome to join us, in the choir or in the audience, to celebrate music!



The Jefferson County Community Choir 2015

Meet the Members: Hulda McLachlen



Just elected to the SAIL Board of Directors, Hulda McLachlen is also one of SAIL's newest members so we thought that introducing her to the rest of her fellow members would be timely. She recently enthused about SAIL in a handwritten note. In part, she said: "It was as if a door had opened – so many friendly, interesting people belong to SAIL. Chances to go places and do things chapter in my life." We caught up with her at the December Brown Bag Lunch.

SAIL: What brought you to Jefferson County and when?

My daughter and her family built a house here, including a wing for me. That was in 2012. I had been living in Maryland—and still keep my place there. I probably spend most of my time here, but breaking old ties is hard to do!

SAIL: What kind of work did you do before retirement?

I did a variety of work for the federal government for over 30 years. The latter part of that career was spent in an agency of NIH, the National Institute of Mental Health, in Rockville, MD. I managed research grants in NY state -- plus all the foreign ones. I also enjoyed doing volunteer work, especially with the Smithsonian, and the White House, where I worked with handling the mail to the President from the public.

SAIL: How did you hear about SAIL?

I met Jack Young at an event in Harpers Ferry and we started talking. Since I was a newcomer, he gave me some info about the local "aging in place" organization--SAIL. It sounded like a good chance to meet local folks and get involved in the community. I joined right away and went to my first event --a Brown Bag Lunch—soon after.

SAIL: You are brave to join the SAIL Board so quickly.

When they asked me if I would, I said 'yes', thinking that it's a good way to help, and become familiar with the organization—all at the same time.

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

About my time at the Smithsonian, which included service on a variety of information desks and behind the scenes at the Anthropology Conservation Lab. Really fun!

TECH TIPS

ROBO CALLS -- ARRRRRGGGHHH! We here at the SAIL Newsletter offices are constantly on the lookout for things to make our members' lives easier. Technology sometimes may be unduly complex, but we've found a simple answer to a nagging problem: **UNWANTED PHONE CALLS!!**

As anyone who's put their phone number on the Federal Trade Commission's (FTC) National Do Not Call Registry knows, being on the list does very little to eliminate unwanted calls. Now there's a fix: it's called "Nomorobo", and it is a service provided by landline companies. Their website states that Frontier, Vonage and Comcast offer this free of charge. (We can vouch for Comcast phone service, but call your own landline provider for specifics.) **Take a look: <http://nomorobo.com>**

News you can use...

BALANCE AND THE AGING PROCESS: TAI CHI HELPS

With its integrative approach that strengthens the body while focusing the mind, tai chi addresses a range of physical and mental health issues—including bone strength, joint stability, cardiovascular health, immunity, and emotional well-being. Tai chi is especially useful for improving balance and preventing falls—a major concern for older adults.

"Studies have shown tai chi to reduce falls in seniors by up to 45%," Dr. Peter Wayne says in a Harvard Medical School blog. It can also improve balance in people with neurological problems. A recent study (2012) in The New England Journal of Medicine found the program particularly effective for balance in people with Parkinson's disease.

Tai 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.

SAIL has had a class in tai chi for nearly 3 years and its 5 students feel they have benefitted from it.

"Cassie (Bosley, the instructor) has taken us slowly and surely through each class so that we never feel rushed," says Melinda Landolt, a class member. Her husband, John Landolt, has felt the effect of better balance from the start. "I used to have to hang onto a chair for some of the pre-class exercises, now I don't," he claims.

Now SAIL is prepared to offer a second class for beginning tai chi. Cassie Bosley will conduct a free demonstration so interested members of SAIL can see exactly what it is and decide whether it's for them. **Interested members may call Jean Neely at 304.876.2410, or email her at jeaneely@comcast.net for more details.**

A New Year's SAFETY Resolution!

Take advantage of the Shepherdstown Volunteer Fire Department's offer to visit your home for a check of your smoke and/or carbon monoxide detector. They will replace batteries (free) where needed.

Here is all you have to do - Call the fire department at (304) 876-2311 and request the service. They will schedule a visit. *(NOTE: Although this is a free service, it would be a nice gesture to provide a "donation" to the fire department if you haven't already done so recently.)*

The Lighter Side...

Sam is stuck in a traffic jam on the D.C. beltway. Nothing is moving, so he rolls down his window as a man comes down the line of cars.

"What's happened?" asked Sam. The man replies "Terrorists have kidnapped Congress, and are asking for a \$10 million dollar ransom. Otherwise, they are going to pour gasoline on them and set them on fire. We are going from car to car, taking up a collection."

Sam says "Well, I'll chip in. How much is everyone giving, on average?"

The man replies, "About a gallon."



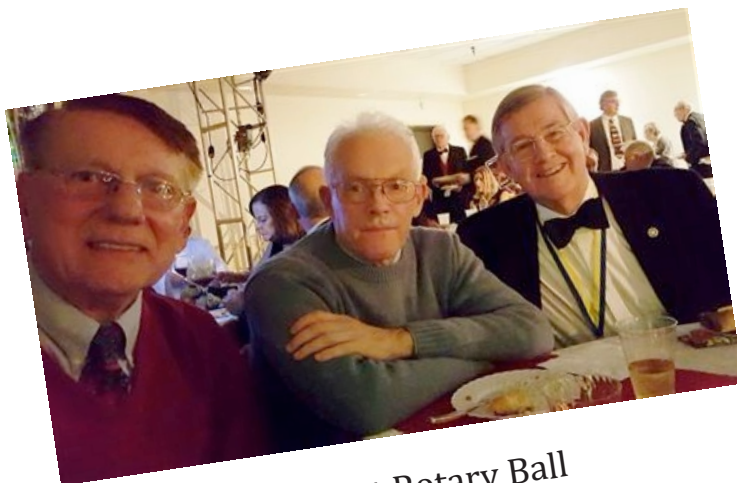
SAILers Spotted at Recent Events



SAIL outing to Maryland Symphony



SAIL 4th Annual Christmas Day Breakfast,
Bavarian Inn



Ted, Jeff and Carl at Rotary Ball



Winnie Bernat & Catherine Wilson
at Maryland Symphony

Great Celebration! 70th Wedding Anniversary for Elinor & Sherman Ross!

Just ahead of the blizzard on January 22, SAIL members had a party for the couple at Trinity Church's Fellowship Hall. Champagne and Karaoke! Toasts and Cake! Here's some photos.



The honorees
and the cake



Above, Maylene and her parents,
Sherman and Elinor
Right, Betty Snyder and Ted Walton
leading Karaoke classics



Above,
Erdem Ergin
visits with
Sherman