

# SAIL

## SHEPHERDSTOWN AREA INDEPENDENT LIVING

VISIT OUR WEBSITE: [www.shepherdstownSAIL.org](http://www.shepherdstownSAIL.org)

## Newsletter Spring 2016

### FROM THE PRESIDENT:

One of our SAIL goals for 2016 is to increase our total membership to 100. We started SAIL with 26 members when we “opened for business” in January 2012. As of the publication of this Newsletter, our current membership is 87.

In addition to serving as your President, I am also the Chairman for the Membership Recruitment Committee. We use a monthly “Coffee & Conversation” (C & C) informal meeting as the primary venue for attracting and informing potential new SAIL members and volunteers. The sessions are held in our home during a weekday at 10:30 AM and they last approximately one hour. Light refreshments are provided. I usually make a 20-30 minute flipchart talk about SAIL and our program, with Q&A following.

Here is where your assistance would be particularly helpful! Do you have friends or acquaintances that you would be willing to ask if they would be interested in hearing more about SAIL and may be interested in becoming a member or possibly a volunteer? If so – please call the SAIL office (304 870-7245) and provide Linda with their contact information. She will inform you of the next C & C scheduled session. You are invited to attend the C & C with the person you recommend – if you so desire. With your interest and help, I am confident we can meet our 2016 goal of pushing over the “100 Member Target”!

A hearty welcome to new SAILer Bill Carrigan. In March we said a sad farewell to members Gerry Marsh and Oscar Stine; our heartfelt condolences to their families.

*Jack*  
Jack Young



### May 10—VOTE!

**It is said that less than 20%** of the voter-eligible population elects our president.

Why? Because that's the turnout for PRIMARY elections. The party candidates are chosen in the primary. So those who don't vote then don't get to participate.

**The primary is held on May 10. Polls are open from 6:30 a.m. to 7:30 p.m.**

**Need a ride? Can you offer a ride? Call us!**

**304.870.7245**

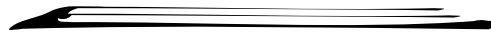
## Tech Tips (and not-so-tech Tips)

**CAR RECALLS.** Millions of vehicles are affected by manufacturer recalls each year, presenting safety concerns for drivers everywhere. One of the biggest dangers is simply not knowing whether your vehicle has been recalled, especially if you did not buy it new. Fortunately, there is an easy way to check for recalls using the National Highway Transportation Safety Administration's website and handy VIN look-up tool. <https://vinrcl.safercar.gov/vin/> The tool could be especially helpful for those who are not the original owner of the vehicle.

The VIN for your car is on the car and on your registration. You can even sign up for email notices if recalls come up for your vehicles.

***It can take a long time for dealers to sort through the recalls, so it pays to be ahead of the game.*** Remember: any service or repairs called for by the recall are FREE. Stay on top of the game by checking yourself. Besides, you'll be ahead of the crowd!

**LEAKY TOILET OR CONDENSATION?** “Eek, George! The toilet is leaking all over the floor!” Maybe not! To be sure, use this simple trick. Put some food coloring in the tank and see if it winds up on the floor. If not, it's condensation. If it does, call a plumber.



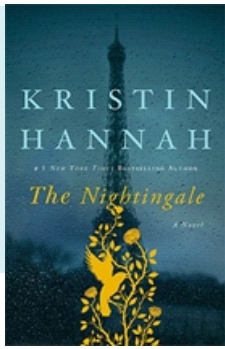
## NEWS YOU CAN USE...

### WV e-Directive Registry –What Is It?

**It's where you can have your end-of-life forms like Living Wills, & Medical Powers of Attorney kept.** This centralized state-run registry will provide relevant information to health care providers in a medical crisis. By having the forms in a 24/7 online access point for health workers, you are assured of having your wishes respected throughout the continuum of health care settings. It's a service of the state, and free.

Here's the scoop on how you start. Go to: [www.wvendoflife.org](http://www.wvendoflife.org) for the process. Browse around and see what they offer. If you have questions, they have very helpful folks available at 877.209.8086.

You can fax, or mail the forms you want registered. FAX: 844-616-1415. Mail: WV Center for End-of-Life Care, P. O.Box 9022, Morgantown, WV 26506-9022



## **The Nightingale: A Worthwhile Journey**

by Mary Bell

**While traveling in Norway**, we saw a documentary film about the efforts of the Norwegian underground to keep heavy water, a component of some nuclear reactors, out of the hands of the Nazis during WW II. In the film, one of the Norwegian fighters said, “Unless you've lived through it, you cannot know the anxiety of living in an occupied country.” Tragically, what he said is true. But in The Nightingale, author Kristin Hannah conveys much of that crippling anxiety to the reader.

Simply put, this is the story of a French family – a father and his two daughters, one grown and one almost grown—and what each person decides to do and not do in the face of invasion and occupation during WW II. This is the second account I've read of the invasion of Paris in June, 1940, and this one is by far the more compelling of the two. In Hannah's harrowing account, the beautiful and inviting streets of Paris descend into panic, chaos, and despair, inevitably leading to human suffering. And Hannah's story does not let us off the hook. We share the characters' deprivation, hardship, and loss throughout the occupation and beyond. We see them agonize over every decision, knowing that even the slightest misstep could have life or death consequences.

But the real story here is one of heroism, and Hannah challenges us: what does heroism look like? Sound like? Feel like? Is it large? Small? Loud? Subtle? In your face? Will we even recognize courage when we see it? Should we recognize it?

And Hannah, with a view half a century after the War, gives the reader a peek at how war time experience colors a lifetime. But just a peek, as everyone's war is different.

**The Nightingale by Kristin Hannah is widely available in print and electronic format.**

## ***Meet the Members: Cathy & Tom Lewis***

**Fairly new members, transplanted** (like most of us!) from the Washington area, they have settled in snugly to their new digs in Uvilla Estates. Cathy has recently had joint replacement surgery and we found them in their home, complete with dog and cat—Cathy doing well with a cane. We asked them to give us some introductory info.



### **SAIL: We know you were in Fairfax for several years. Why move here?**

Cathy: Tom wanted to get out of the NoVA congestion, traffic etc. but we wanted to stay in the region near our daughters and have easy access to major airports. My sister moved here from Maine, so we came up and prowled around, looking everything over and ultimately bought the property next door to hers.

### **SAIL: You both worked, so what were the career paths?**

Tom: I was in the Army for 5 years and then transitioned to the California Army National Guard, living in Sacramento. On the civilian side I was an IT Project Manager; in the Guard I was a helicopter pilot working search & rescue, medical Evac, and fire support and then transitioned to IT, ultimately as Director of Information Management. In '95, we moved to VA where I worked as a systems engineer on IT contracts - one of the "Beltway Bandits", as we were known.

Cathy: My profession was nursing—one of the most flexible, useful careers I could choose. I worked in various community settings including public health and mental health. Throughout my career I was also an RN in the Army National Guard in California where I was the State Chief Nurse prior to our relocating to Virginia. I was mobilized in 2004 and remained on active duty with the Army until my retirement in 2013.

### **SAIL: Did you both grow up in California?**

Cathy: No, I am from western Massachusetts, lived in CA nearly 20 yrs.

Tom: And I was a military kid, with an Air Force father stationed in New Mexico when I came along. We moved a LOT!

### **SAIL: We always ask this: How did you hear about SAIL?**

We met Jack Young at a SU Lifelong Learning event last spring, and then we attended a Coffee & Conversation at the Young's. A very welcoming way for us to get acquainted, and we liked the sound of it. A good way to go for us.

## **Your Health Matters**

By Joan A. Ergin

Many of us have various first aid supplies, but if they are not in one place, it may be difficult to locate an item when needed immediately. Case in point – several years ago I sustained a deep cut on my index finger when opening a tin can. I thought I would need stitches so I scoured for a gauze pad to use as a pressure dressing. No luck. In the ER, the doctor, looking at my bandaged finger said, “What is this?” as he unwrapped my bandage, a tightly wrapped sanitary pad. Said he, “I’ve never seen this type of a pressure dressing!”

Listed here are the necessities for most minor emergencies.

### **Dressings and bandages**

25 adhesive bandages of various sizes (Band-Aid, Curad)  
5 sterile gauze pads (3x3 and 4x3 inches)  
2 absorbent compress dressings (5x9 inches)  
Gauze roll  
Eye shield or pad  
Roll of adhesive tape or adhesive cloth tape – paper tape may not be strong enough  
Elastic bandage (Ace, Coban) for wrapping wrist, elbow, ankle and knee injuries (3-4 inches wide)  
2 triangular bandages for wrapping injuries and making arm slings  
Cotton balls and cotton tipped swabs (Q-tips)

### **Equipment and other supplies**

2 pair latex or non-latex gloves, size L (to be worn anytime you may be at risk of contact with blood or body fluid of any type)  
Instant cold pack  
5 large safety pins to fasten splints and bandages  
5 antiseptic wipe packets, (hydrogen peroxide or betadine)  
Thermometer (non mercury/non glass)  
Tweezers to remove ticks, insect stingers and small splinters  
Scissors (rounded tip or bandage) for cutting gauze  
Breathing barrier with one way valve for giving CPR  
Blanket, preferably a space blanket  
Antibiotic ointment (Neosporin or Bactoban) that contains bacitracin or mupirocin  
2 packets of Aspirin (81 mg. each)  
Hydrocortisone cream, lotion or ointment for itching  
Other medications, such as pain relievers, antihistamines, decongestants, anti-nausea and anti-diarrheas, laxatives and antacids (may be kept in a separate medicine cabinet.)  
Sterile eye wash  
Hand sanitizer (liquid and/or wipes)  
First aid manual & a list of emergency numbers

### **Be Safe, Be Prepared**



***The SAIL Volunteer Training Session*** was appropriately held during National Volunteer Recognition Week—on April 13, seventeen SAIL volunteers heard from three presenters: Monte Cole, Diana Eldridge and Suzanne Patrick. Presiding was Volunteer Coordinator Linda O'Brien. During the training session, attendees reviewed our Volunteer Handbook, discussed questions & heard concerns. One interesting factoid for you SAILers: During 2015 our wonderful volunteers donated 2,315 hours and drove 1504 miles! (See the photos in this issue.)

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## Happy 100th Birthday, National Parks!

August 25, 1916 is the day Woodrow Wilson put pen to paper to *"conserve the scenery and the natural and historic objects and the wild life therein and ... leave them unimpaired for the enjoyment of future generations."*

After we ponder this wondrous gift to us 100 years later, the National Park Service invites us to find a park near us and help celebrate. For us here in this area, it's not hard to do! We have three national parks within a few miles of us: Antietam National Battlefield, as well as The C&O Canal, and Harpers Ferry National Historical Parks.

There's also the option of taking the opportunity to seek out and visit a place in the park system you've never thought of—or, perhaps—even heard of, for that matter. Do you know where Guadalupe Mountain National Park is located? Why it's a National Park? Try going to the website: [www.nps.gov](http://www.nps.gov)

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## The Lighter Side...

In honor of the new baseball season:



## And, Finally:

A **"Get Well Soon!"** goes out to Founding Members Judy Moore and Vicky Thomas. Vicky is recovering from surgery and Judy is learning to cope with broken wrists. Our staff here at the SAIL Newsletter sends its best wishes to them both.



SAIL volunteers gather for training session April 13



Suzie Patrick & Clara Castelar



Karen & Bob Gerstmyer

Enjoying the SAIL Annual Groundhog Day Potluck



"Intergenerational Communication" Lunch:  
Carolyn with students



Bonnie & Melody