



VISIT OUR WEBSITE: www.shepherdstownSAIL.org

Newsletter

Summer

2016

President's Message

I hope each of you is enjoying your summer! Martha and I doцент at the Shepherdstown Museum and Martha is a regular "welcomer" at the Visitor's Center. We are happy to tell visitors how fortunate we are to live in this wonderful town! As John Denver so aptly put it – "Almost Heaven, West Virginia"!

Also, I am personally appreciative of the fact that I have been an active participant in our SAIL program! I enjoy being able to tell interested folks about our highly successful "Aging In Place" initiative. I am proud of our organization, so I say – "Thanks for the opportunity to be your President"!

And here is my "Open Invitation" to each of you – our volunteers, members, and friends. In the coming year, we would love for some to step forward as candidates for our SAIL Board of Directors. Our elections are in the fall, so if you are interested – give me a call.

A warm welcome to Karen Davison and Sidney Lewis – our newest SAIL members!

Jack

Jack Young



In Memoriam

We note with sorrow the passing of SAIL members Clayton Johnson and Elloyd Lotridge. We offer our sincere condolences to their families--especially Nan, Clayton's daughter, and Carolyn Rodis, Elloyd's wife.

Inside...We have:

- movie tip
- an interview
- a couple of helpful items
- some photos

...and more!

Meet the Members

Hal & Betty Snyder were in school together in a small WV town, but went their separate ways after graduation. Many years later—in the same town—at a school reunion, they met again and clicked. How about that?! Interviewed at their home, they shared some thoughts with SAIL.



SAIL: How did you happen to choose Shepherdstown to live?

We were returning to the DC area from our hometown of Keyser, WV and decided to check it out. It was late November and the Christmas festival was on. We were smitten! We were looking for a retirement roost, so it was a lucky break. Two years later we moved—1996—during a 30-inch snowstorm! Unforgettable!

SAIL: You already told us about your reunion, after about 40 years. What kind of work did you do for careers?

Betty: I had an MBA and worked as a volunteer at a nonprofit in the Chicago area. When the agency asked me to manage their financials 'for a year', it turned into 25. I became their Executive Director.

Hal: My education was in engineering, and I spent a career working for EPA as an environmental engineer. My focus was on pollution control, like oil spills & that sort of thing. Some international work was involved, as well, since we had the technical expertise other countries needed.

SAIL: Not all work and no play—any interests or hobbies you enjoy?

Hal: I always loved cars, and when I had the chance to help out at an event with the Sports Car Club of America, I took it. Eventually, I wound up as a race car driver—great fun!

Betty: Writing always appealed to me, and I was happy when a book I had written about my grandmother was accepted for publication in 2005. I also love to play bridge.

SAIL: Why does an organization like SAIL appeal to you?

The whole concept of 'aging in place' is attractive to us. Also, members helping members is a good way to make a contribution.

Useful Info Department

SCAM ALERT! Senior scamming is nothing new, but it bears reviewing.

The Village-to-Village Network has compiled a list for all members, which includes SAIL, and which has just been put up on our website. We urge you to go to www.shepherdstownsail.org to read through the document. Don't let your guard down -- protect yourself, your privacy, your assets and your pride!

WAIT! THERE'S MORE...

Ever get a frantic email from a friend with a dire warning about something? Did you pass it on, assuming it "just had to be true since Terry sent it?" What you might have done is check it out with Snopes's. All you have to do is go to snopes.com and then type in the headline of that email from Terry. Chances are you'll find it if it's a false alarm.

The website says: *"Welcome to snopes.com, the definitive Internet reference source for urban legends, folklore, myths, rumors, and misinformation."*

We understand that not everything is covered by Snopes's info, but it is comforting to know that when you see one that has been exposed as phony, you're not adding to the panic/gullibility/puzzlement factor.

Tech Tips: Uh-oh! My phone's wet!!

What to do? First, **DO NOT TURN IT ON!** You might short the circuits. Instead, remove the battery and SIM card.

Next get the moisture out fast. A Shop Vac works well...no heat, though, so no hair dryers. The compressed air can you use for cleaning your computer keyboard does it.

Finally, a drying substance to wick away moisture. A good one is uncooked rice.

Plunge your phone into a bowl of it and leave it there for 12 hours.

The experts warn that speed is important and the avoidance of any heat is also.

So: no microwaves, hair dryers, sunlight, alcohol, etc.

Final word: if it falls into salt water, then after battery removal, do rinse it in fresh water before following the drying procedures outlined above.

And One More--

Ever sent an email before it was ready? Remove all recipients until you're ready to send.



Finding Dory – A Journey Worth Taking

By Mary Bell

How many hearts does an octopus have? Don't Google this question; instead, go see Disney Pixar's latest animated film, *Finding Dory*. This film is a sequel to *Finding Nemo*, which was really cute and entertaining. However, this is one of the few instances when the sequel is better than the original film.

This is a fish story. To catch you up on the storyline: Dory is a beautiful regal tang fish who, in the first film, helped Marlin, a clown fish, find and rescue his son Nemo, who was captured at sea and confined to an aquarium. In this film,

Dory realizes she has been lost and away from her parents for a very long time, and she wants to go home.

The kicker is that Dory has a disability: short-term memory deficit. Her memory deficit was treated humorously in the original film, but we see in *Finding Dory* that it's also a source of frustration, anger, heartbreak and even danger at times. But, no worries – Disney delivers a happy ending as promised. With the help of her friends Nemo and Marlin, plus whales, sharks, otters, octopi, and sea turtles, among others, Dory is joyfully reunited with her parents.

We saw this film in 3D, which I would highly recommend. It's truly beautiful, continuing the Disney legacy of visual richness and excellence. It contains life lessons about friendship, family, character, sensitivity to the feelings of others and generosity. And it looks a little at the flip side of each of these; that is, not everyone is generous, and the world can be a scary place. While there is something in this movie for everyone, even goofy physical humor for 9 and 10-year-olds, I would not take children 5 and under. The deep ocean is a little frightening at times! *Finding Dory* is in wide distribution this summer.

Stand Tall, Don't Fall

By Joan A. Ergin

Injuries, resulting from falls, in the elderly population are a major public health concern. These injuries are one of the main causes of longstanding pain, functional impairment, disability and death. This problem will become more pronounced as the rate of injuries rise due to the increase in the elderly population. *About one third of the independently-living elderly aged 65 years and older fall at least once a year.*

Risk Factors in Falls

There are multiple risk factors for falling. Our focus will be on those that can be modified by preventive interventions. In order to fully cover the subject, we will cover it in two segments: ***Causes*** in this issue, and ***Prevention*** in the next.

Physical limitations such as difficulties in performing activities of daily living, visual impairment, hearing loss, low blood pressure, disturbed balance or coordination, gait disorders, muscle weakness and joint stiffness are all possible causative factors.

There are multiple factors related to mental health, including the fear of falling. This fear is an important predictor for falls because older people who are afraid of falling are more likely to fall and those who have fallen in the past have a significantly higher level of fear. Common mental conditions such as depression, loneliness, confusion and cognitive impairment may cause an increase in physical instability.

The number and type of prescribed and OTC medications can increase the risk of falling. Additionally, self-medication may cause dangerous interactions.

A visual home assessment can identify many hazards that could lead to falling. For example: loose rugs, electric cords, wet surfaces, poor lighting, the placement of furniture, small pets and the lack of assistive devices, like canes.

In short: be aware of the threat and ferret out home hazards. In the next issue we will examine some of the ways we can prevent falls.



...and finally...

Corny Jokes 101

Why did Mozart kill his chicken?

Because all it said was *Bach! Bach! Bach!*

Football coach to vending machine:

"Gimme my quarterback!"

Knock, knock. Who's there? Boo. Boo who?

Please don't cry--it's only a joke.



If you know what these objects are (above), then you are older than you look!



Our Maypole, as built by John Reed, and used at the May 1 Potluck. (above) Enjoyed by Bob and Joan Foster (on the right)



(above) SAILers marching in the town's Fourth of July Parade



(right) New member Karen Davison & Lucy



SAIL members enjoying the damp, but fun Picnic festivities on July 4th at Morgan's Grove

Above Left: Elinor Ross with LouAnn & Jim Stovall

Above: Jack Young and flag with Sherman Ross

Lower Left: Bonnie & Mike Austin

