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Newsletter

Fall

2016

President's Message

Fall Greetings! It seems like yesterday that we were all looking forward to the arrival of summer and-- SHAZAM! – now we are anticipating the coming of fall and beautiful colored leaves. It has been a Young family tradition each fall to travel to one of West Virginia's treasured fall locations – Coopers Rock State Forest east of Morgantown. The foliage view from there is spectacular.

I'm glad to note that our quarterly SAIL member/volunteer fall picnic – held once again at the beautiful home of members Elinor and Sherman Ross - took place on Saturday, September 10th. Over 40 were in attendance. A wonderful time was had by all!

Enjoy the Fall Season and look for other SAIL activities to attend and enjoy.

Jack

Jack Young



WELCOME!

New member Roy Winkel!

In This Issue:

- Great movie**
- Webmaster?**
- Elder Travel**
- Falls (Part 2)**

...and more, so continue 

Stand Tall, Don't Fall

By Joan A. Ergin

(The final segment of a two-part article continued from our Summer Issue)

Prevention

Because the causes of falls are so numerous, the most effective prevention is using a holistic approach.

Physical activity is a primary intervention which can reduce the risk of falls by improving strength, balance, coordination and flexibility. At a recent SAIL Brown Bag Lunch, Dr. Mark Cucuzzella made the point that mobility is connected with balance, and if balance can be improved, falls are less likely. Very good resources for physical activity are available in our own locale. Some SAIL members have enrolled in Tai Chi classes held on Tuesdays in Trinity Chapel. (Contact the SAIL Office if you are interested.) A walking group meets at 10 a.m. on Tuesdays in the large parking lot of the C&O Towpath. Show and go. Balance classes are offered on Tuesdays and Thursdays and Stay Active classes on Mondays, Wednesdays and Fridays at the Clarion Fitness Center. Contact Tina Spring at tspring@clarionshepherdstown.com. Also, the SU Wellness Center has multiple classes and individual trainers.

Take a look at your home or living space with an eye to making it as safe as possible by removing boxes, newspapers, electric and phone cords from walkways. Secure loose rugs with double-faced tape or a slip-resistant backing; better yet, remove them completely. Store clothing, dishes, food and other necessities within easy reach. Clean up spilled liquids, grease or food immediately. Use nonslip mats in the bathtub or shower, along with grab bars. Keep areas well lighted to avoid tripping on objects that may be hard to see. Last, but not least, look at your feet. Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers and shoes with slick soles can cause slips and falls. Wear properly fitting, sturdy shoes with nonskid soles.

These suggestions should be a good basis for getting started.

Remember: An investment in fall prevention is an investment in independence.





“Planes, Trains & Automobiles” Which Works For Us?

The question SAILers Mark and Susan Smith asked themselves as they planned their summer travel.

We found ourselves at a table with the Smiths for the SAIL Picnic in September. The conversation got to travel, and the theory Mark and Susan were going to test: Is train travel less hassle for seniors than planes? We asked whether they would let us feature their results in the newsletter, and -- voila!

When they returned, Susan sent us some thoughts and we went over to their comfortable home in Fernbank for a chat and the above photo. Here's what they found. “We had signed up for a tour in Chicago and decided to go both ways by train...In preparing, we found there's dedicated parking at Martinsburg for Amtrak at the rate of \$5/week!” said Susan. “Also, when we got there, the conductor helped us onto the train and into our bedroom.”

Both of our travelers enthused about the meals, the ability to get up and stretch cramped legs, the Red Cap service in Chicago, and the private bathroom. Mark told about some of the interesting people they met. “We met some folks from England, for instance, who come over each year and never by air. They take the *Queen Mary* over and trains thereafter!”

We asked about the verdict. “Absolutely positive! It worked for us, and we can recommend train travel, especially for seniors. Less time waiting in airports, dragging bags, standing in security lines,” enthused both Susan and Mark. Any delays? Amtrak was on time enroute to Chicago, and one and a half hours late into Martinsburg on the return trip.

When we asked about any differences noted in security screening, they reported that, with the exception of video surveillance of the parking area in Martinsburg, there was none. No screening, hand bag search—nothing.

How about getting it all set up? “We used a travel agent we'd had before and she arranged it all, without us having to decipher the Amtrak schedules,” said Mark.

Susan added “We do have a couple of tips. Make sure you have something warm to wear as trains tend to be cold. Also, have a small carryon to take to your room, & store the rest.”

Bottom line, dear reader: Don't just automatically go by air!

SAIL Website Wizard: LouAnn Stovall

SAIL has just had a change at the helm of our website. The originator and “webmaster”, LouAnn Stovall, has handed the job over to Tom Lewis. Since we sensed a story in this, we begged an interview with LouAnn. She generously agreed.



SAIL: How did you happen to get the job of webmaster for SAIL?

Judy Moore handled all communications then, and she asked for volunteers. I had already done this kind of thing at the White House and other federal agencies.

SAIL: We were about to ask for your qualifications—education or on the job. But--the White House?

Yes, that's right. I like to say “I did Windows at the White House!” My background was a mix of training and experience in just doing it. Also, my math degree helped, and with computer programming added, website design sort of grew out of that.

SAIL: Why does an organization like SAIL even need a website?

Actually, it's a two-way benefit. Members can consult a website to get current info and insights, whereas the public can find info they seek. Google will bring up our website if you put in “aging in place Shepherdstown WV”.

SAIL: Are seniors convinced about the importance of using websites?

It may be a generational thing, I'm not sure. We do know that if we want to attract traffic on a site, it has to be interesting & timely for both members and the inquiring public.

SAIL: You are retiring as webmaster after 5 years. Is it hard to hand over?

Since Club Express is our website's hosting platform, they have a wealth of info about how to do everything—even videos and tutorials. Tom Lewis and I got together one weekend, and I was able to bring him up to speed in no time. Also, his background is very good for this, so the transition will be smooth.

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

Just that doing this has been fun for me, but webmasters do need input from members on what's important for them. Maybe we can talk about this at an upcoming Brown Bag Lunch. It might prove interesting and useful!



Florence Foster Jenkins **Streep Rules Again**

By Mary Bell

Is there anything Meryl Streep cannot do on the screen? As the title character in this film, Streep resists portraying this wealthy, warm-hearted albeit talentless music lover as a caricature easily dismissed. Instead, she creates a resilient and courageous person, at times insightful and at other times clueless, but of unerring generosity and spirit.

This is the story of Jenkins, a New York socialite and philanthropist, her husband St. Clair (Hugh Grant) and their pianist, Cosme (Simon Helberg). Jenkins loves music, and she loves to sing. The challenge: she cannot carry a tune. Completely tone deaf, at least to her own voice. Nonetheless, because of her continuing contributions to the classical music world, her husband arranges for voice lessons from a very prominent teacher. And, they must find an accompanist. Enter Cosme, and our adventure begins.

Jenkins does not know she is talentless, and St. Clair devotes himself tirelessly and completely to keeping this reality, which looms large, from her. In his portrayal of St. Clair, Hugh Grant finally grows up. He's not just a pretty face who finally woos the beautiful girl. His pure devotion to and protection of Jenkins in the context of their unconventional marriage is truly moving.

The scene when Cosme first hears "Madam Florence" sing is priceless. He communicates shock, awe, and his struggle to collect himself and not to guffaw wordlessly. Before he leaves, St. Clair, without saying it directly, lets Cosme know that Jenkins' lack of ability is never to be mentioned. "Ours is a happy life," St. Clair says firmly.

This film is a comedy, but be careful how you laugh. If you laugh with even a whiff of ridicule or derision, you've missed the point of the film. If you laugh with merriment and affection, you got it.

Florence Foster Jenkins is in wide distribution.

...and finally...

FYI: Flu shots available at Rite Aid.

It's very accessible and easy. Medicare Part B pays 100%, and all one has to do is walk in and ask at the pharmacy. You'll get a short form to fill out. **Don't forget to ask for the "high dose", which is for seniors.** The pharmacist administers the shot in a private room, so no one will see you faint. (Just kidding!)

The Lighter Side



SAIL Brown Bag Lunch, September 16th. Karen Rice from Shepherd's Lifelong Learning and Singalong.

Karen Rice, Lifelong Learning Administrator, giving talk on her recent trip to Cuba with a Lifelong Learning group



(Above) SAILers Helen Burns, Eunice Earle & Martha Young



(Above) Piano Man Bob Gerstmyer at the keyboard

SAILers Ted Walton & Betty Snyder lead the Singalong

