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**Newsletter**

**Spring**

**2017**

## President's Message

***Spring is here, and SAIL is on the move with renewed energy.***

First, I would like to thank former board members Diana Eldridge, Hulda McLachlen, Hal Snyder and Dan Van Bellenghem, for their service to SAIL. Welcome to new board members Catherine Irwin, Cathy Lewis and Wendy Moseley. Your board works hard to ensure that SAIL serves you.

April is Volunteer Appreciation Month. I offer a huge thank you to our dedicated volunteers who so ably serve our members at their homes, on the phones, with transportation, and in the office. Ongoing thanks to the Care of Members Training Subcommittee – Monte Cole, Cathy Lewis, Wendy Moseley and Suzie Patrick – for having conducted two volunteer workshops already in 2017.

We welcome your contributions. Please consider offering your talents by joining a committee. As always, I welcome your comments and suggestions.

Finally, we want to welcome new members Sarah Kern and Dan VanBellenghem. We are pleased to have them join us.

We regret to report that Joy Pardue and Jeannette Van Bellenghem have died. Our sympathies go out to their families.

*Carolyn*

Carolyn Rodis



## In This Issue:

**Mary Bell** is back after her sabbatical. She has written about a SAIL member, and you can read all about it inside. It's nice to hear Mary's 'voice' again!

**Our Health & Wellness** section is under new management as of next issue. Joan Ergin is our new VP and needs to attend to those duties. The new editor will be introduced in the Summer Issue. We have put together a collage of items this time.

**Marellen Aherne** has kindly agreed to become our new Arts Editor. Her first offering is inside. Welcome, Marellen.

## New SAIL Offering – *Defensive Driving Class*

The AAA Foundation's study "*Motor Vehicle Crashes, Injuries, and Deaths in Relation to Driver Age: United States, 1995 – 2010*" shows comparisons of age in reported car crashes.

The study shows that drivers ages 85 and older had the highest rates of (their own) death per driver and per mile driven; however, this was largely due to their diminished ability to survive a crash rather than to their increased crash rate. Thus the term "more fragile" was used.

*So, we drive about as well as those in much younger groups, but when we do have vehicle accidents, our injuries are greater.*

This brings us to the point: ***Seniors interested in taking steps to improve their driving habits and hone defensive driving skills are eligible to receive a refresher course from the AARP.***

SAIL has arranged for a certified instructor to give the course in Shepherdstown to registered members. The course runs on two consecutive days, commencing May 11 at noon til 4 p.m. and May 12 from 12:30 to 3:30 p.m. Both days at Shepherdstown Presbyterian Church's Fellowship Hall. Register at the SAIL office. Registrants must be able to commit to both days. Call: (304) 870-SAIL (7245); or email: [info@shepherdstownsail.org](mailto:info@shepherdstownsail.org) The cost is \$15 for AARP members; \$20 for others.

Another reason to take the AARP course: Many insurance companies will give a reduction in auto insurance premiums upon proof of completion of this course. You will receive a certificate at the end that you can send to your company.

This is a great opportunity. Thanks to Jack Young for making the arrangements. Registration is mandatory, so act fast. The class size is limited.

## Volunteer Recognition & Training Session

Fourteen SAIL volunteers met on April 18 to share experiences and ideas regarding effective communication. Linda O'Brien thanked all volunteers for their service. ***In 2016, 52 volunteers contributed 1700 hours of service!***

Presenter Monte Cole reviewed volunteer rights and responsibilities. He highlighted important tips, including show up on time, follow SAIL policies in the handbook, and ask questions if in doubt.

Satisfactions experienced by volunteers include forming friendships, meeting new people, giving back, being an outside connection for a housebound member, sharing information with volunteers at workshops. Challenges included last minute requests, finding the member's house, not clarifying expectations in advance, and keeping appropriate boundaries.

The group brainstormed ideas for the future: SAIL should set up policies around what services volunteers cannot provide, perform random evaluations of volunteers by members, read to members, write down personal histories when visiting members.

Everyone enjoyed the tasty feast prepared by Martha Young.

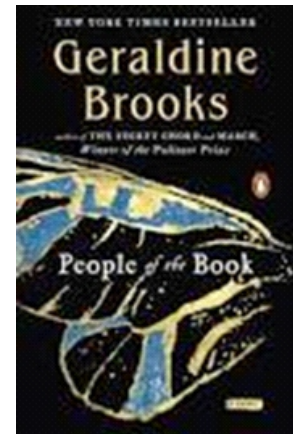
## INTRODUCING

**Marellen Ahearn**, our new Arts Editor. We hope you will enjoy her reviews and writing. Her experience is varied, and the results are obvious. We know you will enjoy her contributions. Welcome, Marellen! And now, her first article: a review of an intriguing book.

### History and Mystery: The Perfect Combination

*By Marellen Johnson Aherne*

I begin by making a personal confession. My favorite books are generally histories or mysteries. I see history books seeking to unveil underlying mysteries, and mystery books seeking to unveil underlying histories to make real the stories they are telling. I love a good story and particularly one that combines these two elements. Pulitzer Prize winning author, Gerldine Brooks, has done exactly that in her exquisitely told story “The People of the Book: a Novel.”



The book begins in 1996 when Hanna Heath, a rare book expert, is given the opportunity to analyze and conserve the priceless Sarajevo Haggadah, one of the earliest illustrated manuscripts in the Jewish tradition. Hanna finds tiny artifacts within the volume as she does her initial analysis. Each artifact tells its story and through these stories we explore the mystery and the history of the book. Brooks takes us on a historical journey of discovery. We begin in Nazi occupied Bosnia during WWII, travel back in time to *fin de siècle* 19th century Vienna, to 1609 and Inquisition in Venice, and finally to the exile of the Jews from Spain in 1492. This is a lushly told story of heartbreak, betrayal, human frailty, and bravery. Paralleling the story of the Sarajevo Haggadah is Hanna’s personal modern-day story of betrayal, heartbreak, love, and reunion. It is a thoroughly engaging book that not only entertains but makes one think. This book is available in print, as an e-book, as an audiobook, and through the Shepherdstown Public Library.

This novel is based on the real-life work done to decode the iconographic elements of the Sarajevo Haggadah that currently resides at the National Museum of Bosnia and Herzegovina.

## Meet Suzie Patrick, SAIL Member

By Mary Bell



### ***Let's start with the basics: Where are you from?***

Originally, I'm from Kansas. I grew up north of Kansas City, and I feel a great affinity for the prairie. I remember looking west over the prairie with my father and seeing a line of black clouds. He said those clouds would reach us in 90 minutes, and he was right. I've been to many places, but I still consider myself a Kansan!

### ***Where did you go to college?***

Wellesley. My father had been transferred, and I went to public high school in Connecticut. I remember getting my first paper back at Wellesley, just covered in red ink, with the comment, "Where are your original thoughts and ideas?" Wellesley taught me to think for myself.

### ***It sounds like you've lived a lot of different places. Where else has life taken you?***

My husband, Charlie Patrick, was an artist often described as a Renaissance man. So, we did many different things, including opening art galleries in airports. Our first one was in Puerto Rico, and I lived there for six months. Getting that gallery up and operating was a real challenge! I managed the gallery, so I learned how to negotiate leases, customize the space, deal with the artists and do everything else associated with day-to-day operation.

### ***How did you move to the DC area?***

We opened an art and craft gallery at National Airport, and we lived in Alexandria, VA. When National underwent a major renovation, we decided to close the gallery.

### ***Then what?***

Then I saw an ad in the paper for a pre-K and kindergarten teacher at Catholic University, and, having left teaching many years earlier and with no current credentials, I applied and got the job. Teaching little children is my true love.

### ***I must ask: how did you end up in Shepherdstown, and what do you like about it?***

We had friends in Steamboat Run, and we came here for the CATF every summer. After Charlie died, I thought, "You know, I could live in this town". I love feeling a part of a community. I volunteer with SAIL as a note taker for people going to the doctor, and I volunteer at the library. When I walk down the street, children greet me with a smile and say, "Look, there's the Library Lady!"

## Health & Wellness

*Editor Joan Ergin is retiring as Health and Wellness Editor, as noted on page 1. Our thanks to her and we will welcome our new staff member next issue: Summer 2017. Meanwhile, we offer this 'potpourri' of items for your perusal.*

### ***Another SAIL Offer: Medical Note-Taking***

The average length of a doctor's appointment in the US is 17.4 minutes. Limited time and other factors can lead to poor visit recall resulting in misunderstandings, missing needed follow up tests, appointments or other care recommendations. Based on similar services provided in other Villages, SAIL members can now request to have a trained SAIL volunteer medical note taker accompany them to appointments and take notes for later reference. The volunteer observes strict confidentiality and provides the written notes only to the member.

If you would like to take advantage of this new service, call Linda O'Brien at the **SAIL Office (304.870.7245)** during business hours. Remember to call well in advance of your appointment in order that we may assure you of a volunteer

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## **Nordic Walking**

We have been reading and hearing about this technique of pole-assisted walking. It's identical to Nordic, or cross-country, skiing. Just with no skis! You do need poles.

We hear from friends that retirement communities are teaching this to their residents with balance issues, as well as using the poles in place of canes. One website with good info: <http://www.polesformobility.com/>

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## **Shingles Vaccine**

We know! We know! We sound like the proverbial broken record on this subject, BUT we had another scary case of shingles hit close to home recently.

So: one more time, SAILers. If you have NOT had a shingles shot, and, either you know you had chicken pox as a kid, or are not sure – get a Zostavax shot! Calendar it now, please, so we don't have to worry any longer.

Some parts of Medicare will cover it but check. Call Jefferson County Health Department, your health provider, or even RiteAid: they will schedule you.



**...and finally...**

## ***Special Feature***

**“Tell Us About a Time You Were Caught Red-Handed”**

**asked *The Washington Post* in a regular *Editor's Query* feature back in 2011. Whereupon SAILer Elinor Ross submitted the following anecdote.**

After we married in 1946, we went to New Haven, Conn., where my husband, Sherman, entered Yale on the GI Bill. For awhile, we lived in a second-story apartment, sharing a bath with three other families on the floor. We became friends with a young couple on the first floor; I baby-sat their infant on a few occasions.

One day, the mother, Betty, brought us a huge bowl of tapioca pudding as a thank-you gift. We tried to eat it but really didn't like it, and I really had no way of privately disposing of it. The next day was a very rainy, windy day, so I decided to pour it out our kitchen window, thinking the rain would wash it away.

A few days later, I went downstairs to return the bowl to Betty. I said our thanks and mumbled something about enjoying the pudding. She replied: 'Yes, I know. I saw it running down the side of the house.'

**(Her reply was published in the *Post* along with one other.)**

## **The Lighter Side...**

### **JURY DUTY**

Just as she was celebrating her 75th birthday, our friend received a jury-duty notice. She called the clerk's office to remind them that she was exempt because of her age.

"You need to come in and fill out the exemption forms," the clerk said.

"But I filled them out last year," she replied.

"You have to fill them out every year."

**"Why? Do you think I'm getting younger?"**



*Wendy Moseley, Suzi Patrick & Judy Moore*

## Some Photos of Members

(Thank you, Jack Young!)



*Eunice Earle, Duane and Marianne Alexander*



*Elinor Ross, Paul Kradel, Bill Carrigan & Joan Ergin*

**Brown Bag Lunches, held usually on the third Friday of the month, are a popular feature of SAIL activities. If you've never been, give it a try.**

**Usually a short program is given, but the emphasis is on socializing & getting to know your fellow SAILers.**

**Trinity Church's Fellowship Hall is the gathering spot.**



**Monte Cole, SAIL volunteer, shown on the left, at the recent Volunteer Appreciation & Training session on April 18.**