



VISIT OUR WEBSITE: www.shepherdstownSAIL.org

Newsletter

Summer

2017

President's Message

I hope you are staying cool in this summer's heat. Thanks to all who came out to march in the Shepherdstown 4th of July parade!

Your board of directors held a strategic planning meeting on June 5 and identified three action areas: determine the ideal size of our village, focus on services for members living alone, and increase the diversity of SAIL, beginning with how to attract younger people. Please contact me to share your ideas. cjrodis@yahoo.com, 410-279-0942.

SAVE THE DATE: September 25 at 5:00 p.m. for the rescheduled Village to Village Network live streaming of Atul Gawande discussing aging in place. Watch your inbox for the notice. After SAIL members and volunteers sign up, we will open the webinar to the community.

Next, we will offer an 8-part program in October on "Boost Your Brain and Memory," developed by Mather Pathways and facilitated by our own Bill Carrigan. The program has been conducted to great acclaim by other villages. The class will be limited to the first 15 members who sign up. Again, watch your inbox.

Carolyn
Carolyn Rodis



In This Issue:

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And other goodies...

SAIL Pulse: Ever Wonder?

You Were All Set to Go, but your calendar showed a conflict. Too bad! The SAIL activity was so attractive, but you couldn't make it. Then, later you heard some comments. People enjoyed it. "Well, maybe next time," you said.

To answer that, your intrepid reporter gained feedback from two such SAIL activities: the AARP Safe Driving Course, organized by Jack Young and conducted in May. The other one was the Hagerstown Suns minor league baseball game in June.

We reached Jack for the outcome of the driving course, held over two days. He was very pleased with it, and observed, "I congratulated the AARP Facilitator on the class. She was really well qualified and kept everyone involved. Attendees were very complimentary about the value of the presentation."

He then shared some comments from attendees, and we quote a few.

"I am so glad that I signed up for the class. The content of the sessions was timely and easy to understand. I learned a lot! Thanks for having the class."

"I really liked the class. The presenter was excellent! The visual materials made it easy to follow along."

"The AARP class was excellent. The session was well organized and extremely well presented. Class participation was lively. I am glad I was able to attend."

Hagerstown Suns Game

Members were treated to an exciting and enjoyable evening's outing at the Hagerstown Suns ballpark on the evening of Friday, June 9th - thanks to planning and coordination by board member Carl Moore. The Suns staged a 6-run rally in the bottom of the 8th inning to squeak out a 9 to 8 victory over the Lakewood New Jersey ball club.

In attendance were Marty Amerikaner and Linda Spatig, Helen and John Burns, Bill Carrigan, Karen and Bob Gerstmyer, Tom and Cathy Lewis, Carl Moore, Linda O'Brien, Hal and Betty Snyder, Donna and David Wright, Dan VanBelleghem, and Martha and Jack Young.

Oh yes, it was Jack Young's birthday and the ballpark announcer acknowledged SAIL's attendance and Jack's birthday!

So Now You Know! (We Have Pictures on Page 7!)



Meet the Members: Melinda & John Landolt

*We were able to catch John & Melinda
after their weekly SAIL tai chi class
in the Trinity Church chapel*

SAIL: You two are “Founding Members” of SAIL; what made you think this was a good idea back in 2012?

Melinda: I thought it was a unique opportunity to meet people, and I liked the neighbor helping neighbor concept.

John: We have no family nearby, and we could have problems down the road. Besides, after retirement we wanted to expand our social circle.

SAIL: So, how do you think we're doing after 5 years? Notice any change?

John: Quite a few more kinds of activities.

Melinda: I agree SAIL offers a wide variety, including social events like the quarterly pot lucks, kayaking, help with things like medical note-taking.

SAIL: Shepherd provided you your careers – what did you do there?

Melinda: I worked in the library for 32 years, retiring in 2007 –just in time to get involved with SAIL!

John: I was a professor of biology for 38 years, starting with generalized teaching, but gradually sub-specializing and winding up studying slime molds.

SAIL: When did you arrive in Shepherdstown?

John: I came here fresh from receiving my doctorate at the University of OK in 1970.

Melinda: I arrived from NM in 1972. My husband was in the USAF and when he deployed, I moved here with my three kids to be near my parents.

SAIL: But your family is now spread around the country?

Melinda: Yes, with the exception of my sister in VA.

John: My immediate family is in TX – Houston to Dallas area.

SAIL: Anything else you'd like our readers to know?

Melinda: I volunteer for organizational jobs since my talents lie in that direction. Right now, I'm helping with revisions to SAIL documents, and – of course, I proofread the newsletter. **(Ed. Note: that she does!!)**

John: I help out with driving, and even get groceries for folks.



Mozart in the Jungle: ***A Review***

by: Marellen Johnson Aherne

Binge watching a television series has become a favorite pastime of mine. Amazon's "*Mozart in the Jungle*" is a comedy-drama that delightfully deals with love, money, ambition, and music. Gael Garcia Bernal stars as the charming, brash, and brilliant new maestro to the fictitious New York Symphony. Bernadette Peters is superb as the tough and tender President of the Symphony. Malcolm McDowell is terrific as the conductor emeritus who is having trouble letting go. And, Lola Kirke charms as a young oboist, yearning to become a member of the orchestra. As we wander behind the scenes of a Symphony orchestra we are presented with looks into the trials, tribulations, and joys of professional musicians; their financial and administrative challenges; and, the complexities of all forms of relationships. A smart ensemble cast brings life to interesting and quirky scripts.

For the classical music lovers among us, each 30-minute episode delivers and occasionally thrills with performances by artists such as Joshua Bell and Lang Lang.

"*Mozart in the Jungle*" premiered in 2014. Three 10-episode seasons are currently available to stream through Amazon and a fourth season is in the making. I for one am delighted with this development.

For those who want more, the show is based on a 2005 memoir by professional oboist, Blair Tindall. The book, "*Mozart in the Jungle: Sex, Drugs, and Classical Music*," is available through Amazon and other booksellers.

Health & Wellness

Lyme Disease Alert!

Unfortunately, tick populations are predicted to be high this summer because of a mild winter. With that comes a larger risk of tick-borne diseases, especially Lyme disease. Because ticks carry Lyme disease, it is important to take precautions if there is a possibility of being exposed to ticks.

The best way to prevent Lyme disease is to avoid wooded and bushy areas, as ticks thrive in this type of habitat. Use these precautions to avoid ticks and Lyme disease:

- **Cover up.** Make sure to wear long pants, a long-sleeved shirt, hat, closed-toe shoes, and socks when venturing into wooded or grassy areas.
- **Use insect repellents.** Before heading outside, use an insect repellent with a 20% or higher concentration of DEET.
- **Tick-proof your yard.** Clearing brush or leaves where ticks live will help keep your yard tick-free. Make sure to keep woodpiles in sunny areas.
- **Stick to trails** when venturing in the woods and avoid low bushes and long grass.
- **Thoroughly check** yourself and your pets for ticks after spending time outside in wooded or long grassy areas. It's also helpful to shower immediately after exposure to remove any unattached ticks.
- **Remove a tick as soon as possible.** If you notice a tick has attached itself, use tweezers to remove it by gently grasping it near its head and steadily pulling outwards. Once the tick is removed, wash the area immediately and apply antiseptic. Don't forget to get someone to check your back.

WHAT TO DO: The classic 'bullseye' and/or rash may not appear. Extreme fatigue, Muscle aches, flu symptoms – all are included in the list. **GET TO YOUR DOC!** Blood tests will discover whether you are infected, and a round of anti-biotics is prescribed. There is also the chance you will encounter the post-Lyme symptoms, which include the fatigue and joint pain, for some time after the treatment.

(Info from the CDC website: [cdc.gov/features/lymedisease/index.html](https://www.cdc.gov/features/lymedisease/index.html))

This area has one of the highest incidence rates of Lyme Disease in the country, so be careful out there this summer!

...and finally...

A New Feature...



Bureau of Vital Statistics (in which we list SAILers with birthdays for this season)

July

Bonnie Austin, Melinda Landolt,
Maurice Smith, Jean Neely, Anne Turner,
Elinor Ross, Marie Tyler-McGraw, Edwinna
Bernat, Bob Fisher, Susan Kern

August

Duane Alexander, Diane Steece,
Joseph Adams, Tom Lewis, Judy Jones,
Nan Johnson

September

Margaret Turner, Roy Winkel, Gloria
Arnold, Dan VanBelleghem, Mike Austin,
Mary Ann Hammann, Marty Amerikaner

Happy Birthday to All!
(want to send greetings? See the SAIL
website for contact info)

The Lighter Side...



Musings...

How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?

(A tip of the editor's cap to Jack Young for fotos.)

AARP Driving Course

Back row: l-r.
Instructor Cathy Clark;
Helen Moore;
Marianne Alexander;
Paul Kradel
3rd row: Susan Kern;
Wini Rulois (guest)
2nd row: Frances Lynch (guest);
Winnie McGarty
1st row: Hulda McLachlen



Baseball Game



Front row:
Martha and Jack Young,
and John Burns

Back row
Carl Moore, Linda
O'Brien, Linda Spatig,
Marty Amerikaner

JULY FOURTH !!



Judy Moore and Melinda Landolt getting ready for the parade.

SAIL team members starting to form up for the 4th of July



Jack Young and pal, Elinor Ross, at the Rotary Picnic



The SAIL contingent pauses for foto



SAIL-er Sidney Lewis enjoys the day.

John & Helen Burns



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