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**Newsletter**

**Fall**

**2017**

## President's Message

The summer seems to have flown. A lot has happened at our SAIL, and we are pleased to report we are moving forward!

We now have 103 members, showing how vital SAIL is in fulfilling the needs of members of our community. Welcome to new members Steve Altman, Lara & Gary Engebretson, Susan & David Kemnitzer, Al Pratt, Maylene Reisbig, Jill & Steve Schatken, and Jeffrey Wilson & Cynthia Spanier.

More SAIL members than ever have gotten involved in task forces resulting from the board strategic planning meeting in June. We are delighted to have your participation, and encourage you to step up and serve on continuing committees. We need your ideas!

Looking at future sustainability, we encourage all SAIL members to reach out to your friends in the community who are in their 50's and 60's and invite them as your guests to SAIL events.

The *Boost Your Brain and Memory* program filled up quickly. It will run in October and November. If you were not able to participate this time and would like to attend, please call the office at (304) 870-7245. If we have enough interest, we will offer the course again.

In other news, very soon we will be announcing optional services to members living alone – stay tuned!

Finally, I am sorry to report the death of one of our former members, Harold Snyder. We send our best to his family.

*Carolyn*

Carolyn Rodis



## In This Issue:

**Anniversary**

**A Body of Work**

**A History Lesson**

**And much more**

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**Announcement: Our Editor in Chief is retiring and our search committee invites all to apply for the job. Call SAIL at 304-870-7245 to inquire.**

## Beacon Hill Observes 15<sup>th</sup> Year

**In 1999, some friends in Boston** met to discuss a way in which they could stay home instead of taking the route to a retirement community. And the rest, as they say, is history.

Beacon Hill Village became the face of the “aging in place” phenomenon starting to appear nationwide. Soon, other groups would get the same idea & the village movement was born. Now there are 200 open villages and 150 more in development.

As part of the 15<sup>th</sup> anniversary observance, Beacon Hill threw a party on Sept. 25. SAIL members and others gathered in the Shepherd University nursing building for a “webcast” of the event. The original event had been in February, but a blizzard forced a postponement.

Featured was Atul Gawande, the physician who wrote the best-selling book *Being Mortal*. He spoke about the value of community and the opportunities available as we grow older. Thousands of village members across the country – and in New Zealand! -- watched the live event broadcast from Boston before an audience of 300.

Dr. Gawande was “interviewed” by NPR's Robin Young in an informal exchange that drew out Gawande's stories of the aging process. He cited the value of villages, stressing the lack of choices in retirement facilities like nursing homes or assisted living. “Even making a bad choice is ok so long as it's YOUR choice.” As he puts it: the 3 evils in these facilities are boredom, loneliness and helplessness. SAIL and other villages create the opposite environment, increasing autonomy and choice, which, with the ability to take risks, maximizes happiness. Along with this is the importance of living lives of purpose.

Following the webcast was a discussion among the local audience members, led by SAIL President Carolyn Rodis. A few people were from nearby Hedgesville & another group from Purcellville & Leesburg, VA. All were in the early stages of investigating the prospect of a starting a village.

*At right, local viewers watch the webcast from Boston.*



## MEET THE MEMBERS



**Marie Tyler-McGraw is a historian with an interesting specialty.** The 19<sup>th</sup> century attempts in this country to establish an independent country in Africa to which American freedmen and slaves could be sent to live free lives. With credentials including work at Richmond's Valentine History Museum, the National Park Service and National Endowment for the Humanities, she is also a published author. We invited her to the Newsletter Headquarters for a chat about her work.

**SAIL: *How did you become interested in this rather obscure event in US history?***

**MT-M:** In the '70s I took a course at the Library of Congress on how to do research there. They had a huge display of Liberia artifacts given by the American Colonization Society (ACS) in 1914. ACS started in the early 1800s & caught on in Virginia, so I was fascinated.

**SAIL: *Really! Many of us thought this Liberia idea was a post-Civil War experiment.***

**MT-M:** No, 1816 was its beginning and it ran for 40 years. The ACS sent agents to Africa to purchase land and settle in the 1820s. About 14,000 went eventually & colonized Liberia. About 4,000 were from Virginia, which included what is now WV. The idea was to have an independent country to which freedmen & emancipated slaves could go. The ACS opposed slavery, but were not abolitionists. They sought a way to “repatriate” black people, believing there was no future for them here.

**SAIL: *How did you wind up in Shepherdstown, and when?***

**MT-M:** I always knew this area, having grown up in central WV. We had a second home here in 1998, but after retirement we needed more space and moved to a larger house in town.

**SAIL: *How about family?***

**MT-M:** My husband, Howard Wachtel, taught economics at American University for many years. Our family is on both coasts; one daughter in Oregon & the other in nearby Towson, Maryland. One grandson – a high schooler.

**SAIL: *Have you developed any other interests since retirement?***

**MT-M:** I've been able to take nice long walks on the towpath, & I have lots of reading time. But I still do a lot of research & writing – addicted, I guess!

**SAIL: *How did you hear about SAIL?***

**MT-M:** We heard about SAIL from one of the founders of the organization. “Aging in Place” appealed to us.

## An Ode to Small Village Life: The Novels of Louise Penny

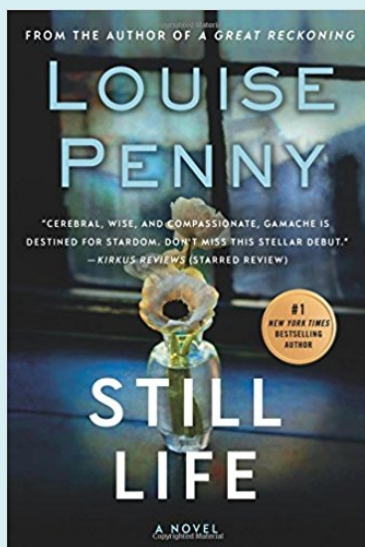
*By Marellen Johnson Aherne*

**I love character driven murder mysteries** and Louise Penny really delivers in her Chief Inspector Armand Gamache series. Set in a bucolic village 90 minutes out of Montreal and minutes from the US border, Three Pines is indeed one of the principle characters in her series. Described as 'a mystical village that only appears for people who need it,' it provides a peaceful community for those lucky enough to have happened upon it. Peaceful, that is, except for the frequency with which murders seem to take place in the village and its surrounding area.

Armand Gamache, Chief Inspector of Homicide with the Sûreté du Québec, heads up the eclectic cast of characters. With a calm professorial manner, Gamache leads his brilliant and quirky team. Three Pines itself is a cauldron of creativity. The residents range from Canada's most famous poet, the vulgar, bitter, and brilliant Ruth Zardo, to one of Canada's most famous painters, Peter Morrow, and his wife Clara. Bistro and B&B owners, sophisticated Olivier Brulé and his lovable, sloppy, and overweight partner Gabri Dubeau, provide the gathering spots where much crime solving takes place. But in this village all is not as it seems. Behind the public faces of the Sûreté team and the village residents, we find colorful back stories that

unfold as the novels progress. No one is entirely as they initially appear and sometimes their secrets lead to terror and death. And yet, although solving murders is ostensibly what these books are about, underlying each investigation is a story of goodness, and a sense of community and belonging.

I heartily recommend taking the plunge and getting lost in the village of Three Pines. Start with "Still Life" the first of 14 novels in the series. In Penny's debut novel Jean Neal, a beloved resident of the community, is shot in the heart by an arrow. We are introduced to the main characters of both the Sûreté and the community and a pattern is established of solving crimes together. Happy reading!



**Editor's Note: Shepherdstown Public Library has a fairly complete collection of the Penny novels in both print, digital and audio editions.**



## **In Case You Missed It**

### **Tech Tips**

Robo and other annoying calls are maddening. Remember that the first line of defense is to register your phone numbers (all, including cell) with the FTC's "Do Not Call" system. This is basic, and can be done online.

Go to: <https://www.donotcall.gov> and follow the prompts. Very easy. While you are there, check out the FAQs that will tell you what is possible and what isn't.

After registering, remember that "NoMoRobo" is another means of protection. We did give you a briefing in an earlier edition on this call-blocking system, but at the time it was only for landlines. We see it is now included in iPhone apps, but the reviews are not encouraging. We use it here at SAIL Newsletter Headquarters for our landline.

### **Another One**

Have you ever received an email from someone in which a notice of some dire event is out there? And have you, in turn, forwarded it on to everyone you know to make sure they know of said dire event? Well – don't do that until you check it out at **Snopes.com**. They will tell you the facts, and this keeps you from spreading rumors and unnecessary alarm. Root around on the website – it's fascinating what's out there in 'rumor-land'!



### **Not So Tech Tips: Mattresses**

Experts tell us that mattresses are only good for about 10 years. If you find yourself nearing that deadline, here are some ideas to consider.

HOW TO KNOW IT'S TIME: If you sleep better in a hotel than you do at home.

WHERE TO SHOP: *Mattress Underground* is a website devoted to the subject. They say try to find local manufacturers. Otherwise, shop around and hit at least 3 different stores.

WHAT TO BUY: Consider the four major types: innerspring, memory foam, latex, adjustable air.

**AND DON'T FORGET TO HAGGLE!!**

## ...And Finally

### Bureau of Vital Statistics: Our Fall Birthday Folks!

**October**—Sandra D'Onofrio, Lara Engebretson, Jeff Horky, Catherine Irwin, Suzie Patrick, Jane Tuckerman

**November** – Bill Drennen, Eunice Earle, Joan Fisher, Hulda McLachlen, Helen Moore, Wendy Moseley, Dotti Mozden, Susan Smith, Cynthia Spanier, Jim Stoval, Ted Walton

**December** – Marellen Aherne, Mark Arnold, Carl Moore, John Splaine, Linda Spatig, Karen Stone, Vicky Thomas, Howard Wachtel, Jeffrey Wilson

**Happy Birthday, Friends!**

## The Lighter Side

*When an anxious moment rears its head, just eat dessert first!*





## Photo Time

### SAIL Picnic



Nan Johnson & Sue Kemnitzer



Pam Splaine & Maylene Reisbig



Smiles all around



Enough food for everyone!



Chatting about the fun day