



VISIT OUR WEBSITE: www.shepherdstownSAIL.org

Newsletter Spring 2018

PRESIDENT'S MESSAGE

Welcome to Spring! Time does seem to be flying by.

Bill Carrigan is again leading the Boost Your Brain and Memory program for twelve SAILers and three community members. Registration filled the course in just a few days, confirming the positive experiences of the first class in the fall. Many thanks to Bill!

Forty-eight of us saw our shadows on February 2 for our annual Groundhog Day potluck. We renewed friendships and welcomed guests – and, of course, ate well. Thank you to Martha Young and Ted Walton for organizing and cooking.

Our brown bag lunches continue to be well-received. They generally take place on the third Friday of the month. NOTE: March 23, our annual intergenerational communication workshop, is an exception. We changed the date to accommodate the schedules of Shepherdstown students, and the location since Tinity Fellowship Hall wasn't available. Please watch your email for details, and join the fun.

Linda O'Brien is away for the month of March. Our intrepid Maylene Reisbig is substituting in the office during Linda's absence. She will be in the office from 10:30 – 2:30 weekdays. Off hours, the phone will be monitored as usual. Thank you, Maylene!

We welcome new members Jim Bauman, Eleanor Finn, Jack Kendall, and James "Pug" Puglisi.

SAIL mourns the loss of Betty Lou Bryant. We send condolences to her family.

Carolyn
Carolyn Rodis

Mark your calendar

May 16th SAIL's FOUNDERS DINNER

*Honoring the people
who started it all.*

*Erma Ora Byrd Center,
Shepherd University*



For more information see page 2..

May 16th Founders Dinner

by Catherine Irwin

Have you ever wondered how SAIL got started? You may have read about our story but what about the people who actually pulled off starting and building this wonderful organization? We think it's time to look back and honor those bold visionaries.

On May 16th we'll do just that with a special Founders Dinner, designed to pay tribute, and to celebrate our nine SAIL Founders. The sit-down dinner will be at the Erma Ora Byrd Center at Shepherd University with cocktails at 6:00 pm and dinner at 6:30 pm. Tickets will be \$65 each, with \$30 of that being tax deductible. There are also special sponsorship opportunities available.

Jack Young, the Honorary Chair of the event, will be joined by Carolyn Rodis, Mike Austin and Lyn Widmyer who will share stories of how each Founder helped to develop SAIL.

Invitations will be sent to all SAIL members on March 15th. For more information please contact Catherine Irwin, SAIL Fundraising Committee Chair at 304-876-9297.

Founders Dinner Sponsorship Opportunities

We are seeking support for SAIL through sponsorships of the Dinner from individuals and businesses. Sponsors will receive attractive benefits for their donation. A number of SAIL members have already become Sponsors. If you know of another person or business that may wish to become a Sponsor, please let Catherine Irwin know.

Founders Dinner Sponsor

\$2,500

Logo on materials including a press release and invitation
Podium signage & prominent acknowledgement by emcee at event
Acknowledgement on SAIL website page with link to sponsor's website
Acknowledgement in SAIL's Annual Report
VIP tickets to event for 6

Admiral Sponsor

Prominent acknowledgement by emcee at event

Name listed in invitation

Name in program

\$1,000

Acknowledgement on SAIL website page

Acknowledgement in SAIL's Annual Report

VIP tickets to event for 4

Navigator Sponsor

\$500

Acknowledgement by emcee at event

Name in program

Acknowledgement on SAIL's website page

VIP tickets to event for 2

Anchor Sponsor

\$250

Name in program

Acknowledgement on SAIL's website page

VIP ticket to event for 1

Recent Activities by Active SAILers

Following are some stories of SAIL activities over the past three months

SAIL Welcomes New Board Members

Our SAIL Board welcomed three new members at its January meeting. The new members, Linda Spatig, Jane Tuckerman and Dan VanBelleghem were introduced to the Board by Carolyn Rodis, SAIL President.

Linda Spatig is a former professor at Marshall University. She and her husband Marty have lived in Shepherdstown for almost three years. She volunteers in several local organizations and enjoys gardening, dancing and yoga. Linda will serve as the chair of the Accessibility Advocacy Committee.

Jane Tuckerman, who retired four years ago from her career in international education, is an avid golfer and swimmer and enjoys working with pastels. She and her husband William Brown moved to Shepherdstown after her retirement. Jane has joined SAIL's Fundraising Committee.

Dan VanBelleghem and his late wife Jeannette settled in Bakerton twenty-four years ago while he was still working for the National Science Foundation. After several years of commuting, he retired and has been active doing volunteer work with the St. Agnes Social Concerns Committee. Dan is SAIL's Secretary and is on the Executive Committee. We are so happy that these active and busy folks are willing to give their time and energy to SAIL, helping us to continue with our work.



SAIL President Carolyn Rodis with new members Dan VanBellegham, Linda Spatig and Jane Tuckerman.

SAILers attend the National Village to Village Annual Meeting

Nov. 5-7, 2017 Baltimore, MD

Submitted by Cathy Lewis

There were over 370 attendees at this year's annual conference representing Villages across the country, urban and rural. The theme was "Enhancing the Power of Aging." Speakers addressed a number of topics including research on the Village movement, mental health and resilience, and the role of technology in empowering Villages and members. Three of our members, Catherine Irwin, and Tom and Cathy Lewis, attended the meeting, each attending breakouts and workshops in specific areas.

Highlights from the general sessions included:

RAND Study on Resilience:

- 10K people turn 65 every day.
- Social engagement enhances resilience.
- People who are members of a Village demonstrate higher levels of resilience.

Mental Wellness: Powering up for Healthy Longevity presented by Dr. Peter Rabins (Professor of Alzheimer's and Related Dementias, Johns Hopkins, and author of The 36 Hour Day).



Dr. Peter Rabin addresses meeting participants

- "We are built to be linked to others."
- Memory: Access is slower but memory remains intact.

In addition to the general sessions, there were concurrent breakout tracks covering sustainability, fundraising, outreach, intergenerational programs, role of technology, meeting the needs of vulnerable members, and more.

Catherine attended workshops focused on fundraising and membership, Tom on technology, including village website and direct member help with technology, and Cathy on members, particularly care of members, concerns of mature villages, and at risk/vulnerable members.

Questions and Answers

Q: What is the most common remark made by seniors in an antique shop?

A: "I had one of those."

Q: How can you avoid peer pressure?

A: Live to be 100.

Q: How can you avoid worrying about your wrinkles?

A: Take off your glasses.

Successful Raffle!

By Catherine Irwin

Wendy Moseley once again made a lovely child's Christmas quilt for SAIL this year. As in the past, we held the raffle during the December holidays at the Community Club. The winner of the quilt was Melanie McCarty of Hagerstown. Also raffled off was a painting donated by Ted Walton. SAIL member Jim Bauman won the picture. Altogether, the raffle raised over \$1,000 for SAIL's programs.

Ted Walton, Chair of the Activities Committee and Catherine Irwin, Chair of the Fundraising Committee joined together in coordinating the raffle activities. A band of SAIL members met at the Community Club during three weekends to greet visitors to the Holiday Market and encourage the sale of raffle tickets.

The merry group of SAIL members were: Vicky Thomas, Jane Tuckerman, Martha & Jack Young, Scotty Turner, Carolyn Rodis, Marty Amerikaner and Linda Spatig, Marianne Alexander, Karen and Robert Gerstmyer, John King, Suzanne Patrick, Sidney Lewis, Norma Siler, Maylene Reisbig, Bill Carrigan, Diana Eldridge, Winnie Bernat, Carl and Judy Moore, Mandy Staffa and Woody Garrett. Many many thanks to all of these volunteers. Not only did they sell tickets but they talked about the great work of SAIL, even encouraging people to join! It was a successful effort all in all!

And a big thank you again to Wendy Moseley for doing such a beautiful quilt!



Bill Carrigan invites you to buy a ticket



Susie Patrick and Catherine Irwin



Diana Eldridge and Marianne Alexander

Groundhog Day Dinner

By Susan Kern

Groundhog sleeps
Then he peeps
Outside
His burrow den.....

By poet Felix Alexander

On the evening of February 2, SAIL marked this annual nature event with the annual Groundhog Day PotLuck Social. More than fifty SAIL members gathered at the Trinity Episcopal Fellowship Hall to share the warmth and comfort of food and friendship as a counter to the persistent winter.

Wine and visiting started the gathering, followed by a delicious dinner. The Food and Activity Committee, led by Martha Young and assisted by two Shepherd University students, presented a nourishing and satisfying meal for a cold winter's night. Tasty desserts finished dinner.

A highlight of the evening was a poetry reading by Felix Alexander, describing the groundhog story. Felix and his brother Max attended with their grandparents, Marianne and Duane Alexander. The presence of the boys and the Shepherd students brought a nice multigenerational feel to the evening.



After dinner, seven tables of diners competed in a four-part Trivia Challenge, devised by Jack Young. Each table was decorated with a vintage copy of Life magazine, a reminder of earlier times. In a great test of long term memory, SAIL members worked as teams to recall information and answer questions on the arts, pop culture, American and military history. There were lots of chuckles, satisfied grins and groans of remembrance as the answers were revealed. The game was a real challenge and a source of great enjoyment.



Carolyn Rodis, Eleanor Finn, Marty Amerikaner, Bill Carrigan, and Paul Kradel



Susan Kern, John King, and Paul Kradel

Wellness Center Balance Class

by Susan Kern

Among the many opportunities for health management and improvement at the Shepherd University Wellness Center, the free Friday morning class “Exercise as Medicine” is becoming a well-known secret. From week to week, an enthusiastic group of senior participants works with trainer Suzy Munnis to build core strength, improve flexibility and mobility, and build better balance.



Instructor Suzy Munnis and class.

Maintaining steady balance is an increasing challenge for aging men and women. The risk of falls, sometimes with life altering injuries, is a great motivator to be proactive in building awareness and core strength.



Martha Young and Betty Snyder

In this class, a variety of activities using hand weights, exercise balls and individual movement carries participants through the hour and toward their goal of strength and secure movement. Exercise improves strength, flexibility and posture to reduce the risk of falls or minimize their impact.

Instructor Suzy Munnis is a great resource to the class. Her certification in work with seniors brings expertise, and her positive but persistent guidance encourages each to make a real effort with a smile. Suzy’s approach offers alternate activities or

positions to address individual seniors’ limitations and needs so that varying levels of ability are accommodated. She shows participants how to modify or alter movements that are temporarily or permanently too difficult so that all can benefit. Several participants operate mainly from a chair, still getting the benefit of the activities.

Research findings on the positive impact of exercise on mood shows up in the friendly smiles and chatting among participants, both SAIL members and others from our community, after class. Participants mention their energy and enthusiasm for physical activity after the challenge of the class, some taking to the walking track for more movement before or after class.

Free participation, friendly peers, expert instruction, healthy activity to move you toward improved strength, mobility and balance in a large bright exercise space AND possible mood enhancement-- how could you stay away? See you Friday at 11.



Suzy Patrick enjoying the class.

Vicky Thomas Leads Brown Bag Lunch Discussion

By Jack Young

The topic for presentation and discussion at the January SAIL Brown Bag Luncheon addressed "Deciding the right/optimal time for seniors to think about leaving their home." SAIL Past President Vicky Thomas moderated the panel which included "Home Instead" representative Shelah McNab and Tom Miller, a spokesman for the co-housing community -- Shepherd Village -- initiative currently under development within the Shepherdstown city limits.

In addition to the panel presentations, attendees were advised about the availability of services of geriatric case managers. Attendees volunteered ideas and suggestions about actions they had taken in their own homes to improve safety conditions. Attendees were also provided a number of handouts, including a "home safety checklist".



Vicky Thomas



"Home Instead" Panel Member
Shelah McNab



Did You Know?

Amazing Animal Facts from www.globalanimal.org



- A snail can sleep for three years. ...
- The fingerprints of a koala are so indistinguishable from humans that they have on occasion been confused at a crime scene. ...
- Slugs have four noses. ...
- Elephants are the only animal that can't jump. ...
- A rhinoceros' horn is made of hair.
- The heart of a shrimp is located in its head. ...





Upcoming Events

Please plan to join us!



Brown Bag Lunch Schedule

March 23 - Carolyn Rodis will conduct an intergenerational workshop with Shepherd University Psychology of Aging students. We will meet in Classroom 103 Potomac Place on the Shepherd campus, from 11:30-1:00. Potomac Place is the new residence hall located between the Marinoff and Frank Centers. Parking will be free and available on nearby H Lot, which is beyond the Wellness Center, adjacent to Printz and Dunlop Halls. Potomac Place houses Riverside Café, where you can purchase drinks and food. Or bring your lunch; we are permitted to eat in the classroom. Dessert will be provided.

April 20 — Trinity Fellowship Hall--Lyn Widmyer will discuss her book, "Chasing Pills."

May 18 — Trinity Fellowship Hall-- Curtis Jamison, DRS Skills Trainer, will present "Visions," a statewide program helping those with visual impairments learn effective ways to cope with daily living.

SAIL Lunch Bunch Schedule

By John Burns

Forecast

For March and the next three months of 2018, here are the planned restaurants. Members should watch their email for changes due to member input/revues and weather forecasts. The lunches at 28 South and Shula's Grill & Crab House will be new to us. (They come highly recommended.)

March 13 - 28 South - Hagerstown new

April 10 - Dan's - Boonesboro

May 08 [- Shula's Grill & Crab House - Hagerstown new

June 12 - Alfredo's Mediterranean - Charles Town

Trivia Report

By John Burns

"SAILers Have More Fun" is the name of our team that competes in the Trivia game held at the Rumsey Tavern in the Clarion Hotel. Although the Trivia game is held weekly, we participate on only the third Tuesday of each month. The game starts at 7:00 pm, but many of us arrive at 6:15 or so, so that we can order dinner. The game is over well before 9:00.

Our performance varies a lot; we've come in first place a couple of times, but usually place in the middle rankings of the seven or so teams that compete. We especially need more help from people knowledgeable in pop culture ... sports, movies, music, etc. But most of all, we have a great time.

If you'd like to be placed on our once-a-month email reminder list, please notify Martha Young <JMYoung1@frontiernet.net> or John Burns <jfitzburns@gmail.com>.

Health and Wellbeing

Because SAIL is dedicated to helping members “age in place,” we like to present information in the newsletter that helps us stay healthy in mind and body. In the following four articles, our Newsletter reporters, Joan Ergin, Marty Amerikaner, Linda Spatig and Woody Garrett, present some helpful and interesting information.

The Flu Epidemic of 2017 – 2018

By Joan Ergin

Because the flu season is an annual event, we need to be as prepared as possible. This year we have been particularly hard hit with the flu occurring more frequently and more severely than usual. Deaths are most commonly encountered by children under 5 and the elderly. The Center for Disease Control (CDC) reports that the current epidemic is the worst since the swine flu pandemic of 2009 and greater than the last severe outbreak of H3N2 in 2002. Although you may already be well informed about the flu, I thought it would be helpful to review susceptibility, prevention and treatment as the problem is expected to last another few months.

A cold or the flu?

Some symptoms are found with both a cold and the flu – headache, stuffy nose, sneezing, sore throat and dry cough. Those indicative of the flu are high fever, body aches and pain, extreme exhaustion and chest discomfort, often occurring with an abrupt onset. The intensity is due to the strain of the virus H3N2. It hit almost all states (except Hawaii and Oregon) at the same time. Some areas have reported an increase of 3,000 medical visits in one week. Many hospitals have been filled to capacity. Locally, WVU Berkeley Medical Center had to use its Emergency Room to accommodate admissions when the in-patient beds were full. The length and severity of the flu is hard to predict. The H3N2 virus is the most dominant form and is active for 16 to 20 weeks.

How to Protect Yourself

GET A FLU SHOT. While not a guarantee, it helps protect against the viruses that are believed to be the most common in any given year. The current vaccine helps protect against all three of the most prevalent strains. It has been least effective with the H3N2 strain. The effectiveness with H1N1 and influenza B have been much higher. With variable degrees of effectiveness, you might think “Why bother?” You should bother because the severity and course of the flu is less acute in those who have been vaccinated; there is a benefit!

Hand washing is essential year round, and the most effective prevention for the flu. Use warm water and soap and lather for at least 20 seconds (it will feel like a long time). If it is not possible to wash, use a hand sanitizer. If you cough or sneeze, cover your nose and mouth with a tissue, or your sleeve at the crook of your arm followed by hand washing or sanitizing. Do not cover a sneeze with your hand! Avoid unnecessary contact with handrails, door knobs, counter tops and anything that many hands touch. Many health care settings are wiping counter tops with a disinfectant between patients. Some hospitals are also restricting visitors, especially young children and any one with respiratory symptoms.

Treatment of the Flu

Most people will not need treatment. With ample rest and lots of clear fluids a mild case will be self limited. When used, antiviral drugs make symptoms milder and the course of the illness is shorter. They can also prevent complications such as pneumonia. Antiviral drugs are dispensed by prescription and cannot be purchased over the counter. These antiviral drugs are Tamiflu, Zanamivir and Peramivir. They work best when started within 48 hours of flu symptoms.

Being prepared for the flu season every year is the best way to avoid contracting the flu.

Here's to your good health,



Psych Notes by Marty Amerikaner

Ageism and Health: How Negative Stereotypes Affect Our Health

Our society holds many stereotypes about aging, clustering around the “inevitability” of many ailments and physical decline as we age. An article in the American Psychologist (Nelson, 2016) discusses research showing that these stereotypes actually contribute to negative outcomes in the health and well-being of aging adults. In other words, even though stereotypes frequently reflect inaccurate and unsupported biases about aging, when older adults and those around them believe the stereotypes, the beliefs themselves may contribute to poorer health.

A few examples from the article:

1. **Memory:** If memory decline is inevitable as we age, then it ought to be universal-- that is, memory problems ought to be essentially equal around the world. However, Chinese older adults outperform equivalent American peers on memory tests; the researchers suggest that this is at least partially due to cultural differences in beliefs about aging, with Chinese elders more respected and revered. In another study, conducted over 38 years, Americans holding more negative beliefs about aging demonstrated over 30% greater decline in memory than counterparts not endorsing the stereotypes.
2. **Health and mortality:** When older adults believe negative stereotypes, it seems to undermine their beliefs about influencing their own health. They then engage in fewer preventative activities and are less likely to seek medical help when facing problems. Indeed, people who believe that aging itself causes their health problems have a higher mortality rate than those who don't share that belief. It's quite the vicious circle. Negative beliefs about aging decrease motivation to act in ways that would support health, which ultimately contributes to the poor outcomes that were believed to be inevitable in the first place!

3. The positive “flip side”: Older adults holding more positive views of aging, have better health, engage in more prevention activities, have less cardiovascular stress and even recover better from heart attacks and disability. Plus, longevity is significantly associated with more positive views of aging.

What can be done? Of course it's complicated, but research suggests several paths to explore. Positive family and social support systems (Hail to SAIL!) can act as “buffers” against negative beliefs and some studies show improvement in seniors' well-being from educational intervention aimed at seniors themselves, as well as at health care professionals. But, clearly it's a struggle to change stereotypes in a youth-obsessed culture like ours!



Shepherdstown Accessibility News

by Linda Spatig

As most of you may be aware, not all of our downtown buildings and sidewalks are in good repair and fully accessible. In fact, some properties are in pretty bad shape. In light of that situation, a Shepherdstown Accessibility Advocacy Committee was formed recently.

I am representing SAIL on the committee and I am happy to report progress on several fronts. In February, Shepherdstown submitted a West Virginia Department of Highways (WVDOT) grant application for funds to make 20 new curb cuts in town. A strong letter of support from SAIL accompanied the application. According to the mayor and commission members, we have a good chance of receiving this grant, which would provide \$80,000 to match \$20,000 provided by Shepherdstown. Keep your fingers crossed!

Second, an annually renewable \$7,000 fund to assist Shepherdstown property owners in making improvements to their sidewalks is currently available on a first-come, first-served basis. The fund will be used to provide a 25% match for the cost of repairs. Those interested in more information about applying for these funds should contact Mark Everhart who is a member of the Public Works Committee for our Shepherdstown Town Council. He can be reached by phone (202-527-9228) or email (mark@pigeonholellc.com).

Finally, an effort to seek an international Age-Friendly City designation for Shepherdstown is underway. The designation originated with the World Health Organization and is facilitated in the United States by the American Association of Retired People (AARP). We requested application information and materials from AARP. We also discussed this initiative with our mayor and he is fully supportive. Stay tuned for more details on this and other Accessibility Committee news!

Emergency Preparedness

by Woody Garrett

If you believe Punxsutawney Phil, we have a few more weeks of winter weather to go before spring arrives. Spring will bring its own set of potentially dangerous weather conditions. There are a number of agencies in the Shepherdstown area ready to provide information regarding things we can do to prepare for emergencies. For example:

- The Shepherdstown Volunteer Fire Department
- American Red Cross. Eastern Panhandle
- Jefferson County Homeland Security and Emergency Preparedness Agency

The Fire Department and the Red Cross will check your home's smoke and CO2 detectors. The Red Cross will, by appointment, assess the fire safety of your home. The Jefferson County Homeland Security and Emergency Preparedness Agency and the Red Cross have a number of brochures available regarding emergency preparedness.

Brochures such as:

- "Creating a Family Disaster Plan," a template that allows families to organize contact information, medical information, and financial information. It includes information about emergency preparedness kits, contact information, and emergency alert stations.
- "Disaster Preparedness for Pets," a Jefferson County specific guide that talks about emergency preparedness for pets. It includes a pet preparedness guide, a pet disaster-planning guide, and animal services related contact information.
- "Flooding Brochure," a Jefferson County specific guide that discusses flooding risks, hazards, and preparedness ideas for flood prone areas.
- "Disaster Preparedness for Seniors by Seniors," an American Red Cross guide written by senior citizens that discusses emergency preparedness.
- "What is Nixle?" a flyer which discusses Nixle Emergency Alerts, the description of what the service is, how it works, how to register, and the benefits of the alerts.

In the coming months, we will have guest speakers at our Brown Bag lunches to discuss a variety of topics relating to emergency preparedness. Watch for the notices.

Emergency Contact Information

American Red Cross

Clair Brendel --304-725-5015 Ext. 4302, clair.brendel@redcross.org

Link to program information: <http://www.redcross.org/local/westvirginia/home/fire/safety>

Link to submit a request for smoke detectors, <http://www.redcross.org/local/westvirginia/home-fire-safety/smoke-alarm-request>

Jefferson County Homeland Security And Emergency Management

Brandon Valee --304-724-8914, bvalee@jeffersoncountywv.org

Shepherdstown Volunteer Fire Department

304-876-2311 -non-emergency number

Birthdays

Birthdays in March: Clara Castelar, Maylene Reisbig, Jerry Thomas, David Wright, Erdem Ergin, Hal Snyder, Karen Gerstmyer, Carolyn Rodis, Pam Splaine, Jack Kendall

Birthdays in April: Sue Kemnitzer, John King, Judy Moore

Birthdays in May: Bill Carrigan, Joan VanBrunt, Steve Altman, Helen Burns, Janice May Carper, Bob Gerstmyer, Geraldine "Gerry" Smith

Birthdays in June: Peggy Swope, Marianne Alexander, Jack Young, Larry Pardue, Sidney Lewis, Catharine Wilson, Kris MacNichols, Gary Engebretson, Sherry Adams, John Burns, Al Pratt, James Pug" Puglisi



Every Member Survey Feedback

Reported by Jack Young

The SAIL Board of Directors approved the initiation of an "Every Member Survey" in the late fall of 2017. The results of the telephone survey were very positive and encouraging. The survey was comprised of six questions. Those questions – together with general responses -- are summarized below:

- ✱ Are there additional services/activities that you would like to see provided for members? Response -- Members indicated that they were generally very pleased with the offerings. A number of specific recommendations were identified and are being addressed by the SAIL Board of Directors.
- ✱ How satisfied are you with the amount and frequency of information provided about SAIL activities/initiatives? Response – Members indicated they were very satisfied with the frequency and volume of information.
- ✱ Do you routinely visit the SAIL website? Response – Most members do not routinely visit the website. Many stated they "did not know how to log-on." This deficiency is being addressed through the establishment of a tutorial for use by members.
- ✱ Do you enjoy reading the Newsletter? Response – Yes . . . definitely.
- ✱ Are there SAIL activities/committees you would be interested in helping with? Response – For the most part, responders did not identify specific areas where they would like to participate – other than what they were already participating in.
- ✱ Do you feel SAIL is an asset to the community? Response – Responders were overwhelming in their "positive praise" for SAIL! Indicative of the positive responses are the following – "SAIL is definitely a positive contributor to the good of our community." "Yes – very valuable!" "Absolutely – SAIL gives members the confidence to know they can remain in their homes for as long as possible!" "SAIL really helps its members – it offers social, educational, and recreational activities." "Surely – SAIL provides opportunities to be active and involved in Shepherdstown initiatives." "Yes – SAIL provides people with the opportunity to meet and get acquainted with other town folks."

Members expressed appreciation to the Board for conducting the Survey and for inquiring about their individual ideas and recommendations.

SAILers Poetry

New originals and old favorites

Edited by Betty Snyder

Hello poetry lovers, for this issue I have selected two poems. The first is by Felix Alexander who is the grandson of SAIL members Duane and Marianne Alexander. He is 10 years old and SAIL members enjoyed hearing him read his poem at our groundhog celebration. The second one is an old favorite of mine and probably one most of you know. I think Robert Frost describes life's journey as good as anyone ever has.

I would love to hear from some of you about your favorites or perhaps a poem you have written.



The Road Not Taken

By Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler; long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that, the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Groundhog Day Dreams

By Felix Alexander

Groundhog sleeps
Then he peeps
outside
his burrow den-
and then-
He runs back
through a crack
his shadow he found
and ran round and round
ran back down his burrow deep
ran back down and went to sleep
Six more winter weeks to go
and groundhog dreams of lots of snow.



Parting Thoughts

Lincoln in the Bardo — by George Saunders

www.georgesaundersbooks.com/lincoln-in-the-bardo/

“In his long-awaited first novel, American master George Saunders delivers his most original, transcendent, and moving work yet. Unfolding in a graveyard over the course of a single night, narrated by a dazzling chorus of voices, *Lincoln in the Bardo* is a literary experience unlike any other. February 1862. The Civil War ...”

Although I have not read *Lincoln in the Bardo*, I do know what it is about because I looked it up on my computer through Google and others. Yesterday I wrote about Ultimate Moves, a company formed by my friend Donna Quinn Robbins to help her parents downsize in the aging process. Realizing the growing market for such needs, she then wrote a book called *Moving Mom and Dad* drawn from her own experience and what she learned in the process. Her second book is a workbook to help people do their own moving.

Why, you ask, is Cress Creek in the “Bardo?”

Cress Creek was started by Maggie Drennen in 1982 as a lure to get her husband “the judge” a suitable place to retire to. They had become friends with Henry Shepherd years before through the parties around the Steeplechase races down in Middleburg. After the races everyone came back to Shepherdstown to continue...

Maggie died last year, determined not to live to be 100 years old. She was 99+. In the meantime, she had successfully moved the judge out of Bethesda to the golf course she had built as Cress Creek after buying the 100 acres from Mr. Shepherd. She also had convinced several other members of her family to become involved with Cress Creek, and they are involved to this very day...hence the “Bardo.”

By Bill Drennen

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That’s all for this quarter. I wish to thank our contributors and I especially want to thank Agnes Freund who spent hours putting this newsletter together. Please let us know of any ideas you might have for our next newsletter and don’t forget to send your poems to Betty Snyder.

Edwinna Bernat, Editor edwinnabernat@gmail.com

