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**Newsletter**

**Fall**

**2019**

## Sail Celebrates Our Volunteers

By Paul Kradel

**Wendy Mosely:** *Volunteer hours from February 2012 to June 2019=168 + 270 quilting hours.*



Wendy Mosley moved to Shepherdstown in 2006 to live in a remodeled house that was originally built in 1785. Upon arrival in Shepherdstown, Wendy knew her daughter and her daughter's family. Otherwise, she did not know a soul in town. Then Wendy saw an article in the Chronicle about women who were trying to start a sewing group. Wendy loves to sew and is a very accomplished quilt maker. She joined the group and immediately---"made 15 new friends."

Wendy Mosley Later on Wendy heard about a group for "senior" people. The group was named Shepherdstown Area Independent Living. Wendy immediately joined SAIL and became a volunteer in the office. Wendy also helped with newsletters, answering the phone and training volunteers. For three years as a quilter, she has made Christmas quilts that were auctioned off, with the proceeds going into the SAIL budget.

Wendy enjoys attending the Brown Bag lunches and listening to the guest speakers. Wendy also says, "I use SAIL volunteers myself whenever I need help and my daughter has gone out of town. The volunteers drive me to doctor appointments and other places. They are all good drivers and the socialization and fellowship are always uplifting."

To sum everything up, Wendy Mosley says, "I am glad that SAIL is around."

**Ted Walton:** *Volunteer hours from February 2012 to June 2019 = 892 and 1,083 miles driven*

Ted Walton is a founding member of Shepherdstown Area Independent Living. He says, "I had just recently moved to town when SAIL opened up its doors and I wanted to be part of the community. SAIL helps me meet people, make friends, and enjoy the fellowship that Shepherdstown has to offer." Ted was a Board member for seven years and has also served as Secretary of the Board.



Wendy quilting

as

*cont'd*



Ted Walton  
who has contributed in a major way to SAIL's success.

Ted has started many programs within SAIL and says that he has learned how to ask for help. Ted was SAIL's activity director for five years. He initiated the monthly Lunch Bunch outings, our walking group, two yoga classes, and the annual trip to see the Hagerstown Suns baseball games. Ted continues to arrange trips to local museums and to historical and cultural events as noted in our "Coming Up" section. Ted says, "If you want to attend an event, SAIL will help you get a ride."

Ted serves on the Fundraising Committee. He also volunteers as a driver and has taken people to doctor appointments, to nearby airports and has helped people pick up prescription medications and groceries. Ted Walton is a highly energetic person

**Suzie Patrick:** *Volunteer hours from August 2012 to June 2019 = 249 and 257 miles driven.*

Suzie Patrick moved to Shepherdstown nine years ago. Shortly after her arrival in town, Suzie said that local friends told her about an organization called Shepherdstown Area Independent Living. The goal of the organization is to help people become better acquainted and to help them develop a social support system for one another. Suzie was already familiar with the "Village Movement" and decided to check into SAIL. Suzie became a volunteer for SAIL and drove people to doctor appointments and called on members who were sick. After volunteering for a while, Suzie was so impressed by the organization and goodwill associated with SAIL that she decided to become a member.



Suzie Patrick

Suzie went on to say, "When people need help, SAIL members help each other out." She added, "SAIL gives me a chance to be useful to others and provides a social network that can help me out. SAIL helps me meet people my age. We have a chance to sit and talk and share experiences. People socialize very easily in SAIL and you get to meet new people on a regular basis."

Suzie enjoys the trips to concerts at Wolf Trap, the Majestic Theater in Gettysburg, PA, and theatrical and musical events in Hagerstown. She goes kayaking every Thursday with SAIL in the summer and attends potluck dinners, and Brown Bag lunches.

Suzie is an active SAILer and it is obvious that her SAIL membership and participation keep her moving in a positive, happy and constructive direction.

*Editor's note: SAIL has so many wonderful volunteers that we had to narrow our tributes down to just three, who also happen to be some of our longest-serving volunteers. Our volunteer coordinator, Linda O'Brien, has put together some statistics to give you an idea of the overall efforts of SAIL volunteers in 2018 alone.*

- Number of members on volunteer list: 47
- Hours contributed: 2547
- Miles driven: 2784

## President's Column

How lovely to be able to enjoy cooler evenings!

Welcome to the SAIL family these new members: Jane Ellen Freeman, Kay and John Schultz, and Barbara and John Shaffer. We mourn the loss of Peter Morris, and send condolences to his wife, Sharon. The Morrisses were SAIL members until they moved to Virginia.

Because SAIL's needs have evolved, we are exploring hiring an Executive Director or Program Director, as envisioned by our founding members. I am excited to share with you the update on the progress of the Planning and Search Committee. Please turn to page 5.

In November, SAIL is offering a three-part workshop on advance care planning. Please see page 9 for details.

Catherine Irwin, assisted by Dan VanBelleghem, is presenting a workshop at the Village to Village Network conference in Chicago later this month. The session, "Hear This! Sharing Stories Across Generations" will highlight our intergenerational storytelling collaboration with Shepherd University. Watch our next newsletter for a report on what they learned at the conference.

Read more about the project and our further outreach to Shepherd students on page 4. And be sure to check out all the activities Ted Walton and the Activities Committee have to offer. Call Linda at the office to sign up.

I look forward to seeing you soon at the picnic and at all SAIL events!

Carolyn

### Don't miss SAIL's Annual Fall Picnic



**Sunday Sept 29, 3:00-5:00**

**Morgan's Grove Park.**

**Fried chicken, iced tea, lemonade and water provided.**

**Bring something to share.**



*Eleanor Finn and her assistants are in charge of the picnic. In years past, Elinor Ross has invited us to her home for this event. However, at Morgan's Grove we will have less work in that we don't have to move tables and chairs. Also, there is the pavilion, a kitchen, bathrooms, and parking. We owe a debt of gratitude to Elinor and her late husband Sherman for hosting our fall picnic for so many years on their spacious lawn.*

## SAIL NEWS

### Hear This!

In July SAIL was awarded a grant by the West Virginia Humanities Council to support two public panel presentations this fall on its project “Hear This! Sharing Stories Across Generations.” Launched last spring, the project involves SAIL members and students at Shepherd University interviewing each other on events and persons that made a difference in their lives. The interviews continue to be conducted and recorded this fall and will be the source of stories to be shared in the spring of 2020 at a special SAIL evening of storytelling, featuring both students and SAIL members.

The two fall panel presentations will focus on the value of conducting and recording oral history interviews to collect and preserve stories and offer a sampling of some of the stories collected by this project. The Tuesday, October 1<sup>st</sup>, panel will be held at 7 pm at the Byrd Center on the campus of Shepherd University in partnership with the Historic Shepherdstown Commission and Museum. In an effort to share the project with a neighboring community, the Saturday, October 12<sup>th</sup>, panel will be held at 3 pm at the Martinsburg Public Library on King Street and is co-sponsored by the library.

The October 1st presentation in Shepherdstown features SAIL member Dr. Jerry Thomas, author and Professor Emeritus of History, Shepherd University, serving as moderator. Panelists include Dr. Keith Alexander, Associate Professor of History at Shepherd, who serves as technical consultant to the project, and Betty Snyder, SAIL member, who participated in the project as an interviewer and interviewee. The student panelist participating in the project has not yet been confirmed.

The October 12th panel in Martinsburg features a SAIL member Dr. Marie Tyler-McGraw, a public historian and author formerly with the National Park Service, serving as moderator. Panelists include Dr. Elizabeth Perego, Assistant Professor of History at Shepherd, who served as the oral history consultant to the project, and Dr. Julia Sandy, Associate Professor of History at Shepherd, who heads Shepherd's Public History Program. The SAIL member and the Shepherd students to serve on this panel will be selected from the interviews recorded in September.

A major goal of SAIL's “Hear This!” project is to increase understanding between generations and to demonstrate the commonality of our human experiences despite age differences. By sharing the project with the broader community through the panel presentations, SAIL further hopes that audience members will be inspired to interview family and community members of all ages and record each other's experiences for posterity.

Another goal of these presentations is to spread the word about SAIL and generate audience support for its special evening of intergenerational storytelling in the spring of 2020.

Co-sponsoring organizations with SAIL on the two public presentations funded by the WV Humanities Council include: Shepherd University; Historic Shepherdstown Commission and Museum; The Byrd Center for Congressional History and Education; and the Martinsburg Public Library.

### SAILers to Present at National Conference

Two members of SAIL will present our “Hear This! Sharing Stories Across Generations” project at the annual Village to Village Network conference in Chicago, Ill., on September 19. They are Catherine Irwin and Dan VanBelleghem. Village to Village Network is an umbrella organization for community groups like SAIL to help members “age in place.”

The Network consists of over 200 open Villages and more than 150 in development in 45 states and the District of Columbia. The organization collaborates with local groups to maximize the growth, impact and sustainability of individual Villages.

During their panel presentation, the SAIL representatives will discuss how the program was developed and how to ensure success in other Village communities that choose to replicate it. Along with the program description, they will share methods of enlisting participants, gaining community support, and fundraising strategies, among other topics.

## Simplified Service Requests

By Carolyn Rodis

The Care of Members Committee, responding to our increased needs, has implemented a new, simplified volunteer service in order to serve you better!

If you experience an on-going need -- whether of short or long duration -- please call Linda O'Brien, Volunteer Coordinator in the SAIL office at 304-870-7245. If a volunteer is available to provide on-going services requested by you, you do not need to call the office each time, only the first time you request a service. The volunteer will keep track of her/his hours and submit them on a monthly basis. In case the volunteer is unavailable, the volunteer will contact both you and the office. The office will then try to find a substitute to take on the tasks.

Please let the SAIL office know when you are scheduling surgery, having other medical treatments, are ill, or have on-going needs so we can check with you and provide needed support.

## Vision for Executive Director

By Carolyn Rodis

SAIL's mission is to enable its members to remain active, connected, independent, and in their homes and community as long as possible. We owe a debt of gratitude to our founders, members and volunteers who have worked together toward that mission since our founding in 2012.

Now we find ourselves at the next point of evolution where our commitment to the mission remains strong but the needs and opportunities can no longer be fully addressed without the support of an Executive Director (ED) for the organization. With the hiring of a new ED, we will build continuity and sustainability in SAIL.

SAIL currently has one part-time position, filled by Linda O'Brien. We envision adding an additional part-time position, an ED who would work with the Board to develop and implement plans to increase the breadth and depth of SAIL's impact.

We expect the plans to include:

- proactively reaching out to offer assistance to members in need;
- increasing the number and scope of volunteers;
- tracking, follow up and evaluation of the effects of our volunteer efforts;
- researching and developing ways to keep members connected;
- regularly assessing member needs;
- building and supporting relationships/partnerships with Shepherd University, the town, and the Commission on Aging;
- offering leadership, creativity, and practical support in fundraising;
- helping us to become financially sustainable.



## Active SAILers

### Fourth of July Parade



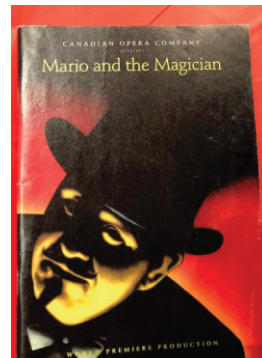
The SAIL banner never misses Shepherdstown's Fourth of July parade, thanks to all who participate!

### Brown Bag Lunch Notes

In July, a crowd of roughly 40 members and friends was in attendance to hear member David Rampy tell about his life as a successful opera singer. Interest was high and questions were many during the session! Luncheon speaker coordinator Dan VanBelleghem introduced David. And once again, Eleanor Finn and her team coordinated the "luncheon goodies!" A Special "thank you" to David for his most interesting and informative presentation!



Linda O'Brien, Leah Rampy, Joan Ergin , and David Rampy



One of David's opera roles

SAIL's August Brown Bag Luncheon featured information about life in Newfoundland, Canada. Over 30 SAIL members and friends were in attendance at the Trinity Episcopal Church Fellowship Hall to hear member Jim Bauman describe his Newfoundland experiences. Jim spends several months each year in his summer home there. He provided an interesting and informative presentation about life in one of the Canadian Maritime Provinces. Eleanor Finn and her team provided welcomed beverages and desserts!



Member Jim Bauman presenting his  
Introduction to Newfoundland

## Intrepid Kayakers



Brave SAILers join Nan Johnson for their regular Thursday outing: Suzie Patrick, Diana Eldridge, Jane Freeman, Carolyn Rodis. Not pictured: Nan Johnson and Marie Tyler McGraw

## Trivia Nights

By John Burns and Jack Young

In **June**, Eleven SAIL members/friends attended the monthly outing at the Clarion Hotel's Rumsey Tavern. Thirteen teams competed and our "SAILers Have More Fun" team finished in third place. Not bad!

At the **July** games, John reports: "SAILers came in third again last night. The stalwart team of 11 consisted of myself, Kate Walsh, Jack Young, Marlene Gallo, Maylene Reisbig, Elinor Ross, Susan Kern, Tim and Esther Murphy, and Becky and Burt Lidgerding. Shame on me for not knowing about our space probe on Venus! And we all learned a lot about the lifespan of the housefly. :-)"

And Jack reports: "An extra treat was the celebration of Elinor's 92nd birthday. Elinor received a small cake with a candle and a chorus of Happy Birthday."

In **August**, John sent this report: "SAILers tied for third place in Trivia this evening. We missed only three out of the 70 questions. We didn't know that:

- The wettest US state is Hawaii.
- Clark Kent grew up in Kansas.
- The second-most southern capital city in the contiguous states is Tallahassee.

Our team consisted of these stalwart seven: Kate Walsh, John Burns, Jack Young, Elinor Ross, Maylene Reisbig, Bruce Lapham, and Paul Kradel. This score shows how close the games are; one more right answer would have put us in second place. Two more right answers would put us tied for first place. There were 13 teams. Last week we were one of three teams turned away because of overcrowding. So, now we must reserve our table one week in advance."



July team



Elinor's cake



## JSB Offering

By Jack Young

On Thursday July 11th, Jefferson Security Bank sponsored a public offering at the Fire Hall facility, addressing the subject of Financial Scamming. It was JSB's first such public offering. It was a formal hour-long presentation by an expert on the issue. JSB also provided a free lunch for attendees.

Among the ten attendees were SAIL members Hal Snyder, Nan Johnson, Jerry and Vicky Thomas, and Jack Young. JSB officials indicated they intend to sponsor other such public-enlightening topics in the future.



Jessica Jacob (JSB VP of Retail Banking),  
Joe Hronesz (JSB Operations Officer),  
Jack Young, and Presenter Mike Burke,  
of Robbery and Crisis Management.



The lineup

## ...and More Active SAILers

Police Report - SAIL Members Hal Snyder, Jack Young, and Duane Alexander reported that on Wednesday, August 28, 2019, they were "FORCED" to stop at Nutters Ice Cream Shop in Sharpsburg, MD, and order ice cream! When queried about who "forced them to stop" - they answered in unison - - "The Devil made us do it!" The case is currently being held in a "pending/melting" status!

## Coming Up!

### Join the Storytellers

By Marianne Alexander

SAIL members will be meeting with Dr. Sylvia Sherbutt's Appalachian Literature and Storytelling class at Shepherd University on Monday, September 9<sup>th</sup>, from 4:00 to 5:15 pm in room 112 of Erma Ora Byrd Hall. The purpose of the class session will be to recruit and prepare additional students for SAIL's ongoing "Hear This!" project that collects stories through oral history interviews between SAIL members and Shepherd University students. The October 9th class session will be led by Carolyn Rodis assisted by a team of SAIL members and students who participated in the oral history interviewing workshop last spring.

Any member of SAIL interested in participating in this SAIL project this fall is invited to attend.

## Food for Thought

*Thanks to Insider's Joanna Fantozzi*

Foods, like ranch dressing or coffee creamer, can contain titanium dioxide, which can also be found in paint, plastic, and sunscreen. It is often used to make whites appear whiter. While the FDA considers it safe, new research has linked the chemical to inflammatory bowel diseases, and the International Agency for Research on Cancer classified it as "possibly carcinogen to humans."

A typical ear of corn has an even number of rows, usual 16.



## “We Are All Mortal” Workshop Scheduled

By Carolyn Rodis

There are only a few spaces remaining in SAIL's three session workshop on advance care planning on November 5, 12, and 19.

Presenters include a lawyer to talk about wills and estates, a presenter from Hospice of the Panhandle about end of life care, and a funeral home director to discuss making final arrangements. There will be opportunities for discussions in a small group, and tools to complete living wills and advance directives. We will offer handouts and suggested readings on evaluating your values; factors to consider when planning how you want to live the rest of your life and what you want to happen at the end; the importance of communicating your wishes; how to have difficult conversations; and more.

Each of us needs to do this work as a gift to our family and friends. Please call Linda O'Brien in the office (304-870-7245) soon to reserve your place.

And Now—Ted Suggests...

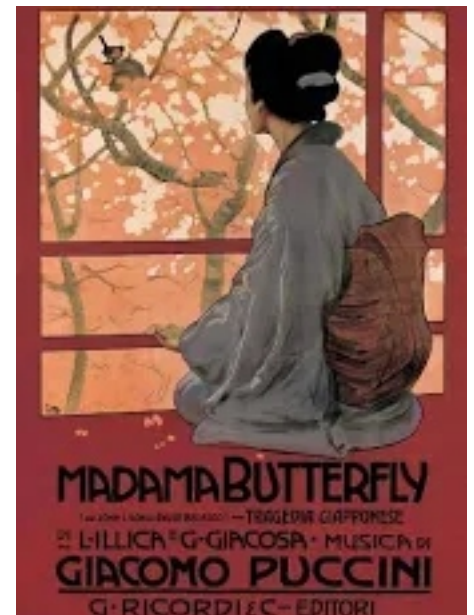
## Metropolitan Opera

All shows begin at 12:55 at the Majestic Theatre in Gettysburg, PA. Senior tickets are \$23. We will carpool to these events.

Puccini's final masterpiece, *Turandot*, live in HD from the Metropolitan Opera, starring thrilling soprano Christina Goerke in the title role, with tenor Roberto Aronica as Prince Calaf. Yannick Nézet-Séguin conducts. On Saturday, October 12.

Soprano Lisette Oropesa sings the title role in *Manon Lescaut*. Tenor Michael Fabiano is the besotted Chevalier des Grieux, whose desperate love for Manon proves their undoing. Maurizio Benini conducts Massenet's sensual score. Saturday, October 26.

Puccini's *Madama Butterfly*: Soprano Hui He takes on the heartbreaking title role of the doomed geisha, with Andrea Carè as the American naval officer who abandons her. Plácido Domingo debuts as Sharpless, and Pier Giorgio Morandi conducts Anthony Minghella's sweeping production. Saturday, November 9.



## The Washington County Museum of Fine Art

Amadou Kouyate performs a musical montage on the 21-string Kora and rhythmic presentations on Djembe and Koutiro drums. His repertory ranges from 13th-century traditional songs to contemporary compositions incorporating blues and jazz riffs. Sunday, September 22 at 2:30 pm at the WCMFA, 1551 Museum Dr., Hagerstown, MD. \$10 for the public; free for members of WCMFA.

The WCMFA lists the following, but gives no further information:

Beau Soir Ensemble: Ruth Wicker Schaaf, Violist; Carole Bean, Piccolo; Michele Myers Lundy, Harp. Sunday, October 6, 2:30 pm. \$10 general public; free for members of WCMFA.

Shepherd University Jazz Faculty Recital, Sunday, October 20, at 2:30 pm. \$10 for general public; Free for WCMFA members.

Gallery Quartet, Sunday, November 17, at 2:30. Free

## The Old Opera House, Charles Town, WV

Deliver Us From Mama! September 8, at 2:30 pm. Senior tickets are \$19, plus a small fee if you reserve on the internet. A woman living in California learns that her daughter, on the east coast, is about to give birth to the first grandchild. Determined to witness the birth, she drags the whole family along on a cross-continent road trip.

Perfect Arrangement October 13, at 2:30 pm.

It's 1950, and two state department employees, Bob and Norma, are tasked with identifying sexual deviants within their ranks. There's just one problem: both are gay and have married each other's partner as a carefully-constructed cover. Inspired by a true story of the earliest stirrings of the gay rights movement. As hiding gets tougher, madcap comedy ensues.



### Shepherdstown Community Club Dinner

Tuesday, September 17<sup>th</sup> at 6:30

All About Books with  
Kendra Goldsborough, Mark Kohut and Nancy Stewart

Books and advance reading copies will be given away.

To make reservations, contact Carol Sanders at [carol.ann.sanders1@gmail.com](mailto:carol.ann.sanders1@gmail.com) or call her at 304-283-9039. You may request a vegetarian option when making your reservation. Dinners are \$15 for members, \$20 for non-members. Reservations accepted until Sunday, September 15th.

War Memorial Building, 102 E. German St., Shepherdstown, WV



### Lighter Side

*Washington Post* columnist Gene Weingarten recently had some advice for us as we grow older...

Never update your Facebook photo—even if you actually know how.

No need to sign text messages. The phone says who sent it.

If you are walking out of the house and realize you are not wearing pants, don't assume it is a dream. Check.

Before you go into the next room, write down why you are going into the next room.

And finally, after their 12<sup>th</sup> birthdays, your grandchildren will no longer think your thumb is their nose. So just cut it out.



## Regularly Scheduled Activities



### Brown Bag Lunches

Lunches are held at the Episcopal Church Fellowship Hall, starting at 11:30.

September 20 - Sarah Knipe of the Shepherdstown Pharmacy on Classes of Drugs and the best time of day to take them, and interactions of drugs and other pills you may be taking;

October 18 - Catherine Irwin and Dan VanBelleghem will provide highlights from the Annual Village to Village Conference.

November 8 - The SAIL Annual Meeting

### Coffee and Conversation

Jack Young continues to host Coffee and Conversation at his home, 260 S. Tamarac Drive, Shepherdstown, to introduce prospective members to SAIL. If you know of someone who would benefit by being a member of SAIL, please invite them to join us. Call Linda O'Brien at the office, 304-870-7245, to register. Meetings are held on Tuesdays at 10:30.

September 25

October 23

November 20



### Lunch Bunch

Tuesday, September 10 - 12 Noon at the Country Inn Berkley Springs, WV

Marlene Gallo is hosting our Lunch Bunch. To make your reservation contact Marlene at [mgallo3182@hotmail.com](mailto:mgallo3182@hotmail.com) or call 315-480-3792. Please tell Marlene if you would like to carpool – it's always more fun!

### Trivia

"SAILers Have More Fun" is the name of our team that competes on the third Tuesday of each month for Trivia held at the Rumsey Tavern in the Clarion Hotel. The game starts at 7:00 pm. The game is over before 9:00. Most of all, we just have a good social time together! For more information, contact John Burns 304-876-9146.

September 17

October 22

November 18



### Walking Group

The walking group meets every Tuesday at 10:00 at the large parking lot of the C&O Canal Towpath.

### T'ai Chi

The beginners group meets on Thursdays at 9:30 at Trinity Chapel.

The advanced class meets on Tuesdays at 9:00 also at Trinity Chapel.

### Balance Class

The balance class meets on Fridays at 10:00 at the Shepherd Wellness Center.



### Kayaking

Nan Johnson meets with SAIL kayakers every Thursday at 9:30 at the river landing at the bottom of Princess Street. Call Nan at 304-870-4414 if you wish to join them.



## Special Features

### RECIPE CORNER "ZUCCHINI HARVEST"

by Suzie Patrick

*As the summer winds down, the zucchinis roll in, and the question arises what to do with this bountiful harvest. New SAIL member, Sue Collins, who is best known for her fabulous Coconut Cream Pies which she makes for Maria's Taqueria, has contributed the following recipe.*

*"Delish," Sue says.*

#### ZUCCHINI AND SAGE SCONES

##### Ingredients:

- 1  $\frac{3}{4}$  cups flour, extra for dusting
- 1 tsp Parmesan, freshly grated
- 1  $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  cup zucchini, large shred, squeezed dry
- $\frac{1}{4}$  tsp. kosher salt
- 1 tsp. sage, chopped
- $\frac{1}{4}$  cup butter, cubed
- 1 egg yolk
- 5 oz. milk, plus 1 Tbsp.
- $\frac{1}{4}$  cup Colby or other soft cheese, grated



Combine flour, baking powder and salt in food processor and pulse until mixed. Add butter and pulse until it resembles gravel (just combined). Add milk slowly and only until dough just comes together.

Add Parmesan, zucchini and sage.

Turn out onto floured surface and knead just to bring dough together. Pat into a square (about 5 x 5 inches and about 1 inch thick). Using a knife, cut into 9 squares of equal size and transfer onto lightly greased or parchment-lined baking tray.

Whip yolk with remaining milk and brush tops of scones. Top with cheese and bake in preheated 425F oven about 12 minutes until golden and puffy.

Makes 9 scones.



## Poetry Corner

Edited by Betty Snyder

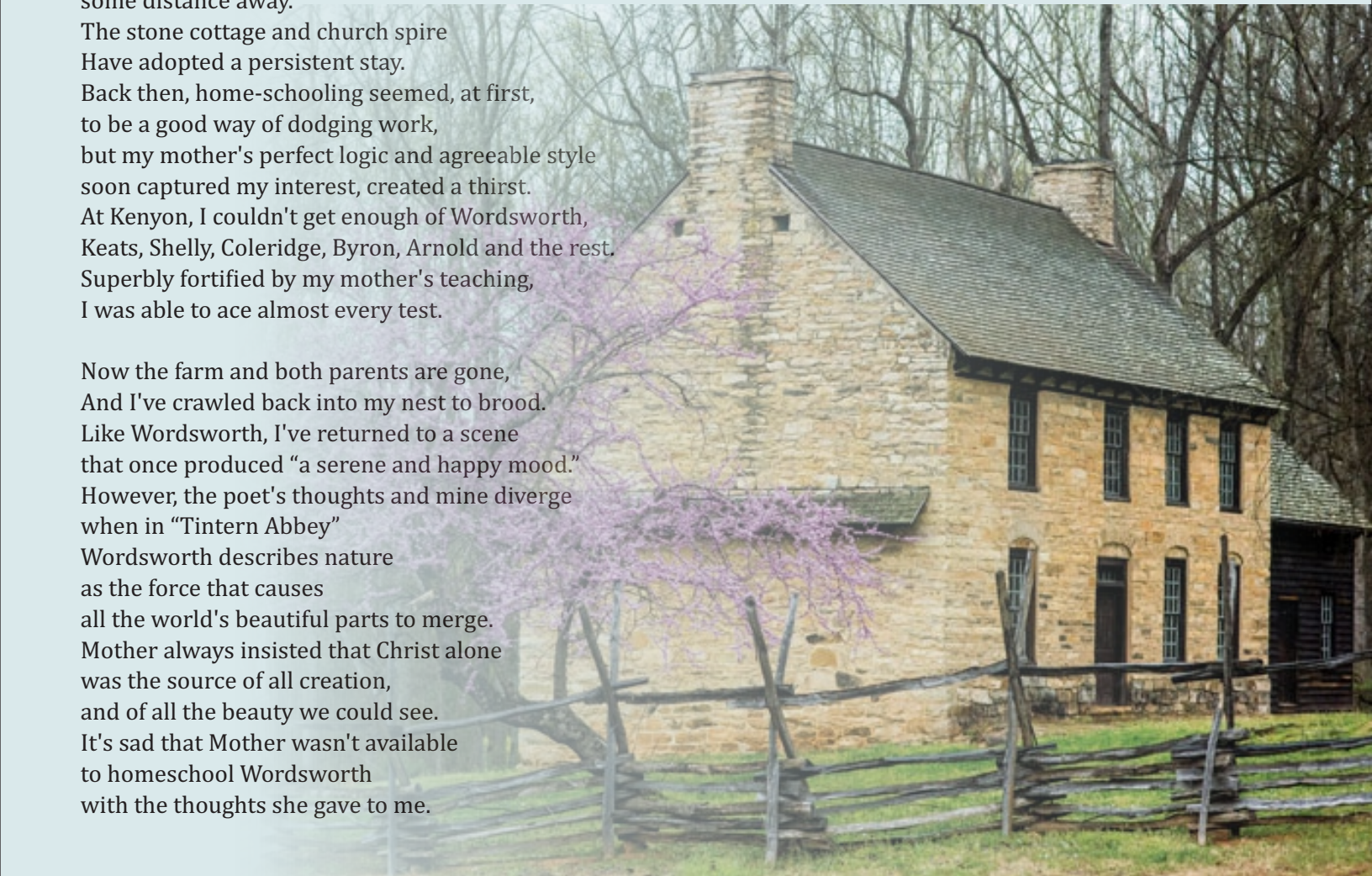
*Hello poetry friends. This quarter, I am pleased to offer a poem by Rick Taylor. Rick is very prolific and has written two books of poetry. He is currently working on his third book of short stories.*

### MUSINGS UNDER A BUCKBOARD

Years ago, the shade available here  
beneath this old buckboard  
brought relief to my scorched frame.  
Farm-work was never-ending in those days  
and this secret place on the hill  
brought welcome deliverance  
from the sun's persistent rays.

I've come back  
to restudy the breathtaking view,  
a patchwork of multi-colored plots  
unchanged to this day—  
green, yellow, brown and grey—  
slanted downward toward a river  
some distance away.  
The stone cottage and church spire  
Have adopted a persistent stay.  
Back then, home-schooling seemed, at first,  
to be a good way of dodging work,  
but my mother's perfect logic and agreeable style  
soon captured my interest, created a thirst.  
At Kenyon, I couldn't get enough of Wordsworth,  
Keats, Shelly, Coleridge, Byron, Arnold and the rest.  
Superbly fortified by my mother's teaching,  
I was able to ace almost every test.

Now the farm and both parents are gone,  
And I've crawled back into my nest to brood.  
Like Wordsworth, I've returned to a scene  
that once produced "a serene and happy mood."  
However, the poet's thoughts and mine diverge  
when in "Tintern Abbey"  
Wordsworth describes nature  
as the force that causes  
all the world's beautiful parts to merge.  
Mother always insisted that Christ alone  
was the source of all creation,  
and of all the beauty we could see.  
It's sad that Mother wasn't available  
to homeschool Wordsworth  
with the thoughts she gave to me.



Psych Notes  
By Marty Amerikaner  
  
A Villages Survey

Joining SAIL is essentially a vote in support of the Villages movement and its promise. We love our homes, friends and communities, and are eager to stay engaged in the rich lives that we know and value. This column reviews a study focusing directly on Villages.

In 2017, researchers at UC Berkeley reported on their 3-year longitudinal study of 8 California Villages. They surveyed new Village members, following up at 1, 2 and 3 years after enrollment. It is hard to draw firm conclusions from this study since a) there was no comparison group of similar non-Village people and b) the number of people who completed follow-up surveys decreased significantly each year. Nonetheless, there were interesting findings.

Village members reported a greater sense of social support during the first two years of membership. This involved feeling that they had “someone to count on” for help with routine activities. After three years, though, these perceptions regarding routine help had returned to the level reported at the intake.

At the end of years one and two, Villagers were more confident they could get the help they needed to stay in their homes as long as possible. However, at the end of the third year, that increased confidence was no longer evident.

In all three years, Villagers reported significant reductions in previously unmet needs such as light housework, maintenance and yard work.

Intentions to move to different housing or to modify their homes were significantly lower after one year of “Villaging.” However, after 2 years, these intentions had returned to the level expressed at the time of enrollment.

Data concerning social engagement were complicated. Looking back at the end of the study, many reported that their overall social engagement had increased due to Village membership. However, their reports of social and civic participation throughout the study showed that engagement actually decreased after enrollment. The authors note that this may be due to a high rate of reported social engagement at the intake period, essentially leaving nowhere to go but down from there.

Health status remained fairly stable during the study period, although utilization of health care services such as hospitals, ERs and 911 increased during the years after Village enrollment.

Life satisfaction was basically stable in the first two years but declined in the third year. Older people with more unmet needs and with more difficulty in daily living were more likely than others to drop out of their Villages during the study period.

The report's authors do not thoroughly discuss their results, and we are left to speculate about the meaning of their findings. We don't know, for example, if there is anything unique about the people in the study, although the fact that there were 8 separate Villages included, suggests that participants may be representative of the larger Village membership group. It's unfortunate that there was no comparison group, so we can't tease out how these results would compare to those for similar people (age, health status, income, etc.) who did not join a Village over the same time span.

Caveats aside, however, a few apparent trends seem evident. First, it seems that Village enrollees have positive expectations of the program at the outset; they are pleased with services at first; and several aspects of their needs are consistently met throughout the study period. However, some important aspects of life satisfaction and perceived benefits from the program seem to decline over time.



Understanding the trend of decreasing satisfaction and perceived benefits is a key issue for Village programs going forward. It may be that some decline in life- and program- satisfaction is natural as people get older and face more frequent or more complex challenges than a volunteer group can address. Further, the findings suggest that folks who are older and more physically challenged at enrollment are more likely to drop out of the program over time. While multiple factors likely contribute to this finding, it may suggest that Village programs need to be thoughtful when recruiting new members and work to clarify and perhaps manage expectations of the program's capacities.

*"Creating Age-Friendly Communities Through the Expansion of Villages: Summary of Longitudinal Member Outcomes," (2017) Andrew E. Scharlach, PhD and others.*

## Fall Birthdays

### SEPTEMBER

Margaret Turner  
Esther Murphy  
Dan VanBelleghem  
Tim Murphy  
Mike Austin  
Marty Amerikaner



### OCTOBER

Sandra D'Onofrio  
Jane Tuckerman  
Susan Mills  
Phyllis Barnes  
Catherine Irwin  
Jim Bauman  
Bill Brown  
Suzie Patrick



### NOVEMBER

Wendy Moseley  
Bill Drennen  
Dottie Mozden  
Ted Walton  
Kay Schultz  
Helen Moore  
Joan Fisher  
Susan Smith  
Carolyn Kerr  
Jane Elle Freeman

## Post Script

*In this issue, we decided to highlight a few of our many SAIL volunteers, as one of the goals of a village community is "neighbor helping neighbor." I recently had a knee replacement and for weeks I was unable to get my trashcan down my driveway on trash day. Luckily, because of some SAIL neighbors, my full garbage can disappeared from my garage every Wednesday and magically appeared empty by the garage the next day! If you are interested in learning more about volunteering, our Volunteer Coordinator Linda O'Brien will be happy to talk to you.*

*I send many thanks to our contributors, and especially Carolyn and Marianne, who had so much news to report in this issue. And again, this newsletter would never get out without Melinda Landolt's sharp-eyed proofreading and Agnes Freund's expertise in laying it all out.*

*Edwinna Bernat, Editor*

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# Have a Beautiful Fall