

## SAIL Membership Benefits

- At Your Service Information and Assistance
- Access to:
  - ◆ Pre-screened Service Providers
  - ◆ SAIL's *Tech Tutoring 4 You* Sessions
  - ◆ Information and/or Referrals to Community Resources & Professional Service Members
  - ◆ Selected Programs at Attic Angel Community and Oakwood Village
- Invitations to Interest Groups, Social, and Educational Events (rides provided)
- SAIL Monthly *Messenger*
- Shredding at SAIL
- Volunteer Opportunities
- Discounts on:
  - ◆ Life Assist Personal Emergency System
  - ◆ Madison School and Community Recreation Programs
- Rise & Shine Check-in
- In-home Technical Help
- Transportation and Other Volunteer Services
- Medication Reviews
- House Checks
- Mattress Flipping & Perks
- Notary Service

SAIL offers two membership levels. Call or email us for more information!



## Aging 101 - What is Normal and How Do I Proact to It? (via Zoom)

**Monday, September 28, 10:30 a.m.—12:00 p.m.**

Presented by Dr. Alexis Eastman, Division of Geriatrics, UW School of Medicine and Public Health

This informative and enlightening workshop will begin with a lecture to help us understand the concept of homeostenosis and how it manifests in life as well as ten things we should all know about normal aging.

Dr. Eastman's presentation will help us understand that aging doesn't mean disease, nor does growing older mean we will become frail. We'll explore and dismantle some of the myths about aging that we've subscribed to over the years, and identify topics for future exploration. Register by calling SAIL at 230-4321 or online at [sailtoday.org](http://sailtoday.org).

*SAILing into the future!*

## Planning for Life's Later Stages (via Zoom)

**Date and Time: Tuesday, September 22, 10:00 a.m.**

Join us for an informative presentation with Dr. Teresa Mangin, neurologist at the University of Wisconsin School of Medicine and Public Health, and Jeanne Mraz, wealth manager for SVA Wealth Management and also a SAIL professional services member.



Jeanne Mraz



Dr. Teresa Mangin

In this two-part conversation, Dr. Mangin will outline a strategy for healthy cognitive aging, highlight symptoms that should prompt medical attention, summarize elements of cognitive evaluation and provide resources to aid in health care. Jeanne Mraz will highlight important conversations such as finances, health, residence, end-of-life wishes; healthcare considerations such as extended care needs; financial planning for aging and eldercare resources.

To register, call SAIL at 230-4321 or online at [sailtoday.org](http://sailtoday.org).



## Office Hours

M-F: 8:00 a.m.–4:30 p.m.  
Closed holidays

6209 Mineral Point Rd.  
Madison, WI  
(608) 230-4321  
info@sailtoday.org  
www.sailtoday.org

Sharing Active Independent Lives (SAIL) is a program of AgeBetter, Inc., a non-profit organization whose members include Attic Angel Association and Oakwood Village.  
*Supported in part by:*



OAKWOOD  
VILLAGE



ATTIC ANGEL  
COMMUNITY



SAIL Operating Council: Christine Beatty, Dorit Bergen (President), Beth Campbell (Vice President), Mary Ann Drescher (AgeBetter), Sue Goldstein, Ernie Hanson, Dianne Hopkins (Secretary), Chris Klotz, Alan Lukazewski, Galen Metz, Rick Sheridan, and Thelma Wells.

## From the Office



### A Message from Program Director Nicole Schaefer

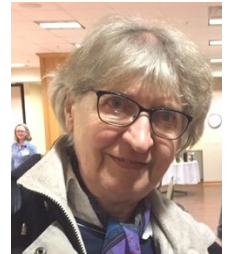
It has been such a pleasure to see so many new members joining SAIL recently. Thank you to our current members, volunteers, service providers, and supporters for continuing to share us with your friends and family.

I hope you all take a look at all that our September calendar has to offer. Using member input from our survey earlier this summer, we have developed a variety of opportunities for members to engage with each other, both virtually and outdoors (physically distanced). We look forward to seeing you all and receiving your feedback, as well!

With outdoor activities planned, it's a good time to remind everyone that September is Falls Prevention month. Be sure to check out the different activities and lectures planned on page 4 to help you learn more about what causes falls and the adaptations that can be made to ensure you continue to stay safe in your home. Be well!

### Charter Video

This month's video features Charter Member Maria Schnos reflecting on how wonderful it is to know that SAIL is just a phone call away if she ever needs help. One of the things she has liked about SAIL over the past 15 years is that it's given her a feeling of belonging and knowing that she's not alone. Maria also appreciates the benefit of the Rise and Shine daily check-in program. Be sure to view the entire video on our website ([sailtoday.org](http://sailtoday.org)) and Facebook page!



### The Power of a Phone Call

Have you ever considered the impact one phone call could make for someone? Imagine you hear that someone is having difficulty in maneuvering up the porch steps at their apartment complex, as the steps are too high, and this person uses a walker to get up and down them safely. They talked to the apartment managers, yet nothing was done to fix the problem.

Hearing that a SAIL member was having this problem, the SAIL team decided to try and help. After finding out who the City Alderperson was for that area, one phone call was made to the Alderperson explaining the situation. From there, the Alderperson was able to get the ball rolling to resolve the issue. After only a short while, the steps were fixed and are now much more manageable, all thanks to a team effort.

Bravo to everyone who helped make this happen. It's amazing to see what can come out of one conversation!

# Information and Volunteer News



## A Message from Volunteer Coordinator Peggy York

The SAIL Volunteer Driver Program came to a standstill in March of this year. As the pandemic reached our area, we were concerned for the safety of our volunteers and all SAIL members. Shortly after, Madison clinics and other businesses began to close and we all stayed safer at home. Time passed and by mid-July local clinics began to schedule medical appointments, and SAIL started receiving ride requests. We reached out to our 21 volunteer drivers to ask how they felt about resuming this service. Six volunteers told us that they were able and willing to provide rides to medical appointments. Those drivers have been provided with masks, gloves, and sanitizing supplies for the task and also a set of guidelines to assist in keeping them and their passengers safe and healthy. The volunteers also agreed to follow the CDC guidelines and screen for any symptoms of Covid-19 the day of the ride. Within the first week, we fulfilled two ride requests and we continue to assist members in this way.



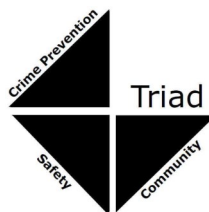
The SAIL handymen have provided outdoor service all year. Three of the seven volunteer handymen have now told us that they would be comfortable returning to indoor tasks at member homes. All three have been supplied with sanitizing supplies, masks, gloves, CDC guidelines, and a screening tool. Within the first week, a team of two volunteers helped move furniture in a member's home. We surely appreciate you!



## Make Your Vote Count

As the November election draws near, SAIL will be here to respond to your questions. So far, we have one volunteer who has offered to pick up absentee ballots from members and deliver them directly to the County Clerk. He'd also be happy to be the witness for the ballot if needed. If you are interested in witnessing ballots or delivering ballots to the County Clerk, please call SAIL at 230-4321. And, of course, let us know if you would like assistance!

If you'd like to register for an absentee ballot, go to [myvote.wi.gov](https://myvote.wi.gov) or call SAIL for help.



## Safety Tips and Tools for Those Living with Dementia (via Zoom)

Triad of Wisconsin will be offering its next program on **Wed., September 23 from 10:00 a.m.—11:00 a.m.** (Triad is a program of RSVP Dane County and SAIL is an active member.) Heidi Musombwa, Brookdale Senior Living, is the presenter for this month. We all know that caring for a loved one in the home can be a challenging task. For many people, one of the biggest concerns is their safety. You will learn some helpful tips and tools to help make sure your loved one is safe. In addition to providing a safe and secure environment for your loved one, we hope the available resources will provide you with some peace of mind and to help to ease your worries.

To register and receive the Zoom link, please email [TriadEvents@rsvpdane.org](mailto:TriadEvents@rsvpdane.org).

Also of note is Triad's new YouTube site where previous programs will be available to view. You will find them at Triads of Dane County.



# Program News and Updates



## A Message from Membership Services Assistant Becky Rogers

The researchers are right. I've read dozens of articles during this pandemic on the importance of experiencing nature on a daily basis; it's so true! While working from home, my favorite days are those that I am able to open windows and hear the birds (and the neighbor dogs), as well as feel the fresh breezes. Even better – I had the privilege of meeting up with a few SAIL members recently at Olbrich Gardens. Walking around the beautiful gardens and taking in all of the plant life, birds, butterflies, and bugs was incredibly refreshing for not only my body, but my mind and soul. I've also had some members suggest driveway or porch visits, where you bring your own chair and enjoy each other's company from a safe distance. I encourage you all to meet up with a friend or two and go for a walk, or join your fellow SAIL members and enjoy nature! (see page 5 for some opportunities)

### Zoom Q&A

Here's an opportunity to ask questions and learn more about Zoom, a virtual program that allows you to socialize with friends and family from the safety of your home. Reserve a 30-minute spot to work one-on-one with SAIL staff or Tech Tutor Dave Friedman either by phone or Zoom. This is a great way to get Zoom started on your computer or tablet and learn more about it.

**Dates/Time:** Wednesdays, September 2, 16, and 30 from 1:00—2:30 p.m. Register online at [sailtoday.org](https://sailtoday.org).

### Shredding Still Available

Did you miss out on Shred Day? Or did you do more cleaning and find more shredding? While the SAIL office isn't open for members to come in, we still have a bin there and would be happy to take the shredding off your hands and deposit it in our bin. Please contact the SAIL office at 230-4321 to set up an appointment.

### Membership Matters (via Zoom)

by Member Dorit Bergen

**Date and Time:** Mon., September 14, 1:30 p.m.

Our next meeting will discuss two important topics in both a group setting and in small groups:

- We'd like to hear your ideas on how we can continue to support each other during the upcoming winter months when we can no longer safely visit outside.
- Some members have offered to volunteer and help members vote this upcoming election. Bring your ideas on how we can best offer this opportunity!

Contact SAIL at 230-4321 to register for this meeting.

### Only Leaves Should Fall

(via Facebook Live)

Please join the Dane County Falls Prevention Task Force of Safe Communities on **Tuesday, September 22 from 11:00 a.m.—12:00 p.m. for a virtual chat with Dr. Zorba Paster!** September is Falls Prevention Month, and Dr. Paster will speak about strategies for maintaining independence and keeping upright by preventing a fall.

If you have Facebook, search for Safe Communities MDC to join the session on September 22. Please call Ashley Hillman, Falls Prevention Program Manager at Safe Communities, at 608-235-1957 with any questions.

In addition to viewing the *Only Leaves Should Fall* program, you can find information and resources on how to prevent falls on the Safer Communities website at [safercommunity.net](https://safercommunity.net). If you would like to receive materials in printed form, please contact SAIL at 230-4321. (SAIL is a member of the Safe Communities Falls Prevention Task Force)

And, you can also find falls prevention resources on the Wisconsin Institute of Healthy Aging website, [wihealthyaging.org](https://wihealthyaging.org), including their *30 Days & 30 Ways to Prevent a Fall* daily activity.

# Program News and Updates

## Outdoor Nature Walks

Enjoy time outdoors with other SAIL members (physically distanced) and take solace in all of the beauty that surrounds us. Please wear a mask if you are medically able per AgeBetter and CDC guidelines. **To register**, call SAIL at 230-4321 or online at [sailtoday.org](http://sailtoday.org). Remember water!

- Join SAIL members for a nice walk around Olin Park on **Thursday, September 10 at 1:00 p.m.** Meet at the Pavilion at 1156 Olin-Turville Ct.
- SAIL Member Harriet Irwin invites members to join her for a leisurely nature walk at Pheasant Branch Conservancy on **Tuesday, September 15 at 10:30 a.m.** Enjoy the inhabitants and blooms of the prairie during the fall season. (Bad weather date will be Friday, September 18.) Meet at the parking lot near the intersection of Pheasant Branch Rd. and Gaylord Nelson Rd.

## Men's Roundtable (via Zoom)

by Member Fred Ross

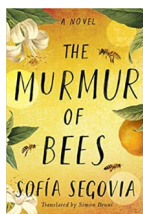
The camaraderie and conversation will resume on **Tuesday, September 8 at 10:00 a.m.** from the comfort of your home. No judgment or confrontation here, just enjoyable discussion and an opportunity to connect. While not the real thing, these remote Roundtable meetings have worked surprisingly well during these quarantine months. To register, call SAIL at 230-4321.

## On Our Own

On Our Own was started as a way to connect SAIL members who do not have a local support system and to share pertinent information and resources. Recently, OOO members have been meeting in outdoor settings. If you'd like to learn more about the group, contact Nicole at [nicole@sailtoday.org](mailto:nicole@sailtoday.org) or call 230-4321.

## Book Club (via Zoom)

The first virtual Book Club was a great success, led by Member Joan McCarthy. Join the next conversation on **Wednesday, September 16 at 1:30 p.m.** to discuss *The Murmur of Bees*. Discussion questions will be sent in advance. Register on [sailtoday.org](http://sailtoday.org) or by calling the SAIL office at 230-4321. Let us know if you need help getting a copy of the book!



## Lunch Bunch (via Zoom)

Fix your favorite midday meal and join your SAIL friends, new and old, for a virtual lunchtime visit. It's your chance **Thursday, September 17 at 11:30 a.m.** to see some familiar faces and swap stories. Register at [sailtoday.org](http://sailtoday.org) or by calling the SAIL office at 230-4321. The Zoom link will be sent to registered participants the morning of the event.

## Bike Ride by Member Gail Bliss

Meet Gail Bliss on **Friday, September 18 at 11:00 a.m.** for a leisurely 11 mile bike ride around Lake Monona. The ride will include a stop (if you choose) for lunch or ice cream at one of the local outdoor restaurants. Meet Gail and other SAIL cyclists at the Olin Turville parking lot. Let's enjoy the great outdoors and the final days of summer. Please contact Gail if you plan to attend at 231-3511 or [gail3511@gmail.com](mailto:gail3511@gmail.com). And remember your water bottle!

## Sharing Memories (via Zoom)

By Member Ethel Dunn

This new program has been a fun way for members to learn more about each other from the comfort of their homes. In the spirit of back to school, our topic this month is: *Your Favorite Teacher*.

We hope you can join us on **Thursday, September 24 at 11:00 a.m.** Register online at [sailtoday.org](http://sailtoday.org) or call SAIL at 230-4321.

# Calendar of Events — September 2020

		1	2	3	4	5
		Healthy Aging Month focuses on providing inspiration and practical ideas as we age.	<a href="#">Zoom Q&amp;A</a> 1:00 p.m.	United States Bowling League Day. How many SAIL members have been in a bowling league? 	College Colors Day! Will you show your school spirit today?	International Charity Day Originated to honor the work of Mother Teresa
6	7	8	9	10	11	12
National Read a Book Day!	<b>LABOR DAY</b>  Honoring the American worker since 1894	<a href="#">Men's Roundtable (via Zoom)</a> 10:00 a.m. International Literacy Day	Sudoku Day Have you tried these puzzles that help keep your brain active?	<a href="#">Nature Walk at Olin Park</a> 1:00 p.m.	Day of Service and Remembrance	Chocolate Milkshake Day — but you can make whatever flavor you enjoy!
13	14	15	16	17	18	19
Grandparents Day — biological or not, grandparent figures play a key role in many lives.	<a href="#">Membership Matters (via Zoom)</a> 1:30 p.m.	<a href="#">Nature Walk at Pheasant Branch Conservancy</a> 10:30 a.m.	<a href="#">Zoom Q&amp;A</a> 1:00 p.m. <a href="#">Book Club (via Zoom)</a> 1:30 p.m.	<a href="#">Lunch Bunch (via Zoom)</a> 11:30 a.m.	<a href="#">SAIL Bike Ride</a> 11:00 a.m.	National Dance Day Move to the music today. It is a great mood booster.
20	21	22	23	24	25	26
String Cheese Day A kid and lunchbox favorite celebrated	 WORLD ALZHEIMER'S DAY September 21	<a href="#">Planning for Life's Later Stages (via Zoom)</a> 10:00 a.m. <a href="#">Only Leaves Should Fall (via Facebook Live)</a> 11:00 a.m.	<a href="#">Triad—Safety Tips and Tools for Those Living with Dementia</a> 10:00 a.m.	<a href="#">Sharing Memories (via Zoom)</a> 11:00 a.m.	Balance and Safety Check What can you do to focus on reducing fall risks today?	National Public Lands Day — enjoy a trip to a park if you can today.
27	28	29	30			
World Tourism Day Take a virtual tour today while we stay safe at home.	<a href="#">Aging 101 (via Zoom)</a> 10:30 a.m. 	World Heart Day — How are you keeping your heart healthy today?	<a href="#">Zoom Q&amp;A</a> 1:00 p.m.			

# News and Updates

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## New Members

Eva Wright Buzucky & Robert Buzucky—Midvale Heights

Erlinda & Richard Huntington – Orchard Ridge

Anna Margaret Elowson & Erhard Joeres – Shorewood Hills

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## A Message from AgeBetter

### Executive Director Ann Albert

It's great to see and hear about the many ways people are coping and remaining resilient during these past several months. It's truly an honor to work with and among caring, creative people who support and inspire one another!

Our work together is more important than ever. This includes the work of the SAIL Development Team, led by Member Christine Beatty, as they prepare for our 15th Anniversary Annual Appeal this fall as well as 2021 grant opportunities. Donations and grants make it possible to offer high quality, reliable services to older adults regardless of income, especially during these challenging times!

## Little Free Library

This year the Little Free Library (LFL) organization celebrated the installation of its 100,000th Little Free Library—a LFL is now located in all 50 states and 100 countries. And to think it all started in a front yard in Hudson, WI just a little over 10 years ago! SAIL Member Alice Spencer enjoys donating books to the Little Free Library near her home. Do you know where one is in your neighborhood? Look online at [littlefreelibrary.org](http://littlefreelibrary.org) to discover where to donate a book or where to find your next book to read. For more information, call SAIL at 608-230-4321. Share the joy of reading!



## Service Provider Updates

Three SAIL Service Providers have added new service offerings. These include junk removal, air duct cleaning, and painting. If you would like more information or if you'd like to request an updated Service Provider Directory, call the SAIL office at 230-4321 or email us at [info@sailtoday.org](mailto:info@sailtoday.org). The Service Provider Directory is available on [sailtoday.org](http://sailtoday.org).

Many Service Providers are working inside and outside following CDC safety guidelines.

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## Blog and Facebook

Each Friday a new post is revealed on the SAIL Blog at [sailtodayblog.com](http://sailtodayblog.com). The blog covers relevant topics to our members and often highlights SAIL members. In recent weeks, SAIL members have shared how pets have kept them company during the pandemic, reminisced about growing up in a farm family, and shared experiences of owning a small business and ways to support local small businesses now.

Are you a Facebook user? If you are, please check the Sharing Active Independent Lives—SAIL in Madison page frequently for fun activities and resources. And while you are there, please give us a “like” and invite your friends to “like” us too!



## *In The Community*



### Meditation at Monona Terrace

Monona Terrace and SSM Health team up to offer meditation (via Zoom) on Wednesdays at 12:00 noon beginning September 2.



Mindfulness meditation will be led by Sarah Moore M.D., a mind-body practitioner, therapist, and physician. Sarah has been practicing meditation for more than 20 years and teaching meditation to groups and individuals for the past 12 years. Her personal practice has brought her much peace, joy and stability, and she is excited to share her knowledge and enthusiasm with others.

Register online at

[https://zoom.us/webinar/register/WN\\_QrqcyMXbRv6an8Rc4N4qPg](https://zoom.us/webinar/register/WN_QrqcyMXbRv6an8Rc4N4qPg)

### Virtual Learning with Road Scholar

Thank you to Member Pat Kallsen for sharing this neat learning opportunity. Road Scholar has created free online lectures from expert instructors around the world for adults to enjoy. Check out their virtual lecture library at [roadscholar.org/virtuallearning/](https://roadscholar.org/virtuallearning/).

Our website also has many other links to keep your mind engaged and travel from your home, thanks to the suggestions from our members. You can find them under the [COVID Resources](#) tab on our website.

If you have any suggestions that you'd like us to share on our website, let us know at [info@sailtoday.org](mailto:info@sailtoday.org).



## *SAIL in Pictures*

**Top:** Volunteer Coordinator Peggy York sharing guidelines and safety supplies with a volunteer driver.

**Middle:** The On Our Own group gathered together virtually.

**Bottom left:** SAIL members enjoy time at Olbrich Gardens this summer

**Bottom right:** Men's Roundtable have gathered to chat virtually these past few months.

