

The SAIL Messenger

A Monthly Publication: July 2014

Play! Play! Play!

Play is fun, but don't be fooled into thinking it's just goofy or frivolous. Play is powerful stuff, and it has a profound influence on your relationship with your pets.



Patricia McConnell, Ph.D.

wow your friends, and how *not* to play with your dog or cat. If you'd like to make your pet even happier, this talk is for you!

Tuesday, July 15 at 6:00 p.m.
Attic Angel Community Room
8301 Old Sauk Road

Free and open to the public!

To register, please call SAIL at 230-4321 or visit www.sailtoday.org.

Midsummer Night's Celebration

Join us on **Wednesday, July 23, at 6:00 p.m.**, at the Attic Angel Community Room for our 9th Annual Midsummer Night's Celebration! Enjoy an evening of delicious appetizers, wine, and entertainment! Back by popular demand, the Four Seasons Musical Theatre group will perform *Great Dames*. Watch your mailbox for the event invitation! Thank you to BrightStar Care for helping to sponsor this event.



Benefit of the Month: Nothing beats a vacation or a little travel. But what about your home while you're gone? SAIL provides weekly house checks (including plant watering!) while you're away. We'll check with you for any special instructions such as requesting mail or newspaper stoppage, placing lights on timers, etc.— and, of course, your emergency contacts. Have peace of mind knowing your home is being checked on by someone you trust. Available to Full Members at no charge. Interested? Call us at 230-4321.

Join SAIL and enjoy these benefits!

Associate Members receive:

- Access to Pre-screened Service Providers
- Invitations to Social and Educational Events
- Information and Referrals
- Discounts on:
 - Personal Emergency Systems
 - MSCR Programs
 - Home Health United Medical Equipment
- One Number to Call
- Monthly Newsletter
- Volunteer Opportunities

Full Members receive all of the benefits above, plus:

- Rise and Shine Daily Check-in
- In-home Technical Help
- Transportation
- Comprehensive Medication Reviews
- House Checks While You Are Away
- Shredding @ SAIL
- Mattress Flipping and Other Monthly Perks

SAIL Supporting
Active
Independent
Lives
live long, live well



6201 Mineral Point Road
Madison, WI 53705

SAIL is a program of the
Madison Area Continuing
Care Consortium, Inc.
(MACCC) in collaboration
with Attic Angel
Association and Oakwood
Lutheran Senior Ministries,
Inc.

Office Hours

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

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SAIL Staff

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MaryAnn Drescher,
Mike Flint, Barb
Gessner, Don Haasl,
Chuck Hoornstra,
Patricia Kallsen,
Fred Ross, John
Schmidt, and Tom
Popp (president).



A Message from Executive Director Ann Albert

Timing is everything, and we are confident this was the right time for SAIL to make a big change—to sell SAIL S.O.S. emergency response service. The sale occurred on June 16 to locally owned, experienced provider Life Assist USA. This provider was chosen because they are independent, locally owned, dedicated to this type of service, and can offer a full array of products while maintaining the same low monthly rates our members have received over the years. And the entire transition was made without any interruption of service or equipment changes.

If you attended our Spring Luncheon and Annual Meeting, you likely remember hearing about this change in addition to our overall strategic plan for 2014-2016. While SAIL S.O.S. income comprised 50% of our revenue, it also added significant liability risk and unplanned disruptions to staff time due to equipment replacements, service needs, and special needs of subscribers on a daily basis. The positive growth in membership over these past few years helped us realize that now is the time to transition SAIL S.O.S. to another provider, and to devote our time and energies in growing SAIL and its services. We have an amazing opportunity now to improve our current offerings, add additional revenue streams that are more feasible and less risky, and help all generations of older adults protect their independence and enjoy their years ahead.

The SAIL Council and other member volunteers are already working on:

- growing membership and community awareness of SAIL, including newly retired folks
- assisting members to engage with SAIL more fully—socially and operationally
- increasing “member-helping-member” volunteerism
- helping members create a personal aging plan and receive access to improved services and resources

If you are interested in getting more involved, please give me a call at 230-4321.

Special Thanks



Huge gratitude and kudos to Laura Adell for growing our SAIL S.O.S. emergency pendant program and providing subscribers with amazing service these past seven years to over 1,100 older or disabled adults living in Dane County. Laura has accepted another important role at SAIL—managing and further developing the vendor services program. Access to pre-screened service vendors is the most widely and most frequently used benefit at SAIL. Laura will continue providing member services, administrative support, and accounting services. Thank you, Laura!

Farewell and Thanks

We thank Susan Kalin and Linda Wise (SAIL member) for their service to SAIL as board members for our parent organization, the Madison Area Continuing Care Consortium. Susan and Linda are Attic Angel volunteers in addition to serving on the board. Their terms ended on June 30, 2014. Best wishes to you both!

SAIL Volunteer News!

SAIL Volunteer Recognized at United Way of Dane County Luncheon



Betty Scott, SAIL Member and Volunteer

Ninety-six nominees were recognized for their outstanding efforts to improve their community at this year's United Way Community Volunteer Awards event. Thirteen awards were presented to individuals, groups, businesses, and organizations for having the greatest impact in our community and making Dane County the very best it can be. Our own Betty Scott, SAIL Transportation Coordinator, was one of those thirteen recognized at Monday's luncheon for her efforts.

For the past seven of Betty's eight years as a SAIL member, she has coordinated volunteer rides for SAIL members. Helping fellow members get transportation to medical ap-



pointments, the fitness club, social events, or the grocery store, Betty does an amazing job matching up riders and drivers. Much of Betty's coordination time is spent during the evenings and on the weekends. It is proven that when people make the decision to stop driving, the feeling of isolation can occur. Helping members get to appointments that are important to them is an essential benefit of SAIL membership and enhances quality of life. Congratulations and thank you to Betty Scott for all she has done and continues to do for SAIL and SAIL members. In addition to Betty, we want to thank our volunteer drivers who ensure members get to where they need to go on a daily basis. If you want to learn more about the SAIL transportation program as a potential driver or rider, please contact us!

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Thank you, SAIL volunteers, for giving your time to assist other members!

Office, Event, and Social Planning: Dorothy and Jimm Batt, Shirley Bergen, Ruth Bogart, Dorothy Bollant, Joan Box, Carol Brown, Lois Curtiss, Sue Goldstein, Don Haasl, Lu Kness, Kayla Malueg, Deb McClintock, Faith Miracle, Elinor Mulligan, Barbara Nodine, Donna and Patrick Ploc, Rita Reffner, Jan Rom, Lyn Stewart, Cliff Voegeli, and Karen Wulff.

Drivers: Betty Scott (coordinator), Bette Barnes, Martha Christensen, Barbara Gessner, Johanna Ghei, Sue Goldstein, Herb Hellen, Jean Anne Hlavacek, Jeannine Nusbaum, Howard Kanetzke, Elayne Orr, Tom Popp, Frances Rademaekers, Mary Ross, Roland Rueckert, Bill Ehlert, Judy Taylor, Lawrence Schaefer, Robert Firkus, and Jan Schur.

Welcome New SAIL Volunteers

Janice Gary: Driving, money management, gardening, genealogy.

Jean Ann Hlavacek: Driving, companionship, gardening, patient advocate.

Thank you to SAIL service providers Cletus Schwoerer (Cletus's Home Service) and Judith Brings for helping SAIL staff with the recent mattress flips!



Volunteer Recognition Event

Volunteers, save the evening of Thursday, August 14, for a fun volunteer recognition event! Invitations will be mailed in July.

Upcoming Events Information

SAIL Members' "Birthday Boys and Girls" Club



It's July already? You bet, and...it's time to celebrate July birthdays!

"*Summer afternoon*," wrote Henry James, "*summer afternoon*; to me those have always been the most beautiful words in the English language." And what could be a more summery and beautiful afternoon in July than that to be enjoyed at 2:30 p.m. on Tuesday, July 8, at Panera's Restaurant, corner of Mineral Point Road and Grand Canyon.

That's the time and place when all SAIL members born in the month of July will be invited—make that encouraged—to come together just for a bit of terribly casual and wonderfully friendly mingling, with refreshments of their choice.

It's also the birthday month of Ernest Hemingway, Calvin Coolidge, Woody Guthrie, Princess Diana, and a host of other good "Jullysters." Like you, maybe?

So, see you at Panera's, birthday boys and girls!

How About a Bicycle Ride?

Join us on Thursday, July 10, at 9:00 a.m. for a bicycle ride. We'll enjoy an easy (no hills, little auto traffic) 10-mile group ride around Madison's west side, starting and ending at the Odana Hills Golf Course parking lot. Our route will take us east through the UW Arboretum and Vilas Park, and then to the famous ZuZu's cafe for a coffee break. From here we'll catch the Southwest Commuter Path back to Odana Golf Course.

This is a fun ride rather than a gut-buster. Take a spin for exercise and enjoyment with your fellow SAIL members.

No need to pre-register; just show up with your bicycles at 9:00 a.m. at the Odana Hills Golf Course. If you need additional information, contact the ride leaders, Fred and Mary Ross, at 833-8315 or rossfm@chorus.net

SAIL Members' Book Club will resume in September.

Sharing SAIL

Ann Albert will present information about SAIL to the Wisconsin Retirement Association (WRA) on July 16 at 10:00 a.m., at CUNA Mutual off Mineral Point Road. If you'd like more information about this presentation, please call Ann at 230-4321.

SAIL Members' Small Group Discussion

Date and time: July 16 at 1:30 p.m.

Location: Westmorland Room, Heritage Oaks



Topic: Clip out and bring your favorite newspaper article for discussion!

Men's Roundtable will resume in September.

SAIL Members' Lunch Bunch

Join us at VIP Asian Cuisine, located at 6718 Odana Road on July 24, at 11:45 a.m.

Please call SAIL to RSVP.

Transportation available!




Movie Matinee: "The Book Thief"

Sunday, July 27, 2 p.m., Arts Center, Oakwood Village.

Young Liesel steals books to teach herself to read, giving her refuge from the horrors of Nazi Germany and her cold foster parents. When not reading, she forms a bond with the Jewish man her adoptive family is hiding in their home. Rated PG-13 (Some violence and intense depiction of thematic material, 131 min.)

The Attic Angel Continuing Education Programs for Seniors Will Begin Again in September.

July Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>SAIL Members</i> Connections Meeting: 1:00 p.m., Westmor- land Room Heritage Oaks	3	4 HOLIDAY Happy Fourth of July! 	5
6	7	8 <i>SAIL Members</i> Birthday Club: 2:30 p.m., Panera Bread (Mineral Point Road)	9 Life Assist Open House: 2:00 p.m., Heritage Oaks	10 SAIL Bike Ride: 9:30 a.m., Odana Golf Course	11	12
13	14	15 <i>SAIL Members</i> Book Club: 1:30 p.m., Sequoya Library <hr/> Play, Play, Play! 6:00-8:00 p.m., Attic Angel	16 <i>SAIL Members</i> Small Group Discussion 1:30 p.m., Westmorland Room, Heritage Oaks <hr/> WRA presentation	17	18	19
20	21	22	23 Midsummer Night's Celebration, 6:00-8:00 p.m., Attic Angel	24 <i>SAIL Members</i> Lunch Bunch 11:45 a.m. VIP Asian Cuisine	25	26
27 Movie Matinee, 2 p.m., Arts Center, Heritage Oaks	28	29	30	31	SAIL Members: feel free to invite guests to highlighted programs!	

Questions? Need a ride? Call SAIL at 230-4321.

Information, News, and Updates

A Big Welcome to Our New Members

Bette Barnes, Caroline Clark, Wally & Peggy Douma, Dan & Ruth Siegel, Angie Studnicka, Dick Vilstrup, Claude and Charlotte Woods

A Big Welcome to Our New Service Providers

Ever need help with errands, grocery pick-up and unpacking, prescription pick-up, food preparation, laundry, plant care, getting the car washed or serviced, etc.? Kathy Newhouse offers all of these services and more! Hourly services and service packages available.

If you need help with repairs—inside or outside—consider trying our new handyman vendor, Tom Lamberson. Tom can help with skilled carpentry or smaller jobs. Interested in more information? Give us a call at 230-4321 or email info@sailtoday.org.

A Big Welcome to New MACCC Board Members

A warm welcome goes to Barbara Berven and Betty Brunner as they join the board of directors of our parent organization, the Madison Area Continuing Care Consortium. Thank you for your support and leadership!

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Giveaways...Can't use the ticket you bought? How about sharing it?

Thank you to Mary Bjorklund, a SAIL volunteer, who recently donated two tickets to *War Horse* showing at the Overture Center, and congratulations to Linda Knox, the lucky winner! In addition, thank you to member Jane Earl for donating two tickets to the *Romeo and Juliet* production at the American Players Theater, and congratulations to volunteer Deb McClintock, the lucky winner of those tickets!

By the way, these generous donations, plus a related suggestion by member Ruth Bogart, inspired us to begin creating an electronic system for members to share items like this with one another. So, keep your ears open for more on this exciting new benefit! However, until it's up and running, contact Charlene at SAIL if you have items that you'd like to donate to a fellow SAIL member. Charlene can be reached at 230-4457 or via email her at charlene@sailtoday.org.

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Dane Buy Local



Did you know that as a member of SAIL, you are eligible to take advantage of the Dane Buy Local member-to-member discounts? Some

of these include discounts on yoga classes, Cupcakes-A-Go-Go purchases, photography sessions, Oasis Day spa services, and more. For a complete listing of discounted services, log-in to the SAIL website and see membership benefits. Please note that these organizations have not been fully vetted by SAIL, and purchases are the responsibility of the individual member.



Educational Program

Life Assist USA, a local emergency pendant service provider, will be hosting an educational program on July 9 at 2:00 p.m., at Heritage Oaks. Please join us for light refreshments and friendly introductions.

How to Use Your Service Provider Benefit

All members of SAIL are entitled to receive services from a network of pre-screened service providers (also referred to as “vendors”). This is the most widely and most frequently used benefit offered.

When you desire a service, or if you would like more information regarding our service providers, **please contact us first**. This will:

- Ensure that you receive the most up-to-date information regarding our providers and their pricing.
- Allow us to find out the provider’s availability in advance and save you time in arranging service.
- Ensure the provider is aware you are a member (most providers offer a discount to members).
- Allow us to document your request and assure follow-up once the job is completed.
- Help us track service requests of the membership to assist us with future planning and to help us anticipate the need for additional providers.

To see an up-to-date provider listing, just visit www.sailtoday.org and log-in to your account (call us if you need help). If you would like a hard copy of the directory, please let us know and we will mail one out to you! And, be sure to let us know if you have a provider you feel would be a good fit for the SAIL network.

To order services: Call SAIL at 230-4321 or email us at info@sailtoday.org.

Vetting Process: The process starts with an interview and review of the vendor application. We then complete the following steps: reference checks, a criminal background check, verification of liability insurance, and orientation.

Tip of the Month

If you are doing some long-range personal planning and considering various ways to volunteer your time, keep in mind there are many ways to “give back” in life without turning your life upside down at the same time!

Member Bob Topel dedicates one day a week to volunteering. Every Tuesday, Bob spends the day helping an organization or person in need. Sometimes he volunteers at two places in one day! He keeps his Tuesdays free of appointments and other commitments. He finds this strategy works very well — for him personally and for the organizations he works with.

Thanks, Bob, for this tip!

Low Vision Solutions



**Wisconsin Council of the
Blind & Visually Impaired**
Expanding visual horizons

The Wisconsin Council of the Blind and Visually Impaired (WCB) is offering a program on medication management. Come, hear techniques, and share ideas to better manage taking your pills. Discussion will cover a variety of possible solutions, such as large-print formats and smart-phone apps. Emphasis will be on tips for older adults with changing vision — useful for anyone who takes daily medications. Multiple locations and times available. The programs are free and open to all. No reservations required. For more information, visit www.wcblind.org or contact Taili Turner at tturner@wcblind.org or (608) 237-8119.

The WCB office is a great resource for purchasing helpful gadgets and devices. You can even request a home visit by Jean Kalscheur, an occupational therapist specializing in low vision services. She can help you function more efficiently and safely at home in spite of vision loss. Jean has helped many SAIL members over the years. If you are interested, give us a call at SAIL and we can connect you with Jean!

Want to Learn About Mindfulness Meditation?

Join Gerri Gurman, daughter of Oakwood Village Gallery resident Miriam Robinson, will lead a group on meditation and mindfulness. Learn basic mindfulness techniques and principles, such as meditation, mindful thinking, mindfulness of breath, mindful eating, and mindful movement with the intention. Classes are held on Fridays—July 4, 11, 18 & 25 at 1:00pm in the meeting/exercise room at Oakwood Village. Call SAIL to RSVP for this class.



Ways to Get Involved in SAIL

Become a Member... See front cover for benefit listing

You can become an Associate or a Full Member of SAIL. The Associate Membership is a starter membership—you may not need all of our benefits at this time, but you would like access to our vendors, events, and newsletter. Cost: \$150 per year per household. The Full Membership includes all of our benefits including our “perks,” such as free mattress flipping or computer pick-up. Cost: \$330 per year per household. We offer a sliding fee for qualified individuals. Security. Peace of Mind. Independence. Fun. All of this for less than \$1 a day!

Become a Donor

SAIL is a non-profit organization and does not receive government funding. We rely on membership fees and generous donations from individuals and organizations to help provide funding for operational costs, subsidy assistance for members with low incomes, and program development. You can support us with a donation, a memorial gift in memory of a loved one, or by naming SAIL in your estate plan.

Become a Volunteer

There are many opportunities for you to share your time and talents. Giving of your time to help another person is a proven way to increase your own sense of fulfillment. We have many different opportunities for volunteer service—office support, providing rides, visiting members, serving as an ambassador, and more. Volunteers are the heart of SAIL and have an important role in improving the lives of others—and themselves.

Want to learn more? Check out the SAIL website at www.sailtoday.org or call the SAIL office at 230-4321. Have an idea we haven't mentioned? Let us know! We look forward to hearing from you!