

The SAIL Messenger

A Monthly Publication: August 2014

Add Life to Your Life, With Color



Jane Earl, Color
Consultant and
SAIL Member

One of the world's greatest subtle gifts to us is color. Colors are all around us – in flowers, clothes, signs, foods... We humans cannot look at color and remain neutral. There is always a response to color, often at a sub-conscious level.

Jane Earl, internationally trained color expert, will help us add color to our lives in a special SAIL program this fall. As you may remember, Jane presented on the impact of colors as used in our homes. In September 2014, she will focus on how colors impact us, as used in our wardrobe—both men and women. The colors we wear affect not only how we feel; they also impact those around us.

No matter what your closet currently holds, there are ways to refresh it, update it, and combine things in new and different ways to improve your well-being. It's great to look and feel your best. And, there are secrets to expanding your color options without an expensive shopping spree.

We want to thank Jane Earl and Linda Knox, SAIL members, for teaming together to plan this fun and educational event!

SAVE THE DATE:

Tuesday, September 23, 2014

6:00 p.m.: Reception/social

6:45-7:30 p.m.: Program

Watch for additional announcements about this event! Open to the public.

SAIL 101 Returns!

Are you new to SAIL, have friends that are interested in learning about us, or just need a refresher about what we offer? If so, join us on Thursday, August 21, at 6:30 p.m. at Sequoya Library off Midvale Avenue. Staff will present information about the core benefits of SAIL membership, examples of services provided, tips on how to make the most of membership, community resources, and specific ways members can volunteer to help one another or help at the office. We will also share information about the national "village movement" of which SAIL is a charter member. Please RSVP for space-planning reasons—230-4321.

Benefit of the Month: Computer Recycling

Have old computer equipment laying around and don't know what to do with it? Well, let us take care of it for you! On Tuesday, August 26, SAIL staff and volunteers will be out and about collecting your items for recycling. All items will be taken to the Goodwill Donation Center. The equipment can work or not, printers are allowed (as long as they do not have a fax machine built in). Call us at 230-4321 and we'll add your name to the pick-up list!

Full Members: No Charge Associate Members: \$25

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

Phone: 230-4321
Fax: 230-4322
info@sailtoday.org
www.sailtoday.org

SAIL Staff

Ann Albert
Laura Adell
Charlene Malueg

SAIL Operating

Council: Christine Beatty, Carol Brown, Martha Christensen, Mary Ann Drescher, Mike Flint, Barb Gessner, Don Haas, Chuck Hoornstra, Patricia Kallsen, Fred Ross, John Schmidt, and Tom Popp (president).



A Message from Executive Director Ann Albert

I hope this newsletter finds you well and enjoying the warm weather! As you know, we are moving ahead with our strategic plan, which included the sale of SAIL S.O.S. to Life Assist USA in mid-June. This transition frees up key staff time, allowing us to invest in services, member growth, and engagement. Some of you have asked about the future of SAIL without the income from SAIL S.O.S. Rest assured we have a plan in place over the next three years to fund SAIL using proceeds from the sale as well as the revenue generated from increased membership, fundraising, and service fees.

You may not be aware that SAIL offers a sliding fee and is supporting members who have low incomes. We are proud to help people in this way, and we are proud of the community education we provide through our programs each month! Please continue to invite friends to programs and social events. It's a win-win—your friends experience SAIL first-hand, which may lead to a membership, and they learn something new and/or meet new friends!

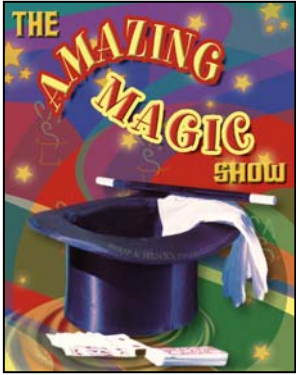
Our strategic plan also includes a rate increase for SAIL membership. We have always done our best to hold membership fees to a minimum. In fact, our upcoming increase (effective September 1) will be the second increase in almost ten years! Full Membership will be \$360 per year, which is still less than half the average fee charged by other villages in the nation. Associate Membership will be \$165. If you pay annually, the increase will be included in your annual renewal invoice. Monthly payers will receive a pro-rated increase accordingly. SAIL offers automatic check withdrawal for your convenience for membership fees and/or donations— give Laura a call if interested. The upcoming increase helps us adjust to increased operational costs related to personnel and overhead.

Finally, thanks to those who attended our Midsummer Celebration last month! We had an excellent turnout with over 100 reservations! For the first time ever, due to room capacity and safety, we had to create a waiting list for folks calling after the reservation deadline! The vocal performance by Four Season's Theater was amazing, as was the food and good company! Catch a glimpse below:



SAIL Volunteer News!

Our Volunteers Are Magic! Volunteer Recognition Event



This year we will celebrate the magic our volunteers bring to SAIL. Our celebration will include delicious desserts paired with great-tasting refreshments, and a magic show! For forty minutes, our magician will transform you to a place of wonder and mystery. This celebration is a thank you for all that you have done throughout the year to bring magic into someone else's world. Driving someone to an appointment, proofing our newsletter, providing companionship to someone who needed a smile, office support, or fixing a broken screen, this night is to honor you and the things you have done to make SAIL what it is. Mark your calendar for **August 14, from 6:00 p.m. to 7:30 p.m.**, and watch your mailbox for your invitation! Allow us add a little magic to your world for all you've done to bring amazing things to others. We sure hope you can join us!

Volunteering Connects Members!

SAIL Member and Volunteer Lois Curtiss had a pleasant surprise last month following the *Play, Play, Play!* program at Attic Angel. It all started with Lois picking up fellow member Mary Lathrop for the program that evening. During the trip over to Attic Angel, they discovered that Lois's husband, Chuck-now deceased-had been Mary's chemistry professor in the 1960's! A few days after the program, Lois received a special card from Mary thanking her for the ride. It was heartwarming for Lois. Mary wrote about her experience as an honors student and missing the final exam due to illness. Professor Curtiss kindly gave her an oral exam for a makeup and a generous grade. Mary shared, "I will always remember him for his kindness both semesters. Dr. Curtiss was the kindest faculty person I ever met!"



Lois Curtiss, SAIL member and volunteer



Sue Goldstein, SAIL member and volunteer driver

Help Wanted! Volunteer Drivers and Companions Needed

We are looking for volunteers to help drive members to the grocery store, medical appointments, beauty salon, the pharmacy, etc. We are also looking for people who would be willing to visit with SAIL members who are in need of companionship. If you are interested in either of these roles, or want to learn about others ways to get involved, please contact Charlene at SAIL at 230-4321 or charlene@sailtoday.org. These opportunities are open to non-SAIL members too!

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

Office, Event, and Social Planning: Dorothy and Jim Batt, Shirley Bergen, Ruth Bogart, Dorothy Bollant, Joan Box, Carol Brown, Lois Curtiss, Heather Geier, Sue Goldstein, Don Haasl, Lu Kness, Kayla Malueg, Deb McClintock, Lorelle Micklitz, 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), Martha Christensen, Barbara Gessner, Johanna Ghei, Sue Goldstein, Herb Hellen, Jean Anne Hlavacek, Jeannine Nusbaum, Howard Kanetzke, Elayne Orr, Tom Popp, Frances Rade-maekers, Mary Ross, Roland Rueckert, Bill Ehlert, Judy Taylor, Lawrence Schaefer, Robert Firkus, and Jan Schur.

Upcoming Events Information

SAIL Members' "Birthday Boys and Girls" Club By Jim Batt, SAIL Member



Of August Birthdays and Egg Frying; An Event for Those Born That Month

One hot and August (but, I repeat myself) afternoon a couple of locals took up frying eggs right there on Mineral Point Road in Madison. It was all done during lulls in traffic by placing the eggs square in the middle of the road. Is that a true story? We don't know, because both parties expired while trying to turn the eggs. They simply could not stand sunny-side up, though they are both sort of that way now. Is that a true story, you ask? Maybe. There were absolutely no eye-witnesses.

What is absolutely true, however, is the fact that a gathering of all SAIL members born during the month of August will be held at **2:30 p.m. on Tuesday, August 12**, at the usual cool haunt, that being Panera's Restaurant, corner of Mineral Point Road and Grand Canyon.

So you were born in August? OK, then, see you at Panera's for casual talk, snacking and such. Lots of windows there, so there will be no problem seeing anyone trying to fry eggs on Mineral Point Road. Scrambled might be the best choice.

SAIL Members' Small Group Discussion

Date and time: August 20, at 1:30 p.m.

Location: Westmorland Room, Heritage Oaks

Watch the newspaper and bring in the topics that you'd like to discuss.

Returning in September:

Attic Angel Continuing Education Programs for Seniors (Every Monday at 10:30 a.m.)

Connections Meeting (First Wednesdays at 1:00 p.m.)

Men's Roundtable (Second Tuesdays at 9:30 a.m.)

SAIL Book Club (Third Tuesdays at 1:30 p.m.)

Badger Bus Outing to Racine

(Cost: \$40 which includes everything but lunch)

Join Oakwood Village residents on Tuesday, September 16, for a tour of the SC Johnson Company—the maker of items like Pledge and OFF. The Badger Bus will depart Heritage Oaks, Oakwood Village, at 8:00 a.m.

While touring, we will have the opportunity to watch a film featuring Sam Johnson as well as tour the SC Johnson Gallery. Following the tour will be lunch in downtown Racine. After a relaxing meal, we will pay a visit to Racine Art Museum (RAM). It features ceramics, fibers, glass, metals, and wood. The exquisite galleries are further enhanced by a sculpture courtyard overlooking Lake Michigan. After an eventful day, make a quick stop at the famous Danish Kringle Bakeries. The bus returns around 5:30 p.m. This trip does include quite a bit of walking and/or standing.

If you cancel after Monday, September 1, and no one can replace your spot on the bus, you will be charged \$40. Call SAIL at 230-4321 to register!

SAIL Members' Lunch Bunch



Join us at Sprecher's, located at 1262 John Q Hammons Drive, on August 28, at 11:45 a.m. Please call SAIL to RSVP. Transportation available!

Movie Matinee: "Nebraska"

Sunday, August 24, 2 p.m., Arts Center, Oakwood Village.

An aging, booze-addled father makes the trip from Montana to Nebraska with his estranged son in order to claim a million-dollar Mega Sweepstakes Marketing prize. Rated R, 115 minutes

Save the Date

An Internet Security Education Class will be presented by SAIL vendor, Cris Carpenter, on September 18, 2014, at 2:00 p.m. Location TBD. Watch for details!

August Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1	2
3	4	5	6	7	8	9
10	11	12 <i>SAIL Members</i> Birthday Club: 2:30 p.m., Panera Bread (Mineral Point Road)	13	14 SAIL Volunteers: Recognition Event 6:00 p.m.	15	16
17	18	19	20 <i>SAIL Members</i> Small Group Discussion 1:30 p.m., Westmorland Room, Heritage Oaks	21 <i>SAIL 101</i> Sequoia Library 6:30 p.m.	22	23
24 Movie Matinee, 2 p.m., Arts Center, Heritage Oaks	25	26 Computer Recycling Program Pick-Up Day!	27	28 <i>SAIL Members</i> Lunch Bunch 11:45 a.m. Sprecher’s	29 Guests welcome at highlighted programs!	30

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

Information, News, and Updates

A Big Welcome to Our New Members

Jan Basha, John & Lana Chandler, Edith First, Marilyn McCubbin, Pam McNelly, Gerry & Priscilla Thain, and Ginny Wolfe

.....

Matching Gifts

Did you know that many corporations provide a benefit to their employees (retired and current) to match funds for their volunteer time and/or donations made to non-profit organizations? Clifford Voegeli, SAIL volunteer, knows this well. Cliff, a retiree from Alliant Energy here in Madison, has made multiple donations to SAIL, with his donations being matched by the Alliant Energy Foundation. If you are interested in making a donation and wonder about matching funds, please contact the corporation's donation office or contact SAIL.

We deeply appreciate your donations. These dollars help us provide educational programs and provide support for members with low incomes.

.....



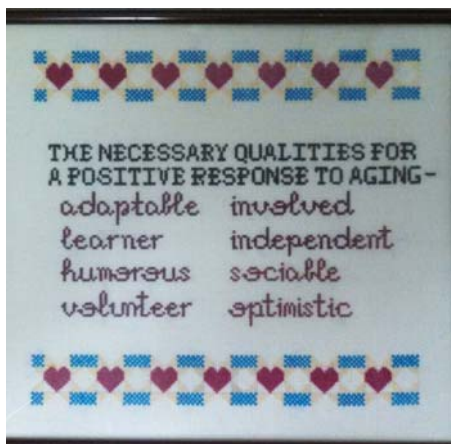
Huge thanks to the Oakwood Foundation for its \$5,000 unrestricted gift to SAIL! "We enthusiastically support the SAIL program and all that it does to help older adults in our community!" comments Teresa Midthun, Oakwood Foundation Vice President.

.....

Enjoy the Outdoors? Tour the Oakwood Village University Woods Nature Preserve

Did you know Oakwood maintains a public nine-acre nature preserve? Those interested in participating in a guided walk of the preserve are invited to an hour-long tour followed by a complimentary lunch in the Village Inn Dining Room. You can enjoy lunch with an Oakwood staff member and ask any questions you might have about the Oakwood community. The paved trail in the Nature Preserve is wheelchair and walker accessible. Guests are welcome to walk the 600-foot trail or enjoy the observation area within the tranquil woodland setting. For those interested, several rustic wood-chipped trails traverse the preserve. Guided tours are being offered Wednesday, August 6; Wednesday, August 20; and Wednesday, September 3, all at 10:00 a.m. We can also offer tours for groups of four or more by appointment. Call (608) 230-4266 for more information or to RSVP.

.....



Necessary Qualities for a Positive Response to Aging

by Linda "Joy" Knox, SAIL member

"When I turned 50 I decided to find out what the gerontologists believe constitutes successful aging. I did a little research, and the sampler (on the left) is the result. I can't think of a better home for it than SAIL."

Thank you, Linda, for this beautiful donation for the SAIL office!

“Only Leaves Should Fall” Falls Prevention Seminar

Falls are the main reason why older people lose their independence. The Safe Communities Falls Prevention Task Force invites area seniors to a special workshop titled “Only Leaves Should Fall,” to learn about ways to reduce your risk of falls and stay active, healthy, and independent.

Judy Dewane, Associate Professor of Physical Therapy with the UW School of Medicine and Public Health, will speak on falls prevention; and Jean O’Leary with Madison School and Community Recreation will speak on opportunities in our community for active aging, physical activity, and falls prevention. Individual screening will identify risks in the areas of balance, gait, strength, vision, medications, bone health, blood pressure, bladder health, and more. There will be Stepping On and Tai Chi fall prevention class demonstrations, as well as information on adaptive equipment, home safety assessment, and other resources.

To register, contact Colonial Club Senior Activity Center at 837-4611. The registration deadline is Wednesday, September 17.

SAIL is a charter member of the Falls Prevention Task Force.

Falls Prevention Seminar

Date: Wednesday, September 24

Time: 11:30 a.m. to 3:00 p.m.

Where: Colonial Club Senior Activity Center, 301 Blankenheim Lane in Sun Prairie.

Cost: \$10 (including catered lunch and door prizes)

Tip of the Month



Staying in touch with family and friends during an emergency is impor-

tant. Name an out-of-state friend or relative as the contact person that everyone gets in touch with. Someone outside of the area of the emergency, power outage, or natural disaster will be better able to keep everyone informed as each person “checks in.” Be sure all family members know the phone number. Program this person’s contact phone number into your cell phone as “**ICE**” (**In Case of Emergency**).

Emergency personnel will often check “ICE” listings to reach someone you know. Be sure to tell your family and friends that you’ve listed them as emergency contacts.



SAIL’s 2013 Stepping On Class

Stepping On

Stepping On is a workshop series designed to prevent falls. The groups meet for two hours (9:00 a.m.-11:00 a.m.) once a week for seven weeks, starting September 11 and running through October 20 at Attic Angel Communities. If you are interested in participating or learning more about the class, please call us at 230-4321.

Save the Date: Is Your Estate In Order?

Is your will current? How do you make a bequest to SAIL? Attend a luncheon meeting with the law firm of Axley Brynerson on October 24, 2014, from noon to 2:00 p.m. at Oakwood University Woods, Westmorland and Nakoma Rooms. The cost is \$5 for members, \$10 for non-members. Make reservations by October 17, 2014.



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!