

The SAIL Messenger

A Monthly Publication: September 2014

Is Your Estate in Order?



Join Axley Attorney Melissa Warner (pictured left), who has over than 10 years of experience in Estate Planning & Probate, on October 24, 2014 for an overview of estate-planning documents (Wills, Trusts, Powers of Attorney, etc). In this two-hour session, Attorney Warner will discuss what an estate plan is, why estate plans are important, when/how often to update your estate plan, how to incorporate charitable giving, and the importance of discussing an estate plan with family.

A complimentary book *Info For My Family* will be included in the session that helps individuals collect and record important personal information that is often times difficult for family to gather on their own. Attorney Warner will be joined by Ann

Casey from the Madison Community Foundation for the second half of the presentation. (Program details continued on Page 2).

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



Cris Carpenter,
HouseCall Computer Services

Internet Security: What You Need to Know

Internet threats can take quite a variety of forms, and most of them are intended to extract sensitive information from your computer and/or money from your accounts. Learn to protect your computer, personal information, and accounts by recognizing common threats, utilizing effective security software, and employing safe web-browsing and emailing practices. Cris Carpenter from HouseCall Computer Services will present information on this topic to SAIL members.

Join Us!

When: Thursday, September 18, 2014 at 2:00 p.m.

Where: Westmorland/Nakoma Rooms at Oakwood Village, University Woods Campus.

Who? SAIL members

RSVP: Call 230-4321 or email charlene@sailtoday.org

Benefit of the Month: Shredding Service

You can protect your identity and important information all year with SAIL. Just bring your private documents to the SAIL office Monday-Friday between 8 a.m. and 4:30 p.m. for free shredding (one grocery bag per month). If you have more to shred and you prefer at-home service, call us and we'll help arrange it with SAIL vendor, Shred-it!



SAIL Supporting
Active
Independent
Lives



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 Haasl, Chuck Hoornstra, Patricia Kallsen, Fred Ross, John Schmidt, and Tom Popp (president).



A Message from Executive Director Ann Albert

I hope this message finds you well and happily shifting into activities of the fall season! Seems like many of you are winding down your summer trips and setting up your various schedules for exercise classes, PLATO, community senior fairs, and more! Our SAIL member-led groups are starting up again, too, and we hope you will check them out!

The office has been bustling with activity this summer! We've had record numbers of vendor requests, and we are catching up with follow-up calls and emails. In fact, as of August 29, we've fulfilled almost 700 service requests, which is a 20% increase over last year at this time. This doesn't include Rise and Shine that 30 members use daily. Handyman and carpentry work continue to be our greatest request, with housekeeping and yard work following. Rides are always in demand, and requests are up 30% year-to-date from last year (thank you Betty and the drivers for keeping up on this!). If you can help out by volunteering to drive, please call Charlene!

We are so pleased that SAIL staffer Laura is now managing the service provider program! She held her first orientation program last month with five new vendors attending! This year, we will hold our first formal Service Provider Fair in November to provide you with an opportunity to meet SAIL's providers personally and learn more about their offerings.

Our strategic-planning teams are hard at work. We've held some informative discussion groups with members, developed an estate-planning and charitable giving program, and are in production of our new brochure for SAIL. All of these activities generated discussion about our identity as we evolve. A fellow "village" volunteer, Brandi, summed it up nicely in a recent email forum:

"... I've learned that you are not asking someone to buy a membership, you are asking them to join you in your way of thinking. That takes time and trust, but most importantly trust—which only comes with time. A great number of potential members can hire a private driver, hire a handyman, hire a friend to take them to social events, can find almost all our services on their own, but they can't buy caring compassionate people that give because it's who they are. (And no matter how well you explain it or sell it to them, until they actually experience the people, it's all just words.) We are selling a way of thinking about community; about myself and the people around me. Spin your wheels on those that think the way you do. I truly believe in what we are doing, with every cell in my body. Community—it's how I want my future."

We hope you will help us build SAIL and if you can, contribute your time and talents to help other members. And, always remember that your membership helps keep this organization alive! Please share SAIL with your friends!

Is Your Estate in Order? (continued from Page 1)

The program will last approximately two hours from noon until 2:00 p.m. at Oakwood Village, University Woods in the Westmorland/Nakoma Rooms. The cost is \$5 for members, \$10 for non-members. Make reservations by October 17, 2014 by calling SAIL at 230-4321, emailing info@sailtoday.org. Those interested can also RSVP online at sailtoday.org. To learn more about Axley and Attorney Melissa Warner, visit www.axley.com or call 257-5661.

SAIL Volunteer News!

Volunteer Honored With Donation to SAIL

As you probably remember reading in the July Messenger, SAIL member and transportation coordinator Betty Scott was chosen as one of the thirteen United Way of Dane County Volunteers of the Year. In addition to this award, the United Way has made a \$250 donation to SAIL in Betty's honor. A big thank you to Betty, for her ongoing contribution to SAIL and the United Way for their generous donation!



Volunteer Training Announced

As a SAIL volunteer, you have contact with a large number of people. This presents you with a tremendous opportunity to educate the community about what you do and the benefits of being a SAIL member. And, we want to be sure you're armed with the knowledge you need to answer questions you may be asked!

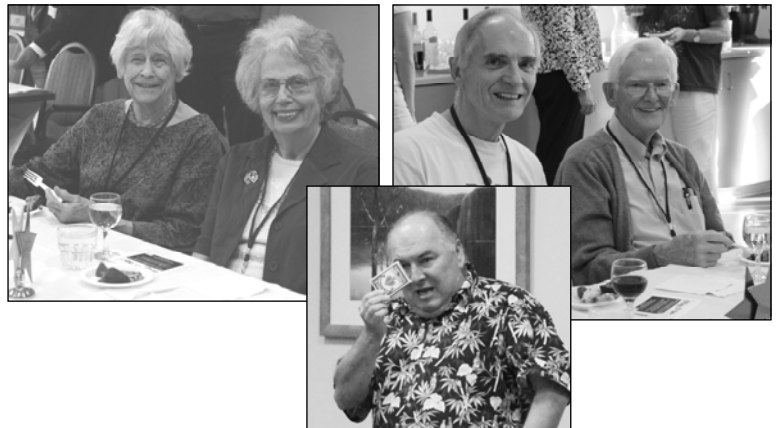
Therefore, please mark your calendar for October 28, 2014, 4:30-6:00 p.m., for a volunteer training opportunity. In this training, being held in the Community Room at Attic Angel Place, you will learn what is new at SAIL and will have plenty of time for questions and answers, along with time for socializing and meeting other SAIL volunteers. Of course, you are welcome to ask questions or share your feedback at anytime throughout the year; but this gives you one more opportunity to do so.

Please let Charlene Malueg know if you plan to attend for space-planning purposes. Thank you for all you do to make SAIL what it is!

Thank You!

Did you know that SAIL volunteers have donated more than 700 hours of their time to SAIL since January? **WOW!** And we still have four months left! Think we can hit 1,000 hours this year??

Thank you for attending this year's volunteer recognition event, and thank you to all of those that had a hand in making it a fun night for all—including The Amazing Russell (the magician), Blue Plate Catering, and the Oakwood Village Inn!



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

Office, Event, and Social Planning: Dorothy and Jim Batt, Dorit Bergen, 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, Winnie Shea, Jan Rom, Lyn Stewart, Cliff Voegeli, and Karen Wulff.

Drivers: Betty Scott (coordinator), Dorit Bergen, Martha Christensen, Janice Gary, 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.

Upcoming Events Information

Need a ride to any of these events? Call us! 230-4321

SAIL Members' "Birthday Boys and Girls" Club

By Jim Batt, SAIL Member



Born in September were you? Boy are you ever lucky, sharing the same birthday month with such fellow notables as Mickey Rooney, Grandma Moses, Antonin Dvorak, Greta Garbo, Johnny Mathis, Barbara Walters, William Howard Taft, Boxcar Willie...well, we could go on. But we already have.

It is, indeed, a "long, long while from May to December," but hey, look no further than September, for it's then that those of you SAILers born in that month are invited for an informal gathering at 2:30 p.m. at Panera Bread on Mineral Point Road, Tuesday, September 9, to share condolences and congratulations. After all, we're all in this together. Please RSVP by calling 230-4321. Hope to see you there!

SAIL Members' Small Group Discussion

Date and Time: September 17, 2014 at 1:30 p.m.

Location: Westmorland Room, Oakwood Village University Woods

Subject: "Humor: What's So Funny"—Today and Back When."

Discussion Leader: Jim Batt

SAIL Members' Men's Group is Back!

When and Where: Monday, September 8 at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Why Monday? We're "testing" a different day rather than the traditional Tuesday, to see if it better suits the schedules of our members.

Discussion Leader: Fred Ross

Kickoff Topic: Madaleine Albright, Secretary of State in the Clinton administration, notes that the U.S. is a great world power, that great powers have great responsibilities, and that a part of those responsibilities is to engage in the affairs of other nations. But what IS a "great" power, and what ARE its responsibilities, and what DOES it mean to "engage" in other nations' affairs?

Continuing Education Is Back!

The Continuing Education Programs of the Attic Angel Association have returned! Programs are held each Monday morning at Attic Angel Place, 8301 Old Sauk Road. The programs are open to the public. Coffee is served at 10 a.m., and the program begins at 10:30 a.m. Registration is required. Call (608) 662-8842.

September 8: "Your Henry Vilas Zoo—A Place to Explore, Learn and Play!" Ronda Schwetz, Director, Henry Vilas Zoo & Alison Prange, Executive Director, Friends of the Zoo.

September 15: "Educational Innovation (EI) at UW-Madison: Transforming Teaching & Learning for the 21st Century." Mark S. Johnson, Director of Educational Innovation—University of Wisconsin-Madison.

September 22: "75 Wonderful Years and Just Getting Started—The Amazing History of the Wisconsin Union Theater & a Look at its Recently Completed Renovations." Ralph Russo, Cultural Arts/Theater Director The Wisconsin Union at UW-Madison.

September 29: "Increasing Literacy, Reducing Poverty: Literacy Network's Engagement of Adults and Families." Jeff Burkhart, Executive Director Literacy Network of Dane County.

SAIL Members' Book Club

Join us on Tuesday, September 16 at 1:30 p.m. at Sequoia Library for the September Book Club!

SAIL Members' Lunch Bunch

Join us at 11:45 a.m., September 25, at The Nile located at 6119 Odana Road. The Nile features Mediterranean cuisine. Please call SAIL to RSVP.

Movie Matinee: "Last Vegas"

Sunday, September 28, 2:00 p.m., Arts Center, Oakwood Village.

Three sixty-something friends take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal. Rated PG 13.

September Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	<div>8</div> <div>Attic Angel Program: Henry Vilas Zoo; 10 a.m.</div> <div>Men's Group Social Room 9:30 a.m.</div>	<div>9</div> <div>Birthday Club Panera Bread 2:30 p.m.</div>	10	<div>11</div> <div>Madison Senior Center Health & Resource Fair</div>	12	<div>13</div> <div>Family Caregiver Resource Fair</div>
14	<div>15</div> <div>Attic Angel Program: EI at UW-Madison 10 a.m.</div>	<div>16</div> <div>Book Club, Sequoya Library 1:30 p.m.</div>	<div>17</div> <div>Small Group Discussion, Westmorland Room, 1:30 p.m.</div>	<div>18</div> <div>Internet Security Class, Westmorland/ Nakoma Room 2:00 p.m.</div>	<div>19</div> <div>Crime Prevention and Safety Conference & Expo</div>	20
21	<div>22</div> <div>Attic Angel Program: Wisconsin Union Theater 10 a.m.</div>	<div>23</div> <div>Color Program Arts Center, Oakwood Village 6:00 p.m.</div>	24	<div>25</div> <div>Lunch Bunch: The Nile 11:45 a.m.</div>	26	27
<div>28</div> <div>Movie Matinee: Arts Center 2:00 p.m.</div>	<div>29</div> <div>Attic Angel Program: Literacy Network of Dane County, 10 a.m.</div>	<div>30</div> <div>Institute on Aging's Annual Colloquium</div>		<div>Highlighted programs are open to the public. Others are designed for SAIL members and their guests.</div>		

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

Information, News, and Updates

A Big Welcome to Our New Members

Mae Fox, Ernie & Diane Hanson, John Kaiser, Richard & Meg Labrie, Kay Liddicoat, Clem & Darlene Lyckberg, Usha Nilsson & Per Nykrog, Ed & Pat Springer, Daphne Newman Stassin, Gloria Turgeson

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Mark Your Calendar – First Annual SAIL Vendor Fair

SAIL staff, with the help of several SAIL service providers, will hold its first vendor fair on November 14 from 11:00 a.m. to 2:00 p.m. The purpose is to bring SAIL service providers together with SAIL members so members are familiar with all of the dependable, hard-working vendors who time and time again provide excellent service. There will be demonstrations by vendors, and a light lunch will be served. More information to follow.



It's Health Fair Season!

This fall, SAIL will participate in several health fairs throughout the Madison area. We will host a booth at each of these events. If you're interested in attending or helping to represent SAIL at these events, please contact the SAIL office at 230-4321 or charlene@sailtoday.org.

Madison Senior Center Health & Resource Fair: September 11, 2014, 8:30 a.m. – 12:30 p.m., Madison Senior Center, Madison

Family Caregiver Resource Fair: September 13, 2014, 8:30 a.m. – 11:30 a.m., Warner Park Community Recreation Center

Crime Prevention and Safety Conference & Expo: Friday, September 19, 2014, 8:00 a.m. to 4:00 p.m., at American Family Insurance Training Center, 6000 American Parkway in Madison

Institute on Aging's Annual Colloquium: Tuesday, September 30, 2014, 8:30 a.m. to 2 p.m., at Monona Terrace in Madison

Macular Symposium: Saving Sight Symposium—Fighting Back Against Macular Degeneration (AMD) and Diabetic Retinopathy (DR): Tuesday, October 8, Alliant Energy Center

Bon Voyage...Well, Sort Of

SAIL staffer Charlene and Member Jane Earl are packing their bags for an exciting trip to the 4th Annual Village-to-Village Network Conference being held in Washington D.C. at the end of this month! We can't wait to hear the ideas and suggestions they will be sharing with us!

It's Not Too Early!

Are you ready? If you anticipate needing snow removal this winter, please let us know.

Also, if you know of an individual or service that provides competitive pricing on snow removal, please contact Laura Adell at 230-4321 or laura@sailtoday.org.

Please Welcome Our New Service Providers!

Ever wanted to make video recordings of memoirs, ethical wills, advance health care directives, and/or wishes for beneficiaries? Now you can! Contact Life Messages Media, LLC., Ann Massie Nelson.

Mallatt's Homecare Pharmacy provides delivery service of prescriptions and medication set-up to patients in Dane County. They also provide flu shots, comprehensive medication reviews, free blood-pressure testing, and other services.

Barry Bjorklund of Interim HealthCare of Wisconsin is skilled in companion care, providing home health aides, personal care workers, nursing assistants, and more.

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Emergency Pendant Service—It's a Life Saver!

As you likely know, we sold our SAIL S.O.S. emergency pendant service to a company in Middleton called Life Assist USA. This was one of the best decisions we've ever made. It allows us to focus energies on growing our services and our membership. And, we know our members have more options with our new provider!

Recently, a SAIL staff member visited a new member and learned she was paying \$50 per month for this same type of emergency pendant service through another provider. As a SAIL member, she was able to change to Life Assist USA and receive a discounted rate of \$20 per month—a \$30 savings which covers her SAIL membership cost! Even though SAIL staff no longer provide this service, as an organization we believe whole heartedly in its importance for members living alone or with someone who is disabled. We thank our friends at Life Assist USA for honoring our member discount and sliding fees.

Longtime SAIL member and emergency pendant subscriber Pat Krueger shares her story: "I dallied, I dawdled, I dithered and I dathered. I knew that as a woman who lives alone I should have an emergency button, which when pushed in case of emergency, summons help. Yet, my health was excellent. I had taken falls-prevention classes. I exercised prudence in my clambering up and down my step stool to reach items on high cabinet shelves. I was in an exercise class and exercised in my apartment. I was one confident woman in my ability to face such challenges as life threw at me. Yet, in early February I called SAIL to arrange for an emergency button.

Less than three weeks later, on February 18, I sensed that something was quite wrong. I could not describe what it was other than I was experiencing unusual distress. At last, at about 10:30 a.m. that morning, I yielded and pressed my button.

That set in motion a strange, strange journey, painful beyond my ability to believe that such was possible, raging that I had not been allowed to die on the operating table, yet with a sense that I was surrounded by such love as I cannot remember having known, with moments of sheer joy in my life.

My journey continues, made possible because this stubborn woman finally gave in to reason and installed an emergency button. I am 92 years of age. If I can change my mind and yield to reason to protect myself, so can you."

More Happenings!

Add Life to Your Life With Color Program

Jane Earl, internationally trained color expert, will help us add color to our lives in a special SAIL program on September 23, 2014, at 6:00 p.m., in the Arts Center at Oakwood Village.

Donations are welcome and this program is open to the public! Go online or call SAIL at 230-4321 to register!

Interested in being a model for the event? Let us know!

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Falls Prevention

Did you know that 40% of older adults who have a serious fall spend the rest of their lives in a nursing home? Avoiding falls is imperative to maintaining an active, independent life! If you have any concerns at all about your risk, give us a call at SAIL. If you would like to learn more about prevention and classes in our community (like "Only Leaves Should Fall" happening in September), visit SAFE Communities online (<http://www.safercommunity.net>). We can help you protect your independence!



Ways to Get Involved in SAIL

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

Associate Membership: Cost: \$165/year/household.* / Full Membership: Cost: \$360/year/household.*

*Sliding fee available for qualified individuals.

Become a Donor. . . SAIL is a non-profit organization and does not receive government funding.

You can support us with a donation, a gift in honor or memory of a loved one, or by naming SAIL in your estate plans.

Become a Volunteer. . . We have many opportunities for volunteer service.

Volunteers are the heart of SAIL and have an important role in improving the lives of others—and themselves.

Our Mission: To enable members over 55 to live secure, engaged lives on their own terms.

Our Vision: SAIL will be a community of members who serve one another as they pursue successful aging.
