

The SAIL Messenger

A Monthly Publication: October 2014

Cornucopia Fair

Join fellow members and attend our very first Cornucopia Fair! We're so excited for you to meet your SAIL service providers and enjoy some great food and socializing at the same time! In fact, our vendor Chefs for Seniors will be preparing the three soups we will serve along with fresh bread, fruit, and dessert.



Fair Details

When: November 14, 2014

Time: 11:00 a.m.-2:00 p.m.

Location: Good Shepherd Lutheran Church, 5701 Raymond Road

Cost: One canned food item

This is sure to be a memorable event and one we hope to repeat annually! Meeting providers in person is a great way to learn more about their services and how they can help you now and in the future! Our fall theme, the cornucopia, symbolizes abundance and prosperity—both important for our members. We provide an abundance of services for you, and we are all prosperous over time. In addition to meeting providers and enjoying a delicious lunch,

you'll be eligible for one of several nice prizes donated by our service providers.

To register, call 230-4321 or email info@sailtoday.org. We are asking each member to bring one canned item for the Good Shepherd Lutheran Church Food Pantry. This event is for members only. Questions? Call Laura at 230-4452.

If you know of someone who is strongly considering membership in SAIL, please share this information with them. It may result in a new membership to SAIL and a \$25 gift card to you in appreciation of your support.

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



Is Your Estate in Order?

What is an estate plan? Why is it important to have a plan? How often should you update your plan? Do you have instructions detailing your end-of-life wishes? Do your loved ones know where they can easily find important contact numbers, financial information and other details about your

estate? Do you have updated information on charitable giving opportunities and their financial impacts on you while you are alive and also on your estate? If not, be sure to join us on October 24 at noon and learn how to address these important questions! Presented by: SAIL Financial Stability Team, Axley Brynerson LLP, and the Madison Community Foundation.

Benefit of the Month: Mattress Flip

To help reduce wear, mattresses should be flipped or rotated about every three months. If you are interested in having your mattress flipped or rotated, be sure to sign up by calling 230-4321. SAIL Flippers will be out Wednesday afternoon, October 8. Cost: Full Members, Free Associate Members, \$15

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
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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

Surrounding ourselves with true goodness and amazing talent is a sure way to enjoy life to its fullest—in spite of the various bumps in the road we all experience. I thought I'd share some examples of the goodness and talent we are surrounded with right now.

On September 4, we shared a special moment with volunteer Cliff Voegli when we traveled to the Madison Community Foundation and he started a \$20,000 Charitable Gift Annuity naming SAIL as the beneficiary! Cliff attributes his decision to do this for a simple reason: "I believe in the program! What you do is fantastic!"

We welcomed two more member volunteer drivers: Janice Gary and Dorit Bergen. They look forward to helping fellow members get to events and appointments. We are fortunate to begin work with member Jan Basha, who is helping us with data analysis, and we welcome our new home-tech volunteer Jill Roehrl.

Volunteer Jean Anne Hlavacek noticed a member struggling with walking long distances and made arrangements for her to borrow the SAIL transporter chair. Now she can venture out and not worry about walking long distances once she arrives at her destination!

Members Jane Earl and Linda Knox created and presented an amazing and memorable program on color which generated some new friendships amongst their "assistants"—member Jeanne Peterson and community volunteers Deb McClintock and Donna Ploc. And, Jane signed up to attend (along Charlene Malueg) the national Village Network conference in Washington, D.C. and will be advocating for seniors on Capitol Hill following the two day conference!

Our monthly Connections Group, Book Club, Small Group Discussion, Men's Roundtable, and Lunch Bunch are faithfully coordinated by the most awesome member volunteers—we couldn't do it without you!

Seven SAIL service providers (pictured at right) met and are donating their time to plan our Cornucopia Fair. Laura Adell and these hardworking providers are excited about this first-ever event.

Yes, we are very fortunate! Spread the good news about SAIL with your friends and neighbors!



L to R: Barrett and Nathan Allman, Chefs for Seniors; Laura Adell; Barbara Boustad, Mary's Daughter; Angie Studnicka, Upbeat-ALZ Activities; Ann Massie Nelson, Life Messages Media; Claire Matejka, Life Organized; Joanne Tooley, Earth Stew. Not pictured: Mary Ann Hunt, Creative Home Care and Mike Flint, Mallatt's.

SAIL 101

Are you new to SAIL, have friends who are interested in learning about us, or would you like a refresher about what we offer? If so, join us on Wednesday, October 22, at 1:00 p.m. at Lakeview Branch Library, 2845 N. Sherman 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, 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 call to save your spot, 230-4321, or register online at www.sailtoday.org.

Volunteer News!



Lu Kness, SAIL member and office volunteer.

If you call SAIL on a Friday morning, you will likely speak with SAIL member Lu Kness. Lu is an office volunteer who answers calls and greets visitors. Some calls are more complicated than others—we often joke that she has to “think on her seat” when this happens. Every day is a new day at SAIL, and member requests come in a variety of shapes and colors.

What does Lu have to say about assisting in the office? “A highlight of my week is volunteering Friday mornings in the SAIL office. The staff are delightful to be with and certainly make me feel appreciated. Phone answering and little projects mixed in with conversation, laughter, visitors and such make Friday a special day for me.”

Reminder: Volunteer Training

To all current SAIL volunteers: Please attend the volunteer training scheduled for October 28, 4:30 p.m.-6:00 p.m., in the Community Room at Attic Angel Place. Come and learn what’s new at SAIL and the Village Network!

Please RSVP for this training by emailing charlene@sailtoday.org or calling 230-4321.



SAIL Member Shirley Bergen joined staff member Charlene Malueg at the Health and Resource Fair at the Madison Senior Center in September. Fairs like these give us a great opportunity to reach the community

and share information about SAIL. Shirley has helped with a number of these events. “Thank you for giving me the privilege of helping with something I truly enjoy doing!” says Shirley Bergen.

Help Needed: Holiday Letter Writing

You may remember that SAIL offered a new perk last year: assistance with holiday letter writing. We were able to help a number of members put together (from their own words and photos) a nice-looking holiday letter to send to family and friends. We would like to do the same this year. If you are comfortable typing on a computer and know how to insert a picture into a Microsoft Word (or are willing to learn), please contact us! We are looking for a couple members willing to assist other members with their holiday letters. This help would enable members to stay in touch with those who are important to them this holiday season. Please contact Charlene at 230-4321 if you’re interested in learning more about this volunteer opportunity. (Training is provided.)

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

Office, Event, and Social Planning: Dorothy and Jim Batt, Jan Basha, Dorit Bergen, Shirley Bergen, Ruth Bogart, Dorothy Bollant, Joan Box, Carol Brown, Lois Curtiss, Sue Goldstein, Don Haasl, Linda Knox, Lu Kness, Kayla Malueg, Deb McClintock, Lorelle and Jordan Micklitz, Faith Miracle, Elinor Mulligan, Donna and Patrick Ploc, Rita Reffner, Winnie Shea, Jill Rohrl, 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

OK, you SAIL members born in October, we'd like you to know that in that same month (no, of course not year) Henry Ford's Model T "universal car" made its debut. Like you, it was born to be greatly loved. Others of the many tenth-month notables include Jazz great Dizzy Gillespie and Hungarian composer Franz Liszt.

Come grab a coffee or a cider—or a meal for that matter—and informally share your birthday month celebration with other members who also lay a measure of personal claim to October. We do this each month at Panera's, on Mineral Point Rd. Join us on October 14 at 2:30 p.m.

And if you're wondering, the year the Model T was introduced was 1908—way, way before your birth year.

SAIL Men's Roundtable Group

When and Where: Tuesday, October 14 at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

We're back to Meeting on Tuesdays! By consensus of the group last month, this seems to be the best day.

Discussion Leader: Fred Ross

Kickoff Topic: The Roundtable discussion in September focused on the responsibilities of the U.S. as, today, the world's sole great power: what are those responsibilities and how and when do we discharge them? As might be expected, time expired before resolution was reached. So we'll continue the discussion, this month focusing on President Obama's speech on September 10 outlining this country's response to the ISIL terrorist threat. In particular we'll consider what is meant by these lines in his speech: "American leadership is the one constant in an uncertain world," and "America: our endless blessings bestow an enduring burden."

SAIL Members' Small Group Discussion

Date: Wednesday, October 15

Time: 1:30 p.m.

(See page 6 for more information!)

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. Coffee is served at 10 a.m., and the program begins at 10:30 a.m. To register, call (608) 662-8842.

October 6: "Direct Elect: Thinking Outside the Box." Larry Larrabee, Retired Clinical Psychologist.

October 13: "Sharing Our Stories, Shaping Our Future: A View of the Wisconsin Historical Society." Christopher S. Berry, President, Wisconsin Historical Foundation and Ellsworth Brown, Ph.D., Director, Wisconsin Historical Society.

October 20: "Endangered Cranes in North Korea and the Korean Demilitarized Zone: Glimpses of Hope and Dialogue." Hall Healy, President/Chairman of the Board, International Crane Foundation.

October 27: "Stay Safe and Stay Alive." Suzanne Purvis, DNP, RN, GCNS-BC, Clinical Nurse Specialist in Geriatrics, University Hospital and Clinics. Terry Gion, CNS, Clinical Nurse Practitioner, Rehabilitation Nursing, University Hospital and Clinics.

SAIL Members' Book Club

Join us on Tuesday, October 21, at 1:30 p.m. at Sequoya Library for the September Book Club!

We will be talking about Wallace Stegner's novel *Crossing to Safety*. This deceptively simple story traces the lives and hops of two couples who met as young parents in Madison, Wisconsin early in the 20th century.

Lunch Bunch: Biaggi's Ristorante Italiano

Join us on October 23 at 11:45 a.m., 601 Junction Road. Call the SAIL office to RSVP. Need a ride? Let us know!

Movie Matinee: "The Fault in Our Stars"

Sunday, October 26, 2:00 p.m., Arts Center, Oakwood Village University Woods
Hazel and Gus, two teenagers who share an acerbic wit, a disdain for the conventional, and a love that sweeps them on a journey to fall in love at a cancer support group. Rated PG-13, 126 minutes.

October Event Calendar

Page 5

Sun Mon Tue Wed Thu Fri Sat

Highlighted programs are open to the public. Others are designed for SAIL members and their guests.			1 Conne- ctions Meeting, 1-2:30 p.m.,	2 Triad Safety Car Checks, 8 a.m.–Noon Firestone, West Town Mall	3	4
5	6 Attic Angel Program: Direct Elect, 10 a.m.	7	8 Mattress Flip <hr/> Macular Symposium, Alliant Energy Center	9	10	11
12	13 Attic Angel Program: Sharing Our Stories, 10 a.m.	14 Men's Round- table, 9:30 a.m., Social Room <hr/> Birthday Club, 2:30 p.m., Panera Bread	15 Small Group Discussion, 1:30 p.m., Westmorland Room	16	17	18
19	20 Attic Angel Program: Endangered Cranes, 10 a.m.	21 Book Club, 1:30 p.m., Sequoia Library	22 SAIL 101, 1:00 p.m., Lakeview Branch Library	23 Lunch Bunch Biaggi's Risto- rante Italiano, 11:45 a.m.	24 Is Your Estate in Order? Noon, Westmor- land/Nakoma Room	25
26 Movie Matinee, 2 p.m. Arts Center	27 Attic Angel Program: Stay Safe and Stay Alive, 10 a.m.	28 Volunteer Training, 4:30-6:00 p.m., Attic Angel	29 Sip and Learn, 6:00 p.m. Lodge Apartments	30	31 Happy Halloween!!! 	

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

Information, News, and Updates

A Big Welcome to Our New Members

Linda Conlon, Patricia McConnell, Carol McGuire. Nancy and Ken Raglund, Ann & Fred Salzwedel, Joan & Phil Sullivan, and Dorothy Swennes.

Please Welcome Our New Service Providers!

Senior Helpers for in-home personal care, **Madison Deep Cleaners** for residential cleaning and **TIPLOK Home Services** for snow removal, gutter cleaning, tree trimming, general yard clean up, and more! Need a recommendation for a service provider? Call us!

Solving Structural Problem While Gaining New Place to Enjoy Nature—

Janice G. Gary, SAIL Member

This past summer was my time to finally correct four structural problems with my home and yard, which included creating a different approach to my back door. I contacted SAIL and reviewed four estimates before deciding on Dan Buechner Builders. Dan is a one-man operation and a new vendor at SAIL. My decision was based on all the major things important to me – being a SAIL vendor, good references from previous customers, a design based on my specifications and site, suggestions as to best materials to use, realistic estimated cost, and timeframe. I am very pleased with the result – a deck that is just right for my back door, for getting a whiff of fresh air, and for my viewing & enjoying all that is in my back yard, plus a place to sit with a friend. As a bonus, Dan Buechner is a very respectful, honest, and charming person. My experience was great, and I highly recommend him. If you would like more information or a chance to see my new deck, call me!



Small Group Discussion— New Leader for This Month's Meeting!

Member Chuck Hoornstra (pictured left) has volunteered to lead this month's discussion. We hope you can join us on

Wednesday, October 15, at 1:30 p.m. at Heritage Oaks Westmorland Room. Chuck has chosen the topic: "Significant Events and Changes in American Life in Our Lifetimes." From telegrams to emails, from ice boxes to refrigerators; from the first Catholic President to the first Afro-American President; from typewriters to voice-activated recording; from trains to planes to the moon landing. Newcomers are welcome!

Triad Offers Free Car Check!

Local garages donate their mechanics to check over cars in the fall to see if they are ready for winter driving. Law enforcement and volunteers are involved in the project.

Details: October 2, 2014, 8:00 a.m. to noon., at Firestone, West Town Mall. For more information, call 608-833-6161.

Triad is part of a national program that promotes crime prevention and safety for older adults through a partnership between law enforcement, older volunteers, fire departments, community agencies, and businesses.

SAIL: A Community of Members Who Serve One Another as They Pursue Successful Aging

SAIL was the second "village" in the nation, created nearly 10 years ago to help its members stay engaged, take charge of their own lives, and live life on their own terms. We want to help our members stay engaged by building a sense of community and helping members get to know and trust their neighbors. Therefore, we are organizing a set of neighborhood gatherings. Come, meet SAIL members in your neighborhood, and find out what's new at SAIL. (Continued on page 7)

Special Quarterly Addition to the Messenger—Each quarter, watch for the Donor Acknowledgement section in our Messenger. Thank you to the following donors for their generous contributions to SAIL. We do appreciate your support!

SAIL Supporters

Avery, Charlene M.
Carlson, Catherine in Honor of Mae Fox
Kahan, Lawrence and Brenda
Lavik, Celestine
Lottridge, Jean
McConnell, Patricia
Mistlebauer, Robert and Avery
Russell, Jay and Dana
Tompkins, Willis and Bonnie
Voegeli, Clifford

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Box, Joan
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Hoveland, Jaclyn

Member Donors (continued)

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Rosenbaum, Max and Betty
Rueckert, Roland and Ruth
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Corporate Supporters Attic Angel Association, Hu Hot, Oakwood Village, Angie Strander, Buit Mobility Solutions, Fatou Ceesay, Cliff’s Custom Concrete, Designers for Independent Living, Home Instead Senior Care, John Porto, Rounds TLC, United Way of Dane County

Warm and sincere thanks to Axley Brynson Managing Partner John Mitby and Attorney Melissa Warner for their significant contributions throughout 2014. They expertly assisted us in the sale of SAIL S.O.S. and provided helpful advice in business matters. They have been providing legal support to SAIL pro bono since our inception almost ten years ago!

What? Another Candidate?

No, it’s SAIL member Al Senty’s neighbor and good friend playing a birthday joke! (Notice the ’89!) We had a great turnout at our Birthday Party at Panera Bread last month. Al kindly shared this picture with the gang and is already working on payback for his good friend. If your birthday is in October, be sure to join us at the SAIL birthday gathering (see details on the calendar page).



Sip and Learn

Jesi Hirsch, SAIL vendor, announces “Sip & Learn.” Come learn the causes of cancer and what each of us can do to prevent it. The information is from the research of Lise Alschluer, a naturopathic oncologist, and Dr. Kelly Turner’s research which she has written a book about, Radical Remission.

The talk will begin at 6 p.m. on October 29 and will last approximately one hour. Wine will be available. The event will take place in the community room of the new Lodge Apartments at 4200 University Ave. Call us for more information!

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SAIL Community
(Continued from page 6)

Our first two meetings are scheduled for November 6 at Sequoya Library (4:30-6 p.m.) and November 8 (1-2:30 p.m.) at Covenant Presbyterian Church. Midvale Heights and Hill Farms members will receive invitations to these events. These are the first two communities we are starting with and others will be coming! Watch for more information on gatherings in your area. If you are not a SAIL member but live in either of these communities, feel free to stop by and meet members living in your area!



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.
