

The SAIL Messenger

A Monthly Publication: November 2014



Many Villages * One Vision * One Voice



Volunteer and Outreach Coordinator Charlene Malueg represented SAIL at this year's national Village to Village Network conference held in Washington DC. SAIL, a proud charter member of the Network, has shared helpful information throughout the past ten years to villages forming across the country. With over 140 "villages" in operation, we now have a tremendous opportunity to learn from others as well! Charlene connected with villages in the Midwest and we look forward to future collaborations!

Nearly 300 people attended the three-day conference. This year's program focused on the area of membership recruitment and successful ways to grow a member-helping-member program. SAIL, along with many other villages, is looking at innovative ways to engage members—a great way to build a long-term relationship amongst members and with the organization. Finding ways to attract newly retired people is also a priority around the nation. Engaging early—before a member needs to draw heavily on services or before a crisis occurs is critical to a successful village model and in making a difference in the lives of members as they age.

If you're interested in learning more about the village model, how to get involved or the various activities we are involved in nationally, call Charlene at 230-4453.

SAIL is a Community of Members—An Invitation from the SAIL Member Engagement Team Volunteers!

If you live in the Midvale Heights and Hill Farms neighborhoods you should have received a postcard invitation about the upcoming SAIL neighborhood meetings scheduled for November 6 at Sequoya Library (4:30-6 p.m.) and November 8 (1-2:30 p.m.) at Covenant Presbyterian Church, respectively.

As part of our ongoing vision to *become a community of members helping each other age successfully*, it's important to know who your SAIL neighbors are. Our Member Engagement Team, led by Barbara Gessner, would like to help facilitate these relationships! The team includes members Martha Christensen, Evonna Cheetham, Jane Earl, Carol Brown, and staff member Charlene Malueg.

Join us! Meet your SAIL neighbors, learn more about what SAIL has to offer, and share your ideas for SAIL's future. Light snacks and refreshments will be served. To RSVP or ask questions about these upcoming gatherings, call us! 230-4321.

Benefit of the Month: Holiday Letter Help

SAIL will help you with this year's holiday letter. Bring a few pictures and your written message. We'll scan the pictures and help you format your letter content so it's all ready to print. Surprise your loved ones with a special greeting this year! Call SAIL to sign up 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



6201 Mineral Point Road
Madison, WI 53705

SAIL is a program of the Madison Area Continuing Care Consortium, Inc. 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

Ann Albert
Laura Adell
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SAIL Operating

Council: Christine Beatty, Rick Bova, 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

Thanks to member Chuck Hoornstra, I didn't have to think long and hard about how to start this month's message! I'll simply share a few of his opening comments at our *Is Your Estate in Order* program held last month. Here it goes:

"Someone said: SAIL is like a co-op. We give and we get. Our volunteers are heroes. They give so much. So, we all get so much. There is no government help. SAIL fills a void other government programs do not cover. It's up to us to help each other. In addition to volunteering and maintaining your membership, there are many ways to help SAIL help others. LET ME SUGGEST JUST TWO OF THE MANY. Here they are: Consider SAIL in your Will and make a bequest. There are many great organizations competing for your attention; consider that SAIL is one of them."

You'll soon receive SAIL's Annual Appeal letter. This marks a special time for SAIL—we are on the cusp of our tenth year and have just added another giving option—a SAIL endowment fund. While gifts are still needed to support operations, we have evolved and are so pleased to reach that point of "permanence" in the aging services community!

On another note, our Service Provider program is one of our most appealing benefits of membership and most widely used. Please check out the back page of this newsletter so you can get all the details for our *Cornucopia Fair*! Thanks to Laura Adell and the vendor volunteers for organizing this first-ever event. Please come and enjoy good food, good conversation, and you may even win a prize!

Finally, be sure to take a look at the this month's "Take Aways" on page 7 featuring our September and October programs—*Put Life into Your Life with Color*, *Internet Security*, *Is Your Estate in Order?* *Stepping On*, and *Only Leaves Should Fall*.

SAIL 101

If you are interested in learning more about our organization, join us on November 12 at 1:00 p.m. at Oakwood Village Heritage Oaks—Westmorland Room. SAIL Director Ann Albert will present a short history of SAIL, our current strategic plan objectives, and details about our various member benefits. You can also learn more about volunteer opportunities! Call 230-4321 to reserve a spot or sign up online at www.sailtoday.org.

Moving? Keep SAIL a Part of Your Life!

So you've decided to move. It's an exciting and maybe nervous time for you. There are many decisions to make. Be sure to call us and we can connect you with our outstanding service providers to assist you! Also, during this time of change, we hope you'll keep in mind that your relationship with SAIL doesn't need to change—our members live in a variety of places, including retirement communities, senior apartments, condominium communities, and private residences. So, when you are looking at all the changes facing you during your upcoming move, know that one thing does not need to change—your support and social network system made up of SAIL friends, neighbors, and resources provided by SAIL.

There are different membership options available based on your particular situation. If you have any questions about your membership, do not hesitate to ask!

Volunteer News!

“From mattress flips to estate planning and everything in-between (all in the same month!). . . that’s SAIL!” This directly from the mouth of a SAIL member.

And, you may ask, how can so much happen every month with three staff members? Well, that’s an easy question to answer, and staff certainly cannot take all of the credit for all the great things happening at SAIL.

Our success relies on our volunteers. Period. In October, volunteers provided education to other members, flipped mattresses, attended health fairs as SAIL Ambassadors, provided computer support, analyzed data, provided transportation and companionship to members, replaced burned-out light bulbs and other small home handyman requests. They coordinated and attended SAIL groups, including the book club, lunch bunch, men’s group, small group discussions, Connections meetings, and assisted with special SAIL events. They helped out at the SAIL office, participated in an evening telephone bank, provided leadership and other committee support including planning for the upcoming Cornucopia Fair, shared SAIL with friends, and more.

SAIL is its members. After 10 years, we continue to get stronger each month. Thank you for getting involved and making SAIL what it is!



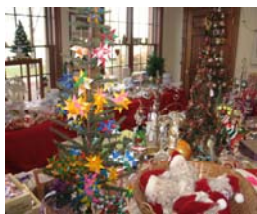
(Pictured above: SAIL member and volunteer, Frances Rademaekers)

Phone Bank

Keeping in touch with members and people on our inquiry list is an important member retention and recruitment strategy. Making calls to these folks takes time and we appreciate getting help from volunteers. Many thanks to Fred Ross and Frances Rademaekers for their help last month! Interested in helping with the next phone bank? Let us know!

Thank you to all of you who attended the first-ever volunteer training on Tuesday, October 28. For those of you who weren’t able to attend, training materials will be mailed to you.

We will have another training in January!



Attic Angel Holidays Galore & More Sale

Attic Angel Association, a sponsor of SAIL, is hosting a holiday-themed sale of slightly used merchandise. If you are looking for holiday items to adorn your home, this is the sale for you! Sale is November 13 from 3:00 p.m. to 7:00 p.m. and November 14 from 10:00 a.m. to 3:00 p.m. at 640 Junction Road.

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

Office, Events and Programs, Strategic Plan Teams: Dorothy and Jim Batt, Jan Basha, Dorit Bergen, Shirley Bergen, Ruth Bogart, Dorothy Bollant, Joan Box, Carol Brown, Evonna Cheetham, Lois Curtiss, Jane Earl, 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

Birthday Club Invite by Jim Batt

*No warmth, no cheerfulness, no healthful ease/
No comfortable feel in any member/No shade, no shine,
no butterflies, no bees/No fruits, no flowers, no leaves,
no birds—November.*

If it's also the month of your birthday, don't let the poet Thomas Hood get you down with this excerpt from his poem simply entitled "No."

After all, you do proudly share the month of birth with folks like Marie Currie, Walter Cronkite, Georgia O'Keeffe, and Daniel Boone. Also with Turkish-born writer/actor Yilmaz Erdogan. Really.

So it's time to say Yes to No by attending an informal gathering of November-born SAIL members who will do a bit of socializing, beginning at 2:30 p.m. on Tuesday, Nov. 11, at Panera Bread off Mineral Point Road.



SAIL Men's Roundtable Group

When/Where: Tuesday, November 11 at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village

Discussion Leader: Marv Beatty

Kickoff Topic: Global climate change ("warming") is an inescapable contemporary issue, whether one is a believer or skeptic, a scientist or layperson, an urban or rural dweller, or a citizen of a developed or a developing country. One cannot just hide under a rock. For our discussion, we'll look at three aspects of this important issue: (1) Is there solid evidence for climate change over the past decades? (2) If there is such evidence, is there also evidence for linkage to human activity? (3) If there is a linkage, what if anything can be done to counter the rate of change? Join us for what will certainly be an exciting discussion!

SAIL Members' Small Group Discussion

When/Where: Wednesday, November 19 at 1:30 p.m., in Westmorland Room at Heritage Oaks

Chuck Hoornstra will lead the discussion on big changes in our lifetimes. Farming. Breaking the religious and racial barriers to be President. Launching the Space Age. Japanese cars compete with Detroit. The computer. Medicare. And more!

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.

Monday, November 3: "Diversity Takes More Than an Open Door," Rachel Krinsky, CEO YWCA.

Monday, November 10: "Saving Wisconsin's Prairies," Elizabeth Koehler, Director of Development and Steve Richter, Director of Conservation Programs. Both are with The Nature Conservancy of Wisconsin.

Monday, November 17: "Wisconsin Public Television's Young Performers Initiative," Jon Miskowski, Director of Development, Wisconsin Public Television.

Monday, November 24: "Everybody Loves Chickens: How Keeping Backyard Hens Changes the Way We Think About Food," Susan Troller Cosgrove, author of "Cluck: From Jungle Fowl to City Chicks."

SAIL Book Club by Joan Box

Join us on Tuesday, November 18, at 1:30 p.m. at Sequoya Library. We shall be delving into the biography of Cleopatra by Stacy Schiff. It is well written, and worth reading; I trust you will enjoy, but you may be forgiven for skipping some less engaging themes in this long book...happy reading! If you need a copy, call SAIL at 230-4321.

Lunch Bunch will resume after the New Year! Happy Holidays to All!

Movie Matinee: "Million Dollar Arm"

Sunday, November 23, 2:00 p.m., Arts Center, Oakwood Village University Woods

Looking to save his failing business, sports agent J.B. Bernstein launches a reality show to find India's best cricketers, with the goal of turning them into professional baseball players and signing them to Major League contracts. (Rated PG, 124 minutes)

November Event Calendar

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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30		Highlighted programs are open to the public. Others are designed for SAIL members and their guests.				1
2	3 Attic Angel Program: Diversity Takes More Than an Open Door, 10:30 a.m.	4 "The Search for a Solution to Alzheimer's Disease," 5:00 p.m., Monona Terrace	5 Connections Meeting, 1:00 p.m., Heritage Oaks	6 Neighborhood Meeting (see Page 1)	7	8 Neighborhood Meeting (see Page 1)
9	10 Attic Angel Program: Saving Wisconsin's Prairies, 10:30 a.m.	11 Men's Roundtable, 9:30 a.m., Social Room <hr/> Birthday Club, 2:30 p.m., Panera Bread	12 SAIL 101, 1:00 p.m., Westmorland Room	13	14 Cornucopia Fair, 11 a.m.—2 p.m., Good Shepherd Lutheran Church, 5701 Raymond Road	15
16	17 Attic Angel Program: Wisconsin Public Television's Young Performers Initiative, 10:30 a.m.	18 Book Club, 1:30 p.m., Sequoya Library	19 Small Group Discussion, 1:30 p.m., Westmorland Room	20	21	22
23 Movie Matinee, 2 p.m. Arts Center	24 Attic Angel Program: Everybody Loves Chickens, 10:30 a.m.	25	26	27 Happy Thanksgiving! 	28	29

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

Information, News, and Updates

A Big Welcome to Our New Members!

Sam Coe, Notley Maddox, Patrick and Donna Ploc, Janice Pottinger, Grayce Ann Seidenberg, and Elena Sherman

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Member Mae Fox recommends this handy book. This guide is especially helpful if you are dining out and keeping track of calories, fat, and carbohydrates. It is small enough to fit in your purse or backpack! We have a copy at SAIL if you'd like to borrow it or find out how where to order it, just call us 230-4321.

Perfect Gift

We had a wonderful surprise last month when member Jan MacDonald called to say she thought of a perfect gift for her son-in-law's mother who would soon celebrate her birthday—the gift of SAIL! We are thinking others may want to know about this unique gift idea, especially as we enter into the holiday season! One can avoid the agony of trying to think of a gift, standing in line, and in some cases shipping the gift! Member Betty Elsas has enjoyed the gift of SAIL from her children for a few years now and highly recommend it to loved ones!

We added a special touch by designing a special gift card paired with a lovely box of fine chocolates by local chocolatiers.



Make SAIL Your Choice

We are pleased to announce that SAIL was recently accepted as a choice for Thrivent members to designate their Choice Dollars[®] and have already received notice of our first donation!



The Thrivent Choice program is an easy way for eligible Thrivent members to recommend how Thrivent should distribute a portion of its charitable outreach funds to organizations our members are passionate about through a vehicle called Choice Dollars[®]. If you are an eligible Thrivent member, please consider us when directing Choice Dollars. To learn more about Thrivent Choice, visit Thrivent.com/thriventchoice.

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Normal Forgetfulness?

It's true some of us get more forgetful as we age. It may take longer to learn new things, remember certain words, or find our glasses. These changes are often signs of mild

forgetfulness, not serious memory problems. Memory loss is concerning when it represents a change from previous abilities. Join us for the Wisconsin Alzheimer and Dementia Research Center lecture *The Search for a Solution to Alzheimer's Disease*. This **free** program will feature the latest Alzheimer's disease research and how research findings are interpreted through our changing media channels.

Date: Tuesday, Nov. 4

Place: Monona Terrace Community and Convention Center

**Resource Fair at 5:00 p.m.
Presentations at 6:00 p.m.**

No Reservation Necessary

Legacy Show

Renowned painter and SAIL member Lee Weiss warmly invites you to attend the *Last Hurrah!* reception which marks the opening of her **Legacy Show on November 7, 6:00 p.m. to 8:00 p.m. at Fannie Garver Gallery at 230 State Street**. The show runs from November 7 through December 4 and features paintings spanning the last 20 years including many paintings never seen before. Lee began watercolor painting over 50 years ago—her paintings capture nature and can be found in many museum and university collections. Call SAIL if you'd like to carpool!

Fall Programs and Take-Aways

Add Life to Your Life with Color! It's impossible for us as human beings to look at a color and not have a response – there is always a response. It is often both physical and emotional and happens without our even knowing it. "It's subconscious," explained SAIL Member Jane Earl. By the way, Jane is an International Association Color Consultant and is serving on our marketing and member engagement strategic planning teams. "If we understand how different colors affect us, we can take advantage of that knowledge to have a positive impact on how we look and feel. We can even influence how others around us feel by the colors we choose to wear and use."

At her recent SAIL-sponsored seminar, "Add Life to Your Life with Color," Ms. Earl went on to demonstrate various colors and their impact using a combination of photos, SAIL-member models, and a clothing tree full of examples. Attendees also received a reference guide to the most common responses to popular colors. For more information and examples of color applications, visit Jane's website at www.jane-Earl.com.

Only Leaves Should Fall—Sponsored by the Safe Communities Falls Prevention Task Force, this workshop offered each attendee personal screening in areas of gait and balance, strength, medications, alcohol and drug use, nutrition, home safety, and more. This annual workshop is presented by the Falls Prevention Task Force and includes student screeners from the University of Wisconsin-Madison schools of nursing, occupational therapy, physical therapy, and pharmacy. According to the CDC, approximately 40% of those who have a serious fall will end their lives in a nursing home or similar facility. Preventing falls is key to remaining healthy and independent! Call SAIL if you would like Falls Prevention information and/or if you'd like a free home safety assessment.



Oakwood Pharmacist Alan Lukazewski providing medication screening.

Is Your Estate in Order? Over 60 members and guests attended this informative presentation last month. Attorney Warner covered the following: Wills, Revocable Living Trusts, Healthcare Power of Attorney, Durable Power of Attorney, and the Living Will. Ann Casey of the Madison Community Foundation helped us learn about the Foundation and various options for charitable giving: Legacy Gifts, Planned Gifts, and Lifetime Interest Gifts. Huge thanks to program leader Chuck Hoornstra and presenters Melissa Warner and Ann Casey!



L to R: SAIL Council Member and retired attorney Chuck Hoornstra; Ann Casey, Vice President of Finance at the Madison Community Foundation; and Melissa Warner, Elder Law Attorney at Axley.



Stepping On—We thank Attic Angel Place for partnering with us in offering a Stepping On Class this fall. Safe Communities matched the member fees to fund the seven-week class. Instructor Carole Savage led discussions on how to avoid falls and shared exercises that improve balance. Guest speakers presented information on medications, personal safety, and low vision tips. The class will hold a reunion early next year.

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Internet Security—Presenter Cris Carpenter, SAIL computer service provider, shared important information. We learned details about various scams and what to do about them. Cris always recommends "when in doubt, opt out!" Don't take chances with unfamiliar sites or email origins. If concerned, visit safeweb.norton. Click on the link called "Is this website safe?" and enter in the website you are concerned about. It will indicate if it is safe or not.

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Handouts Available If you missed out on the *Is Your Estate in Order?* program, we can send or email the handouts to you. Just give us a call at 230-4321 or email us at info@sailtoday.org.

**Enjoy meeting your service providers and an abundance of good conversation and good food—
come to the SAIL 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. This is sure to be a memorable event and one we hope to repeat annually!

Meet providers in person and learn more about their services and how they can help you now and in the future!

Win great prizes including gift certificates for vendor services, gift card to Copps, Hy-vee and many others!

Event 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 for the Good Shepherd Food Pantry. A container will be placed at the entrance!

Register By November 7:

Sign up on line by visiting our website events calendar at www.sailtoday.org, call us at 608-230-4321, or email Laura Adell at laura@sailtoday.org

OPEN TO SAIL MEMBERS ONLY

Thank you to our event sponsors:

A & A Painting, Attic Angel Association, Cairasu Home Care, Life Assist USA, Life Organized LLC, Oakwood Village and Upbeat-Alz Activities