

The SAIL Messenger

A Monthly Publication: December 2014

SAIL Winter Luncheon: Civility in Politics—Real Stories and Great Memories

We hope you'll join us for a real treat on January 9! This year's SAIL Winter Luncheon will feature a lively conversation between former Wisconsin Governor* Tony Earl and Republican strategist Bill Kraus. Prior to being elected governor, Tony worked as a legislator and as the Secretary of the Wisconsin Department of Natural Resources, where his list of accomplishments include addressing the state's surface water pollution. Tony was elected governor in 1982 following Republican Governor Lee Sherman Dreyfus' term. Bill had led the campaign for the governor's office for Governor Lee Dreyfus and remained on staff during his term. Together, they will bring their decades of wisdom—and no small doses of good humor—to current-day politics. Their stories will reflect the civility in politics that many people have come to yearn for and hope for throughout our country.



Tony Earl



Bill Kraus

Event Details

Date: Friday, January 9

Time: 11:45 a.m. to 1:30 p.m.

Place: Blackhawk Country Club

Cost: \$16.00 per person

Main Entrée Choices:

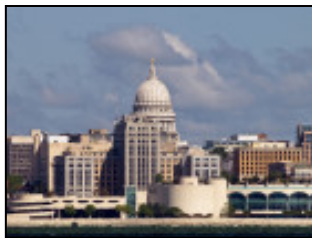
Chicken and Mushroom Crepes or Fettuccine Alfredo with Grilled Vegetables Primavera.

Reservations Required: Call 230-4321 or sign up on-line at sailtoday.org by January 2.

Transportation available by calling 230-4321.

*Tony and his wife Jane are SAIL members.

Madison Ranked #1



According to a recent Milken Institute report, Madison is ranked the #1 city in the U.S. for successful aging. This is largely due to our excellent hospitals and health resources, opportunities for intellectual stimulation, variety of living options, and opportunities for social engagement. The University of Wisconsin-Madison plays a major role in our top ranking. Benefits offered by SAIL are in alignment

with most of the 84 indicators used in the rankings. View the report online at <http://successfulaging.milkeninstitute.org> or call SAIL at 230-4321 for information.

NEW Benefit: Notary Services

Do you have an item that you need notarized? SAIL staffer Charlene Malueg is a registered notary for the state of Wisconsin and is happy to assist you with your notary needs. This service is free to all members. Please call us in advance for an appointment!



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
Charlene Malueg

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

Holiday Greetings! Laura, Charlene, and I wish you all the very best during this holiday season and in the year ahead!

December is a perfect time to reflect on all the changes and accomplishments of the year. We started 2014 with a new strategic plan, and I'm proud to share that we have definitely stayed on course. We've had steady membership growth, increased member engagement, and developed additional collaborations in the community. In addition, we sold SAIL S.O.S. to Life Assist USA in order to provide you with more options and technology. The sale allowed us to reorganize and devote additional staff resources to our most highly used benefit—our SAIL pre-screened service provider program. The past five months have been busy in the office implementing the plan, developing a formal volunteer recruitment and orientation process, increasing member volunteerism, engaging our vendors with a registration fee system, and holding a first-ever vendor fair. And, member service requests increased this year by 20% with overall excellent ratings. Huge thanks to our dedicated staff members, Laura Adell and Charlene Malueg.

By now you've received the SAIL Annual Appeal letter. If you are able, we hope you will consider a gift to SAIL—whether it's a planned gift or a cash donation or both. To kick off the our appeal this year, we recently received a \$1,100 gift through Thrivent Financial's "donor choice" program and a \$5,000 donation by a charter member who attended our estate planning workshop. She designated part of her gift to operations and part to the new SAIL Endowment Fund that is being established to help mark our Tenth Anniversary coming up in 2015! Being named as beneficiary for the Charitable Gift Annuity established by Cliff Voegeli, are exciting "firsts" for our organization!

Ten years ago, to many people, the concept of SAIL seemed way ahead of its time. Thanks to our sponsoring organizations, members, donors, and volunteers who hung in there during tough times, SAIL could evolve and prepare for the needs of today's older adults who wish to remain active, independent, and at home. We hope you'll continue to help us expand services and create innovative ways to help one another age successfully for tomorrow as well!

We Want You

... to share your thoughts with us! Checking in with you, a stakeholder, is important to help ensure your expectations are met and new ideas are welcomed and acted upon. **Your opinion matters!** You will be receiving a survey from the Membership Growth and Marketing Team next month, and we'd so appreciate your completing and returning it to us.

To save postage costs, surveys will be distributed at the SAIL Winter Luncheon program on January 9. Those who do not attend will receive their survey via postal or email. Please share your comments freely. You will be anonymous and you'll learn what others had to say when we share the results in March. Thanks in advance!

Volunteer News and More!



Lois Curtiss and Winnie Shea on the final leg of our mailing. “Many Hands make light work.” This proverb rings true at the SAIL office—it especially did during last month’s Annual Appeal mailing. Thanks to Elinor Mulligan, Rita Reffner, Lois Curtiss, and Winnie Shea for their help this year.

Volunteers Needed—These next several weeks can be tough on folks who are less mobile, have experienced a significant loss, and/or have no family or close friends in the area. If you’d like to share your time with a person who is seeking a little extra companionship, call Charlene at SAIL!

Also looking for someone to help “fill-in” for Betty Scott, transportation coordinator, during her travels this holiday season. For more information about this role, please call Charlene.

Warm Thanks to Mike Flint

Thank you, Mike, for your four years of volunteer service on the SAIL Operating Council. We will miss you greatly!

An Ethical Will: Our Family *Succah*

Poetry excerpt by SAIL member Judith Zukerman

Each Fall
three thin plywood walls
cling together, standing in our garden
open to the sky.
Yews mixed with Midwestern
cornstalks
cover the wooden lattice ceiling
leaving spaces
to see the stars and the full moon.

Small eggplants, peppers, grapes, pears
and apples
gourds hang from the lattice ceiling.
Smells of cloves stuck into lemons linger
for seven days in this temporary dwelling place
the *Succah*, the harvest hut, where we shared
family and friends for over three decades
on my favorite Jewish holiday.



Event Volunteers

Creation of an Events Team is underway for 2015! If you’d like to volunteer along with community volunteers and other members—including a few people from the Connections Group—let us know! Give Charlene a call at 230-4321.

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 Faust, Sue Goldstein, Don Haasl, Chuck Hoornstra, Linda (Joy) 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, Ryan Schiller, Lyn Stewart, Cliff Voegeli, and Karen Wulff.

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



Our hearts go out to all you SAILers born in December. Why? Well, there's cold and the snow, and...absolutely nothing to do, right?

Maybe you can find comfort in knowing that you share the same birth month with Judi Dench. Did we mention Ozzy Osbourne also...and Jane Fonda and Little Richard? Oh yes, there's also Christmas, Hanukkah, Kwanzaa, and New Year's Eve.

So come on, who's to be blue when the plate is almost full? To fill it up completely come to Panera Restaurant (corner Mineral Pt. Rd. and Grand Canyon Drive), at 2:30 p.m. on Tuesday, December 9, where you will meet and greet other SAIL members, who like you, sprang into being in the month of December. It's all quite informal, chatting and rapping and such. See you there? Please RSVP by calling 230-4321.

SAIL Men's Roundtable Group

When and Where: Tuesday, December 9, 2014 at 9:30a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Discussion Leader: Marv Beatty

Kickoff Topic: Last month we discussed the issue of global climate change ("global warming"). This is an inescapable contemporary issue and, as might be imagined, we ended the discussion still talking. So we'll take up the issue again, this month focusing on the apparent linkage between climate change and human activity, and, accepting such a linkage, considering what if anything humans can do to counter the rate of change. If you are thinking of bringing a guest, please contact Fred Ross beforehand. Need a lift? Give the SAIL office a call.

SAIL Book Club by Joan Box

The Book Club will not meet in December but will return in January to discuss "Enrique's Journey" by Sonia Nazario. Enrique meets any number of challenges when he decides to leave his home in Honduras to join his mother in the U.S. The author, helped by letters and diaries, herself retraces his footsteps and reconstructs a narrative of the vicissitudes of this dangerous journey.

Continuing Education Series

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 SAIL at 230-4321.

Monday, December 8: "A Capitol Tour—Our Wisconsin State Capitol." Jim Schaff, Capitol Tour Guide

Monday, December 15: "Light the Lights." The Attic Angel Choir

Programs will resume on Monday, January 5, 2015.

SAIL Members' Small Group Discussion

When/Where: Wednesday, December 17 at 1:30 p.m., in the Board Room at Heritage Oaks.

"Oh, How We've Changed" will be the dialogue topic for the SAIL Discussion Group.

Charles (Chuck) Hoornstra will offer background on the subject and will encourage dialogue on how technological developments in our lifetimes have affected the daily living of the personal social, cultural, and technical aspects of our lives. Come tell and learn about all the changes we've experienced and what we've gained and lost because of it.

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

Movie Matinee: "The Hundred-Foot Journey" (2014)

When/Where: Sunday, December 28 at 2:00 p.m., Arts Center, Oakwood Village University Woods

Relocating from India to a quiet village south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. When their business starts to thrive, a competing restaurateur launches a war between the eateries. Rated PG; subtitles available.

December Event Calendar

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Sun Mon Tue Wed Thu Fri Sat

	1	2	3 Connections Meeting, 1:00 p.m., Board Room, Oakwood Village	4	5 Classic English Tea, 2:00 p.m. to 4:00 p.m., Madison Senior Center	6
Highlighted programs are open to the public. Others are designed for SAIL members and their guests.						
7	8 Attic Angel Program: A Capitol Tour, 10:30 a.m.	9 Men's Round-table, 9:30 a.m., Social Room <hr/> Birthday Club, 2:30 p.m., Panera Bread	10	11	12	13
14	15 Attic Angel Program: Light the Lights, 10:30 a.m.	16	17 Small Group Discussion, 1:30 p.m., Westmorland Room	18	19	20
21	22	23	24	25 SAIL Office Closed	26 SAIL Office Closed	27
28 Movie Matinee, 2 p.m. Arts Center	29	30	31	Don't forget to register for the SAIL Winter Luncheon on January 9! Call 230-4321 or register online at sailtoday.org.		

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

Information, News, and Updates

A Big Welcome to Our New Members!

Jerry and Lynn Conwell, Kristine Mistlebauer, Floyd and Ellen Stautz and David and Carol Wagner

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Special Request to Members by Laura Adell, Service Provider Program Manager

Temperatures are getting colder and we've already had a few snowfalls, yet I find myself thinking about this spring! Yes, spring will come and so will the need to clean up the yard, fine-tune some landscaping, plant the garden, take care of some home repairs, and the list goes on! With our steady membership growth, we need to add more vendors to help with these important jobs. We find our best success is working with vendors that you, our members, refer to us. Providers that are proven and interested in our mission at SAIL are needed. If you are pleased with your current company or individual who provides landscaping, gardening, lawn mowing, and/or handyman work, please give me a call at 230-4321 or email me at laura@sailtoday.org.

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SAILING in December

This month, we staff members will be devoting time to wrap up the past eleven months and prepare for a busy, exciting year ahead! If you are staying put during this holiday season and have some extra time on your hands, consider attending the event highlighted below or those listed on this month's calendar insert. **If you are interested in carpooling , or if you need transportation, please call us and we'll make the arrangements.** Riding together is a great way to meet some new friends and spend time with old ones!

Classic English Tea at the Madison Senior Center

A group of members (pictured at right) enjoyed attending last year's Classic English Tea and we hope you will consider joining us this year on Friday, December 5 from 2:00 p.m. to 4:00 p.m.! This event features tea service and delicacies in three courses: savory, scones, and sweets. Providing an ambiance of good cheer and friendship, the Yahara String Quartet will serenade guests with light classical and seasonal music while tea and delicate finger foods are served. Tickets are \$20 per person. Make a reservation by calling SAIL by December 3; limited space available. If you need a discounted ticket fee, please let us know!



Mind Over Bladder is Back!

We had several requests to repeat the Mind Over Bladder program we had offered last January. You talk and we listen! Our presenter, Dr. Heidi Brown, has graciously agreed to another program on January 13 from 2:00 p.m. to 3:00 p.m. in the Community Room at Attic Angel Place. Join us for discussion of strategies to keep your pelvic floor strong, tricks for bowel and bladder control, and options for treatment if you are bothered by pelvic floor symptoms.

Fall Programs and Take-Aways

We had our first vendor fair on November 14 and are happy to report it was a huge success! Over 70 members attended and 33 vendors participated. Our deep thanks to Good Shepherd Lutheran Church for sharing their lovely space with us!



Members and vendors alike commented on how great it was to meet new people, share information, and socialize over a delicious lunch prepared by our vendor Chefs for Seniors. According to Chef Barrett, they served a little over 200 bowls of soup. And, thanks to our vendor Earth Stew, the fair was considered a Zero Waste event! Owner Joanne Tooley commented, "There was a total of **6 pounds** of food waste that was diverted from the landfill to be composted! Congratulations on a successful Zero Waste Event! Hope this is the first of many zero waste events for SAIL!"

Thanks to our sponsors: A & A Painting, Attic Angel Association, Cairasu Home Care, Life Assist USA, Life Organized LLC, Oakwood Village, and Upbeat-Alz Activities; and all of the participating vendors who contributed. We received over \$400 after expenses to help with operational expenses throughout the year!

Some comments from members and vendors:

*The Vendor Fair was an amazing event! * I really enjoyed talking to the members about my business. * I received a lot of positive comments. * I have several members interested in signing up so I'm very excited to service these members. * I look forward to next years fair! * I thought it went great. The members were engaged and seemed to enjoy the company and the soup! * It was a whopping success! Congratulations!*

Thank you to our event volunteers including: SAIL members Lois Curtiss, Shirley Bergen, Janice Golay, and Joy Knox; Vendors Barbara Boustead, Angie Studnicka, Joanne Tooley, Barrett and Nathan Allman, Ann Massie Nelson, Mary Ann Hunt, and Claire Matejka.

SAIL Neighborhood Gatherings

Last month, Barbara Gessner and her team of volunteers hosted two member gatherings for Hill Farms and Midvale Heights residents. In addition to warm introductions and conversation among members, SAIL staff provided a "SAIL 101" presentation summarizing the evolution of SAIL, what is offered to members, and our vision.

Member volunteers Martha Christensen, Evonna Cheetham, Jane Earl, and Barb were pleased with both events and appreciated the chance to hear feedback which will help SAIL improve and expand. New friendships formed during each event, which was one of the main goals of the neighborhood gatherings! It was especially fun to hear Pauline Scott say to Winnie Shea, "I've lived kitty corner from you for 20 years and never knew you!" Both attribute SAIL as the reason they're now friends and enjoy carpooling to events.

Tip of the Month

When Linus Pauling celebrated his 92nd birthday he was what one can do to live a long life. He remarked "Hold the rail." We'd see a lot less falls and serious injuries if more people would practice what Linus preached! Linus, by the way, was a famous American chemist, biochemist, peace activist, and educator who lived from 1901-1994. He was one of the founders of the fields of quantum chemistry and molecular biology and a strong proponent of dietary supplements and using large doses of vitamin C.

Thanks to Lois Curtiss for sharing this tip!

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Thanks to Chef Barrett, Chefs for Seniors, for preparing three delicious soups for the Cornucopia Fair!

Transitional Care—the Talk of the Town!

In February 2012, experts from the University of Wisconsin Hospital and Clinics organized a coalition of local health care providers and community agencies to begin working on strategies to address a serious problem affecting a great number of older adults who have been hospitalized—unsuccessful transitions back home resulting in re-admissions to the hospital. The Centers for Medicare and Medicaid Services (CMS) jump-started the formation of coalitions like ours throughout the nation—hospitals are now penalized for excessive 30-day re-admission rates for patients over 65.



SAIL and its sponsoring organizations, Attic Angel Place and Oakwood Village, have participated in the Transitions of Care Coalition during these past two years. We see an excellent opportunity for SAIL staff, volunteers, and our pre-screened service providers to take on a more active and coordinated role in helping our members transition successfully from the hospital to home or from rehab to home. A more pro-active approach is needed in this situation, and efforts to accomplish this are in alignment with our larger goal to help members create individual aging plans.

In January, we'll be mailing you the first tool developed by the Transitions of Care Coalition. The tool, called the Emergency Medical Form, is similar to that of the File of Life Form and is to be used during a health event—it should be given to EMS personnel and/or you should bring it with you to the hospital. It will alert the hospital staff of your condition(s), medications, and your support system. We plan to highlight your ties to SAIL with the expectation staff can use us as a resource during your stay and keep us in the loop as you are discharged. More to come in January on this important community-wide effort!

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Looking Ahead to 2015!

You'll have lots of terrific opportunities to meet other SAIL members and take in some great programs at the same time! In the spirit of collaboration, we are co-sponsoring programs with Attic Angel, Oakwood Village, and the Madison Senior Center. We're also working with Prairie Park Apartments and other local condominium groups and apartment buildings on special events and programs.

Here are a few co-sponsored programs to add to your calendar:

Tying the Knot with Jane

There's more than one way to tie a scarf! Make the most of your scarves and learn ways to tie them for warmth and fashion. And, learn how to tie colors together and expand your wardrobe, with scarves. Bring a scarf or two and learn from SAIL member Jane Earl on **Thursday, January 15 at 1:00 p.m. at the Madison Senior Center**. Refreshments will be served. Please be sure to register by January 12. Call the SAIL office at 230-4321 to register.

Mary Todd Lincoln—"A Widow Forgotten"

Mrs. Lincoln's life has come full circle as she returns to Springfield, Illinois to take up residence with her sister Elizabeth. She recalls the days of her girlhood in the genteel society of Lexington, Kentucky, her marriage to the gangly young lawyer, and eventually her rise to become the First Lady. First Impressions actress Jessica Michna portrays Mary Todd Lincoln. Join her on **Tuesday, February 24 at 1:30 p.m. at the Madison Senior Center**. Refreshments will be served. Please be sure to register by February 20. Call the SAIL office at 230-4321 to register.