

# The SAIL Messenger

A Monthly Publication: February 2015

## Celebrate with SAIL in 2015!



Our volunteer planning team is working hard to make 2015 a really special time at SAIL. They're finishing up on our Tenth Anniversary event calendar—a mighty task that is sure to result in more members getting to know one another, increased community support, and more people joining and volunteering at SAIL!

We started the year on a positive note with the establishment of an Acorn Fund at the Madison Community Foundation. The Acorn Fund is the beginning of the SAIL endowment—a powerful demonstration of the permanence and sustainability of our organization!

Back in 2005, SAIL was the second organization of its kind in the country, and during the past ten years has helped pave the way for over a 140 others. The “village movement” is alive and well! If you are interested in learning about the movement, visit the Village to Village Network at [vtnetwork.org](http://vtnetwork.org).

Here's a glimpse at special upcoming anniversary events in addition to our annual meetings and programs:

- Charter Member Breakfast: March 6 at Oakwood Village
- Founders Appreciation Reception: March 19 at CUNA Mutual
- SAIL Golf Outing Fundraiser: June 16 at Six Mile Creek Golf Course

## No More Spring Breaks!

On March 20, SAIL and Oakwood are teaming up with the University of Wisconsin Schools of Pharmacy, Nursing, Occupational Therapy, and Physical Therapy to provide a robust day of information and screenings to help you learn how to reduce your risk for falls. The program will feature an 11:30 a.m. lunch at the Village Inn and an informative presentation by Judy Dewayne, Physical Therapy Assistant Professor. Students and staff will then offer screenings for blood pressure, gait, balance, strength, nutrition, and more. Remember that following a “falls prevention” lifestyle regimen will improve your overall health and well being. To register, sign up at [sailtoday.org](http://sailtoday.org) or call 230-4321. Cost: \$10. A special thanks to Associate Professor of Pharmacy Beth Martin for coordinating the screenings with her UW colleagues.

### Benefit of the Month: SAIL Member Discounts

In addition to fantastic services for you and your home, membership also includes several discounts that can add up over time! They include: 10% off Madison Schools and Community Recreation Classes, nearly 25% off Life Assist USA emergency pendants, 33% off Home Health United Medical Store items, and more!

## 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
- Notary Services

**SAIL** Supporting  
Active  
Independent  
Lives



6209 Mineral Point Road  
#210  
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.

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#### 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

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#### SAIL Staff

Ann Albert  
Laura Adell  
Charlene Malueg

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#### SAIL Operating

**Council:** Christine Beatty, Rick Bova, Carol Brown, Martha Christensen, Mary Ann Drescher, Barb Gessner, Don Haasl, Patricia Kallsen, Fred Ross, John Schmidt, and Tom Popp (president).



## A Message from Executive Director Ann Albert

You may have heard by now that SAIL has a new home! On January 20, we moved from Oakwood Hebron Oaks to the Oakwood Tower Apartments, #210. Be sure to stop by for a visit!

Speaking of home, a couple of recent conversations with members left me thinking a lot about what the word “home” and what it can mean to each of us. The word “home” is used in the SAIL Member Survey distributed last month and in our promotional materials. Last week, a few members who had moved to senior apartments in the past few years, shared that they found it difficult to respond to a few of the statements in the member survey that included the word “home.” They were concerned that it didn’t apply to them as they are not living in their “own home” anymore. They commented that SAIL’s purpose is to help people stay in their homes.



The truth is that SAIL is about something much broader and much more expansive than helping people “stay in their own homes.” At SAIL, we consider your “home” as the place in which you live. Take a look at the new Tenth Anniversary logo: A Decade of Community Connections!

Whether you live in a private residence, in an apartment, in a retirement community, in a condominium, or in co-housing—our purpose at SAIL is to help you remain active and connected! Your home is where you live—regardless of where that is or what type of residence it is. We hope your membership with SAIL is helping or will help you be as active and connected as possible. We hope your participation in SAIL gives you a genuine sense of community!

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### 2014 Annual Appeal a Success!

We are pleased to share the fact that over \$23,588 was raised in last year’s annual appeal. We deeply appreciate the generosity of our member donors and our corporate, vendor, and individual supporters!

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### Emergency Medical Form—A Helpful Tool

Unfortunately, many of us will experience an unexpected health event resulting in a trip to the hospital at some time in our lives. The Dane County Transitions of Care Coalition, of which SAIL is a member, has created a tool for you to use if this happens. The *Emergency Medical Form* will help your health-care providers learn important information about you that will assist you in transitioning through your medical treatment and back home again.

If you have experienced a hospitalization or if you are the caregiver or loved one of someone who has, it's likely you already know first-hand the stress, confusion, and problems that happen during these transitions. Completing the enclosed *Emergency Medical Form* and bringing it with you to the hospital, or if applicable, sharing it with the paramedics, is a first step in making your transition more successful. Another step is to list SAIL’s contact information so we can support you or your caregivers by providing vendors, volunteer support, and information.

You will receive this form later this month along with your SAIL membership card.



SAIL Volunteer Mattress Flippers (pictured left to right) R.J. Firkus, Don Haasl (member), Deb McClintock (community volunteer), and Cletus Schwoerer (vendor), and Seniors Helping Seniors (not pictured) were “on the road” on Monday, January 26, and flipped more than a dozen mattresses for SAIL members. Thank you for sharing your time and your muscle!

### Volunteer Drivers and Assistance

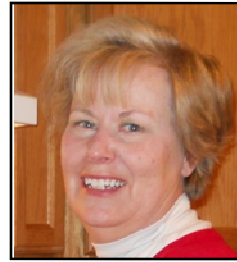
Several members have recently asked about the protocol for paying volunteers for giving rides and/or performing volunteer duties in their homes. For clarification, we ask you not to pay volunteers and to instead make a donation to SAIL in honor of the individual volunteer. A verbal or handwritten thank you is always appreciated by our volunteers. If you would like to send a thank-you note to a particular volunteer, forward it to the SAIL office and we will ensure it's delivered to the volunteer. If you have any questions about this policy, please contact the SAIL office. Also, please note that volunteer drivers can receive reimbursement from SAIL for the cost of gas.

See the back page of the newsletter for new volunteer opportunities.

*No one is more cherished in this world than someone who lightens the burden of another. Thank you!!*

*~Author Unknown*

### Meet Sue Faust: SAIL Volunteer



Sue joined SAIL as a volunteer in October. She works as a receptionist for Haskins Short LLC, a law firm that specializes in estate and financial planning for the elderly.

**Q:** Why do you volunteer for SAIL?

“I chose to volunteer with SAIL after attending a musical event in the summer of 2014. I was impressed with the camaraderie among all the members and how everyone seemed to know each other. SAIL is an organization of friendships and provides useful and trustworthy services. Knowing I can contribute in a variety of ways to help someone remain safely and happily at home is very rewarding to me.”

Sue enjoys being outside and taking advantage of the wonderful programs Madison offers. She also loves the great north woods, the UP, and the Lake Superior area. However, she is not good at driving in unfamiliar areas. “In college, I and two friends drove north for two hours while assuming we were on our way to Daytona Beach. I assure you that Tomah, Wisconsin is not on the way to Florida!” Sue recently helped members with their holiday letter writing and is part of the newly formed events committee working to coordinate many upcoming programs.

### Volunteer Training

**The February 6 volunteer training has been cancelled.** We are combining two trainings into one and it is scheduled for Wednesday, February 11, from 2:00-4:00 p.m. at Oakwood Village, Heritage Nakoma Room. If you are currently volunteering for SAIL or if you are interested learning about upcoming opportunities, join us!

### Sincere Thanks to the January Speakers:

Dr. Heidi Brown, Jane Earl, Tony Earl, Dr. Ted Goodfriend, and Bill Kraus.

Our apologies for inadvertently leaving out John Schmidt and Fred Ross in the volunteer section of the January edition of the Messenger. Thank you for your ongoing commitment to SAIL!



## Upcoming Events Information

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

### Birthday Club



Celebrating a birthday in February? If so, please join us on Tuesday, February 10 at 2:30 p.m. for the birthday club gathering! We meet at Panera Bread, on the corner of Yellowstone and Mineral Point Road for an informal sharing of birthday greetings and such. We hope to see you there!

### SAIL Men's Roundtable Group

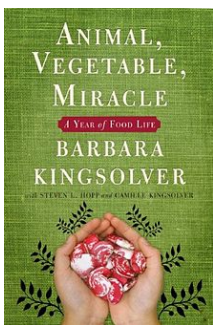
**When and Where:** Tuesday, February 10, at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

**Discussion Leader:** Fred Ross

**Kickoff Topic:** America grew to greatness in the 21<sup>st</sup> century as a "melting pot," gradually integrating diverse immigrant languages and cultures into a common "American" culture. Is the melting pot phenomenon continuing in the 21<sup>st</sup> century? If not, why not? If so, should it? Need a lift? Just call the SAIL office!

### SAIL Book Club by Joan Box

The book club will meet on Tuesday, February 17, 2015 at 1:30 p.m. in the Sunroom at Oakwood Heritage Oaks, University Woods Campus. Feel free to use the Heritage Oaks (P1) underground parking!



If you'd like a copy of the current book *Animal, Vegetable, Miracle* by Barbara Kingsolver, contact Joan at 233-3027.

#### Please note change in location!

If you need more specific directions to get to the Oakwood Village Sunroom, please call the SAIL office and we can help direct you!

### 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.

February 2: "A Pilgrimage to the Holy Land." Cindy Bacon Hammer, Chaplain, Attic Angel Community.

February 9: "Becoming 'Med-Wise': Talking With Your Pharmacist." Beth Martin, PhD, RPh, Associate Professor, UW-Madison School of Pharmacy.

February 16: "America's Longest War: Afghanistan." Joseph W. Elder, Professor Emeritus, UW-Madison Dept. of Sociology.

February 23: "Everyone is Listening for Something: Celebrating Nature Writers Set to Music by Douglas Hill." Douglas Hill, Professor Emeritus, UW-Madison School of Music.

### SAIL Members' Small Group Discussion

by Jim Batt

**When and Where:** Wednesday, February 18, at 1:30 p.m., Heritage Oaks Westmorland Room, Oakwood Village University Woods

**Discussion Leader:** Jim Batt

**Topic:** TBD

### Movie Matinee: The Judge (2014)

**When and Where:** Sunday, February 22, 2:00 p.m. Arts Center, Oakwood Village University Woods

Big-city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family. Rated R.

### Lunch Bunch

Join us on February 26 at 11:45 a.m., at R.P. Adler's Pub and Grill, 8202 Watts Road. Call the SAIL office to sign up. Need a ride? Let us know!

# February Event Calendar

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Attic Angel Program: A Pilgrimage to the Holy Land 10:30 a.m.	3	4 Connections Meeting, 1:00 p.m., Westmorland Room, Oakwood Village	5	6 SAIL Membership Survey is Due.	7
8	9 Attic Angel Program: Becoming 'Med-Wise': Talking With Your Pharmacist, 10:30 a.m.	10 Men's Round-table, 9:30 a.m., Social Room <hr/> Birthday Club, 2:30 p.m., Panera Bread	11 Volunteer Training 2:00-4:00 p.m. Westmorland Room, Oakwood Village	12	13	14
15	16 Attic Angel Program: America's Longest War: Afghanistan 10:30 a.m.	17 Book Club Sunroom, Oakwood Village 1:30 p.m.	18 Small Group Discussion, 1:30 p.m., Westmorland Room, Oakwood Village	19	20	21
22 Movie Matinee, 2 p.m. Oakwood Village Arts Center	23 Attic Angel Program: Everyone is Listening for Something: Celebrating Nature Writers Set to Music by Douglas Hill, 10:30 a.m.	24 Mary Todd Lincoln 1:30 p.m. Madison Senior Center	25 Silver Alert Program, 10:30 a.m., Nakoma/ Westmorland Room, Oakwood Village	26 Lunch Bunch Adlers Pub and Grill 11:45 a.m.	27	28
Shaded programs are open to the public. Others are designed for SAIL members and their guests.						

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

## Information, News, and Updates

**A Big Welcome to Our New Members!** If you live nearby, please take a few minutes to meet your new SAIL neighbors!

Patrick and Katherine Ahern (Hill Farms), Lewis Bosworth (Hoyt Park), Elizabeth Conrad (Monona), Pat Carroll (Sauk Creek), David Henige and Jan Behn (Sunset Village), Robert and Lynne Krainer (Shorewood), and Nancy Webster (Regent)

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### A Big Welcome to Our New Service Provider!

by Laura Adell, SAIL Member Services and Business Manager

We recently added a new provider, Karin Lanser. As a homecare provider, she has worked with older adults in various settings and situations for the past ten years. She is professionally trained as a social worker and completed continuing education certificates in aging case management. For more information about Karin's services and rates, give me a call at 230-4321!



Laura Adell

### SAILing Into Spring!

It won't be long and we'll be thinking about cleaning up the yard and possible landscaping projects. Help us recruit new service providers for these jobs as well as basic lawn care. Either call or send me the contact information for reliable, trustworthy, and competent vendors who provide these services and may be interested in becoming a SAIL service provider. Also, if you will be needing these services, please contact me at 230-4321 or by emailing me at [laura@sailtoday.org](mailto:laura@sailtoday.org).

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### Mary Todd Lincoln—"A Widow Forgotten"

SAIL is pleased to co-sponsor this interesting historical program at the Madison Senior Center. 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 us on **Tuesday, February 24 at 1:30 p.m.** Refreshments will be served. To register call SAIL at 230-4321 by February 20. Transportation is provided upon request via SAIL or member arranged car-pooling.



### SAIL Member Survey

By now you should have received your SAIL Member Survey via email or mail. If for some reason you did not receive the survey, please let us know! The deadline to return the survey has been extended to February 6. Results will be tallied and shared in April.

Huge thanks to volunteer member Don Haas for leading the survey project; and to fellow volunteers Jane Earl, John Schmidt, and Fred Ross for their assistance and support! And thanks to Charlene Malueg, SAIL staffer, for her expert administrative support.

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### Silver Alert Program

On Wednesday, February 25, at 10:30 a.m., Silver Alert Coordinator Kari Orn of the Wisconsin Department of Justice and Public Policy Director Rob Gundermann of the Alzheimer's & Dementia Alliance of Wisconsin, will speak on the background, the criteria, the statistics to date, and what families can do to be prepared in case their family member goes missing. SAIL is proudly co-sponsoring this program with the TRIAD. To sign up, call SAIL at 230-4321.

\*TRIAD is coordinated by SAIL member and RSVP staffer, Mary Stamstad. It is a national, state and local organization that promotes personal safety and crime prevention awareness for seniors.

### Coming up... Membership Cards

Membership cards are in process and will be mailed later this month along with details related to using the card for discounts with merchants and billing convenience at dining facilities at Oakwood Village and Attic Angel Place, and to provide a point of contact for resources if you are entering or leaving a medical care facility. This card serves to verify your membership and offers SAIL office numbers and website address.

## Information, News, and Updates (Continued)

### Farewell to Alan

Huge thanks to Alan Lukazewski, former Oakwood Village Pharmacy Director, for his amazing 9 years of service to SAIL members as an educator and clinician. Alan was, and still is, passionate about helping older adults live the best lives possible with as little medicine as possible. A few years ago, he was the driving force in what is now a community-wide campaign aimed at preventing adverse drug events through education, self-monitoring, life style changes, and comprehensive medication reviews. His work with the University of Wisconsin School of Pharmacy has resulted in collaborations that match students with members and wellness programs and is led by Assistant Professor Beth Martin. Alan supports our work at SAIL and will always be an important part of our organization and our history. We wish Alan the best in his new role as Director of Clinical Pharmacy at the Wisconsin Education Association (WEA) Trust.

### Warm Welcome to Angela

We welcome Angela Studnicka to her new role as Interim Pharmacy Director at Oakwood Village. Angela is enthusiastic about helping SAIL members with comprehensive medication reviews and health coaching. She has experience as a community pharmacist, especially in the area of geriatric pharmacy. Please call the SAIL office for more information and/or to request an appointment. Welcome, Angela!

## Special Coupon to Chefs for Seniors



### CHEFS FOR SENIORS

Winton recognizes first-hand the importance of this special service. Following a serious health challenge over a year ago that resulted in making the decision not to drive anymore, it became difficult for Nancy to take on the cumbersome task of grocery shopping and preparing meals each day. Nancy, a retired nurse, knows the importance of healthy eating and following a special heart-healthy diet. Nancy shared that “hiring SAIL’s vendor Chefs for Seniors was one of the best decisions she’s made in a long time!” Her personal chef visits twice a month. The visit includes meal planning; grocery shopping and delivery; and of course, preparation of several meals. The meals are placed in containers and stored in the refrigerator or freezer until they are used.

Owners Barrett and Nathaniel Allman are hoping members who wish to improve their nutrition will take advantage of their generous coupon offering. If you would like more information about the coupon and/or Chefs for Seniors, please contact Laura Adell at 230-4321.

We’re happy to announce a special offering to members—a coupon for \$25 to Chefs for Seniors! This unique vendor service is designed to help older adults maintain good nutri-

tion. Member Nancy



Nancy Winton

## Tip of the Month

The grandparent scam is still out there! We received a report last month that a member received a call starting with “Grandma, I need help. I’m calling you because I know I can trust you...” The caller was difficult to understand due to a “poor connection,” and given the right circumstances our member could have become a victim of this well-known scam. Fortunately, our member knew her grandchild was not traveling and caught on right away. When she pressed for more detail from the caller, he hung up. The use of the words “Grandma” and “I know I can trust you” are especially concerning – keep in mind these scammers have had a lot of practice figuring out what tactics to use. Be mindful of any and every call in which the caller is requesting money. Call your local police non-emergency number to report these calls.



## Members Enjoy Education and Fellowship

Hopefully you had an opportunity to attend one or more of SAIL's January offerings! A variety of topics were covered ranging from improving our bladder health to blood pressure to remembering civility in politics. We learned new ways to tie our scarves and what is being done in our community to help young offenders to turn their lives around and become productive citizens!

We enjoyed some community outreach as we were recently highlighted at the Dane Buy Local Parade of Success annual breakfast along with several other local businesses. Staff had an opportunity to share SAIL with the west-side Kiwanis Club and are looking forward to an opportunity to meet with the Madison Breakfast Rotary in March. The Wisconsin State Journal article by member Shelley Peterman Schwarz last December continues to open new doors for SAIL!



## Volunteers Needed!

**We are looking for volunteers to help fill a variety of roles including:**

### SAIL Ambassadors

SAIL is looking for 2 or 3 volunteers to help greet attendees at events and programs. These volunteers would be representing SAIL at various programs, based on their own individual availability.

### Volunteer Team Members Needed

As SAIL celebrates its 10th anniversary, we are in need of members to serve on a variety of teams including the golf event planning team, financial team, member engagement and retention team, and the member recruitment and marketing team. Most teams meet monthly for an hour or two.

### SAIL Volunteer Drivers

SAIL drivers take (and sometimes accompany) members to medical appointments, the grocery store, the salon, and other personal appointments as needed. Drivers work based on their own availability—so there is no requirement to the number of rides a volunteer must give. Mileage reimbursement is available if requested.

**Contact Charlene if you are interested in learning more about any of these opportunities OR if you have a suggestion or idea about other opportunities that interest you!**



Thank you to Life Assist USA for sponsoring gift cards at our annual Winter Luncheon and congratulations to the members that won them! For more information about personal emergency systems, please call Life Assist at 831-1688.