

The SAIL Messenger

A Monthly Publication: July 2015



SAIL Tenth Anniversary and Mid-Summer Eve's Celebration:

Summer Vacation!

Road trips, indolence, juleps, and jazz American style

Featuring Darcie Johnston & Doug Brown

Tuesday, August 11 at Olbrich Botanical Gardens

6:00-8:00 p.m. (Music from 6:45 to 7:45 p.m.)

Cost: \$15 per member or guest of member; \$20 per non-member

If this is a hardship, please contact SAIL for a discounted rate.

Transportation available upon request.

Enjoy great instrumentals and vocals, a few sing-along selections, ample time to socialize, and treat yourself to delicious hors d'oeuvres and catered desserts.

Cash bar will be available.

Reservation deadline: August 1. To make a reservation: sign up online at sailtoday.org or call us at 230-4321.



SAIL's First Golf Outing a Success!

We are pleased to share that our first-ever golf outing was a great success—we raised close to \$5,000, everyone had a good time, the staff at Meadows at Sixmile Creek were very accommodating and friendly, and the weather was absolutely perfect! Forty-eight golfers played 18 holes and additional guests participated in the buffet dinner and silent auction. We owe a debt of gratitude to SAIL member volunteer, Donna Ploc, for leading and organizing this fundraiser! Kudos to Donna and her volunteer committee including SAIL member Sue Goldstein, volunteers Sue Faust, Karin Lanser, Kristina Klehr, and SAIL staff members. We also want to thank everyone who donated items and made monetary contributions in support of this event! (Continued on back.)

Benefit of the Month: MSCR Discounts

As a member of SAIL, you can receive a 10% percent discount on classes offered by Madison School and Community Recreation (MSCR). Call Laura Adell at 230-4321 for more information on how this discount works.

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:
 - Life Assist Personal Emergency Systems
 - MSCR Programs
 - Home Health United Medical Equipment
- Monthly Newsletter
- Shredding at SAIL
- 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
- Mattress Flipping and Other Monthly Perks
- Notary Services

SAIL Supporting
Active
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Lives



6209 Mineral Point Road
Suite #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.

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, Carol Brown, Martha Christensen, Mary Ann Drescher, Jane Earl, Barb Gessner, Don Haas, Patricia Kallsen, Joy Knox, Fred Ross, and John Schmidt (president).

A Message from Executive Director Ann Albert



Happy Summer to All! We hope you are enjoying the beautiful warm days of summer so far!

While several of our member groups are on well deserved “summer break” the SAIL office continues to be a bustling place. Members regularly request vendor and volunteer assistance. Most are related to home repairs or maintenance, home technology support, and transportation. We also provide information on various topics to members each day.

Our staff team continues to review and address comments from the recent member surveys. Thank you to those who took time to write your suggestions and concerns! We appreciate your feedback as we believe there is always room for improvement and growth. We’ve already addressed several suggestions or concerns and will continue to with help from our member volunteer leadership. Some comments were made about the distribution of the Service Provider Directory. Please note the updated directory is available to members online at sailtoday.org. We ask you to notify us, however, if you would like a printed copy mailed to you. Postage costs are significant if we mail to the entire membership and we realize not all members desire a mailed copy.

Please remember that your comments and suggestions are always welcomed!

Long-term Care Insurance Decoded: How to Ask the Right Questions and Get the Most Out of Your Policy

We hope you will join us on July 21 at 1:00 p.m. at Oakwood Heritage Oaks as we learn about this important topic. Find out what questions to ask when preparing to use your long-term care insurance and how to choose a qualifying home-care provider. Geared towards those who already have a long-term care insurance policy, this program can help you if you are considering the purchase of a policy—you can get an idea of what to look for with respect to coverage, the cost of the policy, and what is involved in making a claim. Presenters are Ellie Kachel and Wendy Sulzer from Brightstar Care, a SAIL vendor since our inception.

Members Make Us Strong!

Join us in this summer campaign to build awareness and interest in SAIL! To remain financially strong, we must welcome ten or more new members each month and we believe this is possible with your help. **How can you help?** Simply share with us the names of people you know who would likely benefit from and/or be interested in learning about SAIL. (If you weren’t able to attend the Spring Luncheon, you’ll receive your Members Make Us Strong referral cards around or near July 4 along with additional SAIL materials.) **What happens after you submit names?** Once we have received the contact information from you, SAIL member volunteers and staff will personally extend an invitation to an event and offer additional information about SAIL if requested by the interested person. **What’s in it for you?** To sweeten the deal, those who submit two or more names to us by August 31 will be eligible for a \$50 gift-card prize. Members whose referrals resulted in actual memberships by the end of October will be eligible for a \$100 dining gift card! Look for your Members Make Us Strong packet around or near July 4.

SAIL Volunteer News

from Charlene Malueg, Volunteer and Outreach Manager

It Takes a Village!

I'm not sure if you've heard but there are some pretty neat things happening at SAIL. While there isn't a whole lot of down time for the staff, our volunteers are working continuously in a myriad of positions to make it all happen both behind the scenes and directly with members. We are starting to prove that SAIL is a community of members serving each other in their pursuit of successful aging. I thank you for that!

"This opportunity to volunteer with SAIL and help someone has put meaning back into my life."

Watering Plants Turns to Friendship

When Pepe and Sandi joined SAIL, they knew that there would be times they would be traveling and may need their plants watered. So, when the time came for them to leave town to visit family and friends out east, they requested some help.

Almost immediately Sue Faust, a SAIL volunteer, responded and offered to help. "I went to their home, they were so friendly and hospitable! They showed me what they needed done, and the best part, we realized we only lived about 10 minutes from each other," Sue said.



Pepe, Sandi and Sue share lunch together at Tex Tubb's on Atwood Avenue

Sandi said "we appreciate the help and I'll be happy to do this for someone else in return!"

Let's Celebrate!

In appreciation for all of the work that you, our SAIL volunteers, have done this past year, we would like to honor you at a fun Volunteer Appreciation event in September!

You will receive an invitation in the mail very soon! It's time to thank you for the commitment you've shown to make SAIL thrive!

Girls Just Wanna Have Fun

We have recently been asked why SAIL doesn't have a women's group. It appears we have a number of women interested in such a group, but we are missing one thing—someone or a group of someones to help organize it!

We have a member who has offered to help, but would like assistance. So, if you have any interest in coordinating this group or maybe just helping with a meeting or two, please call Charlene.

Please remember to turn in your volunteer hours by the 10th of each month to Charlene! If you need blank forms or have questions, please let us know!

Welcome to Our New Volunteers!

Nancy Winton, Charter SAIL member, has agreed to be a SAIL Good Neighbor, welcoming new members to SAIL!

MeMe Chun, SAIL member, is joining our volunteer team as a Transitional Care Program caller.

Jeanne Peterson, SAIL member, has been providing office and telephone assistance and has agreed to assist with the Transitional Care Program as well.

Ken Martin, SAIL member, has offered to help with specific projects and be a volunteer driver!

Thank you for sharing your time with us!

If Only I Knew

Are you taking a trip and have questions you'd like answered from someone who has been there? Have you taken a trip that you especially enjoyed that you'd like to share with others? Do you have a hobby that you like to do? Looking to learn a particular activity or speak a different language? If so, let us know! We often hear of members looking for similar things and we would love to help match up special interest groups!

Upcoming Events Information

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

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Member Groups on Summer Break

SAIL Men's Roundtable *by Fred Ross*

Join us for our next meeting on Tuesday, September 8 at 9:30 a.m. at Oakwood Heritage Oaks.

The Discussion Group. Watch for more details about meetings starting again in September!

SAIL Member's Book Club *by Joan Box*

Join us at 1.30 p.m. on September 15 in Room B at the Sequoya Library if you are interested in joining the Book Club for next year and discussing your summer reading adventures!

SAIL Members' "Birthday Boys and Girls Club" *By Jim Batt, SAIL Member*



There is so very much to say about July, including, maybe, your birthday? If so, why, Happy Birthday!

Come share it with other SAIL member July b-day celebrants! We'll be gathering at Panera's, on Mineral Point Road on Tuesday, July 14, at 2:30 p.m. for an informal get-together and "loose talk."

By the way, did you know that you share your birth month with the likes of Mozart, Zelda Fitzgerald, Franz Kafka, Lindsay Lohan (28), Tom Cruise (52), J.K. Rowling (49), Ringo Star (74), Emily Bronte, and George W. Bush (68)? And, did you know that July 14 is Bastille Day in France, as July 4 in America is ... Right, you got it.

It's said that those born in July are independent by nature, fun-loving, and always cheerful, so a good time should be had by all! Let's see if you can come up with the best or most promising thing that happened in July, other than your birth!

Movie Matinee

McFarland, USA (2015), Sunday July 26, 2:00 p.m.
Arts Center, Oakwood Village

Track coach Jim White's search for work leads him to a high school in California's Central Valley with a largely Latino student body. After White and his determined athletes establish a bond of trust, remarkable achievements are on the horizon. Rated PG. 129 minutes.

Lunch Bunch

Quivey's Grove, 6261 Nesbitt Road
11:45 a.m. on July 23. Call SAIL to RSVP!

More Upcoming Events

Nature Preserve Guided Tours at Oakwood

Interested in seeing wildlife, ferns, flowers, and one hundred-year-old oak trees? Would you enjoy learning about conservation efforts taken to encourage native species to flourish? Would you like to learn the geological history as evidenced by a kettle pond formed by glacial remains?

If so, you are warmly invited to attend one of these fabulous tours sponsored by Oakwood University Woods! Please call SAIL to sign up within one week of the tour and indicate if you will be staying for complimentary lunch or refreshments following the tour.

Dates and Times:

Tuesday, July 14 at 1:00 p.m. with refreshments

Friday, July 24 at 10:00 a.m. with lunch

Wednesday, August 5 at 10:00 a.m. with lunch

Thursday, August 13 at 10:00 a.m. with lunch

Meet at the Tower Apartments entrance at 6209 Mineral Point Road

Self Defense Tips & Awareness

You are invited to attend this informative program sponsored by the SW Triad on July 22 at 10:30 a.m. at Prairie Park Apartments, 6530 Schroeder Rd. Instructor Charles Dean, owner of Academy of Hwa Rang Do, offers a safe, fun, informative, and interactive self-defense and awareness presentation.

Advance Funeral Planning

Join us on August 19 at 2:00 p.m. and learn about one of the most important gifts you can give your loved ones—it is the gift of making a difficult time a little bit easier by making decisions about your funeral wishes before the need arises. Presented by Teresa Westing, MA on behalf of Cress Funeral and Cremation Services. Location: TBA.

Reservations requested for all events!

July SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Connections Meeting 1-2:30 p.m. Westmorland, Heritage Oaks	2	3	4
5	6 SAIL Council Meeting (call SAIL for details)	7	8 Transitional Care Program Volunteer Training Call for details	9	10	11
12	13	14 Birthday Club 2:30 p.m. Panera Bread Nature Guided Tour 1:00 p.m. Oakwood Village	15	16	17	18
19	20	21 Long-term Care Insurance Decoded 1:00 p.m. Oakwood Village	22 Self Defense Tips 10:30 a.m. Prairie Park Apartments	23 Lunch Bunch 11:45 a.m. Quivey's Grove	24 Nature Guided Tour 10:00 a.m. Oakwood Village	25
26 Movie Matinee 2:00 p.m. Arts Center	27	28	29	30	31	
<div> Save the Dates! August 11: Mid-Summer Celebration August 19: Advance Funeral Planning Nature Guided Tours: August 5 and 13 Member groups will resume in September. </div>						

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

Information, News, and Updates

Welcome to Our New Members!

We hope you will join us in warmly welcoming our new members: Mary Bohen (Middleton), Judith Cary (Midvale Heights), Robert Firkus & Susan Weiss (Verona), Jannette Poe (Greentree), Joyce Wells (Carpenter Ridge), and Charlotte Woolf (Tamarack Trails) **Remember to share SAIL with friends!**

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A Message from Member Services Manager Laura Adell



Laura Adell

Four service providers were vetted and added to our vendor program in June! If you are interested in learning more about them or if you would like contact information, please call our office at 230-4321 or email info@sailtoday.org. Our new vendors include:

- An experienced provider who offers installation of new garage doors and repair of doors and openers. Their #1 priority is to make each customer a satisfied customer.
- A licensed nurse who provides patient advocacy and enjoys working with clients in their homes. She can customize services to fit most needs including medication management, assistance with exercise at home or at the pool, companion and pet care, errands and more. (Thank you to member Shelley Peterman Schwartz for referring this vendor!)
- A provider specializing in cleaning of fireplaces, safety inspections, stone and tile work, gas log service and repairs, and custom fireplace doors.
- A full-service heating and air conditioning service company referred by a member who has shared other stellar providers to our vendor program. This company provides installation and service and ventilation equipment. Many of their clients are older adults in the greater Madison area.

Your help is needed: We are looking to add vendors in the categories of housecleaning (individuals), lock smith service, catering, and handyman services. If you know of excellent providers in any of these areas, please email or call me. Our best vendors have been referred to us by members!

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Welcome, Sarah!



Thanks to the generosity of a local foundation, SAIL received funding to hire a summer intern student. We selected Sarah Gang, a junior at the University of Wisconsin LaCrosse. She is pursuing a major in Marketing and a minor in Spanish. Sarah enjoys being involved in many clubs and activities on campus and also works at the university's library. In her free time, she plays Ultimate Frisbee and will soon be the team captain. She loves to cook and spend time with friends and family. Born and raised near Madison, she is excited to increase community awareness of SAIL through social media and additional outreach activities this summer.

Village Movement Update

There are now 160 open "villages" throughout the nation! SAIL is the second oldest "village" and an active member of the national association. How exciting to be a part of this evolution of innovative solutions for boomers and beyond! To learn more about the Village Network and the upcoming national conference, google www.vtvnetwork.org or call SAIL.

Donor Acknowledgement

Thank you to the following donors for your generous contributions to SAIL for the period of January 1 through June 26, 2015. We deeply appreciate your support!

Member Donors

Laura and Ken Adell
Shirley Bergen
Fran Bicknell
Ellen Burmeister
Bernard and Toby Cohen
Bruce Edmonson and Kathleen Masseth
Shulamit Elkayam
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Rosati's Pizza
Ultrazone
Sei Bella Health
Sue Goldstein
The Meadows of Sixmile Creek
WI Chamber Orchestra
Willy West
Vitense Golfand

Thank you to the First Unitarian Society

Over \$600 was raised recently for SAIL's sliding fees program. How? The First Unitarian Society (FUS) designated SAIL as a recipient for their collection on the weekend of May 2nd! And, we were invited to share SAIL with FUS members after services. We gained a new member who had stopped by our table to learn more about SAIL. We even had the opportunity to hear nice words from a SAIL member's daughter about how much her parents appreciate SAIL! Huge thanks to FUS and thanks also to Council member Pat Kallsen who made the connection for us and also represented us at the Saturday service. If you belong to a church or a service or social club, please consider sharing SAIL with your fellow members. Contributions to SAIL are tax deductible and new members, of course, are always welcomed!

Recent Programs and Events



On May 27, SAIL members and new friends enjoyed an informational presentation by Lori Wirth, Public Information Officer with the City of Madison Fire Department on the subject of how to safely navigate the world on foot, co-sponsored with the SW Triad.

Tips for Safely Navigating the World on Foot

- Always be aware of your surroundings.
- Scan ahead 8-10 feet to ensure the path ahead has no obstacles (wet leaves, acorns, cracked sidewalks, toys, crinkled rugs or mats at stores and restaurants, etc.).
- Be seen! Wear light or bright clothing—use reflective tape or clothing.
- Carry identification with you and emergency numbers that can be used to contact someone if you are unable to communicate or program ICE (“in case of emergency” contacts and important health information) into your cell phone— emergency personnel will look for this on your phone. Feel free to call SAIL if you need assistance with this!
- Try to make sure there is nothing blocking a driver’s view of you.
- If you carry a purse with a long strap, do not wrap the strap around your neck and shoulder. If someone attempts to grab your purse, you will end up falling and he/she will still get your purse.

SAIL’s First Golf Outing—What a Fun Day! (continued)

The day could not have been as successful without those who volunteered their time to help. Thank you to Stephanie and Anna Albert, Wendy Sulzer and Bonnie Banker from Brightstar Care, Mike Edlinger, Sue Faust, RJ Firkus, Sue Goldstein, Deb McClintock, Ryan Schiller, and Peggy York for their help during the event!

