

The SAIL Messenger

A Monthly Publication: October 2015



Help us share with those who are less fortunate and bring a canned item or two for the Good Shepherd Lutheran Church Food Pantry.

Second Annual SAIL Vendor Fair

Join fellow members and attend our second annual SAIL Vendor Fair! Mark your calendars for Friday, November 13, from 11:00 a.m. to 1:00 p.m. at Good Shepherd Lutheran Church, 5701 Raymond Road.

We had terrific attendance by members and vendors and overwhelmingly positive evaluations from last year's fair. In fact over 33 vendors participated and some 70 members attended.

Meeting vendors in person is a great way to learn more about their services and how they can help you—now and in the future! We've added vendors since last year's fair, and this is a great chance to get acquainted with them as well.

Enjoy a delicious lunch, socialize, and enter a drawing for one of several nice prizes donated by our vendors and sponsors. And, we'll have hard copy SAIL Service Provider directories available to pick up as well as Member Log-In instructions if you are interested in accessing the directory online anytime.

To register, call 230-4321 or email info@sailtoday.org by November 13.

Smart and Impactful Giving in Today's World

We're on the brink of the season for giving, and it's likely you are already receiving donation requests in the mail, email, or internet on a daily basis. You may find your dinner hour interrupted with calls from charities asking you to donate. On Tuesday, October 27, at 2:00 p.m. at Attic Angel Place, you're invited to come and learn about evaluating charities, how to help ensure organizations you care deeply about will be able to thrive—during good economic times and challenging times—without risking your own financial well-being, how to establish a legacy, planned giving, and more. You'll even receive a copy of the Wisconsin Senior Guide on how to avoid scams. Our presenter, Ann Casey of the Madison Community Foundation, is an expert on all of these topics and will leave time for Q&A. (Continued on page 6.)

Benefit of the Month: SAIL Member Discounts

In addition to fantastic services for you and your home, membership also includes 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, Home Health United Medical Store, etc. Call us at 230-4321 for details!

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 Independent Lives

SAIL Supporting Active Independent 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
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SAIL Operating Council:

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

A Message from Executive Director Ann Albert



It's officially fall and I'd like to start the season with thanks to our volunteers, staff, and service providers who work diligently to make life easier, safer, and more enjoyable for others. Take a moment and read the SAIL Volunteer News and you'll get a bird's-eye view of the ways volunteers help out. Requests for service providers is up at least 10% this year with over 900 so far. Laura continues to assist you with your

home service needs and vetting new providers. With SAIL, you receive personalized services that you won't find with other service provider listings—we match members with volunteers or service providers that will fit best with their needs (and personalities). While most of the time this matching isn't absolutely necessary for success, there are times when that extra "TLC" or extra special customer care is necessary! While on this subject of matching, I must take a moment to thank volunteers Jane Earl, Don Haasl, and Ken Martin for hosting a special new-member "Wine and Cheese Pairing Social" last month. Sara Hill, of the Milk Marketing Board and the owner of Square Wine Co., Angela, treated folks to an evening of outstanding pairings—and we left with a handy flyer listing a variety of pairings to use in the future. It was a first-time event like this, and we look forward to more! September was a busy outreach month with four fairs—thank you to Carole McGuire (pictured below) for helping us at our



SAIL table at the Institute on Aging Colloquium. There's one more outreach fair this year, and it's on the afternoon of October 10—a special one honoring the anniversary of philanthropists Tasha and John Morgridge at the Discovery Building. Join us and hear a talk by Parker Palmer; take part in special wellness screenings by schools of pharmacy, nursing, physical therapy, occupational therapy, and more! Check out some technology and research projects, too! Call SAIL to register. Transportation is available.

SAILing to Paoli!

Join Lunch Bunch leader Dorothy Bollant and SAIL Volunteer Peggy York on a bus trip to Paoli, a small community in the town of Montrose, here in Dane County. We'll depart from Oakwood on October 22 at 11:00 a.m. and return at approximately 2:30 p.m. The trip will start with a delicious lunch at the Schoolhouse Café known for its upscale American bistro fare & wines in a restored 19th-century schoolhouse. Following lunch, spend time at the on-site gift shop and take in the views of the Sugar River. There'll be time to visit nearby shops and art galleries featuring the work of local artisans.



To make a reservation, call SAIL at 230-4321 by October 15. Bus fare is \$8 per person and does not include lunch.

SAIL Volunteer News

Something Special

Charlene Malueg, Volunteer and Outreach Manager

We have all heard it—the term “It Takes a Village”—and how true it is! It’s amazing what happens when people work together to accomplish a task. Each person brings a unique level of talent and perspective; and in some cases, although the talent or perspective has changed from what it used to be, it can be vitally important to the particular task at hand. As said in a quote recently received from member Dorothy Batt, “Don’t let what you cannot do interfere with what you can do,” by John Wooden.

This past month, many hands helped make light work for so many others, including member Harriet Irwin as she explains below.

“Moving can be stressful and to run out of packing boxes is a real bummer. Fortunately, being a member of SAIL, all I did was pass the word and the staff and volunteers answered my call! An email went out, people responded with numerous boxes, and Duncan, with his trusty truck, picked up a bunch and delivered them to my garage. How wonderful is that?? Great organization, great people, and as has been said before, “It Takes A Village.” Thanks to everyone who helped. I’m still packing.....” Harriet Irwin

We all know SAIL is a unique organization; but what is happening between members and the community is more than unique. . . it’s truly special.

Welcome to Our New Volunteers

Charlotte Woolf—SAIL member. Charlotte has agreed to help SAIL write friendly notes to members.

Sandra Christensen—SAIL member. Sandy has agreed to work with SAIL staff to implement and coordinate efforts for member retention.

Volunteer Update

Jan Basha, SAIL member, has agreed to work with SAIL staff to help coordinate member volunteer requests. Previously Jan has done statistical analysis and back-up volunteer ride coordination for SAIL.

Six (Extra) Hands and a Cart

Earlier this month, SAIL member volunteers Ken Martin and Don Haasl gave Lyn Stewart a hand with her move at Oakwood Village. “The SAIL volunteers who moved those tons of boxes to another apartment were delightful, careful, and had great ideas. My very warm thank you to them all!” Johanna Ghei was kind enough to lend a hand and also provide the cookies, which were very much appreciated by the volunteers!



From left to right: Don Haasl, Lyn Stewart, Johanna Ghei, and Ken Martin

Volunteer Spotlight: Duncan McNelly



I have been enjoying the opportunity to meet interesting people who have great insights and words of wisdom as I embark on retirement.

I've been a social worker and program manager for over 35 years, helping to support people with disabilities and lead inclusive lives in the community.

I am impressed with the philosophy that SAIL embraces and grateful that it will be a resource for me as I age.

My parents have been long-time members of SAIL and have a high regard for it as does everyone I've been meeting as a volunteer.

I live off Schroeder Rd. with my wife, Linda, and a rambunctious dog named Daisy.

(Duncan is a SAIL volunteer driver and handyman.)

Upcoming Events Information

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

Items in gray are open to SAIL members only.

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



October brings falling leaves and time to tumble into shared birthdays. Do you know who was born in October? You'll never guess! I mean, you wouldn't believe it, especially if it's your birth month, too. We're talking here about those fraternal twins, Fennimore and Frances Greasly, that's who!

You don't remember? Well, they exist really only as an admittedly pathetic attention-getting device here invented as a way to call your attention to the fact that:

The SAIL member birthday recognition and fun gathering for those of you who made your worldly debut in October will be held at Panera's (corner of Mineral Point Road and Grand Canyon Drive) at 2:30 p.m. on Tuesday, October 13.

Come join us for coffee, light refreshments or whatever and for some get-together kind of talk. We'll have the light on for you, and we'll provide you with some interesting information about past and present October people and "things."

SAIL Men's Roundtable

When and Where: Tuesday, October 13, at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Discussion Leader: Fred Ross

Topic: No matter one's political stripe, the contentious ebb and flow of the Republican presidential campaign is fascinating stuff. At this point in the contest, that curious phenomenon that is Donald Trump dominates and in many ways defines the debate. Why is this so? What and for whom is the attraction of this man? What does that apparent attraction tell us about our country? Is the attraction transitory? Is there a message here that we can only ignore at our own peril? These questions and others like them will form the basis for our discussion.

Attic Angel Programs

The programs are held in the Community Room at Attic Angel Place, 8301 Old Sauk Road in Middleton. Coffee starts at 10:00 a.m. and the speaker begins at 10:30 a.m.

Monday, October 5, "**OPERA AND THE ART OF CRISIS MANAGEMENT.**" Kathryn Smith, General Director, Madison Opera.

Monday, October 12, "**OPENING DOORS TO GREAT FUTURES: OUR FORMULA FOR IMPACT.**" Michael Johnson, M.B.A, President & CEO, The Boys & Girls Club of Dane County.

Monday, October 19, "**IT'S ALL ABOUT INCLUSION (INTELLECTUAL DISABILITIES) IN COLLEGE.**" Dedra Hafner, Ph.D., Education Edgewood College.

Monday, October 26, "**ETHICAL ISSUES IN INCREASING ORGAN DONATION.**" Joshua D. Mezrich, M.D., Assistant Professor of Surgery, Division of Transplantation, University of Wisconsin Hospital.

Book Club By Member Joan Box

The SAIL Book Club will meet at 1:30 p.m. on October 20 in Room B of the Sequoia Library. We are currently reading *Flight Behavior* by Barbara Kingsolver—a marvelous book. Do join us for what is bound to be a lively discussion. (See page 6.)

Lunch Bunch Trip to Schoolhouse Shops & Cafe in Paoli

Come along on this combination Explorer and Lunch Bunch bus trip! On October 22 we'll leave Oakwood at 11:00 a.m. and return at approximately 2:30 p.m. Call SAIL to reserve your spot on the bus! Cost: \$8 (lunch is not included). (See page 2.)

Movie Matinee: Wild (2014)

Sunday, October 25, 2:00 p.m., Arts Center, Oakwood Village University Woods. Rated R. A chronicle of one woman's 1,100-mile hike undertaken as a way to recover from a recent personal tragedy.

October SAIL Event Calendar

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	<p>5 Attic Angel Program, 10:00 a.m. “Opera and the Art of Crisis Management”</p>	6	<p>7 Free Car Safety Check 8 a.m.-Noon Firestone, West Towne Mall</p>	<p>8 SAIL Bike Ride 9:00 a.m. Odana Hills Golf Course</p>	9	<p>10 Celebrating Healthy and Purposeful Aging 1:00 p.m. Discovery Building</p>
<div style="border: 1px solid black; padding: 2px; display: inline-block;">Village to Village Conference</div>						
11	<p>12 Attic Angel Program, 10:00 a.m. “Opening Doors to Great Futures: Our Formula for Impact”</p> <hr style="width: 20%; margin: 5px auto;"/> <p>SAIL Council Meeting, 4:00 p.m.</p>	<p>13 Men’s Roundtable, 9:30 Oakwood</p> <hr style="width: 20%; margin: 5px auto;"/> <p>Birthday Club 2:30 p.m., Panera Bread (Mineral Point Road)</p>	14	15	<p>16 SAILing East 12:30 p.m. Hawthorne Branch Library</p>	17
18	<p>19 Attic Angel Program, 10:00 a.m. "It's All About Inclusion (Intellectual Disabilities) in College"</p>	<p>20 Book Club 1:30 p.m. Sequoia Library</p>	21	<p>22 Explorer’s and Lunch Bunch Trip to Paoli Schoolhouse Shops and Café Depart Oakwood at 11:00 a.m.</p>	23	24
<p>25 Movie Matinee 2:00 p.m. Arts Center at Oakwood University Woods</p>	<p>26 Attic Angel Program, 10:00 a.m. “Ethical Issues in Increasing Organ Donation.”</p>	<p>27 Smart Giving Program 2:00 p.m. Attic Angel Place Community Room</p>	28	29	30	31

Information, News, and Updates

Welcome to Our New Members!

We hope you will join us in warmly welcoming our new members:

Anne Clark (Greentree), Susan DeVos (Sunset Village), Norma Hove (Nakoma), Richard and Adelle Johnson (Fitchburg), Donna Lotzer, (Sunset Village), Waclaw Syzbalski (Indian Hills), and Dick Vilstrup (Oakwood Village)

Remember to share SAIL with friends! If you do and the person joins, you'll get a \$25 gift card!

A Message from Member Services Manager Laura Adell



Laura Adell

I'm delighted to share that we have two new vendors. The first is a family-owned electrical company with over 29 years' experience ranging from installing single outlet to building a 250,000 square-foot high school. They provide electrical service work, repairs, trouble shooting, and remodeling. The second new vendor is Dave, an experienced technology tutor whose business can be best summed up as "learn at your own pace in your own space." He can tutor you on topics related to your computer, the internet, a digital camera, mobile phone, or other new technology. A member who knows him said, "Dave is a wonderful teacher. Patience is his virtue. I was apprehensive about keeping up, but Dave paced the session very well." Give us a call at SAIL if you would like more information about these new vendors!

Members Make Us Strong (MMUS)

The Membership Growth and Marketing Team is delighted to announce that Tom Popp is the winner of the MMUS campaign drawing and receives a \$50 gift card to the Food Fight Restaurant group! Members who submitted two or more names of people who may be interested in SAIL were eligible for our August 31 drawing. Warm thanks to all who participated in this campaign to help us reach potential members! Thanks to you, we've shared SAIL information with over 22 potential members! Nancy Winton and Joy Knox followed Tom with the most submissions.

Stay tuned for our next drawing at the end of this month—a \$100 gift card to Food Fight Restaurants. Members who referred members who actually joined SAIL during the months of June through October are eligible. Finally, remember you receive a \$25 gift card anytime someone you referred joins SAIL. Member referrals continue to be our most effective marketing strategy! **Team Members: Don Haasl (Chair), Jane Earl, Ken Martin, Fred Ross, and John Schmidt**

Book Club News by Joan Box

Our kick-off meeting last month included refreshments, a friendly discussion and sharing of some of our summer "reads," a welcome to two new members, and an innovation for our group. Each of us is to come to this month's meeting ready to add his/her personal choice to the list of books from which we will together select the next Book Club reading. Here is your chance for personal input, aimed to widen the range of subjects and styles to suit our liking. Bring your own library card because our choice may not be from a library kit, so each person will need to reserve his/her copy of the book individually. Interested in joining us? Give SAIL a call at 230-4321 for more information. Hope to see you October 13!

Smart Giving Program (cont. from page 1)

Following the program, at 3:15 p.m., we hope you will stay for refreshments and socializing. Simple and elegant appetizers will be provided along with Wisconsin Cheese Wine and Beer Pairing guide by the Milk Marketing Board and a listing of simple recipes to make your holiday entertaining easier and more memorable! Call SAIL to register at 230-4321 by October 24 or email us at info@sailtoday.org

SAILing East

It is happening! We are expanding our membership on Madison's north and east sides! Our first SAIL Expansion meeting for current east and north side members is Friday, October 16, at the Hawthorne Branch Library, 2707 E. Washington Avenue at 12:30 p.m.

Come and have lunch, meet your SAIL neighbors, share your thoughts on what is needed in your neighborhood, discuss the best ways to get the word out, and offer additional input. SAIL is your organization and we definitely want to hear from you!

In addition, Oakwood Prairie Ridge is now offering SAIL members use of their fitness center during business hours at a very nominal cost. Members can also attend various events at Oakwood Prairie Ridge as well. If you'd like more information and/or if you would like to register for the SAIL expansion meeting on October 16, contact Charlene at 230-4321 or email charlene@sailtoday.org.



Is Your Car Ready for Winter?

Join us on Wednesday, October 7, from 8:00 a.m. to noon at the Firestone-West Town Mall for a free car check, sponsored by the SW-TRIAD. Each fall, local Triad chapters help seniors get ready for winter driving by sponsoring **Winterization Car Check** events, which are free of charge to those over age 50. You'll get a pre-winter assessment of your car's belts, tires (including spare), antifreeze, lights, turn signals and more. No registration is necessary and it is open to the public.

Triad is a national program that promotes safety and crime prevention for seniors. Sponsored by RSVP, the local Triad chapter includes seniors, Madison Police Department, Madison Fire Department, SAIL, West Madison Senior Coalition, and other agencies. For more information, visit rsvpdane.org.

Ballroom Dancing=Better Balance

Want to improve your balance, reduce your risk for falls, and have fun at the same time? Attend Ballroom Basics this fall at the Madison Central Library! Instructors: Susan Frikken of Yahara Physical Therapy Clinic and colleagues. Interested? Call us at 230-4321 or call the class sponsor, Madison Senior Center, at 266-6581.



How About a SAIL Bicycle Ride?

Join your fellow SAIL members on **Thursday, October 8, at 9:00 a.m.** for this year's final bicycle ride. Weather cooperating, we'll enjoy a "congenial" 15-mile group ride along several of Madison's wonderful bike paths, starting and ending at **the Odana Hills Golf Course parking lot**. Along the way we'll stop for coffee and a discussion sure to identify solutions for many of the world's great problems.

No need to pre-register; just show up with your bicycles on October 8 at 9:00 a.m. at the Odana Hills Golf Course. For additional information, contact the ride leader, Fred Ross, at 833-8315 or rossfm@chorus.net.

Consider Making SAIL Your Choice!

Just a reminder that SAIL is an approved designation for Thrivent members to designate their Choice Dollars[®].

The Thrivent Choice program is an easy way for eligible Thrivent members to recommend how they want to distribute a portion of its charitable outreach funds!



September Highlights



SAIL Book Club kicked off another season at Sequoia Library. Members pictured L to R: Jane Ayer, Sparrow Senty, Pauline Scott and Leader Joan Box. Back row: Johanna Ghei, Alice Punwar, Carol Brown, Barbara Shaw, Janette Poe, and Maria Schnos.



Wine and Cheese Pairings Social for new members at Square Wine Company with Sara Hill of the Wisconsin Milk Marketing Board.



Ski-Hi Explorer and Lunch Bunch Trip, L to R: Betty Stern, Dorothy Bollant, Marj Peters, and Ellen Burmeister.



Member Linda Conlon and Member Instructor Dorit Bergen

October By Member James R. Batt

You might say, on a bright and sunny day,
that October bursts upon us
in spectacular fashion,
shattering the last of a lush green calm.

But I have seen quiet, crisp frosty times
when the month only whispers its presence,
apologizing to summer's departed glory,
even while making its own quiet memory.

Smart Driver Class at SAIL

A few months ago, member Dorit Bergen suggested we host a class aimed at helping people age 50 improve their driving skills and offered to teach the class as well! Dorit, a certified instructor for the AARP Smart Driver class, educated 16 members and guests about new "rules of the road," new car technologies, and common changes that happen to us as we age and how those changes can affect our driving. Thank you, Dorit, for teaching this important class! Participants are advised to notify their insurance companies as most provide a discounted premium following completion of the class.

Interested in taking a Smart Driver Class? Call SAIL and we can help you locate one!