

# The SAIL Messenger

A Monthly Publication: December 2015

## SAIL Neighbors Meet for Food and Fun



Pepe Indalecio and Sandi Penzkover attended our 10th Anniversary party in March. SAIL seemed like a perfect fit for them—connecting with others, accessing to services and education, and volunteering to help fellow members—so they joined a few days later. As active retirees, they love meeting new people and hosting get-togethers.

Because of this, they decided a good way to meet other SAIL members would be to invite those living right in their neighborhood for food and conversation.

This fall, members living close by attended Sandi and Pepe's first SAIL gathering and had a fabulous time! Since then, some of the guests have met together for lunch and other events. This group named themselves, "Wildthings SAIL Neighborhood" and are meeting in a couple of weeks at the Stein's home for lunch and a tour of Stein's art studio.

If you are interested in getting to know your fellow SAIL neighbors, let us know! We can help with identifying members living near you; alert you of SAIL neighborhood gatherings being planned; and if you host, we can assist with invitations and refreshments.



## Yuletide Greetings from the Angel Choir

Come and join in the holiday spirit with a special performance by the Attic Angel Choir on December 14 at 10:30 a.m. at the Attic Angel Community Room, 8301 Old Sauk Road. Feel free to come early for coffee at 10:00 a.m. This holiday performance is part of the Attic Angel Monday Lecture Series and will be followed by a delicious lunch for those who wish to stay. Feel free to invite friends!

Menu: Chicken a la King on a puff pastry, muffins, fruit, dessert, and beverage (vegetarian option available). Cost: \$15 per person. Make lunch reservations by December 9 by calling 230-4321 or by email at [info@sailtoday.org](mailto:info@sailtoday.org).

### Benefit of the Month: Mattress Flip on December 9

If you would like your mattress flipped, sign up by calling 230-4321 no later than December 7. Volunteer Flippers (thank you, Flippers!) will be out from 12:00 p.m. until 4:00 p.m. Full Members: Free, Associate Members: \$15

## 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



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.

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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



### 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

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

This year marks another year of positive growth—we anticipate closing the year with at least 87 new memberships. We've also witnessed unprecedented volunteer growth, especially amongst members! By creating the Volunteer and Outreach Manager position, our 2014-15 vision "We will be a community of members helping one another age successfully," is alive and strong! Volunteers provide rides, perform light home chores, visit those who are living in facilities, host neighborhood social gatherings, share advice, teach classes, provide office support and leadership to SAIL, and more!

And, as planned, we've increased our staff time in vetting and coordinating home and personal services by 75% with Laura Adell's appointment to oversee our vendor program. Laura has steadily recruited new vendors, followed up with members who requested services, implemented a vendor registration program, and has coordinated two amazing vendor fairs in the past two years at no charge to you, our members!

If you are interested in volunteering in any of the aforementioned ways or if you are open to serving on one of our newly established member-led teams: Marketing/Outreach, Development, Vendor, Product, and Finance Team, please consider your talents and let us know if you can participate on any of these teams that are sure to help SAIL grow and improve!

We continue to refer to our completed 2015 Member Survey results while planning and evaluating our services and programs. Your input, however, is welcomed at all times!

We thank you all for your membership in SAIL and for your participation in our Tenth Anniversary Annual Appeal—our goal is for all members to participate this year—and any size contribution is welcome!

Finally, heartfelt thanks to our founders, Attic Angel Association and Oakwood Village, for your continued support and friendship!

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## Holiday Beer and Cheese Pairing

Come and enjoy some holiday cheer with fellow SAIL members at the Ale Asylum! On Tuesday, December 15, Sara Hill, manager from the Wisconsin Milk Marketing Board, will guide guests through six cheese and beer pairings and share information about each sampled product and what inspired each combination. We thank Sara Hill and the Ale Asylum for sponsoring this free event!

Thank you, member Carole McGuire, for organizing this fun holiday event and for serving as our SAIL host.

Space is limited! To register, call SAIL at 230-4321 or visit our events tab at sailtoday.org.

### Event Details

Date: December 15  
Time: 5:30-6:30 p.m.  
Location: Ale Asylum  
2002 Pankratz St.  
Madison

Participants are encouraged to stay for dinner following the event (not included in event).

## Welcome to Our New Members!

Anna and Edward Delebarre, Crestwood; Judy Klingbeil, Woodland Hills; Betty McClean, Faircrest; Richard and Joan Poulsen, Middleton; Mary Jo Prieve, Prairie Point; Arden and Jean Trine, Midvale Heights; Dick Vilstrup, Oakwood Village; Constance Waldmer, DeForest; Craig and Kathleen Wehrle, Sunset Village.

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



Laura Adell

### A Message from Member Services Manager Laura Adell

It's been a busy and productive month for the SAIL Service Provider program. In fact, we recently added a new carpet cleaning vendor whose company has served Dane County for 22 years! Its owner, Greg, states that the company specializes in areas he knows best: carpet and upholstery cleaning. For more information, give me at call at 230-4321.



I'm pleased to share that last month's vendor fair was a big success! Over 80 SAIL members attended and visited with 30 SAIL service providers. And, attendees enjoyed a tasty lunch of sandwiches and homemade soup catered in by Yola's Café. Here's what Marge Liss had to say about the event:

"Just wanted to thank you guys at SAIL and the

vendors for the fair last Friday. I had no idea that there were so many services for us seniors. We had a good time, met some other members, and I won a gift certificate to Walgreens. All in all, a very good day."

Thank you to everyone who participated in this year's event and a special thank you to the fair sponsors including: Adaptive Remodeling Solutions, Attic Angel Place, Cletus's Home Services, Cairasu Home Care, Life Assist USA, Life Organized LLC, Oakwood Village, and Rounds TLC. And, warm thanks to those who helped at the event and to Good Shepherd Lutheran Church.



### MSCR Announces New Activity Site!

Madison School & Community Recreation (MSCR) will be opening a new activity site in January, located at 4620 Cottage Grove Road. The new facility will hold a variety of classes and programs for all ages including those for 50+.

SAIL members receive a 10% discount off class fees in the form of reimbursement. Contact Laura at 230-4321 or by emailing [info@sailtoday.org](mailto:info@sailtoday.org).

### SAIL Annual Report, Service Provider, and Member Directory Update

We've received a fair amount of requests for the above items and will be mailing them to you— please plan for mid-month.

### Ways With Words...

Here's an offer for a no-charge opportunity to make your writing "new and improved" —a chance to personally experience the best ways to get your writing started and to keep it going.

Oakwood resident and long-time writer, journalist and editor Jim Batt will lead a once-a-week course on Tuesday, February 2, 9, 16 and 23 from 10 to 11:30 a.m. at Oakwood Village, University Woods. The course will include brief lectures, discussion, and participant writing experience. Class size is limited to a maximum of 10 students and registration is required by calling 230-4321.

## News and Information

### Estate Plan On The Internet—Should I Do That? *by Attorney Thomas S. Vercauteren*

You may have noticed a rising number of websites offering “self-help” estate planning services. These websites provide forms that individuals can use to prepare their own Will, Revocable Trust, and Power of Attorney documents. While these forms may provide some value for the most basic of plans, “one size fits all” estate planning is rarely appropriate, and may end up costing your loved ones more in court costs than you saved by using these forms. Items to consider when deciding how to meet your estate planning needs include:

1. **Service.** Estate planning is more than just the document preparation. A lawyer can provide a documented plan specifically tailored to your needs, and then help you coordinate the implementation of that plan through beneficiary designations, retirement account planning, re-titling assets, and more.
2. **Legal advice.** These websites are very careful to state that they are not providing legal advice, merely “self-help” estate planning services. For example, the first two sentences of LegalZoom.com’s disclaimer read: “LegalZoom is not a law firm, and the employees of LegalZoom are not acting as your attorney. LegalZoom’s legal document service is not a substitute for the advice of an attorney. (<https://www.legalzoom.com/disclaimer.html>). A lawyer provides legal advice and counsel that is unique to your circumstances. Lawyers can be held accountable if that legal advice breaches professional standards.
3. **Flexibility.** Just because it is legal doesn’t mean it is appropriate. The “self-help” websites advertise that their forms have been tailored to meet each state’s individual requirements for admission. However, no two estate plans are exactly identical. Whether it be creditor concerns, unique assets, beneficiaries with special needs, family differences, or countless other circumstances, your lawyer will listen to your story and help you make certain your loved ones are protected.

*Thomas S. Vercauteren is an associate attorney with Hurley, Burish & Stanton, S.C. in Madison. He practices Estate Planning, Elder Law, Real Estate, Probate, Trust Administration, and Special Needs Planning. He can be reached via telephone at (608) 257-0945 or via email at [tvercauteren@hbslawfirm.com](mailto:tvercauteren@hbslawfirm.com).*

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## Stay Connected With Each Other, With Family & Friends, And With Your Community

We’re thrilled to share a new way to connect with others and learn about healthy aging through an innovative website designed for people ages 65 and older and created at UW-Madison. Elder Tree, organized with the help of older adults, is easy to use and it’s free. There are no ads and no data sharing or selling. SAIL has joined as a community organization member of the site and is setting up a SAIL member group. We look forward to hosting an introductory presentation in January so you can meet the staff of Elder Tree for a free demonstration. If you’d like to log on now, just visit [eldertreewisconsin.com](http://eldertreewisconsin.com). Elder Tree offers many nice features like the ability to:

- Connect with other older adults.
- Learn about preventing falls, safe driving, medication management, caregiving, and health and wellness.
- Help other Elder Tree members.
- Learn about local events and resources.
- Stay in touch with family & friends.
- Track health symptoms & to-do's
- Learn about preventing falls
- Help other Elder Tree members.

## December SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Attic Angel Program: Remembering Pearl Harbor. 10:00 a.m. Attic Angel	8 Men's Group 9:30 a.m. Oakwood Village <hr/> Birthday Club 2:30 p.m. Panera Bread	9 SAIL Mattress Flip in Afternoon  Call SAIL to sign up!	10 Navigating the SAIL website 10:00 a.m. Oakwood Village Westmorland Room	11	12 Stamping Up Class 10:00 a.m.- 1:00 p.m. Oakwood Village, Westmorland Room
13	14 Attic Angel Program: Yuletide Greet- ings from the Angel Choir. 10:00 a.m. Attic Angel	15 Holiday Beer and Cheese Pairing 5:30-6:30 p.m. Ale Asylum	16	17	18	19
20	21	22	23	24	25 SAIL Office Closed	26
27 Movie Matinee 2:00 p.m. Oakwood Village Arts Center	28	29	30	31	HAPPY NEW YEAR!  (SAIL OFFICE IS CLOSED)	

Watch for your invitation to the  
Winter Luncheon coming soon!

## Upcoming Events Information

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

*Items in gray are open to SAIL members only.*

### SAIL Members' "Birthday Boys and Girls Club" *by Member Jim Batt*



Oh, my goodness, you mean your birthday is in December? That's when we customarily speak of "the Holiday Season," right? Well, dear heart, you simply *must*, as shall we, include your birthday celebration in that time frame also. Toward that end, read the following:

SAIL members who have their birthday in December are invited to join with other "SAILers" who share a life debut during that festive season for an informal social gathering at Panera's restaurant, 6637 Mineral Point Road, at 2:30 p.m. on Tuesday, December 8, for a bit of chattering and coffee, tea or soft drink.

Look, lots of good folks like you have survived December birthdays. Like, here are a few who actually were born on Christmas Day: Humphry Bogart, Cab Calloway, Sissy Spacek, and...who could forget him – Carl Rove. So, see you December 8, right?

### SAIL Men's Roundtable

**When and Where:** Tuesday, December 8, 2015 at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods

**Discussion Leaders:** Fred Ross

**Kickoff Topic: *Terrorism*.** The recent deadly ISIS attack in Paris was an act of absolute terrorism. Nor was this an isolated incident, as events elsewhere in the world demonstrate. But what is meant when we brand an act "terrorism"? Does one know it only by seeing it? Who practices terrorism, and why, and how, if at all, can it be effectively combatted? Is our revulsion the same regardless of the terrorist organization, whether it be ISIS, Al Qaida, or Boko Haram? And at the broadest level, is there even a rational way to talk about a phenomenon that seems to be inherently irrational?

**Transportation:** Need a lift? Call 230-4321

### 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 program begins at 10:30 a.m.

Monday, December 7: "Remembering Pearl Harbor" Michael Telzrow, Director, Wisconsin Veterans Museum

Monday, December 14: "Yuletide Greetings from the Angel Choir." The Attic Angel Choir.\*

\*SAIL members and friends are invited to stay for lunch following the program. Cost: \$15 per person; reservations can be made by calling 230-4321 by December 9.

The Book Club, Connections Group, and Lunch Bunch are taking a holiday break and will return in January!

### Stamping Up—Creating Personal Cards

*by Member Nancy Winton*

On Saturday, December 12 from 10:00 a.m. until 1:00 p.m. in the Westmorland Room at Oakwood Heritage Oaks, stamping leader, Laura, will be hosting a Stamping Up event. Cost is \$15 and includes 10 personally handmade cards to give to friends or family. Laura will bring all of the supplies and paper. A great way to enjoy some social time and laugh with new and old friends alike! To register: call 230-4321.

### Movie Matinee: A Walk in the Woods (2015)

Sunday, December 27 at 2:00 p.m., at the Oakwood Village Arts Center

Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz—a tottering wisecracking ex-alcoholic. Featuring Robert Redford and Nick Nolte. Rated R.