

# The SAIL Messenger

A Monthly Publication: March 2016

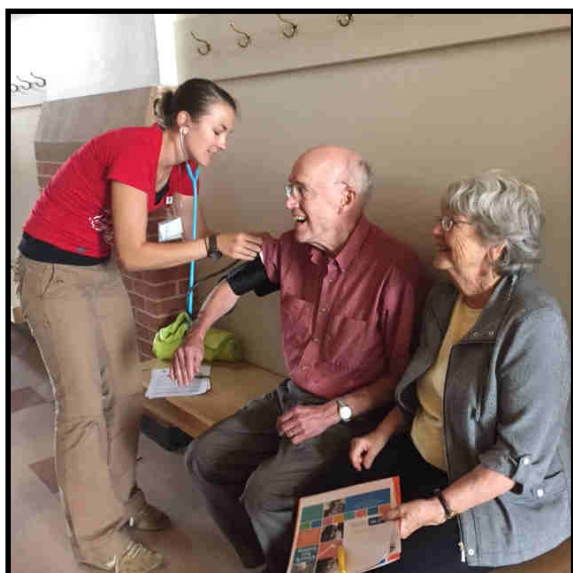
## No More Spring Breaks!

Come join us on April 19 for No More Spring Breaks! In collaboration with the University of Wisconsin-Madison and Oakwood Village, we have organized an action-packed day of education and personal screenings that will give you a leg-up on falls prevention.



Many people don't realize that over 40% of older adults who experience a serious fall find themselves spending the remainder of their lives in a long-term care facility. Wisconsin ranks second in the nation in deaths from falls. The GOOD NEWS is that most falls are preventable. You CAN take steps to lower your risk, and attending No More Spring Breaks! may be just the ticket for you!

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## Madison Public Library Tour

Join SAIL Volunteer Peggy York and fellow members for a tour of the Madison Public Library on March 10 at 2:00 p.m. In addition to our tour, we'll make sure to work in a little time for socializing at the library after the tour.

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## Benefit of the Month: Shred and Recycle this Spring

March and April are great months to get rid of old electronic equipment that is cluttering up your home and to safely shred old documents that have piled up over the years. If this sounds like a good idea to you, see page 6 for details about upcoming events that are designed to help you in this way!

## 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



Well, this month marks the beginning of a new decade at SAIL! What an exciting time for our members as we explore new services and programs while strengthening our current ones! At a recent Rotary Club meeting, we listened to a talk given by Ben Hebebrand, Head of School at the Madison Country Day School. He shared their commitment to Dr. Alfred Adler's belief that each person strives to belong and feel significant. I remember studying Adler's theory in college and realize how true this is for SAIL, too. Don't we all want to feel like we belong to a community and that we're important? It doesn't matter how old we are or how different we feel now compared to 20 years ago! At every stage of life this is important. You, our members and volunteers, work hard at this—making sure we nurture one another and help one another to always know that he or she truly belongs and is important. Thank you!

A good example of community is the meeting we had last month at Attic Angel Place for members without family support systems. Thank you to members Karen Peterson and Janice Gary for your inspiration and your help in leading our first gathering. We came up with some common themes and potential strategies for ensuring support, targeted planning, pertinent education, and social opportunities for the group. If you missed the meeting and wish to participate in future activities and planning, call us!

By now you've likely read about our membership fee increase. A lot of thought and number crunching went into this Council decision. This increase is only the third in our nearly eleven year history and our fees remain almost half that of other Village organizations nationwide. We appreciate your ongoing support and look forward to this next decade of helping one another live active, independent lives!

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### Madison Public Library Tour (Continued from page 1)

The library just received word it is one of 30 finalists for the 2016 National Medal Museum and Library Service award. This celebrates our library's extraordinary and innovative approaches to public service to make a difference for individuals, families, and communities.

If you'd like to attend the tour, please register by March 7 by calling 230-4321. If you would like to travel by bus, we'll depart from Oakwood Village, University Woods, Heritage Oaks at 1:30 p.m. (Cost: \$5 for bus.) If you are joining us from an east side location, let us know if you would like to carpool and/or if you need a ride. Tour begins at 2:00 p.m. by the first floor Mifflin Street entrance.

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### SAIL and Oakwood to Consider Additional Writing Skills Program

After completing their February classes in "Ways with Words," a highly successful course on writing skills, the dozen or so participants will be considering a plan to meet monthly. The course just concluded has been a joint program of SAIL and Oakwood. SAIL member and Oakwood resident Jim Batt conducted "Ways with Words" and will facilitate any additional programming with class focus to be set by the group itself. Members interested can call Jim Batt at 230-3064.

## “WE” ARE SAIL

*By Charlene Malueg, Volunteer and Outreach Manager*

I recently had the pleasure of talking with a couple of SAIL members who joined in hopes of meeting some new people and maybe even help others along the way.

One of these members recently had a short illness and told me that she never expected to need SAIL services so quickly. She didn't know who she would have called if not SAIL. She went on to say that it was so reassuring to know that there was someone to call who cared and was going to help. In many cases the help that's requested is often one or two small things, but they are so badly needed when you can't do them yourself. It's hard to put a value on that kind of support. As she finished talking, she smiled calmly and commented on how many friends she's making. She said it was nice to know that “someone has her back,” and the small tears in her eyes told me how deeply touched she was by the support so generously given. “Everyone should know about SAIL, it's given me a new uplifted spirit and hope” she told me.

Those words really hit me. Since starting at SAIL nearly three years ago, I've always known that SAIL was about the people and it was unique but I couldn't quite put my finger on why. Then I realized it. The SAIL that helped her wasn't the “place” (the office space), it wasn't the staff. **WE, TOGETHER**—helped her.

SAIL is different because we truly care for and take care of each other—whether that's as a member helping a member, a donor contributing to see SAIL grow and evolve, a volunteer changing a light bulb or flipping a mattress, an individual or group presenting important information, a person attending an event to learn, a neighbor looking out for another, a service provider giving support when needed, or the community resources that are available—it's all of **US** together working toward the same goal of living healthy and engaged lives on our own terms. **THAT'S** what makes SAIL unique.

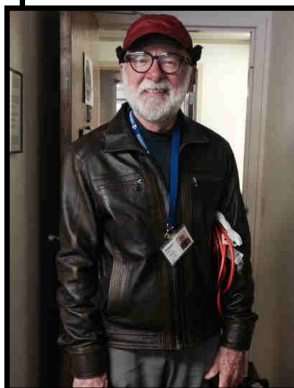
## Volunteer Ride Requests

Just a few tips to share as reminders if you are requesting a ride from SAIL:

- Rides are available for Full members. (Membership upgrades are available.)
- Call Betty Scott, volunteer driver coordinator with all ride requests (if you need Betty's number, call SAIL). Please do not schedule rides directly with volunteer drivers.
- If you leave a message, please be sure to listen for the beep, leave your full name and contact number.
- Please call Betty at least 3 days in advance of scheduled appointment. It is *sometimes* possible to arrange a driver with less notice, but it's much more difficult to do so.
- Because volunteers donate their time to drive, we have asked that they not accept monetary gifts. If you would like to thank your driver, you can submit a donation to SAIL in honor of the individual volunteer and they will be notified of the donation. Amount will be kept confidential.

We want to thank all of our volunteer drivers for providing this invaluable service to SAIL members.

If you would like to learn more about how to donate some of your time and help a fellow member by becoming a volunteer driver, contact Charlene at SAIL at 230-4321.



SAIL member and volunteer, RJ, stopped by after helping a SAIL member assemble a bookcase. “Have Tools, Will Travel,” RJ said, when asked to help.

## Volunteer Support Needed

Volunteer needed to assist a member with vision impairment with paperwork and data entry of expenses into a spreadsheet on a quarterly basis. Must have computer experience. Contact SAIL.



## Upcoming Events Information

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

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



The Marx Bros., March 8, and SAIL Members Born in March

"Well," says Libby, "I see that the SAIL people will be inviting all members born in March to get together on Tuesday, the ninth of the month, for coffee, tea or soft drinks and socializing at 2:30 p.m. at Panera's Restaurant out on Mineral Point Road."

"That so?" says Elmer. "You mean on the way to West Town? And 2:30 p.m. on March 8, right?"

"Correct," says Libby. "And when we have our birthdays we'll have to remember those nice SAIL gestures like that and attend."

"All this just goes to remind me," says Elmer, "I've been trying to look up something about the March Brothers, and darned if I can even find anything about them on the computer."

"It's MARX Brothers, not March Brothers," says Libby.

### SAIL Men's Roundtable *By Member Fred Ross*

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

**Kickoff Topic:** A number of the 2016 Presidential primary elections will be complete by the time of our scheduled March Roundtable. We'll continue our discussion of what these results signify. Does it appear the two political parties—and the American people—have essentially settled on their nominees? What do the results portend for the 2016 Presidential and Congressional elections? Have we reached an historic tipping point in American politics? The people are speaking, but is everyone pleased with what they are hearing? These questions and others will be discussed during the March Roundtable.

Need a lift? Give the SAIL office a call.

### 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 programs begin at 10:30 a.m.

Monday, March 7: "Circus: A Rich Tradition for Children of All Ages; From the Badger State to a Present Day Theatrical Experience." Scott O'Donnell, Executive Director, Circus World.

Monday, March 14: "The Silent Epidemic: A Personal Story about Epilepsy." Kristin Seaborg, M.D., Pediatrician and Author of *The Sacred Disease: My Life with Epilepsy*.

Monday, March 21: "Stories from Fourth Lake." Don P. Sanford, Author of *On Fourth Lake: A Social History of Lake Mendota*.

Monday, March 28: No Program—Spring Break.

### SAIL Member's Book Club *by Member Joan Box*

The SAIL Book Club will meet March 15 at 1:30 p.m. at Alice Punwar's home. We will be discussing the book *Orphan Train*. For Alice's address or more information about the Book Club, please call SAIL.

### Movie Matinee—Steve Jobs

March 20 at 2:00 p.m., Oakwood Village Arts Center  
This revealing biopic focuses on a few key incidents and relationships to tell the story of a digital visionary who changed the world. Rated R. 2 hours.

### Lunch Bunch

Join us at Oliva (Italian & Mediterranean food), 551 N. High Point Road, March 24 at 11:45 a.m.

All members are welcome—an informal social gathering and opportunity to try new restaurants around Madison. Please make a reservation by calling SAIL at 230-4321.

## March SAIL Event Calendar

| Sun  | Mon   | Tue  | Wed  | Thu  | Fri  | Sat |
|--|---|--|--|--|--|-----|
|  |   | 1<br>SAIL Turns 11!  | 2<br>Connections<br>1:00 p.m.<br>Oakwood<br>Village, Univer-<br>sity Woods                   | 3  | 4  | 5   |
| 6  | 7<br>Attic Angel<br>Program<br>10:00 a.m.<br>“Circus: A Rich<br>Tradition for<br>Children of All<br>Ages”                                       | 8 Men’s<br>Roundtable<br>9:30 a.m.<br>Oakwood<br>Heritage Oaks<br><hr/> Birthday Club<br>2:30 p.m.<br>Panera Bread | 9  | 10<br>Madison<br>Public Library<br>Tour-Central<br>Library,<br>2:00 p.m.   | 11   | 12  |
| 13   | 14 Attic Angel<br>Program,<br>10:00 a.m.<br>“The Silent<br>Epidemic: A<br>Personal Story<br>About Epilepsy”<br>SAIL Council<br>4 p.m. to 6 p.m. | 15<br>Book Club<br>1:30 p.m.<br>Call SAIL for<br>address details   | 16<br>“Downsizing<br>Made Easier”<br>2:00 p.m.<br>Oakwood<br>Village, Univer-<br>sity Woods  | 17<br>St. Patrick’s<br>Day<br> | 18<br>“Shred Day”<br>2:00 p.m.<br>Oakwood<br>Village,<br>University<br>Woods | 19  |
| 20 Movie<br>Matinee:<br>Steve Jobs<br>2:00 p.m.<br>Oakwood<br>Village Arts<br>Center | 21<br>Attic Angel<br>Program<br>10:00 a.m.<br>“Stories from<br>Fourth Lake”   | 22   | 23<br>“Elder Abuse<br>by Power of<br>Attorney”<br>10:30 a.m.<br>Prairie Park<br>Senior Apts. | 24<br>Lunch Bunch<br>11:45 a.m.<br>Oliva,<br>551 N. High<br>Point Road   | 25   | 26  |
| 27   | 28<br>NO Attic Angel<br>Program—<br>SPRING<br>BREAK   | 29   | 30   | 31   |  |     |

## Information, News, and Updates

### Welcome to Our New Members!

Linda Anderson (Middleton), Elizabeth Campbell (Wexford Village), Mary Hennen (Oakwood Village), Duncan and Linda McNelly (Greentree), Marianne Miragia (Shorewood Hills), Alphonsa Thornton (Midvale Heights), Brad and Rita Spencer (Indian Hills). **Remember to share SAIL with friends!**

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### A Message from Member Services Manager Laura Adell:



Last month, I had the pleasure of meeting with a new business owner, Madhavi Krishnan (pictured at left). She is co-founder of Square Harvest, a unique online farmer's market whose vision is to create a network of farmers, buyers, and shippers in Dane County, providing access to local food for all. It's a win-win—farmers can make a profit, small businesses thrive, and everyone is able to eat well. Many SAIL members are interested in supporting local farmers and the free delivery is an added plus—especially for our non-driving members! You can order pastured meats, fresh produce, bakery items, dairy, artisan foods, and more. And, get 10% off on your first order! Feel free to check

them out at [www.squareharvest.com](http://www.squareharvest.com) or give me a call. If you don't have internet access and are interested in ordering, please call SAIL at 230-4321.

### Is Spring Cleaning on Your Mind?

Our new carpet cleaning vendor, Greg Albert, is offering SAIL members an exclusive 10% discount during the month of March. The discount is valid for any job that includes four carpeted areas or more. Technicians Ryan and Nathan have received high ratings for their professionalism and quality of work. Find their contact information by logging in to the SAIL website or call Laura at 230-4321.

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### Benefit of the Month (Continued from page 1)

**Not sure where to start?** How about learning about “downsizing” and “de-cluttering” by fantastic SAIL Vendors? Be sure to attend one of these excellent presentations:

- “Downsizing Made Easier,” March 16 at Oakwood Heritage Oaks at 2:00 p.m. presented by Rounds TLC.
- “Downsizing With Ease,” April 22 at Oakwood Prairie Ridge at 2:00 p.m. presented by Moving Forward.  
*To register for one of the above sessions, please call 230-4321 or email us at [info@sailtoday.org](mailto:info@sailtoday.org)*

**Have old documents to shred?** Bring up to 5 bags to our upcoming “Shred Day”:

- March 18 at Oakwood Heritage Oaks from 2:00 p.m. to 4:00 p.m. **or** April 22 at Oakwood Prairie Ridge from 2:00 p.m. to 4:00 p.m.

**Need to dispose of old electronics? Old TV's, computers, and phones?** Drop them off at the MARC organization's Electronics Recycling Day on March 5 at 3939 Lien Road between 10:00 a.m. and 2:00 p.m. or call SAIL and we will arrange to pick them up and recycle them for you! \$10 fee for CRT TV's (tube).

## **Be Smart About Tax Scams!** *By Attorney Melissa Warner*

Unfortunately tax season results in an explosion of tax scams. The scams take various forms, all aimed at obtaining taxpayers' personal and financial information. A recent issue during tax season is the receipt of emails that purport to be from the IRS or tax preparer software asking for personal information. At the same time, individuals are receiving phone calls where the scammers threaten the individuals with arrest, lawsuits, or levies if the individual does not provide bank information to pay the alleged tax and penalties. Alternatively, the scammers state that you are entitled to a large refund and request bank account information in order to deposit the refund.

**Below is a list of guidelines to follow in the event you are contacted by someone claiming to be with the IRS:**

- The IRS will generally not contact you by telephone, email, text message or social media.
- Unless you initiated a call to the IRS or are otherwise expecting a telephone call from the IRS, which is very rare, do not give out your personal or financial information.
- If a purported IRS employee contacts you, record the employee's name, ID badge number, and call-back number. Call the IRS at 1-800-366-4484 to determine if the phone call is legitimate.
- In the event there is an issue with your tax return or refund, the IRS will generally contact you via a letter.
- The IRS has strict procedures for giving you notice that additional tax is due and the appeals process for the same. You will receive written correspondence from the IRS with specific details as to the amount due and why. The IRS will not unexpectedly call to inform you that you owe tax immediately.
- Unless you provided direct deposit information on your tax return, refund checks are mailed to you. Do not give bank information over the telephone for deposit of the same.
- Do not provide your bank or credit card information over the phone to pay a tax debt. Unless you initiate an online payment through the IRS.gov website, pay any tax owed via check.

In all circumstances, if you are unsure of whether the communication from the IRS is legitimate, call the IRS directly at 1-800-829-1040.

*Melissa Warner is an attorney with Axley Brynelson, LLP with offices in Madison and Waukesha. Melissa practices estate planning, estate and trust administration, tax and general business law. She can be reached at (608) 283-6782 or [mwarner@axley.com](mailto:mwarner@axley.com).*

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### **Elder Abuse by Power of Attorney**

Our local Triad Program is pleased to announce this upcoming presentation on Wednesday, March 23 at 10:30 a.m. at Prairie Park Senior Apartments, 6530 Schroeder Road, Madison. Attorney Grace Knutson of the Greater Wisconsin Agency on Aging Resources will present this important topic.

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### **No More Spring Breaks** (Continued from page 1)

We'll meet in the Heritage Oaks lobby between 12:30 p.m. and 1:00 p.m. on April 19. UW-Madison students will help you find your way to the various screening stations related to medications, balance, gait, strength, cognition, home safety, and more. Then, at 3:00 p.m., we will gather in the Arts Center where students will be available to review your results with you and answer any questions you may have. To register, call SAIL by April 15 or email us at [info@sailtoday.org](mailto:info@sailtoday.org)

## eldertree *By Lois DePiesse*

**Connect – Learn – Track – Give** is the exciting invitation being offered to older adults across the entire state of Wisconsin by a simple new website designed to create a virtual community for older adults. Hundreds of people, many with no prior computer experience, are engaging the simple technology from their homes or public libraries to reach out to new friends and virtual neighbors. Elder Tree is a free website created by the UW-Madison Center for Health Enhancement Systems Studies (CHESS) for people to avoid isolation and learn together from each other in the safety of their homes.

Scott Gatzke, Director of Dissemination, told a group of SAIL members gathered at Attic Angel Place last month how this simple and easily learned technology can help people living independently connect with others. It is easy to chat with many people at once or just one to ask questions about health issues, local resources or even fears or concerns one may have. It is a way to share one's knowledge and end the isolation that circumstances can create. Everyone has a user name so comments and questions are always anonymous on the commercial free site.

We learned SAIL will have access to its own virtual community in Elder Tree as well as the community at large. This will enhance and empower the close connections already offered by our SAIL program. Explore the promising and robust potential of this new technology at [eldertreewisconsin.com](http://eldertreewisconsin.com) or call SAIL for more information.



Warm thanks to Two Men and a Truck for donating a day of moving items in members homes last month. Pictured at Left: Member Jackson Tiffany, Movers Blaize Koester and Enoch Fleming



Members had high marks for “Ten Things You Should Know About Aging” presented by Dr. Alexis Eastman. L to R: Carole McGuire, Mary Holm, Caroline Clark, Dr. Eastman, and Ruth Bogart (in front)

## Are You Cell Phone and Smart Phone Savvy? *By Member Fred Ross*

If so, SAIL needs your help. A number of our members are challenged by the seemingly endless decisions involved in purchasing and using cell phones and smart phones. What is the difference in carriers? How do I sift through the various plans they offer? Are there any plans that might be particularly suited for the “older set”? And beyond cell phones, what might be the advantages of a smart phone? Is that technology likely to be over my head? And if I purchased a smart phone, could I learn to use it?

Because there are so many questions needing answers, we're seeking a volunteer or volunteers interested in leading a tutorial session for SAIL members. Content and form and scheduling for such a course would be up to the leaders; the important thing will be providing a forum for members to ask and find answers to this communication technology that can be so daunting for first-timers. If you have knowledge and interest in this area, please contact the SAIL office. With your help, we can plan and conduct this needed program!