



The SAIL Messenger

A Monthly Publication: April 2016

SAIL Spring Luncheon and Annual Meeting

We hope you'll join us for this year's Spring Luncheon and Annual Meeting! We'll be gathering at the University of Wisconsin Arboretum on May 13.

Come and enjoy a delicious lunch, elect three new SAIL Operating Council members, and listen to

a special talk by local author Frank Court! The luncheon will also be a wonderful chance to catch up with old friends and make some new ones.

You may even want to take a stroll on the lovely trails and catch a glimpse of spring flowers and plants at this internationally renowned ecological restoration of tallgrass prairies, savannas, forests, and wetlands.

Following a brief meeting and Council election after lunch, Frank Court, an emeritus professor of English from Northern Illinois University, will share historical facts and folklore about the Arboretum. Court has been a volunteer at the Arboretum since 2007 and is author of "Pioneers of Ecological Restoration: The People and Legacy of the University of Wisconsin Arboretum," published by the UW Press in 2012. We hope to see you there!



Spring Luncheon and Annual Meeting

When: Friday, May 13 at 11:30 a.m.

Where: UW Arboretum
1207 Seminole Hwy, Madison

Please note that your personal invitation and 2016 Annual Meeting nomination information will be mailed April 11. Please feel free to invite a friend!

Thank you to BrightStar Care for sponsoring this event.

Supporting Active Independent Lives:

A nonprofit membership organization whose members help one another age successfully and have access to vetted services, educational programs, and social opportunities.

SAIL is a "village." In fact, we are the second oldest "village" in the country and a charter member of the national Village to Village Network. We are proud to participate in an ongoing exchange of ideas and support that is aimed to help people live life to its fullest as they age.

Member Benefits:

- Access to pre-screened service providers and volunteer support
- Invitations to social and educational events
- Information and referral services
- Automated Check-In
- Volunteer opportunities
- Discounted wellness classes and products
- House checks
- Transportation
- Many more!

Two membership levels are available. Contact SAIL for information.



Celebrate Earth Day with SAIL: Attend "Downsizing With Ease" and "Shred Day"

What is downsizing? It translates into looking at your belongings and giving some serious thought about passing some of your treasures on to family, friends, library, church, etc. Perhaps you will

stay in your home for a few more years, but now is the time to start to downsize!

"Helping seniors downsize with ease" is a good way to think about who Moving

Forward is and what kind of work they do. (Continued on page 6)

Benefit of the Month: Mattress Flip

If you are interested in having your mattress flipped or rotated, sign up by calling 230-4321 by April 22. SAIL Volunteer Flippers will be out the afternoon of Tuesday, April 26. Thank you, Flippers!

Cost: Full Members, Free / Associate Members, \$15



Office Hours

M-F 8:00 a.m. to 4:30 p.m.
Closed holidays

Supporting Active Independent Lives (SAIL) is a program of the Madison Area Continuing Care Consortium, Inc., a non-profit organization whose members include Attic Angel Association and Oakwood Lutheran Senior Ministries.



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



Collaboration, integration, association, affiliation. . . you get the idea! Yes, these are critical concepts as we plan for the future at SAIL. I had two most interesting meetings last month. Both convinced me 100% that the best (not the only, but the BEST) way to help you, our members, position yourselves to age well and live life to its fullest, is to connect with organizations that, like us, are member-driven, active, cutting edge, daring, and caring. Council Member Barbara Gessner and I presented SAIL to a UW-Madison program, Center for Health Enhancement, the creators of Elder Tree. It is a cool social media website designed for older adults that is safe, informative, and innovative! We will be talking further about ways to collaborate. I then had a chance to visit with the American Red Cross staff, thanks to member Carole McGuire. Carole suggested we meet and explore ways to work together in making homes safer for older adults. We learned of an innovative opportunity for SAIL volunteers to install smoke detectors in homes of older adults. The smoke detectors and training are provided by the American Red Cross. We look forward to working together in the near future—if you are interested in volunteering or in having a new smoke detector installed, give us a call! And, we've recently finalized a new "partnership"—one that connects SAIL members with students at Edgewood College. The students want to gain real-life experience working with older adults living in the community, and they see SAIL members as a perfect group to learn from and to share their knowledge with. To do this, we need your help—sign up to help today's college students learn beyond the text book about older adults. Who knows—maybe some will pursue careers in geriatrics! And, you can help eliminate ageism at the same time! Interested? Sign up to be a "senior partner" so our students today and practitioners tomorrow can see first hand the beauty of aging and, of course, the challenges.

No More Spring Breaks

Come and participate in a special workshop on April 19 hosted by SAIL, Oakwood Village, and the UW-Madison. Students from nursing, occupational therapy, physical therapy, and pharmacy will provide personal screenings and educational tips on how to prevent falls. Arrive at Heritage Oaks between 12:30 p.m. and 1:00 p.m. and a student will guide you to the various screening locations. At 3:00 p.m., we'll gather in the Arts Center to learn about the findings and next steps to take. Special exercise program demonstrations will be offered throughout the afternoon as well! Call SAIL to register at 230-4321.

Ready, Set, Retirement Program!

This program offers valuable information for making key decisions before and after you retire. The Madison College Paralegal program in cooperation with WPS, Greater Wisconsin Agency on Aging Resources (GWAAR), Dane County Bar Association, and State Bar of Wisconsin will host this free event on April 16, 8:30 a.m.-12:15 p.m. at the Madison College Truax Campus, 1701 Pearson Street (Protective Services Building). Reserve your seat today by calling GWAAR at (608) 243-2881.

April is Volunteer Appreciation Month—And SAIL Appreciates Every One Who Gives Their Time and Energy to Help Another!

Dedicated hearts like yours
Are not so easy to find.
It takes a special person to be
So generous and kind.

To care so much for your fellow man
Is a quality all too rare.
Yet you give of your time and talents,
For all in need to share.

So thank you for being a volunteer,
We're privileged to work with you.
We want you to know how appreciated you are,
Not just today, but the whole year through.

—Author unknown

In April, watch for your individual invitation to attend a volunteer recognition event in your honor. SAIL would not be what it is without the support of each and every member and non-member sharing their time, energy, compassion, education, and spirit.

Thank you for what you do to enhance the lives of others!



Help Promote Nature

Martha, a volunteer driver has learned from a UW receptionist that there is an alarming shortage of nature magazines in doctors and dentists waiting rooms and is the result of “well, the good ones just walk off.”

So we are anxious to help *re-supply* magazines that SAIL members may otherwise discard! Magazine possibilities include: Audubon Magazine, National Wildlife, Nature Conservancy, Living Bird, World Wildlife (WWF), Sierra, The Leopold Outlook, Defenders of Wildlife, All About Birds, and National Geographic.

If you would like to help, you may leave your contribution at the SAIL office or call Charlene to arrange for a pick-up.

Volunteer Opportunity for Members with Low Vision

Do you like to hear poetry or short essays read aloud? We have volunteers who like poetry and have offered to read favorite pieces to individuals at home or in small groups. From Shakespeare, to Wordsworth, to Ogden Nash—what would you like to hear? If you’re interested in reading or listening, call Charlene at SAIL.

Welcome New Volunteer

Ernie Hanson, SAIL Member—Ernie has agreed to serve on the SAIL Finance Team and to help build a professional services membership.

“I really enjoy working with all the people that have asked me to help. They all have such interesting stories. Thanks for giving me the opportunity to volunteer for SAIL. —Jill

Jill provides in-home volunteer computer support.

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*



"Oh, yesss...April, April" Lester murmurs, slowly rolling his head this way and that. His wife Karen comes up behind him, interjecting, "You're not daydreaming again about your old high school sweetheart, April Longley, are you? Well, you just better not be, Buster."

"Um, no. of course not. I was just thinking of, um, your birthday. Oh, yeah...your birthday. It's in April, right?"

"Of course. And I'll be getting together with other SAIL members born in April – just to get acquainted, share a coffee or whatever, and have some socializing. *Our SAIL April birthday gathering will be at Panera's restaurant at 2:30 p.m. on Tuesday, April 12.*"

"Yeah, corner of Mineral Point Road and Grand Canyon Drive," says Les, rising to the occasion and leaving April Longley to other days, other times.

And so does conscience make cowards of us all, for who knows what dreams may come? Well, you could just go and ask Lester.

SAIL Men's Roundtable *by Member Fred Ross*

When and Where: Tuesday, April 12, 2016 at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Kickoff Topic: By any standards the 2016 Presidential primary elections have been extraordinary. Most of us have been staggered by the unfolding drama. Given how these elections have been playing out, we hear claims that the US political system is broken. Do we agree with these claims? Is it time for a change in the two-party system, or perhaps in one or another of *these* two parties? Do primary elections, as currently conducted, make sense? Indeed would the US be better served with a UK-like parliamentary system than direct Presidential elections? These questions and others will be the basis for discussion at the April Roundtable.

Attic Angel Lecture Series

The lectures 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 lectures begin at 10:30 a.m. **Note:** No program on Monday, April 25.

Monday, April 4. "The Beginning of Human Flight: From Arm to Wing." Samuel O. Poore, MD, PhD, Assistant Professor of Surgery, Division of Plastic and Reconstructive Surgery, Department of Surgery University of Wisconsin Hospital and Clinics.

Monday, April 11. "Schubert and Those He Inspired." Catherine C. Kautsky, MBA, PhD. Professor of Music Chair, Keyboard Department, Lawrence University, Appleton.

Monday, April 18. "Madison College—Investing in Its Student and Communities." Jack Daniels, III, PhD., President, Madison College.

SAIL Book Club *by Member Joan Box*

The SAIL Book Club will meet at 1.30 p.m. on April 19 at Sequoya Library. We will be discussing the book *I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban*. In May, the chosen book is *The Hobbit* by J. R. R. Tolkien. For more information about the Book Club, please call SAIL.

MOVIE MATINEE ~ "BROOKLYN" (2015)

Sunday, April 24 at 2:00 pm at the Oakwood Village Arts Center.

After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations—and two men. *Rated PG-13.*

Lunch Bunch

Join us at Sprecher's, April 28 at 11:30 a.m. at 1262 John Q Hammons Drive All members are welcome—an informal social gathering. Please RSVP to SAIL.

April SAIL Event Calendar

Sun Mon Tue Wed Thu Fri Sat

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|---|---|--|---|--|--|---|---|
| 31 | <p>Save the Dates!</p> <p>Considering Your Options? May 3, 10:00 a.m. at Oakwood Prairie Ridge</p> <p>SAIL Spring Luncheon and Annual Meeting, May 13, 11:30 a.m. at University of Wisconsin Arboretum</p> <p>Better With Age Lecture Series: Cataracts, May 19, 2:00 p.m., at Oakwood Arts Center.</p> <hr/> <p><i>Note: Shaded programs are open to the public, others are member-only.</i></p> | | | | | 1 | 2 |
| 3 | <p>4 Attic Angel Program 10:00 a.m. “The Beginning of Human Flight: From Arm to Wing”</p> | 5 | <p>6 Connections Meeting 1:00 p.m.</p> <hr/> <p>Good to Go From Head to Toe Health Fair, Colonial Club in Sun Prairie</p> | <p>7 “Always” Patsy Cline Program (Advanced Reservations Required)</p> | 8 | 9 | |
| 10 | <p>11 Attic Angel Program 10:00 a.m. “Schubert and Those He Inspired”</p> | <p>12 Men’s Roundtable 9:30 a.m. Oakwood Heritage Oaks</p> <hr/> <p>Birthday Club 2:30 p.m.</p> | 13 | 14 | <p>15 On Our Own Luncheon 11:30 a.m. Elie’s in Monona</p> | <p>16 “Ready, Set, Retirement” Madison College-Truax 8:30 a.m.-12:15 p.m.</p> | |
| 17 | <p>18 Attic Angel Program 10:00 a.m. “Madison College: Investing in Its Student and Communities”</p> | <p>19 No More Spring Breaks Falls Prevention 12:30 p.m.</p> <hr/> <p>Book Club 1:30 p.m. Sequoia Library</p> | 20 | 21 | <p>22 Earth Day Events: Recycling, Downsizing and Shredding, Oakwood Village Prairie Ridge</p> | 23 | |
| <p>24 Movie Matinee: Brooklyn 2:00 p.m. Oakwood Village Arts Center</p> | <p>25 NO Attic Angel Program due to Attic Angel Association Annual Meeting</p> | <p>26 Writers Writing, 10:00 a.m. Party Room Oakwood Tower Apartment</p> <hr/> <p>Mattress Flip</p> | <p>27 Safe Driving: Keeping the Keys 10:30 a.m. Greentree Glen Apartments</p> | <p>28 Lunch Bunch 11:30 a.m. Sprechers</p> | 29 | 30 | |

Information, News, and Updates

A Message from Member Services Manager Laura Adell:

Help us add service providers! I'm looking for providers in the following areas: black-top coating and maintenance, concrete construction, and a company that provides services for flooring. We are always looking for service providers, so please call me if you know of someone who would be a good fit with the SAIL vendor program.



Laura Adell

We want to welcome Rafael as one of SAIL's house cleaning services. Rafael previously worked for another cleaning service but has recently started his own business. Rafael received many high praises from SAIL members in the past. Interested? Give us a call!

It's time to start thinking about spring cleaning. Need help washing your windows, cleaning out your gutters, pressure washing your house or deck? Do you want someone to do a spring clean-up on your yard? We have great vendors who can help with all of these chores and more. Just call us and we'll set you up!

Earth Day Events (Continued from Page 1)

If it's time to downsize at your home, consider attending a special "Earth Day" presentation on April 22 at 2:30 p.m. at the Oakwood Village Prairie Ridge campus. SAIL vendor Marianne Gariti, owner of Moving Forward, will discuss downsizing and share some tips to make the process a little smoother! Maybe you want to give one of your treasures to a family member the next time you see them? Tell them the story behind what you are giving them.

Additional Earth Day events at Oakwood Prairie Ridge: "Recycling and You" featuring Michelle Grindle of Waste Management at 1:00 p.m. and "Shred Day with Pellitteri's" from 1:00 p.m. to 3:00 p.m. (Bring up to 3 boxes or 5 grocery bags of shredding items). Register for one or all of these programs by calling or emailing SAIL. Feel free to invite friends! ***Thank you to the Madison Community Foundation for supporting this event!***

Considering Your Options?

If you or someone you know are planning ahead and would like to learn more about how SAIL can help you stay safe, healthy, and connected, consider attending a special event on May 3 at 10:00 a.m. at Oakwood Prairie Ridge. A complementary lunch will follow the program. You can also learn more about the Prairie Ridge campus and enjoy a tour if you'd like! To register, call or email us by April 25.

On Our Own—A New and Evolving Effort at SAIL

A first-time meeting for single members without family support systems held in February led to a luncheon event last month, organized and led by members Janice Gary and Karen Peterson. A group of eight met at the Twist Restaurant to further explore educational topics and interest areas, social connections, resources, advocacy needs, and other items pertinent to them.

The next meeting is Friday, April 15 at Elie's Family Restaurant at 4102 Monona Drive in Monona. If you plan to buy lunch, arrive at 11:30 a.m. After lunch, at approximately 12:15 p.m., we will discuss the topic of "Health Advocacy for Single People" and end the meeting at 1:15 p.m. The discussion will be led by SAIL service provider and health advocate Jesi Hirsch, RN. If you'd like to attend, call SAIL to register!

Special thanks to community volunteers Jim Zirbel and Lorelle Micklitz for helping members with their Smart Phones and Tablets last month! We look forward to future tech help sessions!

Donor Acknowledgement Thank you to the following donors for your generous contributions to SAIL for the period of December 24, 2015 through March 17, 2016. We deeply appreciate your support!



Thank You!

Member Donors

Mike and Ann Albert

Edith Ann Anderson

Janice Baldwin

Gail Bliss

Rita Bloomfield

Carol Brown

In honor of SAIL staff

Martha Christensen

Tony and Jane Earl

Fran Erney

Donna Fox

Barbara Gessner

Herman Goldstein

Donald and Jan Haasl

Ernie and Diane Hanson

Ann Hartmann

Carroll Heideman

Dale and Dianne Hopkins

Jaclyn Hoveland

Jim and Pat Kallsen

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In thanks to Barbara Gessner

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Oakwood Lutheran Homes Association

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Anne Whalen

Attorney John Mitby

Oakwood Village

Madison Community Foundation Event

Michael Norton, Harvard Business School

professor and co-author of *Happy Money:*

The Science of Happier Spending, will headline

“Madison Gives 2016,” Madison Community

Foundation’s Annual Event on May 12, at the Monona Terrace. We hope

you will consider attending part or all of this event. SAIL is a recent

recipient of a special grant from the foundation to help us expand on

Madison’s east side. We also received a \$5,000 contribution to our newly

established endowment fund! For more information call SAIL or visit

madisoncommunityfoundation.org. To register, call MCF at 232-1763 or

visit <http://www.madisoncommunityfoundation.org/> by May 5.



Warm Up Your Clubs for Our 2nd Annual Golf Outing

We will be hosting our 2nd Annual Golf Outing on Wednesday, June 8, at the Meadows of Sixmile Creek in Waunakee. It’s not too early to sign up! If you do so by May 1, you’ll

receive a free practice round to use prior to the event! And, thinking of a nice warm sunny day sounds pretty good right now. Get your team together and sign up for 9 holes or 18 holes (individual sign-ups are welcome as we can form teams!)

Thank you to member Donna Ploc for chairing again this

year! If you are interested in helping to organize or volunteer the day of the event, please call Charlene at SAIL!





Dean Smith and Shred it!



TLC's Jeanne Cantwell,
Downsizing Speaker



SAIL Explorers at Madison Public Library
Thank you Peggy York (not pictured) for attending as the SAIL representative on the trip.

Upcoming Programs and Events

Good to Go From Head to Toe—Colonial Club Health Fair

Join us on Wednesday, April 6 from 9:00 a.m. to 12:00 p.m. at 301 Blankenheim Lane, Sun Prairie. Connect with community-based health and wellness resources for older adults. SAIL will host a table at this event thanks to funding by the Madison Community Foundation for eastside expansion!

Safe Driving: Keeping the Keys

Join us on Wednesday, April 27 at 10:30 a.m. at the Greentree Glen Senior Apartments, 732 Struck Street in Madison. Speaker Jim Kubek, Supervisor at AAA Driver Training, will discuss how to lower mature driver risk and plan for transportation and independence after giving up automobile ownership. Sponsored by TRIAD of which SAIL is a member. Call SAIL to register in advance.

“Writers Writing,” a Possible Once-A-Month Gathering

By SAIL member and Oakwood Resident Jim Batt

Writers Writing is a proposed once-a-month program for SAIL members and Oakwood residents interested in sharing and discussing their own writings and that of others. A meeting to discuss such a program will be held at 10 a.m. on Tuesday, April 26, in the Party Room on the third floor at the Oakwood University Woods Tower Apartments. Jim Batt, leader of the recent *Ways With Words* series, will facilitate the monthly series, but programming would be determined totally by group participants, including conduct of meetings and plans for ongoing activities. Initial interest seems to indicate a focus on participant reading of their own or other writings, followed by discussion. Do attend if you are at all interested. Should there be time, we also may be able to read and discuss participant or other writings. Bring these with you!

Many thanks to BrightStar for sponsoring this issue of the SAIL Messenger!

As an approved SAIL service provider, BrightStar provides care and assistance delivered by certified nursing assistants working under RN oversight. Their compassionate care professionals are among the most trusted in the industry.

