

# The SAIL Messenger

A Monthly Publication: September 2016



## What's In A Name? *By the SAIL Member Marketing Team*

A lot! It tells the world who we are. And, as you learned recently in your member letter, SAIL is changing its name from “Supporting Active Independent Lives” to “**SHARING** Active Independent Lives.”

*Sharing* is a significant word, because “sharing” of time, talents, and treasure has dramatically expanded our ability to respond to the needs of older adults in our community. Since 2012, we’ve experienced a significant increase in:

- Members helping one another leading to members receiving more services
- Membership and vetted vendors
- Donations, sponsorships, and local foundation support
- Collaborations with local community organizations
- Member leadership in the operations of SAIL

All of these, of course, happen because people are sharing with SAIL. We feel this new name embraces these changes and the fact that good things happen when we come together as a community to face life’s challenges! Changing our name from “supporting” to “sharing” highlights an important progression in who we are.

(Continued on back page)

## It's Never Too Late to Date



The *Age of Love* is a poignant, groundbreaking documentary that chronicles a speed-dating event for adults age 70+. It’s the discussions of friendship, relationships, and love that give the film depth and meaning.

A special *Age of Love* screening, hosted by the Madison Senior Center and co-sponsored by SAIL, is scheduled at the Madison Central Library, on Tuesday, September 13, at 1:30 p.m. Join us to meet & greet the director/producer, Steven Loring, before the screening and stay for Q&A after the film. Call 266-6581 to pre-register or call SAIL for information and/or request to carpool.

### Benefit of the Month: Rise and Shine

If you live alone, you may want to sign up for Rise and Shine—a daily check-in service at no cost to Full Members. It’s easy to use and offers great peace of mind. Interested? Call us at 230-4321

## Sharing 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 at helping 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.*



## Office Hours

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

Sharing 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.



**OAKWOOD**  
OAKWOOD LUTHERAN  
SENIOR MINISTRIES



**ATTIC ANGEL**  
COMMUNITY  
EXTRAORDINARY Giving.  
EXCEPTIONAL Living.

## SAIL Operating Council:

Christine Beatty,  
Dorit Bergen, Martha Christensen, Mary Ann Drescher, Jane Earl, Tom Evans, Barbara Gessner (President), Don Haasl (Secretary), Patricia Kallsen (Vice President), and Bob Topel



## A Message from Executive Director Ann Albert

A lot happened last month, and more excitement is on the horizon! And, talk about sharing! Warm thanks to member Lois Curtiss who hosted our first-ever 90's Breakfast. The gathering at Blackhawk Country Club was enjoyed by twenty SAIL members who together have over 2,209 years of life experience! It was such a nice time that the group decided a 90's Breakfast should be held quarterly!

Our 500-plus SAIL members range in age from 58 to 100—and over 60 of our members have reached the milestone of 90 years—making them our most life-wise members!

Thank you to member and co-leader of the On Our Own (O3) group, Janice Gary, for hosting a fun picnic and garden tour last month at her home. It was wonderful to see Jan's beautiful yard and the handsome deck built by SAIL Vendor Dan Buechner. In addition to sharing a delicious meal together, it was good to spend time getting to know one another! Connecting is good for our health and well-being!

Coming up: Programs this month cover a wide range of interest areas: falls prevention, finding love in our 70's and 80's, sleep, tax planning for single people, buying or not buying a smartphone, alternatives to smartphones, and, of course, the three Attic Angel lectures about Cuba, the World Dairy Expo, and organ donation. With these programs, plus our monthly member groups and the array of health and resource fairs this month, we are sure you'll agree there is an abundance of opportunities to connect, learn, and share with one another!

## EZ Smartphone Brought to You by SAIL By the SAIL Product Team

Easy to learn



Easy to use



Easy to remember

SAIL, in collaboration with US Cellular and based on member survey results, has designed a Smartphone with you in mind. We listened to you. We heard you saying things like: *There are so many types of phones; I don't know where to start; When it comes to Smartphones, I feel pretty dumb; I'd like a Smartphone. There are so many features and apps...On second thought, I'll keep my flip phone.*

The new EZ SMARTPHONE™ will have you feeling smart and in control.

- The Samsung J3 Model, selected just for you, comes with Easy Mode operation.
- FREE monthly workshops, exclusively for SAIL members, are available to show you how to make your EZ SMARTPHONE™ operation even easier.
- You'll love the safety feature designed to get you fast help in emergencies.
- Your plan gives you unlimited talking, texting, and 2GB of data (yes, you'll learn how easy it is to use *all of these*).
- As a SAIL member, you receive special savings at start-up (\$25 off) and in monthly fees (\$6 off). A terrific value for the features and services.

Interested? Give us a call or email us to learn about an upcoming educational event: "Is a Smartphone right for me?"



Members of the SAIL Marketing Team (L to R): Sue Stenzel, staff; Joy Knox, Jane Earl, Bob Topel, and Ann Albert, staff. (Not pictured: John Schmidt)

## Welcome to the Following New Volunteers

**Joanne Berg**, SAIL member. Joanne has offered to help as a Volunteer Driver.

**Kathryn Erickson** is a community volunteer and has various office skills, so you may be hearing Kathy's voice when you call SAIL in the future. Please join us in thanking Joanne and Kathryn for becoming SAIL volunteers!

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"Just this morning I was thinking that Flo's volunteer, Nancy, is coming today, and it really made me happy."  
~Flo's daughter, Ami

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## Changes Ahead for the SAIL Book Club



Thank you Joan!  
For the past several years, Joan Box has led the SAIL Book Club. She has kindly shared her time researching great books to read, organizing the gatherings, and ensuring members felt engaged and welcome

at each meeting. Joan, we want to thank you for your past commitment—we very much appreciate your efforts over the years and are very glad that you will be continuing as a book club member! Join us in thanking Joan for her dedication to the Book Club!

We also want to thank Jane Ayer for assuming the leadership role of the club starting in September. Jane is a long-time member of SAIL and lives at Oakwood Village.



If you are interested in the book club or would like to connect with Jane about the club, call SAIL and we will share Jane's contact information with you.

## You Deserve To Be Thanked, So Please Mark Your Calendar, So We Can Thank You!

In honor of everything you have done this past year to help fellow members, we want to thank you. Please join us Tuesday, October 13 at 5:30 p.m., at Oakwood Village University Woods for a Volunteer Recognition Event. We simply want to thank you, so please mark your calendars for this event. Come enjoy company of fellow volunteers, a musical performance, delicious hors d'oeuvres, beverages, and a short presentation.

All SAIL volunteers will be receiving a personal invitation to attend this event with a guest of their choice within the next couple weeks.



## Upcoming Events Information

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

### Connections Group

Member Leader: Carol Brown

Join us on Wednesday, September 7, at 1:00 p.m. in the Heritage Oaks Westmorland Room at Oakwood University Woods. Interested? Please give us a call to learn more about the group and its charter!

### Birthday Club



Have a birthday in September? Or, are you just looking for a reason to celebrate? If so, join us on September 13 at 2:30 p.m. at Panera Bread (off Mineral Point Road).

Members Dorothy Batt and Sue Goldstein invite you to join them for an hour or so as an opportunity to meet other SAIL members and simply celebrate the joy of birth!

### Men's Fall Social

Join us in the Oakwood Village University Woods Social Room for coffee, fresh fruit, and pastries on September 13 at 9:30 a.m. We'll enjoy some socializing and end with a brief planning discussion on future meeting topics.

### Book Club *By Member Jane Ayer*

We're back from summer break and will meet at 1:30 p.m. on September 20 in Room B at the Sequoya Library for *An Invisible Thread*, by Laura Schroff. The author tells of the lasting relationship that began when she first noticed an 11-year old panhandler on her way to work and took an interest in him.

If you are interested in joining the book club, call SAIL for more information!

Watch for the **Age of Disruption Tour** coming on October 21 at the Barrymore Theater. There will be two special programs on Dementia and Ageism. SAIL tickets are available for \$15 vs. \$20 per program. Register online and mention code "sailtoday." For more information on this program see page 6.

### The Attic Angel Programs are Back!

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. There is no charge, and you do not need to register in advance.

Monday, September 12: "Cuba in Transition." Peggy & Rick DeLuge, DeLuge Travel.

Monday, September 19: "World Dairy Expo, Celebrating 50 Years." Scott Bentley, General Manager, World Dairy Expo.

Monday, September 26: "Organ Donation: A Personal Story." Kay Anderson, Organ Donation Advocate.

### Lunch Bunch



**Thursday, September 22:** Take a bus ride with SAIL to Culver's in Sauk City while enroute to Ski Hi Fruit Farm nestled in the beautiful Baraboo Bluffs. Join volunteer

Peggy York and member Dorothy Bollant on this fun trip where you can choose from 20 varieties of apples and enjoy fresh cider, a caramel apple, or home-baked apple pie. Depart from Oakwood Heritage Oaks at 11:00 a.m. and return at about 2:30 p.m. Cost: \$10 (lunch on your own). Sign up by September 15.

**Wednesday, September 28:** Meet at Rosie's Coffee Bar and Bakery at 11:45 a.m. at 4604 Monona Drive, Madison. Please sign up in advance. Thanks to member Deb Hall for organizing!

### Movie Matinee: **The Jungle Book (2016)**

Sunday, September 25 at 2:00 p.m. in the Oakwood University Woods Arts Center

Inspired by the animated Disney classic, this live-action adaptation of Rudyard Kipling's beloved novel follows young Mowgli as he navigates a jungle full of wonder and peril with his animal allies Bagheera the panther and Baloo the bear. Rated PG

# September SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Save the date! October 5: THE BENEFITS OF RELATIONSHIPS AS WE AGE (Love &amp; Aging) from 12 noon to 1:00 p.m. Lecture Hall at the Monona Terrace</p> <p>Presented by John DeLamater, Conway-Bascom Professor of Sociology at UW-Madison</p>				1	2	3
4	<p>5</p> <p>LABOR DAY SAIL OFFICE IS CLOSED</p>	6	<p>7</p> <p>Connections 1:00 p.m. Oakwood West Westmorland Room</p>	8	9	10
11	<p>12</p> <p>Attic Angel Program 10:00 a.m. “Cuba in Transition”</p>	<p>13</p> <p>Men’s Social 9:30 a.m. _____</p> <p>The Age of Love 1:30 p.m. _____</p> <p>Birthday Club 2:30 p.m.</p>	14	<p>15 Tax Planning for the Single Person 10:30 a.m. _____</p> <p>Better With Age: Sleep 2:00 p.m. Oakwood West</p>	16	17
18	<p>19</p> <p>Attic Angel Program 10:00 a.m. “World Dairy Expo, Celebrat- ing 50 Years”</p>	<p>20 Only Leaves Should Fall 10:30 a.m.- 2:00 p.m. Boys and Girls Club _____</p> <p>Book Club 1:30 p.m. Sequoia Library</p>	<p>21 Is Remaining Independent a Priority? 10:30 a.m.- noon Hawthorne Library</p>	<p>22 Car Check 9-3: p.m. Firestone Auto Care _____</p> <p>Lunch Bunch Trip to Ski Hi 11:00 a.m.</p>	<p>23</p> <p>Classic Clothing Sale 9:00 a.m.- 4:00 p.m. Attic Angel</p>	<p>24</p> <p>Classic Clothing Sale 9:00 a.m.- 2:00 p.m. Attic Angel</p>
<p>25 Movie Matinee 2:00 p.m. Oakwood West</p>	<p>26</p> <p>Attic Angel Program 10:00 a.m. “Organ Dona- tion: A Personal Story”</p>	<p>27</p> <p>Institute on Aging Fair _____</p> <p>Dementia and their Caregivers 10:00 a.m.</p>	<p>28</p> <p>Lunch Bunch 11:45 a.m. Rosie's Coffee Bar and Bakery</p>	29	30	31

## Information, News, and Updates

### Welcome to our New Members!

Christine Koltz and Charles Henderson (Waunakee); Kathleen Larson (Fitchburg); Genevieve Lewis (Greentree); Lois and Paul Loduha (Midvale Heights)



Laura Adell

### A Message from Member Services Manager Laura Adell

Have you ever heard of reflexology? Reflexology is a natural, non-invasive therapy that is based on the principle that there are reflexes in the hands and feet that correspond to all organs, glands, and parts of the body. Gently manipulating those reflexes can help a variety of ailments including stress; shoulder, neck and back pain; digestive issues; kidney stones; arthritis; neuropathy nerve pain; shingles; and much more. We now have a vendor, Beth, who provides those services! One of her clients reported: “Beth’s energy and personality would be perfect for your program. She is gentle, patient, and has a very calming energy. I always am highly satisfied after every session.”

**Did you say snow?** Sorry to bring this up! Let me know if you will need snow removal services this winter!

### Do You Know About sailtoday.org?

Member surveys have shown that the *SAIL Messenger* is considered a valuable resource and it is rated close to 100% in member satisfaction. The *Messenger* connects us to one another and to our community.

If you are interested in past topics and you’d rather not keep paper copies in your file, consider visiting our website where you can find the *Messenger* dating back to 2012!

Here’s how: Log into [www.sailtoday.org](http://www.sailtoday.org) and enter your user name and password in the upper right-hand corner. (If you do not know your user name and/or password, please call us). Rest your cursor over the News and Events tab and it will display two choices—click on the *SAIL Messenger* option and the next page will display a link to the latest *Messenger*. On that page, you will also see a link to the Archived editions. Click on the “Here” link to access the archived messengers. Just click on the month you want to retrieve the *Messenger* you are looking to find.



Blending myth and science, live music and visuals, Dr. Bill Thomas’ Age of Disruption Tour is a modern day American Chautauqua barnstorming the country in a rock n’ roll tour bus to bring communities a new and highly disruptive understanding of aging.

The Age of Disruption Tour challenges audience members to reject ageist stereotypes and embrace the moments of life that offer the greatest risk, reward, and possibility. The Tour event on October 21 at the Barrymore Theater will offer two non-fiction theater performances: *Disrupt Dementia* from 2:30 p.m. to 4:30 p.m. features excerpts from a new film, music and stories from Samite and Nate Silas Richardson, Dr. Jennifer Carson and Kyrié Carpenter. The evening performance at 7:00 p.m. is Dr. Thomas’ signature show *Aging: Life’s Most Dangerous Game* with musician Nate Silas Richardson.

“Aging can be reimagined as a vivid and enlivening process that presents us with extraordinary risks, and rewards,” Dr. Thomas says. “So, how are we supposed to play this most dangerous of all games? What do winning and losing look like?”

(See Upcoming Events Information page for ticket price.)

## Upcoming Events Information (continued)



### Only Leaves Should Fall—Protect Your Independence

Falls are Dane County's number one cause of injury-related hospitalizations, and 40% of people who have a serious fall end their lives in a nursing home. The good news? Falls are **not** a normal part of aging! If you missed the "No More Spring Breaks" event and want to learn about your personal risk factors, attend "Only Leaves Should Fall" on Tuesday, September 20 from 10:30 a.m. to 2:00 p.m. at the Boys and Girls Club of Dane County at 4619 Jenewein Road.

Local clinicians and students from the UW-Madison will offer individual screenings on blood pressure, cognitive function, medication, balance, home safety, and urinary incontinence; and you'll have a chance to participate in demonstrations on Tai Chi and Stepping On. Transportation available as requested. The cost is \$10 and includes lunch. Register by calling SAIL by Monday, September 12.

*Sponsored by Safe Communities Falls Prevention Task Force—SAIL is a charter member.*

### Tax Planning for the Single Person

SAIL's On Our Own Group is offering a special program by Megan Dorn and Betty Mennenga on Thursday, September 15, 10:30 a.m. to 11:30 a.m. at Mennenga Tax & Financial at 814 Atlas Avenue. Learn about: Social Security taxation, opportunities to mitigate taxable Social Security; Double Up Planning (tax planning strategy); Medical Deductions: What's deductible; Charitable Contributions; and more. Lunch at the Cottage Café following the program. To register, call SAIL.

### Free Winterization Car Check

On Thursday, September 22, from 9:00 to 3:00 p.m., get a free winterization car check, sponsored by the West Madison TRIAD, of which SAIL is a member. Call 441-7897 for a reservation. Firestone Complete Auto Care-West Towne Mall, 7105 Mineral Point Road.

### Attic Angel Classic Clothing Sale

Featuring new and gently used designer clothing, along with other women's apparel and accessories, the Classic Clothing Sale will be held 9 a.m. to 4:00 p.m., Friday, September 23 and 9:00 a.m. to 2:00 p.m. on Saturday, September 24, 2016 at Attic Angel Association building, 640 Junction Road, Middleton. Please spread the word!

### SAIL Expansion

As part of the SAIL expansion project, we have scheduled a series of introductory sessions where we'll address the topic of independence. The series titled, "Is Remaining Independent a Priority for You?" will include information on the "Village Movement," details on membership benefits, and ways we help members stay active, engaged with each other, and connected to the community:

- Wednesday, Sept. 21, 10:30 a.m., Hawthorne Library, 2707 E. Washington Ave.
- Wednesday, October 5, 10 a.m., Fitchburg Library, 5530 Lacy Rd, Fitchburg
- Wednesday, Oct. 12, 10 a.m., Monona Senior Center, 1011 Nichols Rd. Monona
- Tuesday, October 25, Warner Park Community Center, 1625 Northport Drive

Please share this information with your friends, especially those living on the east side!

You are our best ambassadors.

Expansion supported by the



### "Support Available for Individuals with Dementia and their Caregivers"

On September 27 at 10:00 a.m., Speaker Joy Schmidt, Dementia Specialist at the Aging & Disability Resource Center (ADRC), will talk about dementia and how the ADRC can help caregivers.

Joy will talk about cognitive screening, the LEEPS program, how to remain independent as long as possible, research studies and much more. Location: Taylor Ridge Senior Apartments, 611 N Main St, Cottage Grove.  
*Sponsored by the Cottage Grove TRIAD.*



Members meet to discuss the SAIL website, enjoy time together at an outside gathering, and celebrate their lives at 90!



## What's In A Name?

(Continued from Page 1)

Our logo has changed, too! The blue background symbolizes our knowledgeable and trusted backbone. The purple SAIL letters express our imaginative side—there are as many ways to embrace life with SAIL as there are members. The yellow outline of SAIL and our name create a warm and welcoming glow, much like our staff's sunny disposition and our open arms to members. Finally, the turquoise circle enveloping it all speaks to our young-at-heart exuberance and unending circle of friendship, community, and loving “family” philosophy.

## It's Not Too Early (or Late) to Create a Legacy

Many people like to leave a gift to charity in their will. A planned gift is a way to recognize those nonprofit organizations and charities that have meant something special to you or your family. It may be a way to give back for “gifts” you have received.

As you think about your estate plans, please consider a gift to SAIL in your will or trust. This type of gift enables you to help us build financial strength for future generations.

Visit [sailtoday.org](http://sailtoday.org) or call 230-4321 for more information on the many ways you can make a donation to SAIL.

## Upcoming Heath and Education Fairs

If you would like additional information on any of the following health and education fairs, please contact us!

**September 27:** Institute on Aging, The Gordon Dining and Event Center, 770 W. Dayton St. on UW-Madison Campus. Registration required.

**October 7:** 14th Annual Triad Crime Prevention and Safety Conference and Expo, American Family Training Center, 6000 American Parkway.

**October 13:** Catholic Charities Positive Healthy Aging Fair at All Saints Neighborhood Main Street, 503 Commerce Drive, Madison

**October 27:** Macular Symposium: Learn about the latest advances in and treatments for macular degeneration. UW Health ophthalmologists and an expert panel of speakers will discuss current research as well as important issues, tools and solutions for those facing vision loss from this eye disease. Alliant Energy Center, 1919 Alliant Energy Center Way.

