



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

NOVEMBER 2016

Highlights in this Issue:

- Wan-Ju Li, Ph.D. presents on Stem Cells and Osteoarthritis Treatment (Page 1)
- Larry Taff presents on Remodeling for a Safer Home (Page 1)
- Message from Executive Director Ann Albert (Page 2)
- Cellphone program update (Page 2)
- Thank you Herb Hellen, SAIL volunteer (Page 3)
- Upcoming events information including Election Day and Ladies' Lunch and Learn – Scarf Tying (Pages 4 - 5)
- Welcome to new members (Page 7)
- Preparing for winter (Page 7)
- Benefit of the month (Page 7)
- Volunteers honored at party (Page 8)

Stem Cells and Osteoarthritis Treatment



Interested in learning how stem cell therapies are helping repair cartilage? We'll learn how emerging stem cell-based therapies providing a biological solution for the treatment of osteoarthritis are considered advantageous compared to existing pharmacological or surgical approaches. Wan-Ju Li's research team in UW-Madison focuses on developing new treatments based on stem cells and regenerative medicine for cartilage repair. They have successfully demonstrated the potential of stem cells for regeneration of cartilage in their laboratory. These proof-of-concept studies provide insights into the feasibility of patient-specific stem cells for orthopedic applications as well as validation of personalized medicine for clinical treatments.



JOIN US: Friday, December 9, 10:30am

at the Arts Center- Oakwood University Woods

Wan-Ju Li, Ph.D., *Principal Investigator*

Musculoskeletal Biology & Regenerative Medicine Laboratory,

Department of Orthopedics and Rehabilitation, University of Wisconsin-Madison

Make Your Home the Best it Can Be– Successful Aging in Place

JOIN US: Thursday, November 17, 11:45am at the Coliseum Bar. To register, call SAIL by November 12.

LUNCH FEE: \$15/person. Pasta Bar– chicken and vegetarian pasta choices, salad, garlic bread, bars, and beverage.

Master Certified Remodeler, Lawrence Taff will discuss Aging In Place and Universal Design (UD) techniques that can help to keep you safer at home through your twilight years. The presentation will include stories and experiences, a walk through our projects with photos, and a Q & A session. This is your chance to ask a UD and CAPS certified remodeler anything you've wanted to find out about home modifications.

TZ of Madison, Inc. is a family owned company that has been in the building and remodeling trades for four generations. Larry is a NARI Master Certified Remodeler as well as one of the first in the country to earn his Universal Design Professional certification. In addition, Larry is a Green Certified Professional and a Certified Aging in Place Specialist.





Office Hours

M-F: 8:00am - 4:30pm

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.



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SAIL Operating Council:

Christine Beatty,
Dorit Bergen, Martha Christensen, Mary Ann Drescher, Jane Earl, Tom Evans, Barb Gessner, Don Haas, Patricia Kallsen, and Bob Topel

From the Office



A Message from Executive Director Ann Albert

Thanksgiving Greetings! This holiday month is a perfect time to pause and reflect on all the good in our lives—especially the connections we have that support our active, independent lives. There's a ton of research out there about the importance of belonging and being engaged in purposeful activities as we age. Our "village model" ensures

we have the connections that make it possible—we are in this together as givers and as receivers! Thank you for your membership and contributions to our village!

Speaking of the village model, on October 17, member Jane Earl and I attended the 8th Annual National Village to Village Network Conference in Ohio. The keynote speakers were amazing! We learned that retirees make up the fastest growing segment of entrepreneurs; that ageism is rampant in our society in both subtle and not-so-subtle ways and there's a lot we can do about it; that intergenerational relationships must be nurtured and encouraged in order to prevent isolation and status quo lifestyles at all ages; that true autonomy in life requires collaborators; that there's an app for everything but at the end of the day we still need people; and so much more! We are looking forward to sharing more specifics with you through our programs and activities in the upcoming months.

This is the season of giving and annual appeal letters are filling our mailboxes. You will receive yours from SAIL soon and we hope you will help us meet our goal of \$45,000—any and all gifts are appreciated! A generous member contributed a \$15,000 lead gift to SAIL, hoping to inspire fellow members who are able and willing to help. SAIL continues to evolve with new programs and services thanks to the financial and volunteer support we receive. Just take a look at the programs, events, and articles this month—member connections are alive and well! Thank you for all you do to make it possible!

Cellphone Program Update

A total of 50 SAIL members attended "Is a Smartphone Right for Me?" and/or "How to Choose a Basic Cell Phone and Plan" programs last month. Several expressed interest in the EZ Smartphone, a special offering to SAIL members by US Cellular which includes a discounted monthly fee and free support workshops for members. Dave Friedman, SAIL Vendor, SAIL Member Don Haas, and the volunteer Product Team members are encouraged by the enthusiastic response of our members! This month, we'll cover the smartphone and basic cellphone options in an educational program presented by SAIL Staff member Sue Stenzel. Adam from US Cellular will be available afterward to share details about the EZ Smartphone program for those interested. Join us on November 9 at 2:00pm at Attic Angel Place, 8301 Old Sauk Road, Middleton. To reserve a spot, call or email SAIL.

Volunteer News



Thanking Herb Hellen

It's difficult to adequately thank someone for close to ten years of volunteer service– but here it goes! Member Herb Hellen shared his warm, caring personality with fellow members while taking them to doctor appointments, hair salons, the grocery store, and bridge club. Even after moving downtown, Herb continued providing rides to west-side members and always with a smile on his face. One of Herb's most memorable passengers

was Nettie Spevacek who lived at home until age 101. She was able to do this because of volunteers like Herb who not only got her where she needed to go, but gave her the gift of friendship. Thank you, Herb, for your dedicated service to fellow members!



Thank you SAIL Messenger Volunteer Helpers!

Faith Miracle, Dorit Bergen, Lois Curtiss, and Winnie Shea

Volunteerism at SAIL

If you're new to SAIL you may not be aware of the many ways you can impact someone else's life– as a volunteer or as a recipient of volunteer services. It's proven that volunteering is good for a person's health and spirit. If, however, you are assisted by a member or a community volunteer, you should feel good knowing you are giving another member the opportunity to boost his/her spirits and overall well-being.

If you are wondering how volunteers help out, here's a brief list:

- Lead or become a member of a team (Finance, Marketing, Membership, Product, Connections)
- Help out in the SAIL office (Phones, data entry, mailings)
- Man (or Woman) the SAIL booth at a health fair (we need help on November 3!)
- Water gardens
- Walk a dog
- Feed and change litter box for a cat
- Attend medical appointments and take notes
- Give rides
- Do errands
- Give advice based on your wealth of knowledge and experience
- Visit a fellow member
- Move furniture
- Deposit recyclables at the Dane County Clean Sweep
- Help others with minor tech problems
- Tutor others on iPads, phones, computers or other devices



To sign up to become a volunteer or to request services,
call the SAIL office at 230-4321 or email us at info@sailtoday.org.

November Events

Connections Group

Join us on Wednesday, November 2, 1:00pm at Oakwood Village-Heritage Oaks Westmorland Room. Interested? Please give us a call to learn more about the group and its charter!

Health Fair

WHEN: Thursday, November 3,
9:00 - 11:30am

WHERE: Madison Senior Center,
330 West Mifflin St.



The Madison Senior Center presents its 5th Annual Health & Resource Fair with over 40 vendors and health screeners. At 9:15am there will be a panel featuring speakers on the topic of remaining independent. SAIL staff will participate on the panel and we warmly thank PLATO for sponsoring us at this event!

Birthday Club

Have a birthday in November? Or, are you just looking for a reason to celebrate? Either way, join us Tuesday, November 8 at 2:30pm at Panera Bread (off Mineral Point Rd). Members Dorothy Batt and Sue Goldstein invite you to join them and meet other SAIL members. Celebrate the joy of birth!

SAIL Men's "Roundtable"

WHEN: Tuesday, November 8 at **10:00am**
(note this new starting time!)

WHERE: The Heritage Oaks Social Room at
Oakwood Village University Woods.

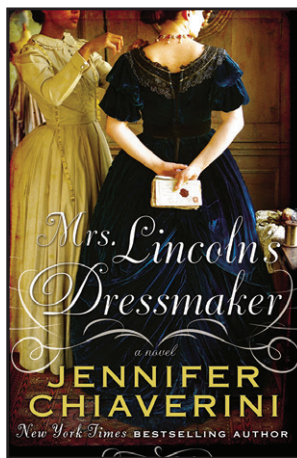
KICKOFF TOPIC: Last year Wisconsin became the 25th state to enact a "Right-to-Work" law, which prohibits employers and unions from requiring union membership in order to get and keep a job. Is this wise legislation? What is the rationale? Does it represent sound public policy or is it just political retribution? In short, what's behind the initiative? These questions, augmented certainly by others, will form the basis for our discussion.

Election Day

If you need help getting to the polls on election day, please let us know in advance and we will assist you! For more information about anything related to voting visit www.lwvdanecounty.org or call SAIL.

Book Club

This month we are reading "Mrs. Lincoln's Dressmaker: A Novel" by Jennifer Chiaverini. Please note the previously announced November selection, *Tribe*, was unavailable.



You can get your copy asap from the library as we put a request for 10 copies to be held. We advise you to call in with your name and

library card number ASAP to order our own copy. You can also email hvargas@madisonpubliclibrary.org with your info and ask for this book to be held for you. The library will notify you when they have your book.

We will not be meeting in December so the selection for January is "H is for Hawk" by Helen McDonald. This book will be available for us at the November 15 meeting and we will NOT have to each order our own copy.

We discussed the ongoing problem of the best selection process to obtain books. Whether to only use the library book club kits or choose a current book determined by group discussion and consensus. Trying to use the individual method some months and the kit method other months gets pretty complicated. Making sure the library has enough books for us is another factor. Ordering months ahead is also important.

Hope to see you on November 15 at 1:30pm at the Sequoya library.

Attic Angel Programs

The programs are held in the Community Room at Attic Angel Place, 8301 Old Sauk Road in Middleton. Coffee starts at 10:00am and the speaker begins at 10:30am. There is no charge and you do not need to register in advance.

Monday, November 7:

"Deciding What's True: Political Fact Checking in American Journalism" Professor Lucas Graves, UW School of Journalism

Monday, November 14:

"Election 2016: What Just Happened?" Professor Kenneth Mayer, UW Political Science Department

Monday, November 21:

"Education Reform in Wisconsin: What Works and What Doesn't" Professor John Witte, UW Political Science Department and La Follette School of Public Affairs

Monday, November 28: No program

On Our Own Planning Meeting

By Members Janice Gary and Karen Peterson

On Our Own is a new SAIL member group for those who are single and/or do not have family support. Member friends are invited to attend one meeting to gauge interest in the group/SAIL. Educational programs of On Our Own are geared toward the single person.

This month we'll meet on Tuesday, November 15, at 10:30am in the Nakoma/Westmorland Rooms at Oakwood Heritage Oaks. Feel free to stop by the Bistro Terrace or the Village Inn for a delicious lunch after the meeting. We'll start off with a brief re-cap of this year's programs and events. We'll then break into small groups and discuss future topic ideas such as Financial & Legal, Technology for Communicating & Computing, Healthcare – for right now and for long term, etc. We'll also explore meeting venues and schedules, ground rules, group leadership, and the personal support aspects of On Our Own— ways we can connect with one another socially, share holidays together, and/or help one another feel secure and confident should an emergency happen or a sudden significant change in our well-being.

Lunch Bunch

Join us on Wednesday, November 16, 11:30am at Red Lobster (4502 East Towne Blvd). Thank you to Deb Hall for coordinating the lunch! Please sign up in advance by calling or emailing SAIL.

Ladies' Lunch and Learn – Scarf Tying

Scarves are a perfect way to warm up a cold day or add charm to a nondescript sweater. They make great gifts and it's hard to have too many. Yet, they can also be the cause of frustration as they come undone or make us feel like we have five thumbs. SAIL to the rescue! Ladies, come join us for a great way to mix and mingle over lunch and learn easy and elegant scarf tying tricks from Jane Earl, our SAIL member who uses scarves as her trademark. You are welcome to invite your non-SAIL friends to join you! Be sure to bring as many scarves to the event as you like – and at least one – along with your scarf tying questions. This is a hands-on workshop where you watch and do. Conversation and laughter are also welcome!

WHEN: Wednesday, November 30. Lunch at 12:00pm followed by program at 12:30pm

WHERE: Oakwood University Woods –Westmorland/ Nakoma Room

LUNCH FEE: \$12/person (If you want to skip lunch and come for the scarf tying only, just let us know)

TO REGISTER: Call, sign up online, or email info@sailtoday.org



90's Breakfast at Blackhawk

We had such a good time in August, we've scheduled another "90's Breakfast at Blackhawk." If you are 90 years of age or better, feel free to bring a friend and join us for another delightful social gathering on Tuesday, December 6 at 10:00am at Blackhawk Country Club. Fresh fruit, delicious rolls or muffins, and beverages will be served. Cost: \$8 per person. Call SAIL to make a reservation and to request transportation if needed.



Calendar of Events - November

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

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Connections Group 1:00pm- Heritage Oaks —Westmorland Room	3 Health Fair 9:00am- Madison Senior Center	4	5
	6	7 Attic Angel Program 10:00am- “Deciding What’s True: Political Fact Checking in Amer- ican Journalism”	8 ELECTION DAY Mens’ Round- Table- 10:00am Social Room Birthday Club 2:30pm- Panera	9 EZ Smartphone Program 2:00pm- Attic Angel Place	10	11 VETERANS DAY
12	13	14 Attic Angel Program 10:00am- “Election 2016: What Just Happened?”	15 Book Club 1:30pm Sequoia Library On Our Own 10:30am- Westmorland/ Nakoma Rooms	16 Lunch Bunch 11:30am- Red Lobster at East Towne	17 “Make Your Home the Best it Can Be – Aging in Place” 11:45am- Coliseum Bar	18
19	20	21 Attic Angel Program 10:00am- “Education Re- form in Wisconsin: What Works and What Doesn’t”	22	23	24 THANKS- GIVING DAY Office Closed	25
26	27	28 NO Attic Angel Program	29	30 Ladies’ Lunch & Learn- 12:00pm Oakwood University Woods —Westmorland/ Nakoma Rooms		

Members' Corner



Welcome to our New Members!

George Heine *Tamarack Trails*

Clarence and Grace Larson *Monona*

Mary Podell *Oakwood Village*

Louis and Fran Rall *Midvale Heights*



A Message from Member Services Manager Laura Adell



Winter is coming – here are a few tips to help you get organized before the snow starts to blow. Remember, we have many qualified vendors who can help you out with these chores. Just give us a call!

- **Get your mind in the gutters.** Inspect and clean gutters and downspouts.
- **Button up your overcoat.** Seal gaps and cracks around windows and doors with weather-stripping and caulk.
- **Get on top of roof problems.** Inspect your roof for damaged or curled shingles, corroded flashing, or leaky vents.
- **Walk the walk (and driveway).** Take steps to repair damaged sidewalks and driveways.

- **Chill out.** Drain and winterize outdoor faucets and irrigation systems.
- **Give your furnace a physical.** Have a professional inspect your heating system; clean or replace dirty filters.
- **Gather round the hearth.** Check fireplaces for soot or creosote build-up. Better yet, schedule a visit from a reputable chimney sweep.
- **Keep the humidifier humming.** Clean the plates or pads to ensure efficient operation.
- **Keep your family safe at home.** A home safety check should be an annual ritual in every household. Test smoke and CO monitors, inspect (or install) fire extinguishers, review fire escape plans, and rid your home of old newspapers and other fire hazards.
- **Prevent falls!** Hire vendors for any work that involves heavy lifting, significant reaching, or climbing; have your home assessed for fall risks and hire a SAIL vendor to install modifications to make your home safer for everyone.



Benefit of the Month

Holiday Letter Writing

SAIL will help you with this year's holiday letter. Bring a few pictures and your written message. We'll scan the pictures and help you format your letter content so it's all ready to print. Surprise your loved ones with a special greeting this year! Call SAIL to sign up at 230-4321.

SAIL Volunteers Honored

By Member Volunteer Dorit Bergen

SAIL recently hosted a lovely party to recognize and to thank all of our volunteers. It was held at Covenant Presbyterians Social Hall on October 13th. Beverages were served during a gathering time that included a fun bingo game that involved finding folks who fit certain characteristics listed on the game board - a great ice breaker! This was followed by a delicious dinner of lasagna, salad and bread. A yummy selection of pies finished off the meal. Great music was provided by the piano and drum duo of Norm and Marion Beachley.

Our Charlene, who we are happy to say will be back with us as a volunteer, was the master of ceremonies as all those present were thanked individually for their various contributions to SAIL of their time, energy and expertise. We are a peer to peer organization and our volunteers are a huge part of what makes us successful!



Give the gift of connections with a SAIL Membership!

Two membership levels available. Visit sailtoday.org for details or call us to purchase.



Enjoy a box of gourmet chocolates with your purchase!

