



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

JANUARY 2017

Highlights in this Issue:

- SAIL Annual Winter Luncheon1
- Save the Date: Two Men Without a Truck Day1
- Message from Executive Director Ann Albert.....2
- New Technology Support Group3
- Tired of Eating the Same Thing?3
- Volunteers Corner.....3
- January Events.....4
- Member Benefit Review5
- “Ya Gotta Have Friends” Waunakee Event5
- Calendar of Events.....6
- Member Services Message from Laura Adell7
- Save the Date: 15 Years of the Village Movement7
- Sail on the Road8
- Great 90’s Breakfast8

SAIL Annual Winter Luncheon

We hope you’ll join us on Thursday, January 26 at Blackhawk Country Club for our annual Winter Luncheon. Doors will open for registration and socializing at 11:30 am. We’ll enjoy a delicious lunch at noon followed by our program featuring a talk by Madison Schools Superintendent Dr. Jennifer Cheatham.



Dr. Jennifer Cheatham

No doubt you’ve heard us talk about how “it takes a village” to live independent and meaningful lives. The public school system is an important part of our village and one that continues to change as the education system and our students’ needs continue to change. Jennifer will share the school district’s vision as well as the current status of our district. A fifteen minute Q and A session will follow Jennifer’s presentation.

As the superintendent of the Madison Metropolitan School District, Jennifer’s focus is on systemic improvement in urban school districts. Her expertise lies in developing instructional alignment and coherence at every level of a school system aimed at achieving breakthrough results in student learning.

WHEN: Thursday, January 26- doors open at 11:30am.
Lunch served at noon with presentation to follow.

WHERE: Blackhawk Country Club

MENU: Chicken and Mushroom Crepes with Wild Rice and Fresh Fruit Garnish, or Asparagus Stuffed Ravioli with Roasted Garlic Spaghetti Puttanesca and Sauteed Vegetables, Cookies, and Beverage.
(Gluten or dairy free options available upon request)

COST: \$18 per person *Transportation available upon request.*



Two Men Without a Truck Day

TWO MEN AND A TRUCK® is showing SAIL some love next month! The reputable company and SAIL vendor is donating their time for a third “TWO MEN WITHOUT A TRUCK Day.” On February 14, a team of their professional movers will donate the full day to helping SAIL members move items within the home. They can help rearrange furniture, move items to or from storage, move items for cleaning, and much more. Interested? Give SAIL a call to register!



Office Hours

M-F: 8:00 a.m. - 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.

Supported in part by



Madison
COMMUNITY FOUNDATION

SAIL Operating Council:

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

From the Office



A Message from Executive Director Ann Albert

Happy New Year! On behalf of our SAIL team Laura Adell, Peggy York, and Sue Stenzel I'd like to wish you all the very best in this new year. It's a true honor working for our devoted SAIL Operating Council; our governing board the Madison Area Continuing Care Consortium; and of course most importantly You!

We are starting the year with our new name and message in place – Sharing Active Independent Lives along with a new series of tech support programs and services, life planning workshops, some new member groups e.g. On Our Own and the 90's Breakfast group, and more. SAIL is your organization! Please keep us informed about your interests, services we should add, and any ideas you have to make life easier and more meaningful.

Speaking of making life easier, be sure to catch author Shelley Peterman Schwarz's inspiring *Wisconsin State Journal* column that runs every other Sunday. A SAIL member and friend, Shelley shares helpful tips for how to live better with aging, disability, or chronic illness. Visit her website MakingLifeEasier.com for more information on her books and other resources.

Shelley's November 27, 2016 column, "Friendship helps overcome challenges," was especially inspiring—a great reminder of how we can help one another through some of the curve-balls life throws us by simply listening, offering advice only when asked, and supporting the other person's decisions. Shelly also credits a positive life and resiliency with facing challenges and dealing with them—being a realist who takes responsibility for decisions needing to be made. And, of course, being a problem-solver. One of our members, Betty Stern, coined it so beautifully in that we need to embrace our "new normal" at various times in life. With all of that in mind, we hope you will take advantage of the opportunities SAIL offers to build friendships; learn from experts, including fellow members; and vetted services for you and your home!

Thank You!

Thanks to those who participated in our 2016 annual appeal! We will share results in the February Messenger. If you haven't contributed but would like to, please feel free to do so by phone, on-line, or by mailing your donation to SAIL.

Thanks to generous donors, we were able to purchase this wonderfully compact projector to use for our presentations on the road. We'll also be using it often for our technology education programs. Thanks to all of you who support SAIL through your membership and donations!

Sue Stenzel,
Staff Member



New Technology Support Program

The SAIL Product Team is pleased to offer a new technology support program one-on-one help sessions each month. You will be able to schedule a time with a tech professional and ask all those questions you've wanted to ask about your tablet, cell phone, or Smartphone. Our session leaders may include one of our computer vendors or staff member Sue Stenzel. The sessions are FREE to SAIL Full Members (3 session maximum per year; \$15 donation requested after 3 sessions) and a donation suggested of \$15.00 or more per session for Associate Members.

Here's how the sessions will work:

Advance registrations are required and you can make yours by calling the SAIL office or emailing us at info@sailtoday.org. A 30-minute time slot will be reserved for you at a specific time. When you call to register, we'll also be asking for the type of device you are using, how much experience you have with it, and the nature of what you need help with.

Two sessions are scheduled for January:

Tuesday, January 10 –

2nd Floor Heritage Room, Oakwood University Woods. 30-minute time slots between 1:00 and 3:00 pm.

Wednesday, January 11 –

Hawthorne Library, 2707 East Washington Ave. 30-minute time slots between 1:00 and 3:00 pm.

This is a new service to members that we hope to offer monthly depending upon member interest. Please let us know what you think!



Tired of Eating the Same Thing?

By SAIL Member Grace Larson

If you're bored with your meals SAIL vendor *Chefs for Seniors* has a remedy. From a menu of twelve entrees, you pick four and sit back. They do the food shopping, preparation, packaging, and cleanup. You just get ready to enjoy a delicious meal. I tasted Salisbury Steak, Pork Tenderloin, Shrimp Salad, and a Ham and Mushroom Quiche – all were delicious!

Volunteer News



Cletus Schwoerer & Deb McClintock

Thanks to SAIL Flippers!

A good night's sleep just got better for eight members thanks to volunteer mattress flipper team Cletus Schwoerer and Deb McClintock. Thank you Cletus and Deb!

We're sad to say "farewell" to Cletus as he and his family are moving and he'll no longer be able to volunteer or work as a SAIL service provider. Best wishes, Cletus! We will miss you!

If you missed out on the flip, please let us know and we will set one up for you! (Full Members- Free; Associate Members- \$15 donation suggested)



SAIL Messenger Volunteer Helpers

Thank you to Faith Miracle, Dorit Bergen, Lois Curtiss, and Winnie Shea!

January Events

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 am and the speaker begins at 10:30 am. There is no charge and you do not need to register in advance.

Monday, January 9:

"Right at the Surface and Deep Under our Feet: Wisconsin's Water Resources"

Dr. Madeline Gotkowitz - Hydrologist, Wisconsin Geological & Natural History Survey - UW Extension

Monday, January 16:

"In the Footsteps of Captain Cook – Traveling on a Tall Ship in the South Pacific" Heidi Wilde and Kennedy Gilchrist - World-wide Travelers

Monday, January 23:

"Memories of the Greenbush Neighborhood"

Tony Bruno, Gene Urso, and Ken Urso - Three Former Greenbush Residents

Monday, January 30:

"The Treasures and Legends of the UW Geology Museum" Richard Slaughter - Director, Geology Museum - UW Extension

Writers Writing

Originally founded by member Jim Batt, this group meets every other week at Oakwood University Woods and is led by resident Barb Quirk. Members share and discuss their own writings and that of others. If you are interested in attending, call Barb at 238-6854. They meet the 1st and 3rd Tuesdays from 10:00 am to 11:30 am in the Towers Party Room.

Connections Group

Join us on Wednesday, January 4, 1:00 pm at Oakwood Village Heritage Oaks Westmorland Room. Interested? Please give us a call to learn more about the group and its charter!

Birthday Club

Have a birthday in January? Or, are you just looking for a reason to celebrate? Either way, join us Tuesday, January 10 at 2:30 pm 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, January 10 at **10:00 am**
(note this new starting time!)

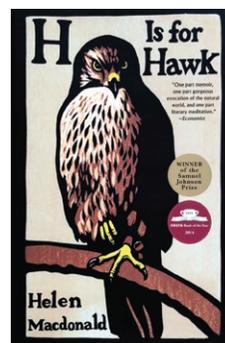
WHERE: Oakwood Heritage Oaks Social Room

KICKOFF TOPIC: Historically, America has viewed itself as a melting pot, where diverse cultures blend over time into a common, shared culture. "Multiculturalists" reject this perspective. For them, "melting pot" is a metaphor for forced assimilation into a dominant, oppressive culture, and they argue instead for preserving distinct ethnic, racial, and cultural communities. For its critics, multiculturalism leads to a fractured society and formation of "identity groups."

What do we make of all this? Is multiculturalism a positive or negative idea? Is melting pot assimilation actually possible and, if so, is it desirable? These questions and others will form the basis for our discussion.

These questions, augmented certainly by others, will form the basis for our discussion.

Transportation: Need a lift? Give the SAIL office a call.



Book Club

We will meet on Tuesday, January 17 at the Sequoia Library at 1:30 pm. The book for January is: **H is for Hawk by Helen Macdonald**. She writes about adopting and raising one of nature's most vicious predators. It is an encounter between human and animal. As always, newcomers are welcome. If you need a book please call Alice at 274-0428.

On Our Own

This month, the On Our Own Group will meet January 13 at 10:30 am at the Aging and Disability Resource Center, 2865 N. Sherman Ave., Madison. A speaker from the ADRC will share information about the offerings at the ADRC including the Elder Benefit Specialist program, Long-Term Planning Consultation services, the Dementia Care Specialist and Memory Screening services, and information and referral services. SAIL staff will share information about member benefits as well. Attendees are invited to visit a nearby café for lunch following the program. If you'd like to attend and/or would like information about the SAIL On Our Own Group, please contact the SAIL office in advance. Registrations required.

Kudos and thank you to our leaders Karen Peterson and Janice Gary for organizing last month's lovely Holiday High Tea!



On Our Own will meet February 15 to learn about changes in Medicare and other elder law issues affecting us. Details will be shared in the February newsletter.

SAVE THE DATE!

SAIL Member Benefit Review and Community Resources

Join us on Monday, January 16 at 1:00 pm at Oakwood University Woods Heritage Oaks to learn about SAIL member benefits and other community resources. Executive Director Ann Albert will share detailed information about the services provided by SAIL and its vendors. She will also present information about local community resources and experts on a variety of topics related to living a full, connected life at all ages and stages. Members and guests are welcome!

Member Chris Klotz Organizes Event in Waunakee - "Ya Gotta Have Friends"

New member Chris Klotz is on a mission. She is interested in creating a SAIL satellite in Waunakee where she and her husband Charles live. New to the area, newly retired, and having a rich background in senior health and social services, Chris recognizes the benefits of SAIL's "Village" model for people as they age. A first step in developing a SAIL satellite is to attract people with similar interests and goals — people who want to band together and help one another when the need arises and also draw on needed services.

To get started, Chris has organized a fun event, "Ya Gotta Have Friends," featuring speaker Mary Helen Conroy on January 17, 6:30 pm at the Waunakee Public Library. SAIL staff member Sue Stenzel is assisting Chris in this expansion activity. For more information on the event and/or developing a SAIL satellite, give us a call at 230-4321 or email us at info@sailtoday.org

Lunch Bunch

Westside: Thursday, January 19 for lunch at 11:45 am. at the Granite City Food & Brewery restaurant at 72 West Towne Mall.

Eastside: Tuesday, January 10 for lunch at 11:30 am. at Pasquales- 1344 East Washington Ave.

Sunday Movie at Oakwood

Denial (2016)

Sunday, January 29, 2:00 pm
The Arts Center



Based on the acclaimed book *History on Trial: My Day in Court with a Holocaust Denier*, DENIAL recounts Deborah E. Lipstadt's (Academy Award® winner Rachel Weisz) legal battle for historical

truth against David Irving (Cannes Award winner Timothy Spall), who accused her of libel when she declared him a Holocaust denier. Rated PG-13.

Calendar of Events - January

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

SUN	MON	TUE	WED	THU	FRI	SAT
1 HAPPY NEW YEAR!	2	3 Writers Writing 10:00 am- Towers Party Room	4 Connections Group 1:00 pm- Heritage Oaks - Westmorland Room	5	6	7
8	9 Attic Angel Program 10:00 am- "Right at the Surface and Deep Under our Feet: Wisconsin's Water Resources"	10 Mens' Round-Table- 10:00 am Social Room Eastside Lunch Bunch 11:30 am Pasquales Technology One-on-One Support 1:00 pm Heritage Room - University Woods Birthday Club 2:30 pm- Panera	11 Technology One-on-One Support 1:00 pm Hawthorne Library	12	13 On Our Own 10:30 am- Aging and Disability Resource Center	14
15	16 Attic Angel Program 10:00 am- "In the Footsteps of Captain Cook" Member Benefit Review- 1:00 pm Heritage Room - University Woods	17 Writers Writing 10:00 am- Towers Party Room Book Club 1:30 pm Sequoia Library Ya Gotta Have Friends 6:30 pm- Waunakee Library	18	19 Westside Lunch Bunch 11:45 am Granite City Food & Brewery	20	21
22	23 Attic Angel Program 10:00 am- "Memories of the Greenbush Neighborhood"	24	25	26 SAIL Winter Luncheon 11:30 am Blackhawk Country Club	27	28
29 Sunday Movie 2:00 pm Oakwood Arts Center	30 Attic Angel Program 10:00 am- "The Treasures and Legends of the UW Geology Museum"	31 Writers Writing 10:00 am- Towers Party Room				

Members' Corner



Welcome to SAIL's Professional Services Members:

Diane Dillett *Medical Insurance Solutions for Seniors*
Attorney Dale Gregory *Fuhrman and Dodge*
Steven Erickson *Thrivent Financial*

These individuals have been recommended by SAIL members. Call SAIL or visit www.sailtoday.org if you would like contact information!

Welcome to our New Members!

Bruce Dewey *Middleton*
Earl & Virginia Gritton *Greentree*
Lucille Hall *Middleton*



A Message from Member Services Manager Laura Adell

Our third SAIL Vendor Fair is underway! Based on feedback we received from the previous fairs, we are planning to have the fair in late February or early March versus the fall season, which seems to be already filled with community fairs and is a tough time for some of our vendors to participate. Transportation will be provided as well as a snow date. For those who haven't participated, the fairs have included vendor booths, a delicious lunch, and some fun give-aways. In 2015, 30 vendors participated and over 80 SAIL members attended. If you have been to one of the previous vendor fairs and have any suggestions or feedback on how we might improve or change the upcoming event, please let me know. If you would like to help this year's fair, I am looking for volunteers! Please email me at laura@sailtoday.org.

Here's what one SAIL member had to say about the last vendor fair:

"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 seniors, and I won a gift certificate to Walgreens. All in all a very good day!" -Marge



SAIL Annual Report

The Annual Report for 2015 can be found on our website at www.sailtoday.org in the About Us tab. If you'd like a hard copy of last year's report, please call us at 230-4321 and we will mail you one!

15 Years of the Village Movement!

SAVE THE DATE!



Dr. Atul Gawande

Beacon Hill Village, the founding Village of the Village Movement, is observing its 15th year and will be celebrating this exciting milestone in February with Dr. Atul Gawande, author of *Being Mortal: Medicine and What Matters in the End*, as the keynote speaker. BHV plans not only to celebrate their 15th Anniversary, but to celebrate the 15 years of the Village Movement as well. Villages have been making an impact throughout the world for 15 years and this is truly something to celebrate!

The event will be presented live as a webinar. Listen to Dr. Atul Gawande speak about the value of community and opportunities as we grow older and participate in a live event with thousands of Village members across the country. The webcast will take place on February 13, 2017 from 4:00 to 5:00 pm. Viewing/party location will be announced on February 1!



MADISON AREA CONTINUING CARE CONSORTIUM

Sharing Active Independent Lives

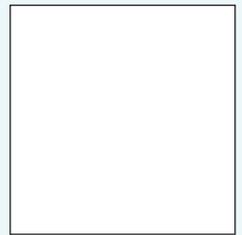
6209 Mineral Point Road, Suite 210
Madison, Wisconsin 53705

PHONE 608-230-4321

EMAIL info@sailtoday.org

FAX 608-230-4322

WEB www.sailtoday.org



SAIL on the Road

Member Bob Topel and SAIL staff member Sue Stenzel are teaming together to broaden our community's awareness of SAIL. There are too many older adults and their families out there who could use the wonderful services and personal connections we offer and don't even know we exist! Do you belong to a service club, church group, professional association, civic group, PEO, PLATO, Sports for Active Seniors, MSCR class, or other similar organization? If so, please share SAIL with them — we can provide newsletters, website links, presentations, and more to help people learn how to get involved as a member, vendor, volunteer or all three!

90's Breakfast Turns Into a Holiday Lunch

Jean Sweet enjoyed last month's 90's Breakfast so much that she invited the group of attendees over for lunch a couple weeks later! The conversation at the Breakfast spanned the 60's all the way to today —so much to talk about and so little time! Thus, having the group over for lunch seemed the right thing to do. Making friends is important to all of us at every age. Thanks, Jean, for helping to make that happen.

