



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

MARCH 2017

Highlights in this Issue:

- SAIL Vendor Fair1
- No More Spring Breaks.....1
- Message from Executive Director Ann Albert.....2
- Your Story—Your Plan for Living2
- Volunteer Message.....3
- Volunteer Leadership ...3
- Membership Team Formed.....3
- March Events4
- Save The Date Free Shredding5
- Gawande Article Recommended5
- Calendar of Events.....6
- Member Services Message from Laura Adell7
- Personal Emergency Pendant Help.....7
- Benefit of the Month...7
- February Highlights....8

SAIL Vendor Fair

Join fellow members and attend our 3rd Annual SAIL Vendor Fair! Mark your calendars for Friday, March 31, from 11:00 a.m. to 1:00 p.m. at Good Shepherd Lutheran Church, 5701 Raymond Road, Madison.

We had terrific attendance by members and overwhelmingly positive evaluations of our past two SAIL Vendor Fairs. Meeting vendors in person is a great way to learn more about their services and how they can help you—now and in the future! We've added vendors since the last fair, and this is a great chance to get acquainted with them as well.

Enjoy a delicious lunch, socialize, and enter a drawing for one of several nice prizes donated by our vendors and sponsors. To register, call 230-4321 or email info@sailtoday.org by March 24. Transportation is provided upon request. Questions? Call Laura at SAIL or email her at laura@sailtoday.org.

Cost of Admission: Donation of one canned item for the Good Shepherd Lutheran Church Food Pantry.



Ann Nelson with Life Messages Media and Pam Egan, Tech Support Vendor.



Becky with Adaptive Remodeling

No More Spring Breaks!

Tuesday, March 28- Oakwood Arts Center

1:00 p.m. Registration, Intro and student pairing

1:45-3:45 p.m. Visit Screening Stations and Demos

3:45-4:00 p.m. Review results and Q & A

screenings aimed at identifying your risk for falls and information on how to mitigate those risks. The UW students will perform the screenings as well as escort participants to the various screening stations. This is a special day for students to gain a great deal of field experience and professional development they can carry into their future careers. And, hopefully because of wonderful experiences like this, they will ultimately choose geriatrics as their specialty!

To register, call or email the SAIL office by March 23.

Oakwood Village and SAIL have once again collaborated with the University of Wisconsin- Madison to offer you free individual



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



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 Anniversary to SAIL! Just 12 years ago on March 1st we signed on our first members and began this amazing journey. Thank you to our founders, Attic Angel Association and Oakwood Village; the Cooper Family Foundation; our attorney, John Mitby; our members, vendors, volunteers, donors, and colleagues; and the Madison Community Foundation! We wouldn't be here without you!

SAIL services and programs have evolved a lot over the years. New this year is our Tech Support program which started with the new EZ Smartphone product by US Cellular. Member Thelma Wells recently commented, *"It was time for me to adapt to the 21st century: get a smartphone. But, I needed help. Then, SAIL offered a smartphone program...WOW! A SAIL group had done the research, matched it to a great service, and set up a resource system. Of course I signed up, and now I am an enthusiastic smartphone user. A smartphone is an amazing tool, even better than Dick Tracy's watch as depicted in comics of long ago. I am so grateful that I belong to SAIL. SAIL is a set of resources, helpful services, warm friends, and a smartphone guide."*

In addition to services, check out some fantastic upcoming events: SAIL Vendor Fair; Tech Classes; and the falls screening workshop, No More Spring Breaks! Monthly member groups are going strong also, and we hope you'll attend those—a great way to socialize and learn with some SAIL friends! Happy Spring!

Your Story—Your Plan for Living

by the SAIL Product Team

This four-module series was developed to help you prepare well for life's next chapter. This chapter is often referred to as "our bonus years"—a gift to be cherished and planned for. In its beta stage, "Your Story—Your Plan for Living," can help you learn and explore the world ahead of you with the aid of knowledgeable presenters and coordinated assignments that help you develop (with your classmates) a personalized plan that works for you.

Happy, healthy aging is NOT a "one size fits all" approach. There are predictable challenges facing all of us, and these will be addressed along with solutions that will come from within the group of members. It's exciting to look ahead and plan together, sharing our collective wealth of knowledge and life experience while you develop your own plan. The first two modules, "The Next Chapter—Living a happy life in your bonus years" and "Funding Your Story—Having enough money to live your dreams," will be presented by Life Coach Mary Helen Conroy and Financial Consultant Connie Kilmark. Both include two group sessions with homework assignments and will be held in April 4,18 and May 3,24. Space is limited. Please contact SAIL if you are interested in participating.

The other two modules, "Embracing Change" and "Giving Your Story a Happy Ending" will be offered this fall.

Volunteer News



A Message from Peggy York

February was a busy month for SAIL Volunteers. Our member and community volunteers helped by giving rides, answering the phone and helping staff with office projects, setting up a cordless phone, providing tech support, and retrieving mail for a member who wasn't

able to safely venture out to the mailbox. As always, volunteer group leaders and event greeters are kept busy, too!

Volunteer Needed: We are seeking a co-host for the SAIL Birthday Group on the 2nd Tuesday of each month at 2:30 p.m. This is an informal gathering of members at Panera Bread on Mineral Point Road. As a co-host, you will be asked to arrive a bit early and reserve a table. Guests arrive shortly after and place their own orders at the counter and then enjoy social time celebrating the birthdays that month. As one member said, "these events are really important to me." If you have any questions and/or are interested, please call SAIL or co-host Sue Goldstein. Thank you to Dorothy Batt, who has retired as co-host and co-founder of this group!

Membership Team Formed

The SAIL Council has formed a new team aimed at increasing membership and improving member retention. Member Deb Hall has agreed to lead the team and is seeking team



members who will help with various projects and activities to help SAIL continue to thrive and exceed our members expectations. Please call SAIL if you are interested in participating!

New Technology: The Echo

Well into her 90's, Lois Curtiss probably never imagined having "Alexa" in her living room. "Alexa" is the voice inside the ECHO, a device given to Lois by her son. All she has to do is say "Alexa" and then follow with her question or directive. E.g. "Alexa, play polka music." "Alexa, what is the weather forecast for today in Madison?" "Alexa, name the most current New York Times Best Seller book", and more! "Alexa" then responds accordingly. According to Lois, technology CAN be fun!



Thank you to the following members providing volunteer leadership at SAIL:

SAIL Member Group Leaders and Co-Leaders

Connections—*Carol Brown*

Birthday Club—*Sue Goldstein*

(Co-leader is needed—please call SAIL office if you are interested!)

Lunch Bunch (west side)—

Dorothy Bollant

Lunch Bunch (east side)—*Deb Hall*

Men's Roundtable—*Fred Ross*

Book Club—*Alice Punwar and Maria Schnos*

On Our Own—*Karen Peterson and Janice Gary*

EZ Phone User Group—

Adam Williams (US Cellular) and Sue Stenzel (SAIL Staff)

SAIL Waunakee—*Chris Klotz*

SAIL Member Teams

Finance—*Pat Kallsen*

Marketing—*Jane Earl*

Product—*Don Haas*

Membership—*Deb Hall*

SAIL Council (See page 2)



SAIL Messenger

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

March 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 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, March 6:

"The UW Urban Canid Project"

David Drake, Professor and Extension Wildlife Specialist, Department of Forest & Wildlife Ecology, University of Wisconsin - Madison

Monday, March 13:

"100 Years of Public Broadcasting in the State That Invented It"

Jack Mitchell, Former Director of Wisconsin Public Radio and Professor Emeritus, UW- Department of Journalism

Monday, March 20:

"In the Footsteps of Captain Cook – Traveling on a Tall Ship in the South Pacific"

(Program rescheduled from January 16) Heidi Wilde and Kennedy Gilchrist, World-Wide Travelers

Monday, March 27:

"The Disney Experience: The Lesson of a Lifetime"

Kelly DuBois, Director of Sales & Marketing, Attic Angel Community

Writers Writing

Members share and discuss their own writings and that of others. If you are interested in attending, call Barb Quirk at 238-6854. They meet the 1st and 3rd Tuesdays (March 7 and 21) from 10:00 a.m. to 11:30 a.m. in the Oakwood Towers Party Room.

Birthday Club

Have a birthday in March? Or, are you just looking for a reason to celebrate? Either way, join us Tuesday, March 14 at 2:30 p.m. at Panera Bread (off Mineral Point Rd.) Member Sue Goldstein invites you to join her and meet other SAIL members. Celebrate the joy of birth!

SAIL Men's "Roundtable"

WHEN: Tuesday, March 14 at 10:00 a.m.

WHERE: Oakwood Heritage Oaks Social Room

KICKOFF TOPIC: Journalistic news media, both print and broadcast, has historically been viewed—and has viewed itself—as being a legitimate check on governmental power. Accepting this view, the media serves a vital role in a functioning democracy. Do we agree that this historical view is accurate? Does the media in some way or another actually represent "the people"? And in any case, is the role of the media under threat in the U.S. today? These questions and others will form the basis for our discussion.

Connections Group

Join us on Wednesday, March 15 at 2:00 p.m. in the Oakwood Heritage Oaks Conference Room. Interested? Please give us a call to learn more about the group and its charter!

Book Club

by Alice Punwar and Maria Schnos



We will meet on March 21 at 1:30 p.m. at the Oakwood Sunroom to discuss *The Martian* by Andy Weir. This is the story of astronaut Mark Watney, who is left for dead on the surface of Mars when his crew makes an emergency evacuation. With limited food and water he must use his engineering skills to

survive. Will he make it?

Please contact Alice or Maria with your reading choices for the next three months. (Lists available) Copies of *The Martian* can be picked up at SAIL. New members are welcome!

Lunch Bunch

West side: Thursday, March 23 at 11:45 a.m. at Oliva, 751 N. High Point, Madison. This restaurant serves the finest Italian & Mediterranean foods with exciting dishes and unique ambiance. Parking is good.

continued on next page

East side: Tuesday, March 14 at 12:00 p.m. at The Journey, 4229 Lien Rd., Madison. This restaurant offers delicious Asian fare.

On Our Own

Attorney Brenda Haskins will join us on Wednesday, March 15 from 10:30 a.m. to 11:30 a.m. at Elie's Family Restaurant, 4102 Monona Dr., Madison. We'll finish up our discussion on Wills and Trusts with this month's program on the role of an "Executor," how best to choose an Executor/personal representative, how it differs from the role of a Trustee, and the importance of reviewing your documents periodically. All members are welcome and invited to stay for lunch afterward.

If you'd like to attend this program, please contact SAIL at 230-4453

SAIL Technology Classes

Using Gmail

Thursday, March 2 from 10:00 a.m. to 11 a.m. Oakwood University Woods Westmorland Rm. *Basic functions of Gmail; setting up folders and moving emails into folders; adding and managing contacts; setting up a group list.*

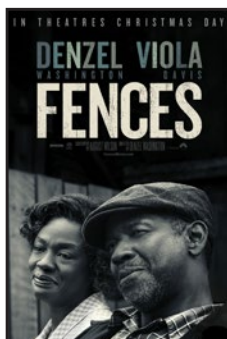
Internet Security

Thursday, March 30 from 10 a.m. to 11 a.m. Attic Angel Place, Bryant Rm., 8301 Old Sauk Rd. *How to make sure that your computer and devices are secure; how to select protection software.*

Tech Tutoring 4 You

One-on-one 30 minute session. Interested? Call Sue Stenzel at SAIL.

Sunday Movie at Oakwood



Fences (2016)

Sunday, March 26, 2:00 p.m.
The Arts Center

Working as a trash collector in 1950's Pittsburgh, Troy Maxson struggles to raise his family while trying to transcend the bitter experience of being a talented baseball player de-

nied the opportunity to play in the majors because of his race. Rated PG-13.



Free Shredding!



Identity theft and other types of fraudulent crimes are on the rise. Our monthly shredding benefit and our annual "Shred Day" offerings help you protect yourself from these crimes. As you are sorting through your mail and cleaning out your files, consider participating in an upcoming "Shred Day" event!

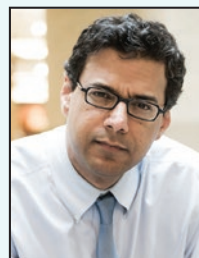
Access Corporation is providing a shredding truck on:

- **April 7** from 12 p.m. to 2 p.m. at Oakwood University Woods in the Heritage Oaks front circle.
- **April 28** from 1p.m. to 3 p.m. at Oakwood Village Prairie Ridge campus.

Please feel free to bring up to 5 grocery bags or boxes of shredding. You can shred paper clips, staples, rubber bands, and spiral notebooks but NOT three-ring binders. If you have questions about retention of items, please consult with your CPA or call SAIL.

Gawande Article Recommended

By Member Alice Punwar



Dr. Atul Gawande

Renowned author and physician Atul Gawande has published an excellent article called *Tell Me Where It Hurts* in the January 23rd issue of *The New Yorker*. In it he stresses the value of incremental health care, that is making regular visits to a primary care provider who is familiar with your health history and circumstances. If you'd like the article, please contact the SAIL office.

If SAIL has been an important part of your life, consider making it part of your legacy. It's simple—if you are interested, give us a call!

Calendar of Events - March

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

SUN	MON	TUE	WED	THU	FRI	SAT
			1 HAPPY 12 YEAR ANNIVERSARY TO SAIL!	2 Technology Class: Using Gmail 10:00 am- Westmorland Room- University Woods	3	4
5	6 Attic Angel Program 10:00 am- "The UW Urban Canid Project"	7 Writers Writing 10:00 am- Oakwood Towers Party Room	8	9	10	11
12 DAYLIGHT SAVINGS TIME	13 Attic Angel Program 10:00 am- "100 Years of Public Broadcasting in the State That-Invented It"	14 Mens' Round-Table 10:00 am- Social Room Birthday Club 2:30 pm- Panera Eastside Lunch Bunch Noon- The Journey	15 On Our Own 10:30 am- Elie's Restaurant Connections 2:00 pm- Heritage Oaks	16	17 SAINT PATRICK'S DAY	18
19	20 Attic Angel Program 10:00 am- "In the Footsteps of Captain Cook"	21 Writers Writing 10:00 am- Towers Party Room Book Club 1:30 pm- Oakwood Sun-room	22	23 Westside Lunch Bunch 11:45 am- Oliva	24	25
26 Sunday Movie 2:00 pm- Oakwood Arts Center	27 Attic Angel Program 10:00 am-"The Disney Experience: The Lesson of a Lifetime"	28 No More Spring Breaks! 1:00 pm- Oakwood Arts Center	29	30 Technology Class: Internet Security 10:00 am- Attic Angel Place- Bryant Room	31 SAIL Vendor Fair 11:00 am- Good Shepherd Lutheran Church	

Members' Corner



Welcome to our New Members!

Cheryl Butler *Waunakee*
Mary Ellen Kearney *Waunakee*
Virginia Nachreiner *Waunakee*
Ann and Lynn Nickodem *All Saints*
Dana Schreiber *Capitol Neighborhoods*
Mary Shug *Capitol Neighborhoods*



A Message from Member Services Manager Laura Adell

New SAIL Vendor – Just in time for Spring!

A new gardening and landscaping services has joined the SAIL Vendor Program! Tim Stenzel and his team come highly recommended and just in time for spring! They provide landscape design, landscape installation (planting, patios, walls, driveways, etc.), landscape maintenance, and snow removal.

This company has been at the forefront of the gardening and landscaping industry in Madison and Dane County since 1985. They are a team of innovators and educators that constantly adapt and develop new processes and techniques that provide solutions to your landscaping needs, while maintaining the highest standards of land stewardship. Give me a call if you'd like their contact information or login to sailtoday.org to view them in our Service Provider Directory.

If you would like an updated Service Provider Directory— paper copy or electronic— just let us know!



Benefit of the Month:

Comprehensive Medication Reviews

Did you know that adverse drug events are one of the leading causes of harm and death of older adults? And, if you are taking more than seven medications, you have a 100% chance of an adverse drug event? As a Full Member of SAIL you can receive a free comprehensive medication review and personal information session. Interested? Call or email the SAIL office to set up an appointment with the Oakwood Pharmacy staff.

Personal Emergency Pendant Offers Help and Relief

by Member Claire Box

As a younger senior, the idea of using a personal emergency pendant seemed premature; yet, I like to think and act pro-actively when it comes to personal safety and peace of mind. Recently, I had an excruciatingly painful health event while alone at home. I was so glad to have that button to push; and within a minute I was greeted with a professional, caring voice assuring me that help was on its way. And, I was told in a soothing voice that he, the Life Assist operator, would remain "live" with me while I waited for the EMS to arrive. In fact, he didn't disconnect until he knew I was en route to the hospital. His caring words throughout those minutes while I waited meant the world to me.

SAIL Member Benefit: Life Assist USA offers pendant service for a discounted rate of \$20/month for landline pendant or \$30.95/month for a mobile device. If you are interested, call Life Assist USA at 831-1688 and be sure to let them know you are a SAIL member!



MADISON AREA CONTINUING CARE CONSORTIUM

Sharing Active Independent Lives

6209 Mineral Point Road, Suite 210

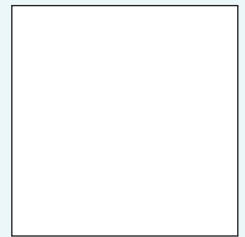
Madison, Wisconsin 53705

PHONE 608-230-4321

FAX 608-230-4322

EMAIL info@sailtoday.org

WEB www.sailtoday.org

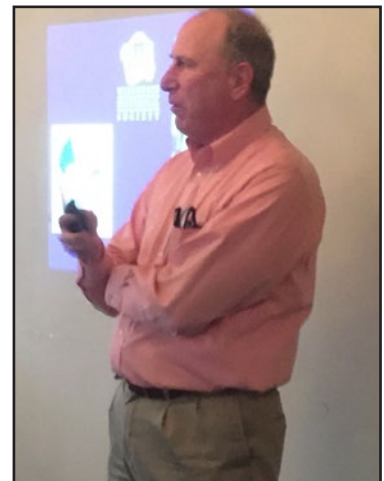


February Highlights

"Two Men Without a Truck Day" was a wonderful success! Our members loved having help moving heavy items in their homes!



*Thank You
"Two Men and a Truck"!*



Jim Draeger, Author and Historian



The "I'll Drink to That" event was enjoyed by members and guests who learned about the history of Wisconsin taverns, architectural highlights and design, the Temperance Movement and Prohibition, and a ton more. Huge thanks to author and historian Jim Draeger for a fabulous presentation! If you're interested in Jim's book, *Bottoms Up*, call SAIL! Proceeds from book sales go to the Wisconsin Historical Society.