



# The MESSENGER

*...keeping you connected!*

A MONTHLY PUBLICATION

APRIL 2017

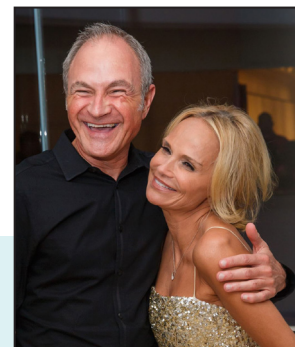
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## Spring Luncheon and Annual Meeting

Join us on May 10 at Blackhawk Country Club for a delicious lunch, a brief update on SAIL, the election of two new SAIL Council members, and a lively program featuring two "behind the scenes" staff members at the Overture Center for the Arts: Tim Sauers and his "sidekick" Karra Beach. Tim and Karra have a reputation for entertaining, educating, and engaging Broadway show subscribers during the "Cocktails with Tim and Karra" events held throughout the year. They'll share some interesting information about upcoming Broadway shows, how they are selected for the Overture Center, and what we can expect for the upcoming calendar. Tim is Vice President of Programming & Community Engagement for the Overture Center and serves as a host on WORT FM's program "Better Living Through Show Tunes" and as a Tony voter for Broadway. Karra is Community Engagement Manager.



**WHEN:** Wednesday, May 10 at 11:30 a.m.

**ENTREE:** Choice of Chicken St. Croix or Portabella Parmesan Ravioli

**SCHEDULE:** 11:30 a.m. Social/cash bar open, 12:00 p.m. Lunch, 12:30 p.m. Meeting, 12:50 – 1:30 p.m. Program

**COST:** \$20 per member (\$23 per non-member)

**RESERVATIONS:** Call or email SAIL by May 5. Let us know if you need assistance with transportation and/or reduced lunch fee.



## SAIL Shred Day!

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

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

Please feel free to bring up to five grocery bags/boxes of shredding. You can shred paper clips, staples, rubber bands, and spiral notebooks but NOT 3-ring binders. If you have questions about retention of items, please consult with your CPA.



## 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.



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OAKWOOD LUTHERAN  
SENIOR MINISTRIES



**ATTIC ANGEL**  
COMMUNITY  
EXTRAORDINARY Giving.  
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COMMUNITY FOUNDATION

## SAIL Operating Council:

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

# From the Office



## A Message from Executive Director Ann Albert

Greetings! This month's Messenger is filled with upcoming event details, articles and tips from members, a welcome to new members (10 new memberships this month!) and vendors, and additional updates. It's sure to be a busy spring. We hope you will remember SAIL for any services you need and, also, we hope you'll work SAIL into your social calendar!

Here's an update from the SAIL Operating Council: We will be electing two new Council members at the SAIL Spring Luncheon and Annual Meeting. If you would like to nominate someone (including yourself), please submit the nomination and bio to Fred Ross (833-8315) or me by April 15. Prior to the annual meeting, you'll receive a letter announcing the nominees along with their bios. The two open Council positions are for charter member and volunteer driver Martha Christensen, who sadly passed away on March 19, and for current Council president and member volunteer Barbara Gessner. With grateful hearts, we will remember Martha and all members who passed before her.

As always, please don't hesitate to contact us if you have any questions! Updated member and vendor materials and/or SAIL information packets are available upon request. Whenever possible, please share your experiences with SAIL so others will learn about us.

## 90's Breakfast on April 19

We're having our third "90's Breakfast at Blackhawk" for members who are age 90 or better—or just shy of their 90th birthday. This event is a special way for our oldest, most life-wise members to gather together for some good old-fashioned socializing!



Join us on April 19 at 10:00 a.m. at Blackhawk Country Club. We'll be treated to fresh fruit, delicious rolls or muffins, and beverages which will be served family-style. A spouse/partner, friend or another family member are welcome. Call SAIL at 230-4321 to register. Transportation will be provided by request. Thanks to a generous member, this event is free of charge!

## Mike Maddox presents: "A Talk About Garden Therapy"

Join us Thursday, April 27 at 7:00 p.m. at the Oakwood Arts Center. At 7:30 p.m. Mike Maddox, WI Master Gardener Program Director, will provide a definition and brief history of Horticultural Therapy, followed by examples of vocational, therapeutic and well-being programs he has facilitated. He will share practical gardening tips to reduce the wear and tear on your own body while gardening. Mike has a BS degree in Botany and a MS in Horticulture from UW-Madison. *SAIL member Dana Warren is a member of the WI Master Gardener Program board and encourages you to attend!*

# Volunteer News



## A Message from Peggy York

April is National Volunteer Month! This month is dedicated to honoring all of the volunteers in our communities as well as encouraging volunteerism throughout the month. A warm and sincere thanks to all of our wonderful volunteers at SAIL! Your support of one another and of the organization are critical to SAIL's work in helping older adults live meaningful,

secure, and happy lives!

The Good Neighbor Volunteers had their first quarterly meeting on March 1st. Thank you Nancy Winton for hosting our meeting! Volunteers Evonna Cheetham, Carole McGuire, Hildy McGown and Sue Weiss attended. We appreciate all you do to welcome new SAIL members and introduce them to SAIL opportunities. Thank you to Sandra Christensen for your past coordination of this program.

A word of thanks to Dorothy Bollant for her 5+ years planning and attending the West side Lunch Bunch gatherings. Winnie Shea and Lois Curtiss have volunteered to take over coordination of this monthly outing. And, warm thanks to Howard Kanetzke for providing rides to fellow members during the past 7 years!



## Ongoing National Discussion On Healthcare

by Member Sam Coe, FSA MAAA

A recent article in an on-line edition of *The Actuary* magazine describes the background of the ongoing national discussion about healthcare and helps me keep score as various winners and losers emerge...and I am thinking fellow SAIL members might also find it helpful. My interest in health care is both professional (historically, anyway) and personal. There was a time when the actuarial unit I managed was responsible for writing the contracts for and the pricing and reserving of health insurance coverage for my insurer employer. And, of course, I now have several health issues of my own to manage. Here's the link: <http://theactuarymagazine.org/explaining-health-policy-facebook-friends/> For a hard copy of the article, contact the SAIL office.

## Shoe Buying Tip by Member Caroline Clark

You may not be aware certain shoes, e.g. some of the New Balance shoes, are covered by Medicare in some cases. Do your research before you buy, get a receipt, and then ask Medicare for a claim form. Otherwise, Medicare will cover only that which is covered and bought from a Medicare supplier of medical supplies and equipment. Walgreens is a supplier, but only some of their lines are covered. Wish I'd have known this BEFORE paying \$159.00 for shoes to put my orthotics in!

## SAIL Golf Outing Fundraiser on June 14

If you and/or your friends like to golf, you may want to know about our 3rd Annual SAIL Golf Outing on June 14 at Tumbledown Trails! Member Donna Ploc, chairperson, is once again leading the charge—thank you, Donna! We raised \$16,000 last year and we're hoping to reach \$23,000 this year. Proceeds support sliding fee memberships and SAIL programs. Contact SAIL for more information!



## SAIL Messenger Volunteer Helpers

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





# April 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, April 3:

### "Jews in Wisconsin"

Sheila Cohen, retired teacher – ESL & Speech Therapy, author of "Jews in Wisconsin," the story of the Jews who settled here —their difficulties and successes

Monday, April 10 :

### "Communication and Aging"

Raymond D. Kent, Emeritus Professor, University of Wisconsin-Madison, Department of Communicative Sciences and Disorders, and the Waisman Center

Monday, April 17 and 24: No Program due to spring break and annual meeting.

## 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 (April 4 and 18) from 10:00 a.m. to 11:30 a.m. in the Oakwood Towers Party Room.

## SAIL Men's "Roundtable"

**WHEN:** Tuesday, April 11 at 10:00 a.m.

**WHERE:** Oakwood Heritage Oaks Social Room

**KICKOFF TOPIC:** Should a college education be the goal for all young people in the U.S. today? Is a post-secondary education universally essential or even advisable? Does it represent real value for everyone? Is it OK that almost one third of today's high school graduates don't enter traditional colleges? Or is at least some college education for most, if not all Americans, the essential common denominator that can hold a diverse society together? And if so, how should the decision be made about who does or does not go to college? These questions will form the basis for our discussion.

## Birthday Club

Have a birthday in April? Or, are you just looking for a reason to celebrate? Either way, join us Tuesday, April 11 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.

## Lunch Bunch

by Deb Hall, Lois Curtiss, and Winnie Shea

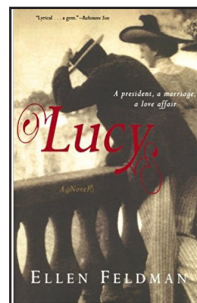
**West side:** Thursday, April 27, 11:45 a.m. at Imperial Garden, 2039 Allen Blvd., Madison. Voted Best of Madison and known for its vast lunch menu.

**East side:** Wednesday, April 12, 12:00 p.m. at Hy-Vee, 3801 East Washington Ave.

To register, call or email the SAIL office in advance.

## Book Club

by Alice Punwar and Maria Schnos



We will return to Sequoya Library for our Tuesday, April 18th meeting. We start at 1:30 p.m. and will be discussing *Lucy* by Ellen Feldman. It's the fictionalized story of Lucy Rutherford who takes a job as personal secretary to Eleanor Roosevelt but then falls in love with her husband, Franklin. Copies of the book are available from Alice Punwar, 274-0428. As always, new members are welcome.

## Connections Group

Join us on Wednesday, April 19 at 1:30 p.m. in the Oakwood Village Heritage Oaks Westmorland Room. Interested? Please give us a call to learn more about the group and its charter!

## On Our Own

by Co-leaders Karen Peterson and Janice Gary

We will not be meeting this month and will meet again on Monday, May 15. The topic will be announced later this month. If you missed the previous presentations by Attorney Brenda Haskins on topics relating to Medicare and hospitalizations, Medicaid, the role of an executor, and more, please call SAIL and we can send you handouts.

## SAIL Technology Program

We have several options for learning this month. All programs require registration—call or email SAIL to schedule.

### TECH TUTORING 4 YOU (members only)

One-on-one half-hour sessions with a tech expert. Times are limited.

#### Madison West – Tuesday April 4

***This session is FULL- A second date is being considered, please call if interested.***

Sessions will be held from 1:00 p.m. to 3:00 p.m. in the 2nd floor conference room, Oakwood Heritage Oaks; Instructor – Cris Carpenter.

#### Madison East – Thursday, April 6

Sessions will be held from 10:00 a.m. to 12:00 noon at Lake Edge Lutheran Church, 4032 Monona Drive, Madison; Instructor – Dave Friedman.

### TECH CLASSES

These free classes are designed to cover general information and include time for questions and answers.

#### **“Using the SAIL website, including setting up your profile”**

**Monday, April 10** from 1:00 p.m. to 2:30 p.m. Sequoya Library - 4340 Tokay Blvd; Instructor – Sue Stenzel.

*The SAIL website – sailtoday.org – offers members the chance to connect with other members through their areas of interest as well as finding vendors and all sorts of other useful information. We'll learn how to navigate the website, search and add information. Written instructions will be included as part of the class.*

#### **“Computer Storage Class”**

**Thursday, April 20** from 10 a.m. to 11 a.m. Attic Angel Place, Bryant Rm., 8301 Old Sauk Rd.; Instructor – Cris Carpenter.

*Backing up your data and photos is very important. We'll discuss cloud storage and how to use it; why you might want to consider it; jump drives as a backup and other backup options.*

## FREE Memory Screening Event



SAIL, with help from the Aging and Disability Resource Center (ADRC), is hosting a Memory Screening event this month on Friday, April 21 from 10:00 a.m. until 12:45 p.m. at the Monona Public Library, 1000 Nichols Road.

A memory screen is a wellness tool that helps identify possible changes in memory. It creates a baseline so future changes can be monitored. Attend and receive a 15-minute memory screening and information about memory clinics, brain health, and local resources. Call SAIL to schedule a 15-minute time slot.

## Sunday Movie at Oakwood



### **“Moonlight”**

**Sunday, April 30, 2:00 p.m.**

The Arts Center

A look at three defining chapters in the life of Chiron, a young black man growing up in Miami. Rated R, Subtitles Available.



## East side Dwellers

SAIL is hosting a member luncheon meeting on May 3 at Oakwood Prairie Ridge.

Please mark your calendars and contact Sue Stenzel at 230-4451 or [sue@sailtoday.org](mailto:sue@sailtoday.org) for more information.

## Attic Angel Health and Safety Fair

Wednesday, May 10, 10:00 a.m. to 1:00 p.m. at Attic Angel Place. We encourage you to stop over for a visit before heading to the Spring Luncheon and Annual Meeting at Blackhawk!

# Calendar of Events - April

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

SUN	MON	TUE	WED	THU	FRI	SAT
						1 APRIL FOOLS' DAY
2	3 Attic Angel Program 10:00 am- "Jews in Wisconsin"	4 Writers Writing 10:00 am- Oakwood Towers Party Room Tech Tutoring 1:00 pm- Heritage Oaks	5	6 Tech Tutoring 10:00 am- Lake Edge Lutheran Church	7 SAIL Shred Day 12:00 Noon- Oakwood University Woods- Heritage Oaks front circle	8
9	10 Attic Angel Program 10:00 am- "Communication and Aging" Tech Class: Using the SAIL Website 1:00 pm- Sequoya Library	11 Mens' Round-Table- 10:00 am Social Room Birthday Club 2:30 pm- Panera	12 Eastside Lunch Bunch Noon- Hy-Vee	13	14	15
16 EASTER	17	18 TAX DAY Writers Writing 10:00 am- Towers Party Room Book Club 1:30 pm- Sequoya Library	19 Connections 2:00 pm- Heritage Oaks 90's Breakfast 10:00 am- Blackhawk Country Club	20 Technology Class: Computer Storage 10:00 am- Attic Angel Place- Bryant Room	21 Memory Screening Event 10:00 am- Monona Public Library	22 EARTH DAY
23	24	25	26 Mattress Flip Afternoon	27 West side Lunch Bunch 11:45 am- Imperial Garden A Talk About Garden Therapy 7:00 pm- Oakwood Arts Center	28 SAIL Shred Day 1:00 pm- Oakwood Prairie Ridge Campus	29
30 Sunday Movie 2:00 pm- Oakwood Arts Center						



# Members' Corner

## Welcome to our New Members!

Doreen Adamany *Capitol Neighborhoods*  
Judith Craig *Oakwood Heritage Oaks*  
Kathleen Dooley *Sherman Neighborhood*  
Marilyn Larson *Lake View Hill*  
Roy Libby *Ridgewood Neighborhood*  
Notley Maddox *Waunakee*  
Wayne Milestone *Nakoma*  
Richard and Jennifer Seaman *Hill Farms*  
Buffy Stevens *Yorktown Estates*  
Larry and Esther Travis *Sunset Village*



## New Professional Services Member!

Sue Goldstein, Realtor



## A Message from Member Services Manager – Laura Adell

Three New SAIL Vendors!

Their motto is “All painters are not created equal!” Find out how these insured professionals can spruce up your home with a fresh coat of paint for interiors, exteriors, and more. Don comes highly recommended from some members in Waunakee. He provides all types of painting, drywall repairs, wall paper removal, exterior painting and deck staining. He has been in business since 1985, and your complete satisfaction is their #1 priority.

**New Handyman!** “What a great find for your organization” is how one of his references replied. Rick can do any sort of handyman project from backsplashes, hanging doors, drywall, minor electrical, grab bars and handrails, to outdoor chimney and gutter cleaning, deck repair, and staining. Another reference said “We would highly recommend Rick for just about any home repair project.”

**The UPS Store is now a SAIL Vendor!** Recommended by another SAIL vendor who has suggested store owner Keith to a number of her clients. They provide packaging and shipping of boxes, artwork, furniture, and equipment by UPS, USPS, DHL or freight. They will even come to the home and pick up items that need to be shipped! And, Keith and his team offer printing and notary services.

If you'd like information on these new vendors, give me a call or log-in to [sailtoday.org](http://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

### Mattress Flip

If you are interested in having your mattress flipped or rotated, sign up by calling or emailing SAIL. Please include the size/type of the mattress(es). Our Volunteer flippers will be out the afternoon of Wednesday, April 26. Flips are free for Full members and \$15 for Associate members.



We received a donation last month from Thrivent Financial, thanks to a member who selected SAIL as the beneficiary of her donor choice fund! This donation helps to support our programs and memberships for those who have low income. Thank you!



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](mailto:info@sailtoday.org)

**WEB** [www.sailtoday.org](http://www.sailtoday.org)



### Tech Tip:

Immediately delete emails you receive that are asking for any personal info, especially financial EVEN when you recognize the sender. Hackers can make an email appear to be from someone you know. Often times these emails contain attachments that look like bills or shipping labels. This fraudulent practice is called Phishing and is a way to induce individuals to reveal personal information, such as user names, passwords, and credit card numbers.

## March Highlights



*Handyman Rick Conroy meeting with Laura Adell.*



*Joy Knox and UW-Madison Pharmacy student at No More Spring Breaks falls risk screening day.*



*Carol Brown sharing Irish Soda Bread with the Connections Group*



*Above: Joanne Berg, Sue Goldstein, Pauline Scott, and Carol Brown enjoying time together at Birthday Club.*