



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

AUGUST 2017

Highlights in this Issue:

- Annual Midsummer Celebration.....1
- Intro to Managing Digital Photos.....1
- Message from Executive Director Ann Albert.....2
- Tech Tutoring 4 You..2
- Volunteer News.....3
- Member Groups.....4
- Calendar of Events.....5
- Thank You to SAIL Donors.....6
- New Members-..... 7
- Falls Screening.....7
- 90's Breakfast.....7
- Member Services Message from Laura Adell.....7
- SAIL Waunakee Update and Save the Date.....8

Midsummer Celebration

Join SAIL members – and guests – as we socialize and listen to the wonderful vocal sounds of Gilda's Glee Club!



This talented group of volunteers from Gilda's Club will sing show tunes and lead us in a sing-along of some old favorites. Also, enjoy an array of delicious appetizers, bars, wine, and sparkling water.

WHEN: Tuesday, August 8, 6:00 p.m. to 8:00 p.m.

WHERE: Attic Angel Place Community Room/8301 Old Sauk Road, Madison

COST: \$10 per member / \$12 per guest

REGISTER: Call SAIL at (608) 230-4321 or email info@sailtoday.org. Transportation provided upon request.

We hope you can make it, and feel free to bring a couple friends!

Huge thanks to BrightStar Care of Madison for sponsoring this event!



Intro to Managing Digital Photos



Join SAIL vendor Dave Friedman on **Wednesday, August 16 from 10:00 a.m. to 11:00 a.m.** in the Westmorland Room at Oakwood Village University Woods.

This class will offer an overview of features and costs of various online photo services to keep your photo library in sync with your computer, phone, and tablet. You'll learn about organizing photos into online albums, making prints, and sharing photos online. We'll also leave plenty of time for questions and answers.

To register, call SAIL at (608) 230-4321 or email us at info@sailtoday.org by August 14.



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.



Supported in part by



SAIL Operating Council: Christine Beatty, Dorit Bergen (Vice President), Mary Ann Drescher (MACCC), Tom Evans, Ernie Hanson, Don Haasl (Secretary), Patricia Kallsen (President), Chris Klotz, Kathleen Larson, and Bob Topel

From the Office



A Message From Executive Director Ann Albert

It's a great time of year to enjoy getting together with friends. How about joining us for the upcoming annual SAIL Midsummer Celebration on August 8? It's sure to be a fun social event! Speaking of having fun with friends, we're hearing more and more about the profound effects of loneliness and isolation as we age. In fact, according to the AARP Foundation, the health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day! AARP estimates 17 percent of American adults 65 and older are isolated. If you or someone you know happens to feel lonely and isolated, take a look at our event calendar and make a commitment to attend at least one. Or, consider volunteering. Give us a call at SAIL and we can help connect you to another member, volunteer, or a volunteer opportunity. The main thing—do something!

Thinking about friends, I hope you will help us keep SAIL on a healthy track—share your SAIL experiences and invite your friends to some SAIL events! Or, share the SAIL bookmark, brochure, or Messenger. You likely know people who would benefit and/or support our mission of helping one another live meaningful lives and remaining independent through connections. Unfortunately, members move or pass away and it's vital for us to welcome new members throughout the year. A growing membership helps keep costs down and it adds vibrancy to our organization. We hear over and over how SAIL has made a difference for people—perhaps you can help make this happen for your friends, too!

Tech Tutoring 4 You *by Member Services Assistant Sue Stenzel*

This month's tech session is scheduled for **Tuesday, August 29, from 10:00 a.m. to 12:00 p.m. at the Alicia Ashman Library, 733 N. High Point Rd, Madison.**

If you are new to SAIL's tutoring program, here's how it works:

- Appointments are for 30 minutes, and you can ask for help with any device – phone, tablet, or computer.
- If any of the devices have passwords, be sure you have those available.
- Ensure your devices are fully charged or bring the charging cord(s).

All SAIL members are invited to take advantage of this service. Full SAIL members are eligible for four free tutoring sessions annually and Associate members are asked to contribute \$15 for each session.

Call SAIL to reserve your spot on August 29. Advance reservations are required. If you have questions, let us know!

Volunteer News

A Busy Summer for SAIL Volunteers

By Volunteer Coordinator Peggy York



SAIL volunteers have been hard at work! So far this summer, volunteer drivers have given 38 rides to fellow members! This included trips to libraries, medical appointments, veterinary clinics, and social functions. Home visits and phone calls have also brightened many days for members who aren't getting out and about as often. New members are welcomed by our Good Neighbor Volunteers. Members receive a warm personal phone greeting on or near their birthdays. In addition to helping us here in the office, volunteers have given their time to help with porch sweeping, flipping mattresses, and mending. Volunteer teams are meeting regularly to plan events and work on projects to improve SAIL services and provide outreach. Thank you SAIL Volunteers for making a difference!

Volunteer(s) Needed!

By Volunteer Coordinator Peggy York



We have a special project for one or two volunteers to work on at SAIL or at home. Upon receiving some recent requests by members to have large items removed from their homes, I started researching local donation centers. Each one has specific criteria for what they will accept or pickup. I am looking for help in putting together this sort of information along with information about local resale shops, and appliance, computer and other types of recycling centers. Our goal is to include this information in the SAIL Service Provider Directory and on our website as a convenience and resource to members. Please call SAIL if you would like to help with this project!

Volunteers Needed for Teams

If you have a background or special interest in marketing, public relations, communications, or fundraising, please consider helping out on one of our SAIL teams. Being on a team is a way to use your talents and is a great way to get to know other members and volunteers! Please contact us if you're interested in learning more about these opportunities!



Member Charlotte Woolf loves sharing her beautiful garden with others. If you're interested in taking a tour and learning some great tips (like which plants fend off

certain insects or animals), give SAIL a call and we'll connect you! When she's not taking care of her plants, Charlotte is often volunteering her time—here at SAIL she sends thoughtful cards to members on special occasions or during challenging times. Thank you, Charlotte!

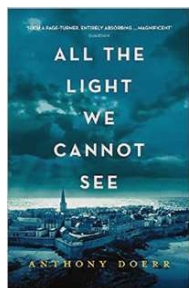
The Attic Angel Lectures, Men's Roundtable, and Book Club are on summer break and will resume in September.

Birthday Club

Have a birthday in August? Or, are you just looking for a reason to celebrate? Either way, join us on Tuesday, August 8, 2:30 p.m. at Panera Bread, off Mineral Point Road. Member Sue Goldstein invites you to join her and meet other SAIL members. Bring a guest!

Book Club

by Alice Punwar and Maria Schnos



The SAIL Book Club is on vacation this month and will resume in September. Our first meeting will be on Wednesday, Sept. 20 at 1:30 p.m. at Sequoya Library. For our summer reading we have chosen the book, *All The Light We Cannot See* by Anthony Doerr. It is

the story of a blind girl who has escaped Paris along with her father and who is determined to keep a precious jewel out of Nazi hands. A German boy's talent with radios makes him an asset to the war effort, but he struggles to cope with the human cost of his work. Their two stories come together as they each try to hold onto their humanity. Hope to see you at the September meeting!

Lunch Bunch

by Members Deb Hall, Lois Curtiss, and Winnie Shea

East side: Wednesday, August 16, 11:45 a.m. at Good Food Low Carb, 4674 Cottage Grove Road.

West side: Thursday, August 24, 11:45 a.m. at Longhorn Steakhouse, 418 Gammon Road.

Please join us and feel free to bring a friend! To register, call SAIL at 230-4321.

On Our Own

You can learn from real life experiences of SAIL members actively involved in the "On Our Own" group at this member gathering.

To have anything desirable in your life, you have to do more than want it. You have to make it happen.

-Ralph Marson in *Daily Motivation*, 7/19/12

Presenter: Janice Gary, co-leader of On Our Own (OOO), will share her experiences recovering from two right-hips surgeries in 2009 & 2017—one without "OOO" support and with "OOO" support.

Date/Time: Tuesday, August 15 at 3:30 p.m. Gather to enjoy blooms, butterflies, and social time, with presentation at 4:00 p.m. and supper to follow at 5:15 p.m.

Place: Janice Gary's home & 15 gardens. (Her adult sandboxes.) Call SAIL for directions.

Menu: Pizza (provided), salads, desserts, and beverages. Beverages include: apple or cranberry juice, or skim milk (or, feel free to bring your favorite.) Salads and desserts brought by those attending—inform Janice (608) 231-9014 of what you plan to bring, as we are aiming for a variety of items. If possible, please bring a lawn chair!

Sunday Movie: "Going in Style" (2017)

Sunday, August 27, 2:00 p.m., Oakwood Village University Woods, Arts Center.



Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. Starring Morgan Freeman, Michael Caine, and Alan Arkin (rated PG-13), 96 min.

Calendar of Events — August

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

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
					SAIL Wau-nakee Cookout Ginny Nachreiner home	
6	7	8	9	10	11	12
		Birthday Club 2:30 p.m. Panera Bread <hr/> MidSummer Celebration 6:00 p.m. Attic Angel				
13	14	15	16	17	18	19
		On Our Own 3:30 p.m. Janice Gary's Home	Managing Digital Photos 10:00 a.m. <hr/> Lunch Bunch East 11:45 a.m. <hr/> Connections			
20	21	22	23	24	25	26
				Lunch Bunch West 11:45 a.m. Longhorn Steakhouse		
27	28	29	30	31		
Sunday Movie 2:00 p.m. Oakwood Arts Center		Tech Tutoring 4 You 10:00 a.m. Alicia Ashman Library	Save the Date: Understanding Stroke: Prevention, Symptoms, Action during a Stroke Dr. E. Luke Bradbury of the UW Health Stoke Clinic, October 3, 2:00 p.m. at the Arts Center at Oakwood Village University Woods.			

*Thank you to the following donors
for your generous contributions to SAIL
during the 2nd quarter of 2017.*



2017 2nd Quarter Donors—April 1 thru June 30, 2017 (Includes Endowment Fund Donors)

SAIL Supporters

Advent Women of ELCA
Ann Albert
Robert and Ruth Diehl
Steve Erickson
Keven and Lori Kuntz
Attorney John Mitby
Vic and Jayne Mohoney
Dottie Moseley
James Nemke
Brian and Sally Schroeder
Attorney Melissa Warner
Attorney Thomas Vercauteren

Member Donors

Lois Curtiss
Tony and Jane Earl
Barbara Gessner
Sue Goldstein
Donald and Jan Haas

In Remembrance

In Memory of Martha Christensen
Barbara Gessner
In Memory of Dorothy Sund
Lois Curtiss
In Memory of Frederick Kauffeld
Barbara Gessner

Corporate and Foundation Supporters

Advance Security, Inc.
Attic Angel Community
Cress Funeral and Cremation Service
Forward Development Group LLC
Gallina Management, Inc.
Gunderson Funeral and Cremation
Service
Kathryn Erickson CPA, LLC
Life Organized LLC
Marsh & McLennan Agency
Monona Dental
Oakwood Lutheran Senior Ministries
Riverplace Dental
RSM US LLP
Sky's Edge Wealth
State Bank of Cross Plains
The Alexander Company, Inc.
Thrivent Financial
Vogel Brothers Building Co.

In-kind and Prize Donations to Golf Fundraiser

Ann Albert
In Honor of Volunteers and Staff
Andy Davidson
Blain's Farm and Fleet
Capital City Carpet Cleaners
DiSalvo Sauces
Tony and Jane Earl
First Choice Dental
Barb Gessner
Sue Goldstein
Inkworks
Pat Kallsen
Pappas Trading Post
Donna Ploc
Rosati's
Schwoegler's Park Town Lanes
Sue Stenzel
Vitense Golf
Peggy York

If SAIL has been an important part
of your life, consider making it part
of your legacy. If you are interested,
please contact Ann Albert at 230-4453.

Our apologies for anyone accidentally omitted from this list.

Thank you, Jane!

Warm, heartfelt thanks to Jane Earl for serving on the SAIL Council and for leading our SAIL Marketing Team these past three years! Jane, a woman of many talents, has worked tirelessly providing professional consultation and hands-on support to staff and volunteer teams including marketing, public relations, fundraising, and member retention. While contributing significant time to SAIL isn't possible right now, Jane has named **SAIL Endowment Fund** as a beneficiary in her Will. She commented, "I am choosing to do this so that I can continue making a long-term commitment to an organization I regard so highly." Thank you, Jane!

Membership News and Updates



New Members

Nancy Dolan - Wexford

Mary Ann Stephenson and Janet Peterson - Greentree

James and Carol Path - Westhaven

Sharanne Stitgen - Glacier Ridge

Only Leaves Should Fall

If you missed out on “No More Spring Breaks” in March and would like to receive a personalized falls risk screening, be sure to mark your calendar for the “Only Leaves Should Fall” event on September 26 from 10:00 a.m. to 2:30 p.m. at the Boys and Girls Club, 4619 Jenewein Rd, Fitchburg! You’ll receive a free lunch and 1:1 screenings for falls risk in the areas of gait, balance, strength, vision, blood pressure, medications, etc. Information about community resources, local falls prevention classes, home safety assessments, etc. will be provided as well. SAFE Communities sponsors the event (SAIL is a charter member of the SAFE Communities Falls Prevention Task force) in partnership with the University of Wisconsin-Madison schools of pharmacy, physical therapy, occupational therapy, and nursing. Over 100 students participate, making this a wonderful intergenerational opportunity aimed at preventing falls and improve quality of life. To register, call SAIL.

90’s Breakfast at Blackhawk!

We’re having another “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!

Date: Wednesday, September 20

Time: 10:00 a.m. to 11:15 a.m.

Place: Blackhawk Country Club

Menu: Fresh fruit, rolls/muffins, and beverages served family-style.

To Register: Call SAIL at 230-4321 and let us know if you need a ride.

Thanks to a generous member, this event is once again free of charge!



A Message From Member Services Manager Laura Adell

SAIL member Betty Sullivan recently needed a new computer set-up. She enlisted the help of a SAIL technology vendor, Dave Friedman.

Here’s some information from Dave about the system he set up for Betty: If you’re in the market for a new computer and your primary needs are email, Google, and general web surfing, a Chromebit might be a great solution. A Chromebit is a powerful computer that’s about the size of a pack of chewing gum and costs just \$85. If you already have a compatible keyboard, mouse, and display, you won’t need to spend another dime. If you’re starting from scratch, a complete setup will run under \$200. When asked for feedback, Betty shared, “I do like it! It simplifies your computer life. It does the basic things you need without all the other stuff.”



Whether you need technical help (we have excellent tech vendors—Dave, Cris, or Pam) or if you’d like help with home chores, repairs, yard work, etc., remember to call us. We can connect you to trustworthy, vetted service providers. If you would like an updated directory, please let us know and we can mail or email one to you immediately!



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

Visit sailtoday.org or give us a call!

Taking Positive Steps in Uncertain Times: Learning to Stay Safe

The 15th RSVP/Triad of
Dane County & Triad of
Wisconsin Crime Preven-
tion & Safety Conference
and Expo:

**September 22,
7:45 a.m. - 4:00 p.m. at
American Family Ins.
6000 American
Parkway, Madison.**

Call SAIL if you are inter-
ested in attending!

SAIL Waunakee Update *by Member Ginny Nachreiner*

On Friday, August 4, we'll gather for some summer fun at my home for a cookout. For more information on this event, contact SAIL.

Save the date: Tuesday, September 12, 7:00 pm. SAIL Waunakee and the Waunakee Public Library will jointly present ***Separating The Fake From The Facts: Understanding Today's News***. For more information, call SAIL. All are invited, advanced registration is required.



SAIL Waunakee members met at the Waunakee Community Band Concert in the Park on July 13 and enjoyed great music, socializing, and ice cream.