



# The MESSENGER

*...keeping you connected!*

A MONTHLY PUBLICATION

OCTOBER 2017

## SAIL Full and Associate Membership Benefits:

- Access to:
  - ◆ Pre-screened Service Providers
  - ◆ SAIL's *Tech Tutoring 4 You* Program
  - ◆ Information and/or Referrals to Community Resources & Professional Service Members
  - ◆ Selected Programs at Attic Angel Community and Oakwood Village
- Invitations to Interest Groups, Social, and Educational Events
- SAIL Monthly Messenger
- Shredding at SAIL
- Volunteer Opportunities
- Discounts on:
  - ◆ Life Assist Personal Emergency System
  - ◆ Madison School and Community Recreation Programs
  - ◆ EZ SMARTPHONE

## Additional Benefits of Full Membership:

- Rise & Shine Check-in
- In-home Technical Help
- Transportation and Other Volunteer Services
- Medication Reviews
- House Checks
- Mattress Flipping & Perks

Interested in membership and/or volunteering? Give us a call or email us!

## SAIL Annual Visit to Ski-Hi Fruit Farm

Join fellow members on October 26 for a bus trip to Ski-Hi! This annual excursion is in combination with our monthly Westside Lunch Bunch outing. The bus will depart from the Oakwood University Woods—Heritage Oaks front entrance at 10:45 a.m.



Our first stop will be an early lunch at the original Culvers Restaurant in Sauk City. Then we will continue on to Ski-Hi Fruit Farm in Baraboo to enjoy some of their famous deserts. We will end this trip with a scenic drive through Devil's Lake State Park.

This event is open to all members, and seating is limited. The cost is \$10.00. Call SAIL at 230-4321 to RSVP for this trip.

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## Things I've Learned...Messages from Our Life-wise Members

Member Pat Krueger says it well: "That those of us over the age of 90 are in what I call uncharted territory. Few of us expected to be here. Our lives are vastly different from those of our parents. And that we all are learning things that we can share to make the way easier and more enjoyable for us and those who will follow us."



Thank you, Pat, for inspiring our new "Things I've Learned" column! And thank you for sharing your personal experience with ageism and how you responded! (Continued on Page 3)



### 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

The words “It takes a village” resonated well in our community and across the nation during these past several weeks. People helping people in times of need—both in crisis or non-crisis times. At SAIL we are grateful for the opportunity to help. It feels good, and it’s what we are about. Last

month we helped members with handyman jobs; vendor requests; rides; tech support; and, of course, with issues that arose related to the Equifax data breach (thank you Barbara Boustead, Cris Carpenter, and Attorney John Mitby!). Members Alice Punwar and Maria Schnos kicked off the fall Book Club meetings, and Fred Ross came back for another season leading the Men’s Roundtable group. We had some great fun touring Lake Monona on the pontoon ride and at Blackhawk Country Club for the 90’s Breakfast. Thank you all for making September such a great month for so many people!

Be sure to take a look at the right-hand column of the Messenger front page to reacquaint yourself with the many benefits SAIL offers, and please share SAIL with your friends who might be interested in joining us for an event or learning more about SAIL.

Finally, you’ll be receiving the SAIL annual appeal letter this fall. This is truly an “annual” appeal. SAIL is funded mainly through member dues, MACCC, and donations—we receive no government funding. Donations and legacy gifts help us continue to help older adults make the rest of their lives the best of their lives. Thank you in advance for your support!

### Volunteer Handyman Ready to Help

*By Volunteer Coordinator Peggy York*

You may recall last month’s article featuring the SAIL Volunteer Handymen— I’m happy to welcome one more to our team! We’ve now grown to seven members, as Phil Hodapp has joined. Welcome Phil!

These wonderful guys can help change light bulbs, deliver salt to the water softener, fix a screen, bring up fall or holiday decorations from the basement, etc. A guideline we use is to consider jobs that take an hour or less. Call SAIL if you’d like to request help from a volunteer handyman! (And if you have a larger job, the SAIL handyman vendors are great, too!)



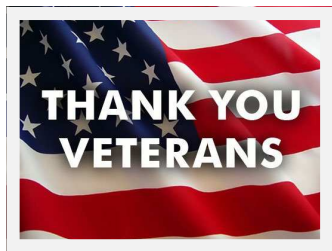
Will, Don, and Duncan following our first “Handyman Meeting.”

# Member Messages

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## Veterans Day: The Perfect Time to Thank Our Military

by SAIL member Denny Behr, retired Navy Veteran



Saturday, November 11, is Veterans Day, a federal holiday originally set aside to mark the end of World War I, which ended on Nov. 11, 1918. Today, this holiday honors our living military veterans and their families for protecting and defending our country from a variety of enemies.

As U.S. citizens, we should give thanks for the men and women who make personal sacrifices to keep our nation free and safe. While Memorial Day honors our fallen veterans, Veterans Day is for thanking the living.

Thanking a veteran and his or her family can be as simple as saying “thank you” or going further by organizing a small special event to recognize them. The Veterans Administration offers ideas on [www.va.gov/opa/vetsday/](http://www.va.gov/opa/vetsday/). Faith-based organizations like Lutheran Military Support Group offer ideas in the “From the Trenches” area of their website [www.LutheranMilitary.org](http://www.LutheranMilitary.org).

Simple, informal acts of kindness from the heart to the veteran living next door mean more than you can imagine! Mowing lawn, sharing a meal, or a ride to the store are ways to show appreciation. An unexpected “thank you” and handshake to a vet says a lot and sends the message that you care and appreciate his or her service and sacrifices...please just try it on this upcoming special day and on any day!

***Editor’s note: As SAIL members, let’s challenge each other to reach out and thank at least one veteran this Veterans Day and, even more important, thank them any day! How about going the extra mile and starting a “SAIL Salutes Veterans” group? If interested, call SAIL!***

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## Things I’ve Learned *(continued from Page 1)*

My father was legally blind. One of his eyes had been removed because of glaucoma. He loved the income-tax deduction this gave him. But when Sentry Insurance cancelled the insurance on his car. He was outraged. “They’re discriminating against me on the basis of my age,” he roared. We humans do have our foibles. Yet, discrimination against those of us who are senior drivers exists. It is real.

It is not uncommon for well-meaning friends and family, even some physicians, to use the “you’re too old to drive” argument in an attempt to get a senior driver off the streets. My sons joined this bandwagon. They care for us; they

want us to be safe. When the man who was my physician told me that I was too old to drive (I was past the age of 90), I found that there are tests given by the state which test our capability to drive. There are three tests in the group. I passed all those tests. I took a road test. I passed that. The state says that it is okay for me to drive. My ophthalmologist says that it is okay for me to drive. I found a new physician, bought a new car (I’d driven my old one for nearly 30 years), and continue to drive.

My sons are okay with all of this. Independence is too precious to yield gently.

*For information on driver evaluation or transportation resources, call SAIL.*

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## Attic Angel Lecture Series

The lectures are held in the Community Room at Attic Angel Place, 8301 Old Sauk Road. Coffee starts at 10:00 a.m. and the lectures begin at 10:30 a.m.

Monday, October 2: "The Fun of Carving Wood." Jim Liedtke, retired M.D.

Monday, October 9: "New Discoveries of Fossil Human Relatives in South Africa." John Hawks, Professor of Anthropology, UW-Madison

Monday, October 16: "Research on Tuberculosis and HIV." Ms. Alexis Balgeman, Research Specialist, Pathology & Laboratory Medicine, UW-Madison

Monday, October 23: "The Future of Apparel Retailing." Jerry O'Brien, Director of the Kohl's Center for Retailing, UW-Madison

Monday, October 30: "Climate Change, The Real Story." Bob Lindmeier, Chief Meteorologist at WKOW-TV.

## Lunch Bunch—East Side

by Member Deb Hall

Join us on Thursday, October 5 at 11:30 a.m. at the Good Food Low Carb Café, 4674 Cottage Grove Road. Following lunch, those interested will head over to the "Brain Healthy Living" program located next door at MSCR. **Advance registration is required—just call SAIL.**

## Birthday Club

Do you have a birthday in October? Or, are you just looking for a reason to meet some new friends? Either way, join us on Tuesday, October 10, 2:30 p.m. at Panera Bread, off Mineral Point Road.



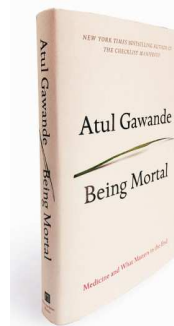
## Men's Roundtable

**When and Where:** Tuesday, October 10, 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

**Kickoff Topic:** Historically, Democrats and Republicans have differentiated themselves by their contrasting views on the degree and manner in which government should impinge on individual lives. But as society has polarized it is now being contended that the two parties are differentiated not by what they are *for*, but what they are *against*. That is, that partisanship is today simply negative rather than positive. What to make of this? Does the contention seem sound? If so, how did the negativity come about, and however that was, is it healthy? If the contention is *not* sound, what are the contrasting positive partisan ideals today? We will discuss this and more.

## Book Club News

Welcome to all new members! We are looking forward to an active and entertaining winter season. The next meeting will be on October 18, 1:30 p.m. at Sequoya Library. The book is *Being Mortal* by Dr. Atul Gawande. Gawande is a strong supporter of the village movement. In this book Dr. G. discusses the many ways that healthcare institutions in the U.S. are failing the aging population and those with terminal illnesses. And he has suggestions of how to do better. A timely and thought-provoking book.



## Sunday Movie: Maudie (2017)

October 29 at 2:00 p.m., Oakwood University Woods Arts Center



An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community.

## More Upcoming Events

### On Our Own Gathering *By Co-leaders Janice Gary and Karen Peterson*

Join us for a fun day at the Vilas Zoo! On October 16. We'll meet at 10:00 a.m. at the main Zoo entrance (off Drake Street) to start our visit. We'll see the lion cubs, rhino, badgers, and visit the Arctic Passage which just opened last year. We'll also venture to the Children's Zoo and consider a ride on the Carousel, the train, or both! At 11:30 a.m., we'll gather for lunch at Zulu's for those who are interested.

In addition to this month's social at the zoo, Sue Stenzel will be sending out an invitation to members regarding a special training session on using our website's "On Our Own" forum.

### Introduction to Mindfulness and Meditation



Mindfulness is a practice of learning to be more in the present moment—not the past or the future. Come join us as we explore the practice of Meditation and what it can mean in your life.

Presenter and SAIL member Claire Box, RN, MSN, has been practicing mindfulness

meditation for more than 20 years and has facilitated practice groups in many different settings.

**Date:** Tuesday, October 3

**Time:** 6:00 p.m.–7:30 p.m.

**Where:** E.D. Locke Library, 5920 Milwaukee Street, McFarland

Call SAIL at 230-4321 for information or to register.

### Tech Tutoring

Here's another opportunity to get all or most of your technology questions answered in a one-on-one session with SAIL's technology tutor, Dave Friedman.

**Date:** Thursday, October 5

**Time:** 10:00 a.m.-12:00 p.m. (30-minutes spots)

**Location:** Monona Public Library, 1000 Nichols Road  
Tech tutoring is free for those with Full Memberships; Associate Members are asked to pay \$15 per session.

Call SAIL at 608-230-4321 to reserve your spot.

### Attic Angel Community Presents: Conversations that Matter

Join us for an upcoming program focusing on ways to handle difficult conversations. The program will focus on advance directives, ethical wills, family memoirs, and social history. Ann Massie Nelson and Ren Patterson, co-founders of Life Messages Media, will discuss these topics from the perspective of professional videotaping and editing services that will tell your story in your own words. This is scheduled for **Wednesday, October 25 at 10:30 a.m., Attic Angel Place, 8301 Old Sauk Road. Registration is required— just call 608-662-8911 or email [LivingWell@AtticAngel.org](mailto:LivingWell@AtticAngel.org).**

### SAIL Waunakee *by Member Chris Klotz*

On September 12 we partnered with the Waunakee Public Library for "Separating the Fake from the Facts" presented by Carol Larson and Jerry Huffman, two seasoned journalists. To find the truth, seek validation. Reputable news organizations are required to verify facts before releasing stories. The Internet can be used to fact check through sites like [snopes.com](http://snopes.com) and [factcheck.org](http://factcheck.org).

We'll continue to discuss this topic at the Waunakee Forum on **October 5 at 7:00 p.m. at the Waunakee Library.**

# Calendar of Events — October

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

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<b>Attic Angel Program</b> 10:00 a.m. The Fun of Carving Wood	<b>Understanding Stroke</b> 2:00 p.m. <b>Mindfulness &amp; Meditation</b> 6:00 p.m.	<b>Winterization Car Check</b> 2:00 p.m. Firestone Car Care Center	<b>Tech Tutoring</b> 10 a.m. – 12 p.m. <b>East Side Lunch Bunch</b> 11:30 am <b>SAIL Waunakee</b>		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<b>Attic Angel Program</b> 10:00 a.m. New Discoveries of Fossil Human Relatives in South Africa	<b>Men's Roundtable</b> 10:00 a.m. Oakwood Social Room <b>Birthday Club</b> 2:30 p.m.		UW Institute on Aging Colloquium –SAIL has an info booth		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<b>Attic Angel Program</b> 10:00 a.m. Research on Tuberculosis and HIV <b>Zoo Trip</b>	<b>Connections</b> 1:30 p.m. Oakwood University Woods	<b>Book Club</b> 1:30 p.m. Sequoia Library  <b>Mattress Flip</b>	<b>Madison Senior Center's Health and Resource Fair</b> 9:00 a.m. 330 W. Mifflin		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	<b>Attic Angel Program</b> 10:00 a.m. The Future of Apparel Retailing		<b>Attic Angel Program: Conversations That Matter</b> 10:30 a.m.	<b>SAIL Trip to Ski-Hi</b> 10:45 a.m. Depart from Oakwood University Woods		
<b>29</b>	<b>30</b>	<b>31</b>				
<b>Sunday Movie</b> 2:00 p.m. Oakwood Arts Center	<b>Attic Angel Program</b> 10:00 a.m. Climate Change, The Real Story					

# Membership News and Updates



## New Members

Linda Davis, Belleville / Marcy Bradley, Parkwood Hills / Gene Gay, Parkwood Hills / Donald and Betty Kramer, Hill Farms / Lee Wenning, Appalachian Ridge

## A Message From Member Services Manager Laura Adell



Please welcome Jim—Handyman and Home Remodeling Services. Jim has been in the construction, remodel, repair, and redesign business for 25-plus years. He specializes in high-end handyman work, light electrical & plumbing, gutters, shingles, windows, and doors. Jim also builds furniture. Member Charlotte Woolfe recently commented, “I’d happily recommend Jim to anyone who needs home repairs and remodeling.”

Looking for a private companion vendor? Amy comes with high recommendations from her clients and colleagues. She offers personal care including dressing, grooming, bathing, medication reminders, as well as light housekeeping and cooking. For more information about these new vendors or other services available, give us a call.

## Hello from Steve Topper—Fireplace Service Vendor

Summer is over and there’s always that “to-do” list of things to get accomplished before the snow flies. Remember to get your annual cleaning and inspection of your gas fireplace. Annual cleanings are recommended by manufacturers and will help eliminate down time and delays during the heating season. We care about your health and safety so in addition to

having a fireplace running at its best, please make sure to test and also check the expiration date on your carbon monoxide detector.



To contact Steve, call 608-381-8676 or e-mail [mrtsfireplaceservices.com](mailto:mrtsfireplaceservices.com). To schedule an appointment, call Linda at 608-535-2473.

## Free Winterization Car Check

On October 4, from 9:00 a.m. to 3:00 p.m., the Firestone Complete Auto Care Clinic at 7105 Mineral Point Road is offering a pre-winter assessment of your car’s belts, tires, antifreeze, lights, turn signals, etc. This assessment is sponsored by the West Madison Triad Program (SAIL is a member of Triad) and RSVP. The event is free for anyone aged 50+. Call SAIL to register. One more volunteer is needed to contribute a snack item for event volunteers. Please call Peggy at SAIL if you are able to help.

## Benefit of the Month: Mattress Flip

**SAIL Volunteer Flippers will be out on Wednesday, October 18.**

If you are interested in having your mattress flipped or turned, call the SAIL Office at 230-4321 to add your name to our list. When you call, let us know your mattress size and any other pertinent information. This will help us compile volunteer teams and routes.

Full Members: No charge

Associate Members: \$15 donation requested





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)

*Visit [sailtoday.org](http://sailtoday.org) or give us a call!*

## SAIL Highlights From September

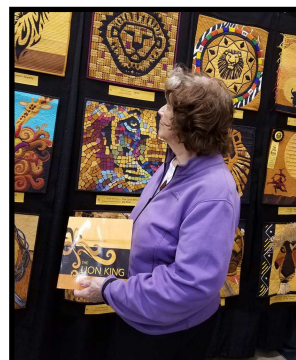
Twenty eight people joined our September pontoon boat outing. The weather, informative Madison School & Community Recreation (MSCR) guides, and great company made for a delightful afternoon on Lake Monona!

*"Due to the Tenny Locks being closed on Wednesday, the cruise had to be changed to Lake Monona. If you have never been on a boat trip of either lake, try it sometime. Attendees settled on two pontoon boats saw the beauty of the landscape and sights from the water. What a beautiful day and trip. Thanks, SAIL"*

-Member Linda Conlon



(Above) Members Ruth, Joan, and Jean enjoying the 90's Breakfast at Blackhawk Country Club.



(Left) SAIL members who attended the 2017 Quilt Expo were not disappointed. All agreed that the Lion King quilt challenge was the highlight. The talent and imagination of over 300 artists was amazing.