



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

NOVEMBER 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!

A Gathering of Champions



SAIL Volunteers contribute hundreds of hours each year to help fellow members, staff, and our organization as a whole. We want to thank each and every one of you for helping out in your own special way. You are champions of SAIL and of the values we hold dear—one of which is “independence through connections.”

On Wednesday, November 8 at 5:00 p.m., SAIL Volunteers will be honored and celebrated at a special recognition event at Oakwood Village University Woods. An invitation was mailed to all SAIL volunteers last month—if you haven't received yours, please let us know.

Come and enjoy the company of fellow volunteers, a musical performance by John Duggleby, delicious hors d'oeuvres, beverages, and a short presentation. RSVPs are requested by November 4.

“Love and Art” Tour at the Chazen

Join fellow SAIL members for a special art gallery tour on **Thursday, November 30, from 10:00 a.m. to 11:00 a.m. at the Chazen Museum of Art at 750 University Ave.**, with museum docent Maureen Kind. Transportation (\$5/person) will be provided and will depart from Oakwood Heritage Oaks at 9:30 a.m. To register, call SAIL at 230-4321 or email info@sailtoday.org.

Maureen will present *Love and Art: A tour and conversation at the Chazen Museum of Art*. She will guide us through looking at the various ways artists are inspired by the theme of romantic love and discussing how we respond to their works. This promises to be a unique and wonderful experience. You won't want to miss it!

Thank you to Member Carol Graham for organizing this!



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 Haas (Secretary), Patricia Kallsen (President), Chris Klotz, Kathleen Larson, and Bob Topel

From the Office



A Message From Executive Director Ann Albert

This month naturally lends itself to a message of gratitude! We have such amazing support that allows us and inspires us to do good things for one another, for the organization, and for the larger community in which we live. Thank you to SAIL founders Attic Angel Association and Oakwood

Village, attorney John Mitby, staff, service providers, donors, volunteers, colleagues, program speakers, and, of course, to you our SAIL members!

With the holidays approaching, you may be out enjoying time with family and friends. We ask you to please share your SAIL experiences to help build awareness and interest that may transform into new memberships, new donors, new volunteers, new vendors, and more!

We have good news to kick-off the holiday season: a \$2,000 grant from United Way and a member's lead gift of \$20,000 for our Annual Appeal! The grant funds a project aimed at educating medical providers and other professionals about SAIL resources. A successful Annual Appeal is greatly needed as we forge ahead and, if able, we hope you will help us! You'll receive a letter in the mail within the next week or so. We thank you for all you do for SAIL!

Protecting Your Identity: What to Know, What to Do

The recent Equifax data breach generated several calls and requests for help by SAIL members. We'd like to thank vendors Barbara Boustead and Cris Carpenter for helping us out as we relayed information from Consumer Protection. The unfortunate event that occurred inspired an upcoming program focusing on how you can protect your identity:

- How to take steps to protect your identity and your credit score.
- What to do if you become a victim of identity theft.
- What are the five main categories of identity theft.
- What are the four areas that individuals neglect when it comes to protecting their identity.

Date/Time: Tuesday, December 5 from 2:00 p.m. to 3:00 p.m.

Location: Attic Angel Place, 8301 Old Sauk Road, Middleton

Speaker: Steve Broyles, CPA, CFE, CFF, MBA

Our speaker is experienced in all areas of accounting, including audits, tax preparation and planning for individuals, corporations, and LLC's, employee benefit plans, payroll, accounts payable, accounts receivable. He's also an Adjunct Professor with Indiana Wesleyan University, Globe University, Upper Iowa University, and Edgewood College.

News and Messages

Volunteer News *by Volunteer Coordinator Peggy York*

It was a busy month for SAIL volunteer handymen! This past week they teamed up and traveled to thirteen homes to flip or turn mattresses. They solved home maintenance issues by changing light bulbs, repairing screen doors, repairing kitchen cabinets, and replacing a toilet seat. Additionally, we found volunteers to hang shelving and assemble exercise equipment! SAIL drivers were busy, too, and provided twenty-four rides in October!

We do have two important requests: Volunteer Drivers are needed—it's a great way to get to know other members! Also, we encourage members to call us with any handyman needs—we have volunteers ready and willing to help with jobs that take about an hour or less.

Benefit of the Month: Holiday Letters *by Membership Assistant Sue Stenzel*



Believe it or not, it's time to start thinking about those ever-popular holiday letters. If you'd like help with your letter, here's what you need to do:

- Write the letter. It can be handwritten (legibly), typed, printed, or emailed.
- If you plan to include photos, locate them and, if you can, email (digital is best) to Sue at sue@sailtoday.org (If you can't email, just bring them!)
- Make an appointment with the SAIL staff to have your letter reviewed, edited, and finalized. (Letter and photos need to be to the SAIL office at least one week prior to your appointment time so we have time to do a draft for you.)
- Purchase any special paper you might want to use and bring it with you to the appointment.

During your appointment, you can review a draft of your letter and recommend changes you'd like made. We can make copies for you at the conclusion of your appointment. Appointments can be made between 9:00 a.m. and noon, Monday through Thursday during the weeks of November 13, November 27, and December 4. If you have questions or would like to make an appointment, call the SAIL office at (608) 230-4321.

Upcoming Technology Classes

See below for two upcoming technology classes to help with all your tech questions and internet security concerns. Advance registration is required. Call SAIL at (608) 230-4321 to sign up!

Tech Tutoring with Dave Friedman

Thursday, November 2, from 10 a.m. to 12 p.m. (noon)

Oakwood Village, Heritage Oaks, 2nd Floor Conference Room

Appointments are 30 minutes each and any questions about technology are appropriate. Class is free for full SAIL members; Associate members pay \$15. This will be the last tutoring opportunity until early December.

Internet Security with Cris Carpenter

Thursday, November 9, from 10:00 a.m. to 11:30 a.m. at the Fitchburg Library, 5530 Lacy Rd, in Fitchburg.

Learn how to keep yourself safe in today's connected world. There is no charge to attend this class.



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, November 6: "Quilters and the Baltic." Heidi Carvin, Retired Educator and Attorney. Heidi worked as a teacher, principal, and most recently as Superintendent of the Evansville School District.

Monday, November 13: "Helping Employers and Employees During Difficult Times." Don Heitzinger, Heitzinger & Associates, a private education and consulting firm.

Monday, November 20: "Narcissism: How to Identify and Cope with the Narcissists in Your Life." Cathy A. Shehorn, Psychologist, Ph.D.

Monday, November 27: No Program.

Holidays Galore & More

New and gently-used holiday decorating items and Wisconsin food treats can be found at the Holidays Galore & More sale on **Friday, November 3 from 9:00 a.m. to 4:00 p.m. and Saturday, November 4 from 9 a.m. to 2:00 p.m. at Attic Angel Association**, 640 Junction Road. For more information, visit www.atticangel.org or call (608) 662-8842.

Lunch Bunch

We're on break this month due to the holiday. Happy Thanksgiving!

Birthday Club

Do you have a birthday in November or just looking for a reason to meet new friends? If so, join us on **Tuesday, November 14 at 2:30 p.m.** at Panera Bread, Mineral Point Road.



Men's Roundtable *by Member Fred Ross*

When and Where: Tuesday, November 14 at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Topic: We'll try an open-ended format for this session. The plan will be to go wherever participant interest and the ensuing discussion takes us—sports, politics, history, current events, foreign affairs, you name it. Anything goes, with only one rule: fact checking via hand-held electronic devices will not be allowed. We can't let the joy of a good discussion be hampered by facts!

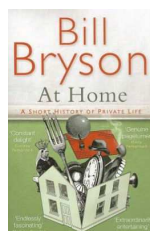
Book Club News

by Co-leaders Alice Punwar and Maria Schnos

In October, the SAIL Book Club met to discuss Dr. Atul Gawande's book *Being Mortal*. The discussion was lively and personal, as we all have had experiences with end-of-life issues. The book touched a nerve, and many said that it was the best thing on aging they had read. We were pleased to welcome four new members!

Our next book will be *At Home: A Short History of a Private Life* by Bill Bryson. In this book Bryson considers some ordinary household objects and traces their history and relevance in daily life. Copies are available for members at Sequoya Library or can be placed on hold for individuals.

We will meet on **Wednesday, November 15 from 1:30 to 3 p.m.** at Sequoya Library. New members welcome!



Sunday Movie: "The Sense of An Ending" (2017)

Retired and living alone, Tony Webster learns of long-kept secrets from his past and realizes that his own memories are filled with errors. Seeking the truth, Tony obtains the diary of an old friend and is unnerved by what he finds. PG-13, 108 min. **Sunday, November 19 at 2:00 p.m.**, Oakwood University Woods Arts Center.

*Thank you to the following donors
for your generous contributions to SAIL
during the 3rd quarter of 2017.*



2017 3rd Quarter Donors—July 1 thru Sept 30, 2017 (Includes Endowment Fund Donors)

SAIL Supporters

The Family of Warren Hagstrom
Alan Lukazewski

Member Donors

Sue Bridson
Lois Curtiss
Sue Goldstein
Sharanne Stitgen

In Memory of John Schmidt

Mary Ann Drescher
Barbara Gessner

SAIL Endowment Fund Anonymous

Corporate Donors

Attic Angel Association and Oakwood Village
BrightStar Care

In Honor of Volunteers Don Haasl and Bob Topel

Mary Lathrop

In Kind

Linda Conlon	Attorney John Mitby	Charles Scott
Lois Curtiss	Karen Peterson	
Janice Gary	Alice Punwar	

Upcoming On Our Own Programs

by Co-leaders Karen Peterson and Janice Gary

This month we'll be meeting at Attic Angel Place for the program "Plan Ahead and Rest in Peace" on **Tuesday, November 14 at 9:30 a.m.** Please call Attic Angel to register at 662-8911.

This will include a panel discussion about advance funeral planning featuring a pastor, a funeral home representative, and an insurance agent. They will discuss funeral home services, pre-paid funeral insurance options, and religious aspects of funeral planning. We'll plan to visit for coffee afterwards at a nearby coffee shop.

December Meeting: "Holiday Tea" on December 15 at 2:00 p.m.



A planning meeting at Legacy House Imports with On Our Own leaders Karen Peterson and Janice Gary and SAIL staff member Sue Stenzel.

A Message from this Month's Messenger Sponsor: How to Have Less Holiday Stress when Caring for Loved One with Memory Loss

For families with Alzheimer's or dementia, celebrating the holidays can require a little extra effort. You want to include your loved one, but you want to do it in a way that is appropriate for his or her needs. If you're the primary caregiver, you also need to take care of yourself.

Depending on what stage of memory loss your loved one is in, some families have found it helpful to have a caregiver attend the family gathering to help. Other times having a caregiver stay at home with your loved one is the better option. BrightStar Care staff have completed special dementia training. You can reach our team day or night to set up respite care by calling (608) 441-8620.

www.brightstarcare.com/madison



Calendar of Events — November

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

SUN	MON	TUE	WED	THUR	FRI	SAT
SAVE the Date! "Protecting Your Identity: What to Know, What to Do" on December 5			1	2	3	4
				Tech Tutoring 10:00 a.m. Oakwood Village University Woods	Holidays Galore and More at Attic Angel Association	
5	6	7	8	9	10	11
	Attic Angel Program 10:00 a.m. "Quilters and the Baltic."		Volunteer Recognition 5:00 p.m. Oakwood Village University Woods	Internet Security 10:00 a.m. Fitchburg Library		
12	13	14	15	16	17	18
	Attic Angel Program 10:00 a.m. "Helping Employers and Employees Dur- ing Difficult Times."	"Plan Ahead— Funeral Planning" Attic Angel <hr/> Men's Roundtable 10:00 a.m. Oakwood Village University Woods <hr/> Birthday Club 2:30 p.m. Panera	Book Club 1:30 p.m. Sequoya Library			
19	20	21	22	23	24	25
Sunday Movie 2:00 p.m. Oakwood Arts Center	Attic Angel Program 10:00 a.m. "Narcissism"	Connections 1:30 p.m. Oakwood University Woods		Thanksgiving SAIL Office is Closed		
26	27	28	29	30		
	No Attic Angel Program This Week			Love and Art Tour 10:00 a.m. Chazen Art Museum		

Membership News and Updates



New SAIL Members

Diane DiVos, Middleton / Virginia Keys, Marbella / Mary Mueller, Capitol Neighborhoods / Frances Rademaekers, Middleton Glen / Tom Ramsey, Lodi / Shirley Ryan, Marbella / Paul and Christine Schmidt, Verona / Ruth Topel, Coventry Village

New Professional Services Members

Debby Deutsch/Patient Care Partners
Attorney Daniel J. Schlichting/Hurley, Burish & Stanton, S.C.
Attorney Thomas S. Vercauteren/Hurley, Burish & Stanton, S.C.

A Message From Member Services Manager Laura Adell



We have a new member of our vendor services team! SAIL member volunteer Bob Topel has graciously agreed to help recruit new vendors and provide additional assistance. Bob, a member of the SAIL Council and a volunteer handyman, will start by helping us recruit vendors in the following areas: concrete, roofing/siding/gutters, flooring and tiling, window washing, and snow removal.

Recruiting new providers is taking more time and persistence than in the past, and we look forward to Bob's help. Repair services and maintenance companies are extremely busy right now, and some are not adding new clients. A vendor recently commented that people are having work completed now that they would have liked to have done years ago but hadn't due to the recession. Another challenge for businesses is finding qualified workers.

Rest assured, we are working hard to ensure that the SAIL vendor program continues to grow and provide timely, high-quality services!

What Members Are Saying About Vendors

SAIL housecleaning service: *"They did a great job and were very pleasant to have here. Coming again this Friday. Lovely to have the entire house clean instead of in dribs and drabs the way I do it!"*

SAIL handyman: *"I am presently having the tool organizer installed. He is doing an excellent job and is very clean and careful about his work. I give him an A+."*

SAIL carpenter: *"He just finished about an hour ago and did a great job. The project was a little "out of the box" but he figured it out and the charge was reasonable. Thanks so much for the referral."*

The Personal Touch

Starting this month, staff members Laura Adell, Peggy York, and Sue Stenzel will be making calls to members we've not been in contact with recently. We care about each and every member of SAIL and would love to stay in touch. Are there services you'd like to see added? What kinds of events or member groups have you enjoyed or would you enjoy? Have you used any services? If so, were you happy with the outcome? Would you like an updated provider directory? Would you be open to volunteering in some way? We hope you can take about five minutes of your time to talk with us—we are looking forward to hearing what you have to say!

Note: If you have caller ID on your phone, it will read Oakwood, where our offices are located.

SAIL Highlights



L: A "thumbs up" for Mattress Flipping Day! (member Lois Kammer and volunteer Duncan McNelly)

R: UW-Madison Nursing Student and Ann Jarvella Wilson at falls screening event.



L: Tech Tutoring vendor Dave Friedman and member Dana Warren



L: Madison Police Crime Prevention Coordinator Emily Samson and member Sally Lavik at Triad Car Winterization event.

Your Support Makes a Difference. Thank You.

Please accept my/our gift of ☐ \$1000 ☐ \$500 ☐ \$250 ☐ \$125 ☐ \$75 ☐ \$35 ☐ Other \$ _____

I would like my gift used for ☐ Greatest Need ☐ SAIL Endowment Fund ☐ Other _____

Donor(s) _____ ☐ Check here if you wish to remain anonymous

Please print your name as you prefer it to appear.

Address _____

City _____ State _____ Zip _____

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☐ Please add me to the SAIL email list

Your gift may be made in honor or memory:

☐ In honor of _____

☐ In memory of _____

Please send an acknowledgment of this gift to:

Name _____

Address _____

City _____

State _____ Zip _____

Payment Method:

☐ Check enclosed – payable to SAIL

☐ Charge my credit card: ☐ Visa ☐ MC ☐ AmEx

☐ Credit Card # _____

Exp. Date _____

Signature _____

We must have your signature to process.

☐ Set up a recurring gift of: \$ _____ monthly

☐ Using the credit card listed above

☐ Using automatic checking withdrawal

(SAIL will contact you)

☐ I have included SAIL in my Estate Plan / Will

☐ Contact me to learn more about Estate/Will bequests

SAIL is a program of MACCCC, Inc., a 501(c)(3) non-profit organization and donations are tax deductible to the extent permitted by law.