



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

DECEMBER 2017

SAIL Membership Benefits

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

SAIL offers two membership levels. Call or email us for more information!

Protecting Your Identity: What to Know, What to Do

The recent Equifax data breach generated several calls and requests for help by SAIL members. The unfortunate event that occurred inspired an upcoming program focusing on how you can most effectively 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.



Steve Broyles, CPA

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

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

Our speaker, CPA Steve Broyles, 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 an Adjunct Professor with Indiana Wesleyan University, Globe University, Upper Iowa University, and Edgewood College.

Greetings From Mary and Rita

SAIL Member Mary Owens and her sister Rita O'Neil get together almost daily to prepare cards and small gifts for area nursing home residents—something they've done for the past five holiday seasons. The idea that their card and gift might be the only



one a person receives is what motivates these ladies. If you'd like to help out, please donate holiday cards and/or small items such as necklaces, note pads, pens, calendars, etc. and deliver them to the SAIL office by December 10 and we will deliver them to Mary!



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

It was a real joy to visit with Member Mary Owens and her sister Rita while they worked on greeting cards last month! Thank you to Good Neighbor volunteer Carole McGuire for sharing this special story with us! The work they are doing is a good reminder of how important it is to carve out some time from our busy schedules to call, visit, or write to someone who could use some holiday cheer!

December will be a busy month at the SAIL office as we wrap up 2017 and prepare for the new year. Some of this year's accomplishments include the Product Team's creation of "Tech Tutoring 4 You" and the "Your Story" beta life-planning program. We also collaborated with community organizations such as RSVP Triad, Safe Communities, Oakwood Village, Attic Angel, and UW-Madison's Pharmacy School in offering fall prevention events, monthly wellness and safety programs, the annual POP's Program, and several other educational lectures suggested by members. We hope you had a chance to attend some of our programs, member groups, and social events this year! Volunteer and vendor services requests are up to almost 1,200 for the year—they ranged from small jobs to total home remodeling. Personal care and companion services were also popular. Our tagline "Independence through Connections!" rings true each and every day!

On behalf of our amazing staff members Laura, Sue, and Peggy, I wish you a lovely holiday season! Thank you for your support and your membership. Please remember to share SAIL with friends and family!

On Giving *by Member Pat Krueger*

The subject of philanthropic giving came up at lunch with a friend recently. We both are inundated with requests from organizations pleading for our financial support.

These are reputable associations doing worthwhile work across America. Some work at locations around the world. "How do you decide which to give to?" my friend asked. She uses a guide to the amount actually spent on the work of the agency. Those groups with highly paid executives or unusually high fund-raising expenses are lopped from her list. Even so, many organizations make her cut.

"It's very confusing," she added. "How do you choose?"

(Continued on page 7)

News and Reminders

Volunteer News *by Volunteer Coordinator Peggy York*

It was a busy month for SAIL volunteers! Members called and requested help with transportation, changing light bulbs, moving boxes, installing shelves, washing a front window, and replacing smoke alarm batteries. Giving and receiving provides members with wonderful opportunities to get to know one another— what a win-win! Also, thanks to those who attended the SAIL Volunteer Recognition Event last month—it was wonderful to see you!

Volunteer Needed! We are looking for members to represent SAIL at the monthly SAIL Birthday Club, RSVP Triad, and the Dementia Friendly Alliance. Also, we are in need of volunteer drivers and members on SAIL's new Membership Team. Please let me know if you are interested!



Holiday Letter Help *by Membership Assistant Sue Stenzel*

Just a reminder that we are here to help you with your holiday letter! Call us to set up an appointment before December 9. All you have to do is write your letter in advance and bring it to SAIL or email it to Sue Stenzel at sue@sailtoday.org. Also email or bring any photos you'd like to include. If you would like your letter printed on special stationery, don't forget to bring that along to your appointment. Otherwise, we can print your letters on plain white paper.

2017 Volunteer Recognition Event



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, December 4:

"Carving with Fritz"

Fritz Seybold, Whittler

(Fritz is a fellow SAIL member!)

Monday, December 11:

"A Time for Joy"

The Attic Angel Choir

Lunch Bunch by Leaders Winnie Shea, Lois Curtiss, and Deb Hall

West Side: We're taking a holiday break this month and will meet again in January at O'Grady's Irish Pub.

East Side:

Join us at the Great Dane Pub and Brewery, 876 Jupiter Drive on December 11 at 12:30 p.m. (See page 5)

Birthday Club

Do you have a birthday in December or just looking for a reason to meet new friends? If so, join us on

Tuesday, December 12 at 2:30 p.m. at Panera Bread, Mineral Point Road.



Connections by Leader Carol Brown

Join us on December 19 at 1:30 p.m. at Oakwood Heritage Oaks Conference Room. Bring along some ideas for 2018 programs, e.g. speakers, or possible venues. Interested? Please call SAIL for more information!

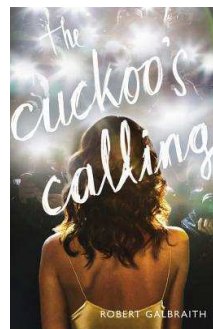
Men's Roundtable by Member Fred Ross

When and Where: Tuesday, December 12 at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Topic: We'll repeat the open-ended format that worked so well last month. That is, anything goes (well, *almost* anything), as participants choose: sports, politics, history, current events, foreign affairs, you name it. Bring your own special topic to toss into the discussion stew, or be prepared to add your voice to topics raised by others. But the key rule still abides: fact checking via electronic devices isn't 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



We will be taking a break in December and meeting again on Wednesday, January 17 from 1:30 p.m. to 3:00 p.m. at Sequoya Library. We'll be reading *A Cuckoo's Calling* by J.K. Rowling, the author of the Harry Potter books. It's a mystery, in contrast to our recent heavy, non-fiction books.

Copies are available at the circulation desk at Sequoya Library, under my name (Alice Punwar) through Saturday, December 2. After that they will be shipped back to the main library, and you can reserve your own copy of the book as an alternative.



Sunday Movie: Dunkirk (2017)

Sunday, December 31

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

Historical drama that chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves trapped on the beaches of Northern France during the 1940 invasion by Nazi forces. Rated PG-13.

Upcoming Events and News

Interesting Website for Seniors *by Membership Support Assistant Sue Stenzel*

If you would like to explore an interesting website written especially for seniors, check out www.SeniorPlanet.org. Here's what it's all about:

"Online since 2006 and relaunched in fall 2012, SeniorPlanet.org celebrates aging by sharing information and resources that support aging with attitude, and helps people who were born long before the digital revolution to stay engaged and active by bringing a digital technology focus to a range of topics—among them news, health, sex and dating, art and design, senior style, travel and entertainment." Enjoy!

On Our Own "Holiday Tea" *by Co-Leaders Karen Peterson and Janice Gary*

We're looking forward to another lovely "Holiday Tea" event on Friday, December 15 at 2:00 p.m. This year we'll be gathering at **Legacy House Imports**, 4221 Lien Road.

In addition to the tea sandwiches, scones and dessert, there is an impressive selection of teas. The proprietors, Pat and Marsha Flannery, are very knowledgeable about all of them.

If you've never visited Legacy House Imports, they offer a wide variety of ethnic gifts and crafts from Europe, Scandinavia and the British Isles. The back of the store is the Victorian Tearoom.

Legacy House is an easy to reach east side location, either from the Interstate or East Washington Ave. Cost for the Tea is \$20 and attendance is limited to 20 people. Registrations will be held open for On Our Own members until November 30. At that time, registration will be open to other members. We'll help arrange transportation from Oakwood Heritage Oaks if needed. Call the SAIL office to register at (608) 230-4321. All registrations must be prepaid.



Interested in the On Our Own Group?

In a nutshell, the group formed in 2016 and includes members who are single and without a local support system. They plan monthly gatherings for either social or educational purposes or both. If you'd like more information, call or email the SAIL office!

East Side Holiday Luncheon



Members living on Madison's east side are invited to join us on Monday, December 11 at the Great Dane Pub and Brewery at 876 Jupiter Drive at 12:30 p.m. for a holiday lunch gathering in a private room. Cost is \$10/person.

The luncheon discussion will include a look at this year's programs and activities, a demonstration of a new East Side Member Forum communication tool, an introduction to our United Way grant project that is designed to help medical and other professionals to learn more about SAIL. Please call SAIL by December 9 to register!



Charter member Lois Curtiss had a great time teaching volunteer and good friend Nancy McDermott how to make home-made lefsa last month.

Calendar of Events — December 2017

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	6	7	8	9
	Attic Angel Program 10:00 a.m. "Carving with Fritz" Fritz Seybold, Whittler	Protecting Your Identity 2:00 p.m. Attic Angel Place				
10	11	12	13	14	15	16
	Attic Angel Program 10:00 a.m. "A Time for Joy" Attic Angel Choir <hr/> East Side Lunch Bunch 12:30 p.m. Great Dane Pub 876 Jupiter Drive	Men's Roundtable 10:00 a.m. Oakwood Village University Woods <hr/> Birthday Club 2:30 p.m. Panera Bread (Mineral Point Rd.)			Holiday Tea 2:00 p.m. Legacy House Imports	
17	18	19	20	21	22	23
	No Attic Angel Program	Connections 1:30 p.m. Oakwood Village University Woods				
24	25	26	27	28	29	30
	SAIL OFFICE CLOSED					
31 Movie Matinee 2:00 p.m. Oakwood Arts Center 6	<i>Thank you to those who have responded to SAIL's Annual Appeal! If you haven't yet and wish to, there is a donation form on the back page for your convenience. This year every dollar donated will be matched up to \$20,000! We appreciate your support!</i>					

Membership News and Updates

New SAIL Members

Margery Mead, Verona

Dan and Margo Redmond, Nakoma

Paul and Christine Schmidt, Verona



New Professional Services Member

Attorney Brenda Haskins, Haskins Short Law Office



A Message from Member Services Manager Laura Adell

We have added a new SAIL vendor for yard work, snow removal and handyman services! John comes to SAIL with over 40 years of experience in facility maintenance. His services include lawn care, trimming, pressure washing, snow removal, small home repairs, etc. He's already providing service to a couple of SAIL members and one reported "he did exactly what needed to be done and I will certainly be calling him again!" Give us a call if you would like more information or to connect with John!

A Message from our Messenger Sponsor: BrightStar

Did you know that nearly 1 in 5 Americans age 65 and older are affected by depression? And that depression is more likely to occur if you have a chronic condition such as diabetes, heart disease or Parkinson's? And, that symptoms of depression can be a side effect of certain medications, such as those used for high blood pressure, stroke, or heart disease? Isolation is another big contributor to depression, especially during the holiday season.

The good news is depression is treatable—and the important thing is to seek medical help and counseling if you are concerned about yourself or a loved one. And, there are supportive home care vendors like BrightStar that can help you take better care of yourself with light home chores help, transportation, companionship, and medication reminders.

If you would like information about symptoms of depression, how to request an evaluation, how to get a medication review, or information about local resources for counseling, please contact the SAIL office. For information about BrightStar Care, contact Wendy Sulzer at (608) 441-8620.

On Giving (Continued from page 2)

I have some fairly simple rules which guide my giving. First of all, I prefer to give locally where I can see what is being done. Then I ask: does the organization support something deep and dear to me? Each of us has had life experiences which call for support of groups that have meaning for us. Such local units aren't always well publicized but they make a difference for a good many people in this city. They usually are smaller; I have the satisfaction of knowing that my dollars mean more. I have a far more personal sense in such giving. Finally, I don't have tons of money to give so I want what I give to bring satisfaction to me as well as service and value to the community.

These are some of the reasons I have chosen SAIL as part of my philanthropic giving. I find deep satisfaction in knowing that I am helping this new group to deepen its roots, to stay, and to grow so that through the years the seniors of this area can continue to benefit from this unique organization.



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

Visit sailtoday.org or give us a call!

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) _____
Please print your name as you prefer it to appear.

☐ Check here if you wish
to remain anonymous

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

☐ Please add me to
the SAIL email list

Your gift may be made in honor or memory:

☐ In honor of _____

☐ In memory of _____

☐ In celebration of _____

Please send an acknowledgment of this gift to:

Name _____

Address _____

City _____

State _____ Zip _____

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

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