



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

August 2018

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 (rides provided)
- 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!

Midsummer Gathering

We're excited to have Madison's award-winning chocolatier, Gail Ambrosius, lead us through a tasting of some of the world's great chocolate while she explains the entire chocolate making process. We'll also have a chance to socialize over wine, fruit, and cheese before Gail begins her presentation. Be sure to join fellow SAIL members for a real chocolate adventure!



Gail Ambrosius

Date/Time: Tuesday, August 21, 5:30-7:30 p.m.

Place: Attic Angel Community Room, 8301 Old Sauk Road, Middleton*

Cost: \$15 members, \$20 non-members (Scholarship opportunities are available upon request)

RSVP: To register, contact SAIL at 230-4321 or info@sailtoday.org by Wednesday, August 15. Transportation will be provided upon request.

*Valet parking will be available, provided by SAIL volunteers.



Diane Dillett

Medicare Made Clear

Date: Tuesday, August 14

Time: 1:00—2:30 p.m.

Location: Oakwood University Woods Nakoma Room — 6205 Mineral Point Rd.

Medicare Made Clear is an educational seminar open to the public. Join us and learn all about your Medicare choices. Our presenter, Diane Dillett, will share tools and resources to help you understand the coverage that may be right for you, including a free educational guide. Whether you're just getting started with Medicare or simply looking to learn more, this presentation will help—no sales or sales material. Diane will help you learn the basics.



Office Hours

M-F: 8:00 a.m.–4:30 p.m.
Closed holidays

6209 Mineral Point Rd.
Madison, WI
(608) 230-4321
info@sailtoday.org
www.sailtoday.org

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 Village.

Supported in part by:



SAIL Operating Council: Christine Beatty, Dorit Bergen (President), Mary Ann Drescher (MACCC), Tom Evans, Sue Goldstein, Ernie Hanson, Don Haas (Secretary), Dianne Hopkins, Chris Klotz, Kathleen Larson, Alan Lukazewski, and Bob Topel (Vice President).

From the Office



A Message from Executive Director Ann Albert

Midsummer Greetings! We have many wonderful events coming up during these remaining summer months—we thank those who helped inspire them and those who helped plan them! You've likely noticed that the format for the annual Midsummer Gathering will be a bit different this year—the first part of the evening offers the much-enjoyed

social time with wine, sparkling water, and light h'orderves and the second half of the evening will feature a special talk by renowned Chocolatier, Gail Ambrosius. Chocolate taste testing from multiple continents will be included in her presentation! Please join us and invite a friend!

Overall, it's been a busy summer at SAIL. Member requests for services continue at a steady pace keeping volunteers, vendors, and staff quite busy. We're also very excited at the increased member involvement with program member special interest groups; planning, hosting and/or leading programs; governance of SAIL; developing new ways to help prevent loneliness among members and share SAIL in the community; and supporting SAIL through donations and fundraising.

Being involved is critical to SAIL's present well-being and to SAIL's future. There are many ways to be involved, such as asking for a particular service, helping a fellow member, serving in a leadership role, attending a SAIL event, giving a presentation, or something similar! And, who knows, during the process, you may find yourself making a new friend, sleeping a bit more peacefully knowing SAIL is here for you, and sharing a few more smiles as you enjoy life even more!

Donor Panel

Please join us on Thursday, September 13 at 2:00 p.m. at Oakwood Village as we feature a panel of experienced professionals, including David Koehler, VP of Donor Engagement at the Madison Community Foundation. The program will help you learn about creative and easy ways to leave your legacy, how to evaluate charities, legal and financial/tax considerations, and more. A special thank you to our past, present, and future donors—charitable giving is crucial to an organization like SAIL!

Amazon Smile

Amazon.com provides a resource called Amazon Smile, which is a way to give back to your favorite nonprofits when you shop on their site. When you make a purchase through Amazon Smile, 0.5% of what you spend can go to SAIL. It's free to use and doesn't change the way you use the site! *(Continued on page 3)*



Volunteer News and Information



A Message from Volunteer Coordinator Peggy

In July, the SAIL volunteers helped members assemble a hose wheel, remove tree branches after a storm, and hang up some pictures around their home. We also had two instances where the volunteers went out and felt that the job would be better fit for a professional to complete. I so appreciate the quick response from our volunteer handyman team and their willingness to help our members with the small tasks around their home!

Our office volunteers put in over 20 hours this month to help us stay organized. Their support has helped us with keeping our data organized and our office in tip-top shape. Additionally, our committee members continue working together to assess and meet the needs of SAIL members through the variety of different programs and groups that we have.

It was also a busy month for our volunteer drivers. They gave 24 rides to assure that SAIL members were able to get to medical appointments, grocery shopping, and do some banking. We are always in need of volunteer drivers, even if you are only able to help periodically. If you have any questions about the program or are interested in becoming a driver, please contact SAIL at 230-4321.

Amazon Smile

(Continued from page 2)

To use this service, visit our website at www.sailtoday.org and click the Amazon Smile button on the homepage. Please note, the charity name will be Madison Area Continuing Care Consortium, our parent organization.

If you want to support SAIL this way on an ongoing basis, make sure to bookmark smile.amazon.com and shop through that link when making Amazon purchases. Amazon will remember your choice of charity. It *won't* work if you just go to amazon.com...so make sure to add that smile to help SAIL!

SAIL Member Benefit

Do you have documents that need to be shredded? SAIL has a bin in the office and the best part—it's free for our members! If you have a bag that you'd like to bring over, give us a call at the office—230-4321—and we'd be happy to help.

Emergency Services and Non-Emergency Phone Numbers

Thank you to Bernadette Galvez from the Madison Fire Department and Emily Samson from the Madison Police for taking the time to answer our questions about what happens when you call 911. Member Gerry Campbell said it was one of the best programs he's attended. For those that were unable to attend, here is a recap of what we learned:

What exactly happens after I call 911? They will dispatch help based on what you need. If you're having a serious problem, state your address or location right away.

What is the general response time? In Madison, police average 3 minutes and firefighters/paramedics average 4-6 minutes.

What information should I have and where will they look? Keep a File of Life updated on your current medications and emergency contacts and hang it in the kitchen, bathroom, or on your nightstand. Otherwise, they will look at what medications are out. If you have a preferred hospital, list that, as well. All traumas will automatically go to UW Hospital.

For the entire recap and a list of non-emergency numbers, please visit our website at www.sailtoday.org or if you'd like us to mail a copy, call the office at 230-4321.

*Thank you to the following donors for
your generous contributions to SAIL
during the 2nd quarter of 2018.*



April 1—June 30, 2018 (Includes Endowment Fund Donors)

Golf Fundraiser In-kind and Prize Donations

Ann Albert <i>In honor of Volunteers and Staff</i>	Hurley and Burish, S. C.
Attic Angel Community	Inkworks
Badger Prairie Financial Associates	Jdog Junk Removal & Hauling
Tim Beglinger	Karin Lanser
BrightStar HealthCare	Life Assist USA
Rick Conroy, Kurt Krumholz, & Frank Koss	Madison West Rotary Foundation
Cress Funeral & Cremation Service	Vic and Jayne Mohoney
Andy Davidson	Monona Dental
EUA	Oakwood Village
First Choice Dental	Riverplace Dental
Forward Development Group LLC	Rosati's
Gallina Management, Inc.	RSM
Barb Gessner	Steve Schmitt
Sue Goldstein	Schwoegler Park Towne Lanes
Gunderson Funeral	The Alexander Company Inc.
	Vogel Brothers Building Co.

Member Donors

Joan Box
Gerald and Karen Campbell
Lou and Shirley Chosy
Joe Corry and Barbara Weston
Judy Craig
Lois Curtiss
Jean Esch-Theobald
Jan Lanaville
Kathleen Larson
Bob and Jeanne Topel
Charlotte Woolf

Corporate and Foundation Supporters

First Weber Foundation, Inc.
Thrivent Financial

In-kind Donor

Attorney John Mitby

Upcoming Events and Information (continued)



Tech Tutoring by Membership Support Assistant Sue Stenzel

Need help with a tablet you received as a gift? Smartphone not acting so smart these days? Wondering what the technological world is going to come up with next? SAIL has help for all—or most—of your technology woes. With our *Tech Tutoring 4 You* benefit, you can sign up for 30 minutes with SAIL's technology tutor Dave Friedman. Upcoming dates:

- **Monday, August 6, 10:00 a.m. to noon at Monona Public Library, 1000 Nichols Rd.**
- **Thursday, August 30, 1:00 to 3:00 p.m. at Alicia Ashman Public Library, 733 N. High Point Rd.**

Tip: Be sure that any devices you are bringing to your session are fully charged or bring your charging device with you. Also, be sure that you know any and all necessary passwords. To register for a session, call SAIL at 608-230-4321 or email info@sailtoday.org

Monthly Member Groups and Events

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

SAIL Pontoon Ride

We have two boats that will go out on Lake Mendota on Thursday, August 9 at 1:00 p.m., departing from Tenney Park. Cost is \$10 per person. Transportation to Tenney Park will be provided upon request. A special thank you to member, Jan Lanaville, for setting this up!

Lunch Bunch *Leaders: Winnie Shea, Lois Curtiss, and Deb Hall*

East Side Lunch Bunch: On Tuesday, August 7 at 11:45 a.m., the group will go to Good Food Low Carb Café—4674 Cottage Grove Rd, Madison.

West Side Lunch Bunch

Join us at 11:30 a.m. on Thursday, August 23 at Imperial Garden—2039 Allen Blvd, Middleton
To register, call the SAIL office at 230-4321.

Connections and On Our Own

Both groups will not be meeting in August. Instead, they encourage you to join fellow SAIL members at the SAIL Midsummer event taking place on Tuesday, August 21.

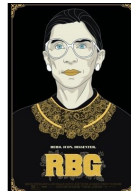


Summer Bike Rides

By member Fred Ross

Join fellow SAIL members on Thursday, August 16 at 9:00 a.m. for a congenial

15-mile group ride on the Military Ridge path to Verona and back. We will start and end at the Odana Hills Golf course parking lot. Of course, this will be another “civilized” SAIL ride, so we’ll be sure to stop for coffee and conversation in Verona. Please meet at Odana with your bicycles, ready for a good time. For additional information, contact Fred Ross at 833-8315 or rossfm@chorus.net.



Sunday Movie: RBG

August 26, 2:00 p.m. at the Oakwood Village Arts Center, 6209 Mineral Point Rd. Madison

Membership Matters

by member Beth Campbell

SAIL’s Membership Matters meetings this year have been interesting and useful in several ways. The meetings are every other month and are open to every member with a focus on fulfilling the missions of several recent grants and reviewing topics that matter to our membership. The meetings have been lively evidence that:

1. Membership Matters to our members. SAIL members care about this organization and have great ideas for things it can do or do better. Our discussions about making connections with each other to prevent loneliness (one grant topic) have been purposeful and kind. The discussions about being prepared for life-changing events (a second topic) have been practical, honest, and brave.


2. Membership Matters to our future. The third grant supports us in telling others about SAIL—who we are, what we do, how to join. New members are important to a growing, healthy organization and to keeping our program attuned to changing needs and resources. We have been talking about new tools for communication (e.g., website changes, videos, contacts with professional groups), as well as how to connect with a friend or neighbor.

The next meeting is Monday, September 10 at 1:30 p.m. You will hear updates about SAIL programs and the grants and be able to make a contribution to the discussion. Join us if you can!



Calendar of Events — August 2018

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	10	11
	Tech Tutoring 10:00 a.m. to noon Monona Library	East Side Lunch Bunch 11:45 a.m. Good Food Low Carb Café		Pontoon Ride 1:00 p.m. Tenney Park		
12	13	14	15	16	17	18
	SAIL Council 4:00 p.m.	Medicare Made Clear 1:00 p.m. to 2:30 p.m. Oakwood Village		SAIL Bike Ride 9:00 a.m. Odana Hills Golf Course		
19	20	21	22	23	24	25
		Midsummer Gathering 5:30 p.m. to 7:30 p.m. Attic Angel		West Side Lunch Bunch 11:30 a.m. Imperial Garden		
26	27	28	29	30	31	
Movie Matinee 2:00 p.m. Oakwood Arts Center				Tech Tutoring 1:00 p.m. to 3:00 p.m. Ashman Library		

Membership News and Updates



New SAIL Members

Carol & Dick Johnson—
Country Grove Estate
Metje Butler—Lake Edge
Maxine Weiss—Greentree

Ann Boyer—Westmorland
Joe Meagher—Hill Farms
William Frank and Nancy Fueger—
High Point Estates



A Message from Membership Services Manager Nicole Schaefer

Happy August! I'm excited to announce that I'm now certified to perform certain notarial actions. If you are in need of a notary to witness a signature, give us a call at the office.

New Vendor!

We have a new vendor joining us as a companion! Billy has recently retired after 30 years as a UPS driver and enjoys helping others. He's very passionate about our mission and would like to help our members with continuing to live independently in their own homes. If you are looking for someone to help you around the house, please call me or login to www.sailtoday.org to view his listing in our Service Provider Directory.

I'd also like to share some recent feedback that we've received from members about some of our vendors:

- "Joe was absolutely great and my windows look very clean."
- "Val did outstanding! She goes above and beyond what's expected of her."
- "Scott came out immediately to replace my toilet and the area was spotless when the job was completed. I'm very happy!"

Have you recently used one of our service providers? We'd love to hear your feedback!

Bucky on Parade

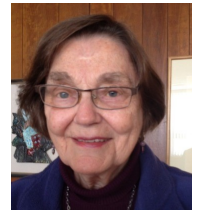
by Member Linda Conlon

My summer project is to visit the 85 statues that are part of Bucky on Parade. Each statue has its own theme. For example, Lucky Bucky is covered with pennies. One of my favorites is Gemutlichkeit, which is the German Bucky. Make sure you check them out before September 12! *(Continued on page 8)*



Low Vision Anyone?

by Member Ruth Calden



Life sometimes drops the unexpected on your doorstep. I never expected to wind up with wet macular degeneration (wet is the bad kind). After all, I had very little dry macular degeneration, and no diabetes or heart trouble—the usual culprits. I've also been taking eye vitamins for years to prevent this.

But a year and a half ago, I suddenly had wet macular degeneration, a disease "in the retina at the back of the eye, which allows you to see fine details clearly and do such things as read and drive" — so says a brochure from the American Academy of Ophthalmology.

At first only one was effected; but, despite periodic eye injections, my other "good" eye became infected. So that pushed me out the door to reach out to SAIL for help.

I would like to find other SAIL members who have low-vision problems and feel the need for support and comradeship. We could share our experiences and learn from each other. What worked, what didn't work. Do you use any good gadgets? What services might we need further down the pike? Can you continue to live in your house?

If you are interested in a SAIL low-vision support group, please come to a meeting on Friday, September 21 at 1:30 p.m. at Oakwood Village.

Upcoming Community Events and News

Coffee with a Cop

Join the Madison Police Department for a chat and to address any of your questions or concerns. The informal one-on-one chats are held weekly.

Tuesdays—10:00 a.m.—11:00 a.m. at Madison Sourdough, 916 Williamson St.

Tuesdays—12:00 p.m.—1:00 p.m. at Johnson Public House, 908 E. Johnson St.

Thursdays—9:00 a.m.—10:00 a.m. at Steep N Brew West, 6656 Odana Rd.

3rd Thursday—9:00 a.m.—10:00 a.m. at Warner Park Rec, 1625 Northport Dr.

Triad Program

Triad's annual crime prevent and safety conference will take place on Friday, September 18, 2018 at the American Family Insurance Training Center in Madison. The theme for the day-long conference is "Keys to a Safer Life." Check out RSVP's website by [clicking here](#) to learn more about the conference and how to register or call them at 608-238-7787.

June and July Highlights

Bucky on Parade



Emergency Services, West Side Lunch Bunch, Wollersheim Winery Tour, and Membership Matters