



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

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

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

The What and What Not of Charitable Giving

Date/Time: Thursday, September 13 from 2:00 p.m. to 3:30 p.m.

Location: Oakwood Village, Westmorland Room, 6205 Mineral Point Rd.

Join us as we host a donor education panel facilitated by SAIL member volunteer and donor, Jane Earl. Our three panelists were specifically chosen for their trusted expertise. You will learn about charitable giving trends, updates on recent tax law changes and their impact on giving, what to inquire about when considering a gift, common mistakes to avoid, and simple steps to take to be sure your gifts go where intended.

Our three panelists include:

- David Koehler, Vice President of Donor Engagement for Madison Community Foundation (MCF)
- Melissa Warner, Attorney with Axley Brynerson, LLP in Madison
- Sean Wayne, Financial Advisor with Sky's Edge Wealth

The event will offer a panel discussion, an opportunity for you to ask questions, and a social afterwards that will include wines, sparkling water, and special foods from Southwestern Wisconsin.

RSVP to SAIL by September 10 by calling 230-4321 and let us know if you will need transportation.

Aging in Place



Jeff Alexander

Moving Forward is presenting information at the Egg and I restaurant on Thursday, October 4 at noon. The presentation will focus on how they can help you reduce clutter and simplify tasks so you can live more safely at home. They are members of the National Association of Senior Move Managers and utilize their @Home Program which focuses on seniors aging in place.

Join us to learn about the following topics:

- Defining your vision: "Where do we begin?" We can help you prioritize what areas need work.
- Creating a floor plan and repurposing your existing space so it works better for you NOW.

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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

Last month's cancellation of the Midsummer Gathering marked the first cancellation of a major SAIL event in 13+ years—who would guess this would happen in the summer! We're working on a new date for the Gail Ambrosius chocolate tasting event. Stay tuned!

We live in a lovely resource-rich community. Attending all or some of the many resource fairs and educational events offered this fall is a great way to connect with new and old friends, learn about resources, receive education, etc. SAIL will have a table at several events: Madison Senior Center Health Fair, Triad Conference, WI Alzheimer Research Center Community Education Event, Macular Degeneration Symposium, and the UW—Madison Colloquium on Aging. If you'd like a listing of these events and/or if you would like to help at our table, call us at 230-4321!

We're pleased to announce that we've contracted with Meghan Randolph for marketing assistance. Meghan is currently working on our website, gathering photos of SAIL in action, and creating press releases for us. While "word of mouth" is still our most effective marketing activity, we do need to get the word out to the wider community. Our services, social programs, and unique culture of giving and receiving all help us stand out.

We are happy to share that the **File of Life** materials have arrived! These are the red, plastic holders of medical information and contact sheets for you to fill out and place on your refrigerator and keep in your wallet. EMT's and other responders find this information helpful. Call or email us if you'd like to receive a packet!

Aging in Place

(Continued from page 1)

- Deciding what will be donated, sold, or discarded and executing your wishes.
- Determining your future needs and simplifying your lifestyle—gaining the freedom to live the life you want.
- Exploring home-care maintenance concerns.
- Reducing home-safety concerns and eliminating common in-home hazards.

Contact SAIL to register at 230-4321 or info@sailtoday.org. Program is free of charge; lunch is on your own and can be ordered off the menu.

Low-vision Support Group Kick-off

By Member Ruth Calden

Please join us on Friday, September 21 at 1:30 p.m. at Attic Angel in the Private Dining Room. Members can share experiences and learn from each other about living on your own with low vision. Jean Kalscheur from the Wisconsin Council of the Blind will also be there to share tips, tricks, and gadgets that members will benefit from knowing about, as well as share information about the services they offer. Call SAIL at 230-4321 if interested in attending.

Volunteer News and Information

A Message from Peggy York



It was another busy month for our volunteers! Volunteer drivers provided 22 rides for SAIL members to get to appointments last month, including doctor appointments, grocery shopping, banking, and an emergency vet visit.

Our volunteer handyman also kept busy hanging art work, emptying cabinets, and assisting members with household chores.

We'd like to extend an added thank you to all of our volunteers, both members and community members, who go above and beyond for all of you. We are so fortunate to have such a great group of volunteers!

Save the Date:

We are hosting our annual Volunteer Recognition event, "Hats Off to You," on Wednesday, October 17 at Oakwood Village Heritage Oaks from 5:30 p.m. to 7:30 p.m. We will send out invitations later this month!

Thank You to Alice Punwar

As we enter into another season of reading and sharing, it seems like a good time to recognize a member that has been devoted to keeping the SAIL Book Club thriving. Since 2005, Alice Punwar has volunteered countless hours organizing, documenting, and communicating. She has developed a system to reserve books and meeting rooms at the Madison Public Library. Alice has provided the MPL Book Club Kit titles so members could vote for a monthly selection. This group of readers has diverse interests and has read an impressive variety of fiction and non-fiction titles. Alice recalls her love of books even as a small child. We thank Alice for sharing her enthusiasm and skills over the past years!

SAIL "Sunday Drive" by Member Bob Topel

Following a successful test run in June, SAIL will offer a "Sunday Drive" for members on Sunday, October 14. SAIL volunteer drivers will use their own vehicles to give rides to two members, along with a volunteer riding "Shotgun."

Each driver works with their passengers to select an hour or two in the afternoon and a mutually agreed-upon route around the area. It may be in town or out in the country. If you are interested in being a driver, shotgun rider, or passenger, please call Peggy York at the SAIL office—230-4321—no later than October 1.

Note: "Sunday Drive" is a product of the new bi-monthly Membership Matters meetings led by Member Dorit Bergen. All members are encouraged to attend in order to socialize, learn how to get more involved with SAIL, plus share ideas and suggestions on how to improve SAIL. Next meeting: September 17, 1:00 p.m., Attic Angel Place, 8301 Old Sauk Rd.



Life's a Daring Adventure, and You're Not Done Yet!

Mary Helen Conroy, inspirational speaker and reinvention coach, is presenting a two-part

series to help you get started in making the first, sometimes unnerving decision, to write the next chapter of YOUR life—regardless of age. You'll leave with YOUR action plan and the support to make it happen and be challenged in YOUR thinking, surprised by what you learn, and you'll have fun along the way.

Part 1—Using the tools of *Review, Retreat, and Reinvention*, you will be guided toward ideas for creating your next chapter. We'll capture the best of your career and life and assess your knowledge, skills, and talents in preparation for you designing your future self.

(Continued on page 7)

Upcoming Events and Information (continued)



Tech Tutoring *by Membership Support Assistant Sue Stenzel*

These are individual 30-minute appointments with the full attention of our tutor, Dave Friedman, for that time. Be sure to bring your phone, tablet, or laptop, along with a list of questions. Some possible questions include: how do I use my phone for GPS navigation? How can I take pictures and send them to friends and family? Can I video chat with my friends and family?

Upcoming date:

- **Monday, September 24, 10:00 a.m. to 12:00 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. This valuable service is free for Full members (up to four sessions a year; \$15/session after that) and \$20 for Associate members—we can bill you or it can be paid at the time of the appointment.

Genealogy

Are you interested in Genealogy but not sure how to get started? Wonder which resources out there are reliable and which ones are not worth the time or money? SAIL member MJ Jones has graciously agree to lead a three-session series about beginning Genealogy.

While MJ stresses that she is not an expert or professional genealogist, she does bring experience to share and can very ably lead the discussion on how to get started in digging up your roots!

Some of the topics will include reliable sources and sites, DNA testing, census data, and more. And be forewarned—there will be homework! Each session will build on the last, so for the most benefit, plan to attend all three.

All three sessions will be held from 1:00 to 2:30 p.m. at the Monona Library located at 1000 Nichols Road.

Session 1—Monday, September 10; Session 2—Monday, September 17; Session 3—Monday, September 24

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On Our Own

by Members Karen Peterson and Janice Gary

All members are welcome to join us Friday, September 14 in welcoming autumn with a nature walk followed by a great lunch! The Lower Yahara River Trail runs from McFarland to Madison and a new section in McFarland just opened last year and includes a long boardwalk bridge right along Lake Waubesa and Upper Mud Lake.

We will walk as much of the Lower Yahara River Trail as we want and then go to the Green Lantern in McFarland for lunch. If you want to walk, meet at the parking lot in McDaniel Park at 10:30 a.m. If you do not want to walk, meet us at the Green Lantern (4412 Siggelkow Rd.) at 11:30 a.m. Or, you can walk a little and grab a cup of coffee at the restaurant while you wait.

Please RSVP to SAIL by September 11. The walk is free, but lunch is on you. Prices at the Green Lantern are very reasonable. If it rains, we will plan to do lunch. If it is super sunny, you may want an umbrella to protect you.

Monthly Member Groups and Events

Attic Angel Lecture Series

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

Monday, September 3

No program: Labor Day Holiday

Monday, September 10

"What I Learned and Observed Living in China"
Vincent D'Orazio, Current Attic Angel Prairie Point resident, Biochemistry and English teacher at Tianjin Medical University in Tianjin, China

Monday, September 17

"The Power to Change Lives: The Award-Winning UW Odyssey Project"
Emily Auerbach, Professor of English, Director with UW Odyssey Project, Co-host for University of the Air at Wisconsin Public Radio

Monday, September 24

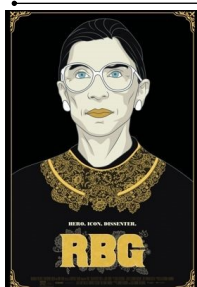
"Dane County Immigration Affairs"
Fabiola Hamdan, MSSW, Immigration Affairs Specialist, Dane County Department of Human Services

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

East Side Lunch Bunch: Enjoy lunch on Monday, September 17 at 11:30 a.m. at Monona Gardens, 6501 Bridge Rd.

West Side Lunch Bunch: We will meet at 11:30 a.m. on Thursday, September 27 at Olive Garden, 7017 Mineral Point Rd., Madison

To register, call the SAIL office at 230-4321.



Sunday Movie: **RBG**

September 30, 2:00 p.m. at the Oakwood Village Arts Center, 6209 Mineral Point Rd.

An intimate portrait of Justice Ruth Bader Ginsburg and how her early legal battles changed the world for women.

Men's Roundtable *by Member Fred Ross*

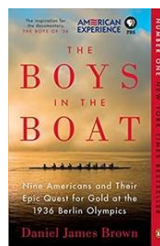
When and Where: Tuesday, September 11 at 10:00 a.m. in the Oakwood Village Heritage Oaks Social Room.

Topic: We'll continue the open-ended format that has been working well this year. Participants choose discussion topics: sports, history, current events, foreign affairs, whatever the interest may be. The tone of these discussions varies: some serious, some partly-serious, some decidedly unserious. But it is a generally "civilized" exchange of ideas, and everyone goes home wiser.

Transportation: Need a lift? Call SAIL!

Membership Matters Bi-Monthly Meeting

Monday, September 17 at 1:00 p.m. at Attic Angel Place. For more information or to register, call SAIL at 230-4321.



Book Club

The SAIL Book Club will meet at Sequoya Library on September 19 from 1:30 to 3:00 p.m. and will be discussing *The Boys in the Boat*:

The True Story of an American Team's Epic Journey to Win Gold at the 1936 Olympics by Daniel James Brown. This month's leaders: Gerald and Margaret Greeno

SAIL 90's Coffee —Save the Date!


If you are age 90 or better (or close to 90!), please join us for a gathering to socialize and enjoy a coffee, tea, fresh fruit, Danish/muffins.

Date/Time: Wednesday, October 3, 10:00 a.m. at Blackhawk Country Club; no charge.

To register: Call SAIL at 230-4321 by September 26. Transportation is available upon request. Please feel free to invite a guest!

Calendar of Events — September 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
SAVE the DATE!	<ul style="list-style-type: none"> ♦ Volunteer Recognition—"Hats Off to You" Wednesday, October 17 ♦ Vendor Fair—Friday, November 9 					
2	3	4	5	6	7	8
	Labor Day Holiday SAIL Office Closed					
9	10	11	12	13	14	15
	Genealogy 1:30 p.m. Monona Library	Roundtable 10:00 a.m. Oakwood Village		The What and What Not of Charitable Giving 2:00 p.m. Oakwood Village	On Our Own 10:30 a.m. McDaniel Park; 11:30 a.m. lunch at Green Lantern	
16	17	18	19	20	21	22
	East Side Lunch Bunch 11:30 a.m.				SAIL Low-vision Group Kick-off 1:30 p.m. Attic Angel	First day of Autumn 
	Membership Matters 1:00 p.m. Attic Angel					
	Genealogy 1:30 p.m. Monona Library					
23	24	25	26	27	28	29
	Tech Tutoring 10:00 a.m. Alicia Ashman Library	Only Leaves Should Fall 11:30 a.m. St. Mary's Hospital		West Side Lunch Bunch 11:30 a.m.	Triad Conference Attic Angel Clothing Sale (see enclosed flyer for details)	Attic Angel Clothing Sale
30	Movie Matinee 2:00 p.m. Oakwood Arts Center					
	Genealogy 1:30 p.m. Monona Library					

Membership News and Updates



Patrice Blanchard—Middleton | Nancy Wynn—Oak Bridge
Richard McCoy—Prairie Point | Scott Kramer—Applewood Hill
Jim and Monica O'Brien—Midvale Heights

New SAIL Members



A Message from Membership Services Manager Nicole Schaefer

What a month! I want to express a huge thank you to all of our service providers who dedicated their time to helping our members with the recent rain we've had. Whether it was draining water that got into homes, cleaning-up basements, or offering referrals for our members to use, we truly appreciate everyone coming together to help each other. Members still needing help with any water damage, please contact SAIL for support.

As you may recall, we recently added notary services to our ever-growing list of member benefits. Similar to our shred program, we are offering this service free to members. If you have a document that needs to be notarized or a bag or two of papers that need shredding, give us a call as we'd be happy to help you with this. Congratulations to so many of our members that have taken on the challenging task of going through their old documents – our office has enjoyed having so many visitors recently!

We're beginning to notice an increase in scam calls, specifically calls claiming they're from the IRS. Please know that although the caller may seem persistent, and sometimes angry, the IRS does not make personal phone calls. If you believe you've received a scam call, you are encouraged to report it by calling the non-emergency police line.

Life's a Daring Adventure *(Cont. from page 3)*

A process of setting goals and a worksheet to inspire you will be provided.

Part 2 will provide tools for envisioning your ideas for the future into an action plan.

**Part 1: October 24, 3:00 p.m. to 5:30 p.m. and
Part 2: October 31, 3:00 p.m. to 5:30 p.m. at
Covenant Presbyterian Church. Full Members:
\$10; Associate: \$30 (includes food). Feel free to
contact SAIL for more information.**

Genealogy *(Continued from page 4)*

The meeting room is on the first floor of the library and there is a parking lot just off of the lower entrance. In order to assure that there's plenty of time for individual questions and discussion, attendance will be limited. Call SAIL at 230-4321 or email info@sailtoday.org as soon as possible to reserve your spot.

Only Leaves Should Fall

Date/Time: Tuesday, September 25 from 11:30 a.m. to 3:30 p.m.

Location: St. Mary's Hospital, 700 S. Park St.

Only Leaves Should Fall is a falls prevention event led by community professionals and University of Wisconsin Students. Participants will be able to calculate their falls risk and review the next steps they can take to prevent a fall. Hear from experts in the field of aging, participate in local class demonstrations, and progress through a series of screenings to help identify your risk of falling. You will leave with information about community resources and what you can do to prevent a fall! Lunch, water, and coffee will be provided. To register, please call SAIL at 230-4321.

Transportation is available upon request.

Special Event

We invite you to join us...

Shop Great Bargains at the Attic Angel Fundraiser

Classic Clothing Sale

NEW designer clothing

PLUS gently used women's clothing and accessories



Fri., September 28, 2018, 9 am - 4 pm

Sat., September 29, 2018, 9 am - 2 pm

(Half price on many items at 12 noon on Saturday!)

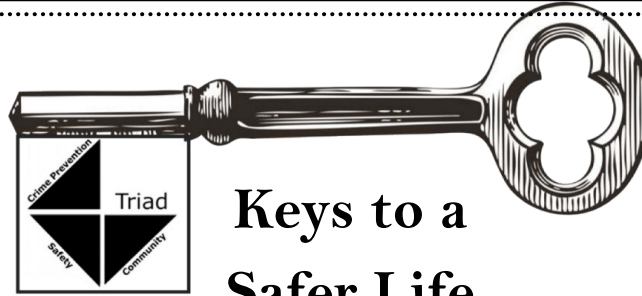
Attic Angel Association Office 640 Junction Road, Madison

(608) 662-8900 www.atticangel.org

**ATTIC  ANGEL
ASSOCIATION**

EXTRAORDINARY Giving. EXCEPTIONAL Living.

Special Event



Keys to a Safer Life

16th RSVP/Triad of Dane County & Triad of Wisconsin
Crime Prevention & Safety Conference and Expo

September 28, 2018
8:00 am - 3:00 pm

American Family Insurance, 6000 American Parkway, Madison, WI

Keynote—"Triads—The Master Key to Safer Seniors" *Trudy Gregorie, Executive Director, National Adult Protective Services Association (NAPSA)*

Workshop opportunities include:

- Personal Safety
- Active Shooter
- Old and Alone: Strategies for Connection
- Issues Related to Long term Care in Nursing Homes, Assisted Living Facilities, and Adult Day Centers
- Prescription and Illegal Drugs/Opioids/Meth
- Estate Planning—Frauds & Final Arrangements
- Scams & Frauds Targeting Wisconsin Seniors
- Appreciating our Diversity to Reduce Conflict
- Elder Victim Services & Elder Abuse Coalitions: Collaborative Partners in Better Serving Older Victims
- Developing a Hoarding Task Force
- Organizing Dementia Friendly Communities/Memory Cafés
- Starting or Restarting a Triad

Visit www.rsvpdane.org to register and pay online. For more information, contact RSVP of Dane County (608) 441-7897 or mstamstad@rsvpdane.org

Member/Vendor Referral

Do you have friends or family members who could benefit from SAIL's resources or do you have a recommendation for a SAIL vendor? If so, please share with us!

The person below may be interested in learning more about SAIL:

Name: _____

Phone: _____ Email: _____

Address: _____

May we use your name?* Yes or No

Your name: _____

*If the person joins/becomes a SAIL vendor, you'll receive a \$25 gift card!

Please cut and return to SAIL: 6209 Mineral Point Road, Suite 210
Madison WI 53705



Driving Safety—A *Wisconsin State Journal* editorial

by Member Pat Krueger

In the July 23 *State Journal*, columnist Carolyn Hax responded to a woman concerned about the ability of her mother-in-law in her 90's to still drive safely. This issue is becoming pressing because as our nation ages, more of our older drivers continue to drive. We are told, "You are too old to drive. Think what would happen if you hurt, or worse yet, killed someone with your car." Our families, friends, and physicians are rightfully concerned.

According to the Older Driver's Workbook put out by the Wisconsin DMV, drivers older than 70 are more likely to be involved in a crash while driving and more likely to die in that crash. And yet, according to that same workbook, older drivers are some of the country's safest drivers. They tend not to speed or to drive after drinking alcohol.

The DMV has an excellent section on safety for older drivers at www.wisconsin.gov. The site contains suggestions and tests so older drivers can assess their skills. As someone who has taken those tests, passing them adds to my confidence in driving. I encourage all older drivers to visit this site.

Grocery Shopping Safety

By Volunteer Lois DePiesse

When using a shopping cart, ALWAYS keep your belly button touching the cart handle and move your feet with the cart. If your feet don't move, the cart should not move. This great tip was given to me by a wonderful physical therapist. Anytime your belly button is not touching the handle, you are putting 60 pounds of unnecessary weight on your lower back. If you can't stand tall and keep the handle at your belly button, then you should not be doing the shopping. Let someone else do it!

