



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

October 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!

"Hats Off to SAIL Volunteers!" Appreciation Gathering

Date/Time: Wednesday, October 17, 5:00 p.m. to 7:00 p.m.

Location: Oakwood Village Heritage Oaks, 6205 Mineral Point Rd.

This gathering is in honor of individuals who share their time and talents to help SAIL members and our organization thrive. All volunteers (member and community) are warmly invited to join us for a pasta buffet, photo-booth fun, and socializing as we reflect on another amazing year of sharing our lives with others through rides, office help, working on teams and governance, handyman help, friendly visits, and more!



Pat and Jim Kallsen, Julia O'Reilly

To our amazing volunteers: please be sure to save the date and watch for your invitation in the mail!

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

Do you ever ask yourself some of these questions: How do I make the most of these precious bonus years? What aspects of my life (physical, emotional, spiritual, relationships, etc.) need shoring up? How? What are the things I haven't done yet that I still really want to do? What ruts am I in that I should climb out of? **If so, this two-part workshop is for you!**



Mary Helen Conroy

Join SAIL member, bestselling author, and motivational speaker Mary Helen Conroy for a fun and thought-provoking workshop to focus on your future and how to get the most out of the next chapter of your life!

In part one, using the tools of *Review, Retreat, and Reinvention*, you will be guided toward ideas for creating your next chapter and designing your future. Part Two of the workshop will help you put your ideas into an action plan. You'll see where you want to be and know how to get there!

This workshop has been developed by and for SAIL members and is sponsored by the SAIL Product Team led by Don Haas. Please feel free to invite friends. **Information about our speaker, workshop dates/times, and cost can be found on page 3.**



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, Rick Sheridan, and Bob Topel (Vice President).

From the Office



A Message from Executive Director Ann Albert

This month's Messenger is filled with events, updates, and opportunities to learn something new and to meet some great people!

Our national network of "Villages" is having its annual conference on October 8-10, and we're proud to send Membership Services Manager Nicole Schaefer on SAIL's behalf! You may not realize we are the second oldest Village in the nation and a charter member of the growing "Village Movement." Please contact us if you'd like more information on this movement and what it is all about!

We're delighted to celebrate the wonderful work of SAIL volunteers this month. In doing so, a special shout-out to all members who request services throughout the year—your requests help us to be a real "Village"—you know, the "it takes a village" type of Village! Thank you to all who make this possible!

Looking ahead, if you haven't had a chance to attend a SAIL Membership Matters meeting yet this year, I encourage you to mark your calendar for November 12, 1:30 p.m. at the Oakwood Heritage Oaks Westmorland Room. We've accomplished a great deal so far thanks to the input and efforts of over 40 members! In fact, some of those accomplishments are featured in this month's *Messenger*!

Finally thank you to those who attended the Donor Education program last month. As we near our SAIL Annual Appeal activities, we hope you learned some helpful information for current or legacy giving.

SAIL Vendor and SAIL Member Partner to Win NARI's "1st Place Contractor of the Year"

Member Jane Earl is on a quest to help Madison understand the benefits of Universal Design. She partnered with SAIL vendor TZ of Madison to create a home in which she could easily and comfortably live while using a motorized scooter. The remodel was so outstanding that TZ won the NARI (National Association of the Remodeling Industry) award for Contractor of the Year. Universal Design eliminates unnecessary barriers and is inviting to others. Congrats to Member Jane Earl and Service Provider Larry Taft of TZ of Madison!



Beyond the Ingenue: A Celebration of Women in Musical Theatre

Music Theatre of Madison celebrates the new and different in the world of musical theatre on Tuesday, October 16 at 7:00 p.m. at the Oakwood Arts Center. They will present a series of songs from contemporary musicals, such as *Waitress*, *Little Women*, and *9 to 5*, all of which illustrate women dealing with issues other than falling in love with a man. A talkback with the cast, including SAIL's new Marketing Coordinator, Meghan Randolph, will follow the show.

Volunteer News and Information

A Message from Peggy York



This month, our volunteer drivers brought members to 16 appointments, while our office volunteers spent 20 hours planning events, sending cards, and delivering phone messages to members, and more! We appreciate your support!

The Home Services Team had a very busy month! These volunteers changed a toilet seat, set up a new microwave, hung a coat rack, moved several items, replaced water filters, tacked down cords, and installed new surge protectors. And even after all of that, they are now teaming up to do our fall mattress flip!

Mattress Flipping is available on Monday, November 5, starting at 9:00 a.m. Please call the SAIL office at 230-4321 to sign-up and provide the size of your mattress. *This service is free to Full Members and we ask for a suggested donation of \$20 from Associate Members*

Triad Pre-winter Car Check—On October 10, West Madison Triad (SAIL is an active member) will host their annual free pre-winterization car check (must be age 50 or better). The assessment will take place at West Town Firestone Auto Care, 7105 Mineral Point Rd., between 9:00 a.m. and 3:00 p.m. and will include checking belts, tires, antifreeze, lights, and turn signals. Call the SAIL office to sign up by October 3!

SAIL's "Sunday Drive" by Member Bob Topel

Our next Sunday Drive will take place on October 14. A SAIL volunteer driver will use his/her own vehicle to take two members, along with a volunteer riding 'shotgun,' on a traditional "Sunday Drive." Each driver and his/her passengers will select an hour or two in the afternoon and a mutually agreed-upon route around the Dane County area. This new offering is another way for members to connect. So often we hear members lament that the only place they seem to go is to the doctor's office. How about a nice drive that's totally for fun? If you are interested in going for a Sunday Ride as a passenger, please contact Peggy at 230-4321.

Life's A Daring Adventure (Cont. from page 1)

Dates\Times: Part One: Wednesday, October 24;
Part Two: Wednesday, October 31
3:00 p.m. to 5:30 p.m.—both sessions

Place: Covenant Presbyterian Church, 362 S. Segoe Rd.

Total Cost: \$10 for Full Members, \$30 for Associate Members, \$40 for Non-members. Includes workshop materials and refreshments. Scholarships available; Non-members can apply workshop fee to first month of SAIL membership.

About the Facilitator: Mary Helen Conroy spent her life as a teacher, salesperson, librarian, and mother before becoming a motivational speaker and author of the #1 Kindle Bestseller, *Your Itty Bitty Retirement Book: 15 Tips for the Nearly and Newly Retired*. She leads inspirational workshops all over Wisconsin.

View and Share SAIL Video!

The volunteer Communications Team has been hard at work creating a video about SAIL to share with friends, family, and others who might like to know more about us. You can view the video on the SAIL homepage at www.sailtoday.org.

This short video gives an overview of our services, offers quotes from our members, and features some wonderful pictures! It is a lovely celebration of our organization!

Thank you very much to team members: Chris Klotz (leader), Bob Topel, and Dana Warren. Also thanks to Mary Helen Conroy and Steve Bailey for your technical help!

Upcoming Events and News



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 dates:

Thursday, October 18, 1:00 p.m. to 3:00 p.m. at Alicia Ashman Public Library, 733 N. High Point Rd.

Monday, October 22, 1:00 p.m. to 3:00 p.m. at Monona Library, 1000 Nichols Rd.

Please note that we will not have Tech Tutoring in November

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, 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.



Ski-Hi Fruit Farm

The SAIL Explorers will be taking their annual fall bus trip to Ski-Hi Fruit Farm on Friday, October 26. Throughout the season, Ski-Hi

offers over 20 varieties of apples! We always enjoy fresh apple cider, caramel apples, and their home-baked apple pie while we take in the stunning beauty of the Baraboo Bluffs.

The bus will depart from Oakwood Heritage Oaks at 10:45 a.m. We will have lunch in Sauk City and then continue on to Ski-Hi for our dessert! The bus will have you back to Oakwood prior to 2:00 p.m. Cost: \$5

To register: call the SAIL office by October 22.

Reminder: SAIL 90's Coffee

If you are age 90 or better (or close to 90!), please join us to socialize and enjoy coffee/tea, fresh fruit, Danish/muffins. This event will be extra special for one member who will be there celebrating her 90th on this day!

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

To register: Call SAIL at 230-4321; transportation provided upon request.

Macular Degeneration Symposium

This bi-annual symposium will take place on Wednesday, October 10, 8:00 a.m. to 1:00 p.m., at the Alliant Energy Center. It is presented by the UW—Madison Department of Ophthalmology and Visual Services, UW Health, and the Wisconsin Council of the Blind and Visually Impaired. It is a great place to learn about tools, treatments, and discoveries regarding Macular Degeneration. The symposium will feature expert ophthalmologists and researchers. A link to the full schedule of programs can be found on SAIL's homepage, www.sailtoday.org.

To register, check out the link on our website or call 800-7833-5213. Call SAIL at 230-4321 for assistance with registration/transportation.

SAIL Operating Council News

A warm welcome to new community member, Rick Sheridan! Prior to retirement, Rick held executive sales and marketing positions with two large retirement communities. Prior to that, he held positions with the Greater Madison Chamber of Commerce and CUNA, Inc. He is looking forward to adding SAIL to his other volunteer roles! Welcome Rick!

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, October 1

"All About Living Through the Eyes and Ears of the Media"

Carol Koby, Executive Producer/Host of All About Living, Interim Executive Director of the Alzheimer's and Dementia Alliance

Monday, October 8

"Palliative Care 101"

Dr. Anthony Braus, Hospice/Palliative Care Physician

Monday, October 15

"Voluntourism' on Remote Nepal"

Eric and Jane Englund, International Travelers

Monday, October 22

"Indian Mounds of Wisconsin"

Robert Birmingham, Co-Author, Indian Mounds of Wisconsin

Monday, October 29

"Raising Montana: My Pet Buffalo"

Dena Gullickson, Human Resources Manager & Buffalo Lover

On Our Own

Members will visit Vilas Zoo on Monday, October 15 at 10:10 a.m. and will meet at the information desk. They will enjoy a nice stroll around the zoo and then will head to ZuZu Café, 1336 Drake St. at 11:20 a.m. for lunch and socializing. All members are welcome to join, whether it's just for the zoo visit, lunch, or both! Please contact the SAIL office at 230-4321 to register.



Sunday Movie: Mamma Mia!

Here We Go Again

October 28, 2:00 p.m. at the Oakwood Village Arts Center, 6209 Mineral Point Rd.

Men's Roundtable *by Member Fred Ross*

When and Where: Tuesday, October 9 at 10:00 a.m. in the Oakwood Village Heritage Oaks Social Room.

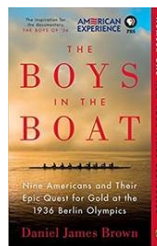
Topic: These lively discussions continue to attract lively SAIL minds. Once a month, we assemble to weigh-in on various topics: sports, politics, history, current events, foreign affairs, whatever the interest may be. We're sometimes serious, sometimes not. But we're always welcoming and always ready for a good chat.

Transportation: Need a lift? Call SAIL!

Connections *by Member Carol Brown*

The Connections group will meet on Tuesday, October 16 at 1:30 p.m. in the Oakwood Heritage Oaks Sunroom.

Book Club



The SAIL Book Club will meet at Sequoya Library on October 17 from 1:30 p.m. to 3:00 p.m. Thank you to Gerald and Margaret Greeno for leading the recap on the summer reading in September. This month, the group will discuss *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.

Lunch Bunch *Leaders: Winnie Shea, Lois*

Curtiss, and Deb Hall

East Side Lunch Bunch: Enjoy lunch on Thursday, October 18 at 11:45 a.m. at Journey, 4325 Lien Rd.

West Side Lunch Bunch: Join us for our annual Explorers bus trip to Ski-Hi Fruit Farm on Friday, October 26. See page 4 for details!

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

Calendar of Events — October 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 WI Alzheimer Research Center Education Event 5:00 p.m. UW-Madison	2	3 90's Coffee 10:00 a.m. Blackhawk Country Club	4	5	6
7	8	9 Men's Roundtable 10:00 a.m. Oakwood Village	10 Macular Degeneration Symposium 8:00 a.m. Alliant Center Triad Winter Car Check 9:00 a.m. Firestone	11	12	13
14 SAIL's "Sunday Drive"	15 On Our Own 10:10 a.m. Vilas Zoo	16 Connections 1:30 p.m. Oakwood Beyond the Ingenuue 7:00 p.m. Oakwood Arts Center	17 Book Club 1:30 p.m. Sequoia Library Volunteer Celebration 5:00 p.m. Oakwood	18 East Side Lunch Bunch 11:30 a.m. Journey Tech Tutoring 1:00 p.m. Alicia Ashman Library	19	20
21	22 Tech Tutoring 1:00 p.m. Monona Library	23	24 Life's a Daring Adventure Part One 3:00 p.m.	25 UW-Madison Colloquium on Aging 8:00 a.m. UW-Madison	26 Ski-Hi Bus Trip 10:45 a.m.	27
28 Movie Matinee 2:00 p.m. Oakwood Arts Center	29	30	31 Life's a Daring Adventure Part Two 3:00 p.m.			

Membership News and Information

New SAIL Members

Hannah Lee—Berkley Oaks
Uschi and Rudy Niederhauser—
Middleton
Anna Nassif—Capitol Neighborhoods



New Professional Members

Sean Wayne—Financial Planner
Andrew Seaborg—Financial Planner



A Message from Membership Services Manager Nicole Schaefer

We've welcomed two new vendors this month! Lisa is a companion who has a vast background working with older adults and Steve adapts tubs to become walk-in showers. You can find them listed in the Service Provider Directory located online or give us a call!



Save the date: Friday, November 9 at 11:00 a.m., Good Shepherd Lutheran

Church, 5701 Raymond Rd. Be sure to join us for this great opportunity to meet many of our vendors and learn more about the services they offer. Lunch will be provided at no charge. The only cost to attend is one canned good as a donation to Good Shepherd's Food Pantry. Please call the office to register for this special event!

As you enjoy the fall season, please keep us apprised of services you will be needing. We have excellent Service Providers and/or Professional Service Members to connect you with!

It's hard to believe the holidays are right around the corner! As you begin to think about gift ideas, why not give the gift of a SAIL membership to a loved one—a neighbor, parent, adult child, or close relative. Receiving a gift that they can utilize year-round that will allow them to continue to live independently is one that they will certainly appreciate.

Emergency To-Go Bags



In the event of an emergency, you may not always have time to put together your essential needs. Member and Gerontologist Patrice Blanchard shared her "To-Go" bag—a backpack she put together "just in case." Though you can tailor this to your own needs, she suggests packing a cell phone charger, extra dose of medicine, extra pair of glasses, hearing aid batteries, flashlight, extra pair of clothes, water bottle, some snack bars, and cash. The recent floodings triggered a more expanded "Be Prepared" program at SAIL. Stay tuned for future activities around this topic!

Should I Hire a Daily Money Manager?



By SAIL Vendor Barbara Boustead

As a Daily Money Manager (DMM), I offer money management services to ensure nothing falls through the cracks, including monthly bill payments, tax preparation, balancing checkbooks, review of medical bills and negotiating with creditors. One SAIL client requested assistance due to memory concerns, so we met weekly to open her mail and pay her bills on time, eliminating late payments.

Here are 4 warning signs that you may need assistance with your finances! Unopened mail or bills not paid on time, problems with balancing checkbook, important documents are misplaced, and physical limitations or memory issues.

If you would like to learn if a Daily Money Manager is right for you, contact me for a free consultation at Barbara@marysdaughterllc.com or 608-515-4083.



Health Chats by SAIL Vendor, Jesi Hirsch

Since information in the healthcare field changes rapidly, I thought it would be fun to share health information that may give you “food for thought,” clarify something you’ve heard or wondered about, or even something you are just curious about.

My goal in sharing this information is to enhance your quality of life. When we feel better, move better, think better, we can take in all life has to offer! I hope you feel free to share your thoughts, questions, or concerns with me as well.

Speaking of “food for thought,” here are 3 ‘diets’ you may find familiar—Paleo, Mediterranean, and Standard American Diet (SAD).

- ♦ Paleo—“If a caveman didn’t eat it, neither should you” Food examples include, meat and fish, fruits, regional veggies, seeds, and leafy greens
- ♦ Mediterranean—primarily plant-based and includes fruits and veggies, whole grains, nuts, legumes, herbs, spices (instead of salt), seafood, and healthy fats such as olive oil
- ♦ SAD—rich in red meat, dairy, processed and artificially sweetened foods, salt, minimal intake of fruits, veggies, fish, legumes, and whole grains.

Which one would serve you better?

Jesi is an RN and the President of RN Patient Advocates of Madison. You can contact Jesi by email at jesihirsch@gmail.com with any thoughts or questions on healthy living or check out her website, www.madisonpatientadvocates.com, for more information.

Triad “Coffee with a Cop”

Stop in for an informal conversation with members of the Madison Police Department. It is not uncommon for Police Chief Michael Koval to attend these coffee events. There is no agenda, so bring your concerns, questions, or just come and listen to recent trends and safety tips.

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

Tuesdays, noon-1:00 p.m., Johnson Public House, 908 East Johnson St.

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

3rd Thursday, 9:00-10:00 a.m. at Warner Park Recreation Center, 1625 Northport Dr.

SAIL Member in the News!

SAIL member Chris Klotz and her new book were featured in last month’s *Waunakee Tribune*. Chris, a SAIL Council Member and leader of the SAIL Communications Team is author of *All in Caregiving*. This book helps to give aging adults ‘the life they want to live’ and is sure to be a helpful resource for adult children or loved ones.



Come and meet Chris at a special author event at the Waunakee Library on Tuesday, October 30 at 7:00 pm.

SAIL will soon have several copies of this informative book available to members and their families—contact SAIL if you’d like to borrow or own one (a donation is requested)—you can even have it signed by Chris! Or, order a copy on Amazon.

To check out the *Waunakee Tribune* article about Chris, visit the SAIL website or give us a call and we’ll send it to you!

