



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

December 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!

Fantasy in Lights Tour and More

This year we're hosting a fun holiday open house featuring refreshments, singing, and a bus trip to the Fantasy in Lights display at Olin Park. On the way back from the Fantasy in Lights tour we'll take a drive through some of Madison's most well-decorated neighborhoods!



Come on out, even if you're only able to stay for refreshments—the more the merrier! For those joining us on the bus, there will be a \$5 fee.

When: December 19, beginning at 5:30 p.m. Enjoy refreshments, singing/sing-a-long by SAIL Marketing Contractor and director of Music Theatre of Madison Meghan Randolph, and socializing before the bus departs at 6:30 p.m.

Where: Meet in the Heritage Oaks Westmorland Room at Oakwood Village, 6205 Mineral Point Rd., Madison

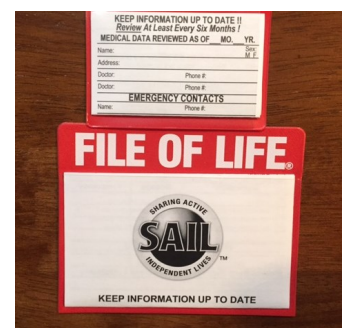
To Register: Call SAIL at 230-4321 by December 13. Let us know if you need a ride!

“File of Life” Packets are Available!

by Graduate Student Intern Meggie Acker

Thanks to a generous grant from the Oakwood Foundation this year, hundreds of older adults have access to a handy resource that is easy to use and very helpful. **What is it?** It's the “File of Life” packet—an easy way to keep lifesaving information readily accessible in case of an emergency. First responders can use this document to obtain your emergency contacts and medical information, such as your major medical history and allergies.

How does it work? Simply fill out each section of a special questionnaire and place it in the provided plastic envelope. The larger plastic envelopes include a magnet on the back that makes it easy to attach to your refrigerator and easy to access by the police, EMT's, and other first responders. Some people choose to add a copy of the print-out they received at a recent medical appointment. (Continued 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 AgeBetter, Inc. (Madison Area Continuing Care Consortium), a non-profit organization whose members include:



OAKWOOD
VILLAGE



ATTIC ANGEL
COMMUNITY

Supported in part by:



SAIL Operating Council: Christine Beatty, Dorit Bergen (President), Mary Ann Drescher, 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

Greetings from all of us at SAIL! It's hard to believe we'll soon be ringing in a new year! 2018 has been a year of change and growth in many ways—new member groups, the new *SAILing into the Future Workshop Series*, our new Membership Services Manager Nicole Schaefer and Marketing Contractor Meghan Randolph, added member services, a new blog, an upgraded website, and more!

In addition, I'm proud to announce the new name for our parent organization: AgeBetter, Inc. The name change better reflects AgeBetter's current vision and interest in addressing senior affordable housing needs, training and education for people working with older adults, and other important programs to enhance the lives of people as they age. AgeBetter's expanded programming is sure to complement the many services and resources provided by SAIL, as well as increase volunteer opportunities. We thank AgeBetter founders Oakwood Village and Attic Angel Association for your continued support and leadership!

Finally, by now you have likely received your Annual Appeal letter. If you're able, we hope you'll help us match this year's \$25,000 lead gift. Donations support programs, services, and sliding-fee memberships!

Important Message on Name Change

If you have named SAIL in your will, IRA, Legacy Fund, etc., we ask you to change the beneficiary organization to AgeBetter, Inc. (changed from the Madison Area Continuing Care Consortium, Inc.). If you have any questions, please contact me at 230-4321. Thank you!

On Our Own Holiday Tea by co-leaders Janice Gary and Karen Peterson



Wally Brinkmann and Ann Fagan at 2017's Holiday Tea

We're looking forward to another lovely Holiday Tea event. On **Friday, December 14 at 1:30 p.m.** we'll gather at Legacy House Imports, 4221 Lien Road. Legacy House is an easy-to-reach location, either from the Interstate or East Washington Ave. In addition to tea sandwiches, scones, and desserts, there is an impressive selection of teas. Proprietors Pat and Marsha Flannery are very knowledgeable about all of them. Legacy House also offers a wide variety of ethnic gifts and crafts from Europe, Scandinavia, and the British Isles. Cost: \$20 per person; prepayment required. Attendance is limited—be sure to sign-up soon! To register, call SAIL at 230-4321. Transportation provided upon request.

Christmas Day Dinner Member Rita Bloomfield is organizing a SAIL Christmas Day dinner gathering at a local restaurant. If you're interested, please call Rita at 251-0232. Thank you, Rita!

Volunteer News and Information



A Message from Volunteer Coordinator Peggy York

November was a busy month, and we accomplished a great deal with the assistance of our volunteers! We want to thank them for the many office hours, committee hours, and the time making phone calls to members.

Volunteers Bob, Lucy, Phil, and William traveled to members' homes all over the Madison area to flip mattresses and put patio furniture away for the winter. Volunteer teams taking on these strenuous tasks truly help our members stay safe in their homes. In addition, our volunteer handymen helped members with projects, such as lowering closet rods and checking outdoor motion lighting.

Volunteers, know that you are all truly appreciated!



Volunteers Dianne Hopkins and Rick Sheridan at the Triad event.

"File of Life" (continued from page 1)

Do you need assistance? If you need help completing the questionnaire or making a copy of your clinic printout, please contact SAIL and we will gladly assist you!

If you haven't received your File of Life at a SAIL event or community fair, please let us know and we'll send it to you. Just call 230-4321 or email info@sailtoday.org



"File Of Life" is for Real!

by Member Sue Goldstein

A few weeks ago I was in my car in my garage ready to leave when I had a medical emergency. I called 911. While one of the medics attended to me the other grabbed the **File of Life** off my refrigerator, where it has been for years, and updated as needed. I was in no condition to answer any questions and he indicated that it was a good thing I had that file—it gave him all of the information he needed. You never know when that file will be needed. Get it now before you have your own unexpected emergency!

Congrats to Member Services Manager Nicole Schaefer!

On December 16, Nicole will receive a Master of Arts in Organizational Leadership degree from Lewis University. This degree will be even more relevant as Nicole's role expands at SAIL!



Edgewood College Nursing Students Need You!

First semester Edgewood College Nursing Students are once again offering visits with you as part of their nursing education and training. If you would like to participate in this program, you will be asked to meet with one or more students for 30 minutes to one hour at least five times during the spring semester. Meeting dates and locations (public locations such as coffee shops, libraries, etc.) will be arranged individually and mutually agreed upon by you and the student.

The visits are designed to help the students build communication skills and health/education promotion skills. Discussion topics include healthy eating, keeping one's mind and body healthy, fall prevention, etc.

To sign up, call SAIL and we'll connect you with Edgewood College Nursing Clinical Coord. Ruth Baier.

Upcoming Events and News



Tech Tutoring *by Membership Support Assistant Sue Stenzel*

These are individual 30-minute appointments with our tutor, Dave Friedman. Be sure to bring your phone, tablet, or laptop, along with a list of questions.

Upcoming dates:

Thursday, December 6 from 10:00 a.m. to noon at Monona library

Monday, December 17 from 1:00 p.m. to 3:00 p.m. at Alicia Ashman Library

Call the SAIL office for more information and/or to register for a 30-minute session.

There's still time to get help with your holiday letters! We can help you get them reviewed, edited, finalized, and copied. First, write the letter. It can be handwritten (legibly), typed, printed, or e-mailed. If you plan to include photos, send them to the SAIL office (e-mail, mail, or deliver them). Then call SAIL at 230-4321 to make an appointment. Remember, letters need to be sent in advance of your appointment so there's time to create a draft for you!

Low Vision Support Group *by Member Ruth Calden*

The new low-vision support group met November 16 at the home of Barb Winter, who offered to show the many low-vision products she has found helpful. It was especially helpful to see these aids in the comfort of a home setting and to learn what might be useful for each person. Thank you, Barb!

The group decided to meet every other month. The next meeting will be Friday, January 18 at 1:30 p.m. at Attic Angel Place, 8301 Old Sauk Road, in the private dining room. If you have any type of vision problem, come join us! To register, contact SAIL at 230-4321.

Thank you to Our Donors!

We extend our sincerest gratitude to the following generous donors for the third quarter of 2018!

July 1-September 30, 2018

Member Donations

Lou and Shirley Chosey

Lois Curtiss

(In memory of Doris Schaller
and Jerry Conwell)

Maribeth DeRocher

Jean Espenshade

Patricia Meloy

JoAnn Savoy

Betty Scott

Pauline Scott

Daphne Newman Stassin

Corporate and

Foundation Donors

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SAIL Supporters

Ann Albert

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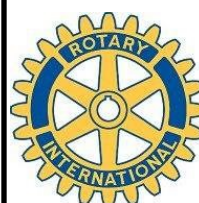
THANK YOU!



THRIVENT®

Be Wise With Money™

We thank Thrivent Financial for its recent donation to SAIL. Thrivent's Donor Choice program allows clients to direct donations to a favorite charity—an anonymous client and SAIL member chose us!



We're pleased to share that the Rotary Club of West Madison recently granted SAIL \$1,000 to help support monthly programs and the SAIL *Messenger*. Thank you, Rotarians!

Monthly Member Groups and Events

SAVE THE DATE! Winter Luncheon

SAIL's Winter Luncheon will take place on January 24 at Blackhawk Country Club. This year's speaker will be Dane County Executive Joe Parisi! More information will be available in the January Messenger. Mark your calendar for a fun and informative event!

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, December 3

"Chinese Society in Transition Today"
Vincent D'Orazio, Attic Angel Prairie Point Resident

Monday, December 10

"Attic Angel Choir"
Attic Angel Choir under the direction of Sarellen Schuh (SAIL Member)

No programs December 17, 24, and 31

Men's Roundtable *by Member Fred Ross*

When and Where: December 11 at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

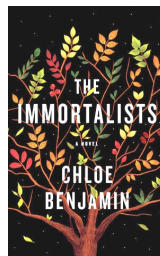
Topic: Once a month, a varied group of SAIL members gets together over coffee and rolls to discuss current topics: sports, politics, history, domestic and foreign affairs, you name it. We're sometimes serious, sometimes not. But we invite any and all SAIL men to join us for a good chat.

Need a lift? Contact the SAIL office.

Lunch Bunch *Leaders: Lois Curtiss and Deb Hall*

East Side Lunch Bunch: Wednesday, December 12 at 11:30 a.m. at Green Forest, 909 E. Broadway. Family-owned American nook offering breakfast and lunch plates in a cozy setting.

West Side Lunch Bunch will not meet this month. See you in 2019!



Book Club

The next meeting will be December 19 from 1:30 to 3:30 p.m. at Sequoya Library. We will be discussing Madison author Chloe Benjamin's *The Immortalists*.



Sunday Movie: Pick of the Litter

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

This engaging documentary follows the two-year progress of five pooches trained from puppyhood to serve as guide dogs for the blind.

Caregiver Support Group

by Member Marcy Bradley

In January I will be starting a caregiver support group for anyone who is the primary caregiver of another adult with a chronic health condition.

This includes caring for someone in the home or being responsible for someone in assisted living or a nursing home. We will plan to meet two times a month on Mondays from 1:00 p.m. to 3:00 p.m. Exact start date and location are to be determined.

I am a retired geriatric social worker who spent 15 years caring for both my aging parents and my husband. I was in a caregiver support group for much of that time, and the experience really helped sustain me.

If you are interested in being part of this group, please contact the SAIL office. Please also let me know if you are interested in being a co-leader.

Calendar of Events — December 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
Happy Holidays!						
2	3	4	5	6	7	8
	Attic Angel Lecture 10:00 a.m.			Tech Tutoring 10:00 a.m. Monona Library		
9	10	11	12	13	14	15
	Attic Angel Lecture 10:00 a.m. SAIL Council Meeting 4:00 p.m.	Men's Roundtable 10:00 a.m. Oakwood	East Side Lunch Bunch 11:30 a.m.		On Our Own Holiday Tea 1:30 p.m.	
16	17	18	19	20	21	22
	Tech Tutoring 1:00 p.m. Ashman Library		Book Club 1:30 p.m. Holiday Lights 5:30 p.m.			
23	24	25	26	27	28	29
	SAIL Office Open Until Noon	SAIL Office Closed				
30	31					
Movie Matinee 2:00 p.m. Oakwood Arts Center						

Membership News and Information

New SAIL Members

Barbara Sansing—Middleton
Craig and Cristel Gjerde—Parkwood



New Professional Members

Veronica Heide—Audiologist



A Message from Membership Services Manager Nicole Schaefer

Season's greetings! This year has certainly flown by, and what a delight it has been getting to know all of you. Last month's Vendor Fair provided a great reminder on the importance of connecting with others, as we could see and hear through the buzz of members and vendors interacting. An added thank you to all of our Service Providers and Professional Service Members who were able to join us for this event and share information about the services they offer to our members. We're looking forward to hosting this fair again!

Speaking of vendors, we have added a new vendor to our directory! Brent offers a variety of services, including companionship, light help around the house, assistance with exercise, technology support, help coordinating doctor visits, etc. He will also attend appointments and take notes if requested. If you are interested in learning more about his services, please contact the SAIL office at 230-4321 or you can download an updated copy of the Service Provider Directory from our website sailtoday.org.

May you all have a wonderful holiday season, and we look forward to seeing you all in 2019!



Alan Lukazewski

Is It A Disease Or A Drug?

by SAIL Council Member and Pharmacist Alan Lukazewski

The discovery of newer drugs has produced many miracles, from altering the trajectories of some cancers which used to be fatal and turning them into chronic diseases that can be managed, and helping people with heart failure who were once confined to a chair to be able to function and feel more comfortable in their day-to-day lives. However, with the addition of every drug there is also risk for harm, and that risk increases as we take more drugs. It may even cause what I refer to as a drug-induced disease. Asking questions and having a medication review are two ways to help prevent these situations.

Read Alan's full article on SAIL's new blog at sailtodayblog.com. And, remember, Full Member's of SAIL can receive a comprehensive medication review by an Oakwood Pharmacist in collaboration with the University of Wisconsin School of Pharmacy (one per year at no charge; additional reviews available for \$85 per review)!

SAIL's Blog is a Hit! *by SAIL Marketing Contractor Meghan Randolph*

Our blog is an online resource with more in-depth stories from our newsletter, links to helpful resources, photos, member-contributed stories, and more! You can access the blog by clicking "Blog" on our newly-designed website at sailtoday.org, or find it directly at sailtodayblog.com. So far, several members have contributed stories for the blog, and we would love to get more! E-mail meghan@sailtoday.org if you'd like to contribute!

SAIL's 4th Annual Vendor Fair



Another successful SAIL Vendor Fair! Thank you to all who attended last month—it was a wonderful day and such a great opportunity for members to meet SAIL Service Providers and Professional Services Members. We're looking forward to next year's fair!

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 _____

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 AgeBetter, 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