



# The MESSENGER

*...keeping you connected!*

A MONTHLY PUBLICATION

January 2019

## 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!



Dane County Executive Joe Parisi 3606 Blackhawk Drive

## Winter Luncheon to Feature "Opening Doors" Talk by Joe Parisi

**Date:** Thursday, January 24

**Time:** Doors open at 11:30 a.m. Lunch will be served at 12:00 p.m.

**Location:** Blackhawk Country Club,  
3606 Blackhawk Drive

**Cost:** \$20 for members and \$22 for non-members (Sliding fee available upon request; transportation available upon request)

Dane County Executive, Joe Parisi, will share an update on county matters including the work he has done for the community to open new doors, such as partnerships with schools, efforts to improve equity and access to opportunities for all, and increasing funding for affordable housing.

Blackhawk Country Club's delicious menu options will include:

- Chicken and Mushroom Crepes with Wild Rice and Fresh Fruit Garnish
- Portabella Parmesan Ravioli with Tomato and Mushroom Chardonnay Cream Sauce and Sautéed Vegetables
- Gluten Free/Dairy Free Meals - Grilled Chicken Breast with Marinara, Wild Rice, and Fruit

Register by calling SAIL at 230-4321 or register and pay securely online at [www.sailtoday.org](http://www.sailtoday.org). We hope to see you there to celebrate SAIL's wonderful community!

## SAIL Debuts Workshop Series

The next chapter of your life should be your best. Your experiences and everything you've learned have prepared you to make smart decisions, take exciting risks, and prepare for the future of your legacy. SAIL is excited to launch a new series of workshops, entitled *SAILing into the future!*, that will help you take these important steps. These workshops will occur continuously each year for members and guests to attend.

**SAILing**  
*into the future!*

(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 the Madison Area Continuing Care Consortium now named AgeBetter, Inc. 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 Haasl (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



As we begin 2019, I want to thank you for sharing your lives with us and for supporting “independence through connections!”

I’m very pleased to announce the recent promotion of Nicole Schaefer to her new role as SAIL Program Director! Nicole has grown quickly in her position at SAIL and just recently completed her Master’s Degree in Organizational Leadership. She looks forward to her new leadership role at SAIL.

One of her first accomplishments was the hiring of new SAIL Team member, Becky Rogers. Becky has accepted the full-time Office Assistant position and will begin training this month! She is joining stellar team members Peggy York and Sue Stenzel, and marketing contractor Meghan Randolph. You can read more about Becky in the February *Messenger*!

As planned, my role continues as Executive Director and has expanded to additional projects aimed at enhancing the lives of older adults. This expanded role, funded by AgeBetter, includes exploration of senior affordable housing, a training and education center for people caring for older adults, an innovative garden/local food program, etc.

2019 is off to a great start for AgeBetter and SAIL! In fact, this month kicks off two important surveys that are aimed at strengthening service offerings and programs for this year—please be sure to participate!

### 2018: A Great Year at SAIL! Thank you!





# Volunteer News and Information



## A Message from Volunteer Coordinator Peggy York

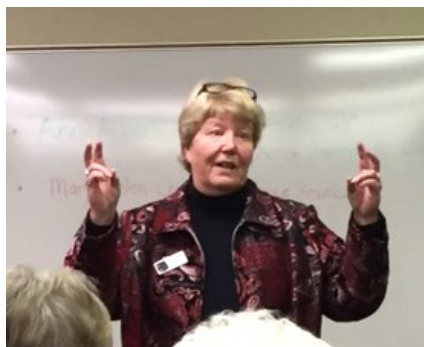
The holidays are a busy time for all, but that did not stop the SAIL volunteers from meeting our needs. Drivers gave 26 rides to assure that members got to appointments and events during the month. Committee members and team leaders remained hard at work with our member groups and representing SAIL at local fairs. Home visits were done to assist members with holiday

preparation. As the requests came in for shopping and decorating help, our volunteers were quick to respond.

With the start of a new year, let's reflect and appreciate the 105 SAIL volunteers that have given so much to our organization during 2019! Their support has helped SAIL members continue to live active and independent lives.



## SAIL Debuts Workshop Series (Continued from page 1)



SAIL member and presenter of *Life's A Daring Adventure*, Mary Helen Conroy.

SAIL has collaborated with knowledgeable experts to help you find your passions, prepare for changes, explore your financial future, and identify how you want to be remembered and the steps to take starting now.

We encourage you to bring a friend to these information-packed workshops so they can see just how much SAIL has to offer. Keep an eye on the *Messenger*, the SAIL blog, [www.sailtodayblog.com](http://www.sailtodayblog.com), our website, and our social media to learn about upcoming *SAILing into the future!* workshops and how to register!



## *SAILing into the future! How Do You Want to Be Remembered?*

**Date/Time:** February 6 from 10:30 a.m. to 1:30 p.m.

**Where:** Oakwood Village Westmorland Room, 6205 Mineral Point Rd.

**Cost:** \$10 for Full Members, \$20 for Associate Members, \$30 for Non-members. Includes workshop materials and lunch. Scholarships are available; Non-members can apply a portion of the workshop fee to their first month of SAIL membership. Register by calling 230-4321 or visit us online at [sailtoday.org](http://sailtoday.org)

Karen Rose Gredler Karen holds master's degrees in marriage and family therapy, psychology, and social work. In this workshop, she'll help you answer questions such as "how do I want to be remembered" and "in what ways will my life outlive me?" The workshop will include small group discussions and time to socialize.

# Upcoming Events and News



## **Tech Tutoring** *by Membership Support Assistant Sue Stenzel*

Need help with a new electronic device you received as a gift? Having some trouble with your phone? SAIL can help with most of your technology woes! Just sign up for a 30-minute session with our technology tutor, Dave Friedman. Be sure to bring your phone, tablet, or laptop, along with a list of questions.

Upcoming dates:

**Wednesday, January 9 at Monona Library from 10:00 a.m. to 12:00 p.m.**

**Wednesday, January 30 at Ashman Library from 1:00 p.m. to 3:00 p.m.**

Call the SAIL office for more information and/or to register for your 30-minute session. This valuable service is free for Full members (up to four sessions per calendar year; \$15/session after that) and \$20 for Associate Members. This is payable at the session or you may charge it to your SAIL account.

**Tip:** Be sure that any devices you bring are fully charged or bring your charging device with you. Also, make sure that you know any and all necessary passwords.

## **Membership Matters** *by Dorit Bergen*

**Date:** Monday,  
January 14

**Time:** 1:30 p.m.  
to 3:00 p.m.

**Location:**  
Oakwood Village  
Heritage Oaks

Westmorland Room, 6205 Mineral Point Rd.



As we prepare to gather for our next meeting, we'd like to reflect on the support that has transpired from this group over the past year. These bi-monthly meetings have provided members the chance to share their thoughts, suggestions, and experiences, while also helping SAIL grow in the community through referrals and grant activities.

All members are invited to join us at our meetings every other month. This month, we will spend the first half of the meeting looking ahead at what 2019 may have in store for SAIL. We will then have a celebratory gathering during the second portion of the meeting that will include refreshments and time to socialize with other members. Call SAIL at 230-4321 or email [info@sailtoday.org](mailto:info@sailtoday.org) to sign up. Need a lift? Let us know! We hope to see you there!

## **"Two Men Without a Truck" Are Back!**



The SAIL Valentine's Day tradition continues as the "Two Men Without A Truck" travel to homes and help with moving items!

If you have furniture or other items in your house that you'd like moved, rearranged, brought to the curb, or even moved to allow for cleaning, this is your chance to get it done! You can register for your 30-45 minutes of free in-home moving services by calling the SAIL office at 230-4321 or e-mailing [info@sailtoday.org](mailto:info@sailtoday.org). Registration tends to fill up pretty fast, so make sure to call early!

Being mindful of your day-to-day activities and avoiding accidents in the home help to mitigate the risk of injuries that could lead to the loss of independence.

We are so grateful to SAIL vendor Two Men and a Truck for providing this helpful service for SAIL members each year. Thank you to Heather and her team!

# 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 is served at 10:00 a.m. and the lectures begin at 10:30 a.m.

### Monday, January 7

"The History of The Madison Hat Ladies: Heartwarming Stories About Homeless Kids"  
Nancy Daly, founder of Madison Hat Ladies

### Monday, January 14

"How and When Cochlear Implants Best Minimize the Impact of Hearing Loss"

Michelle A. Quinn, Clinical Professor, Department of Communication Sciences & Disorders, UW-Madison

### Monday, January 21

"The Paradox of Being a Black Policeman in Madison"  
Corey Seffold, Madison Police Department Officer

### Monday, January 28

"The New American Indian Museum in Madison, with the Wisconsin Historical Society"  
Rebecca Holly Comfort, National Liaison for the American Indian Museum in Madison

## Low Vision Support Group

*by Member Ruth Calden*

We welcome anyone with low-vision to SAIL's new Low-Vision Support Group. We meet every other month for sharing, support, and information on what each of us has found helpful. Come out and join us at our next meeting Friday, January 18 at 1:30 p.m. at Attic Angel Place in the private dining room. Call SAIL at 230-4321 to register. Transportation is available upon request. Hope to see you there!



## File of Life

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](mailto:info@sailtoday.org). This is an easy way to keep lifesaving information readily accessible in case of an emergency. **Check out Sue Goldstein's personal story on the SAIL blog!**

## Men's Roundtable *by Member Fred Ross*

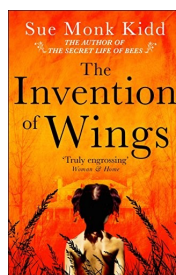
**When and Where:** Tuesday, January 8 at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

**Topic:** Once a month, a varied group of SAIL members get 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*

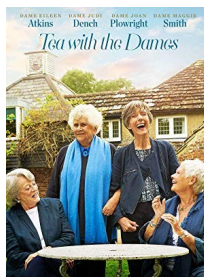
**East Side Lunch Bunch:** Monday, January 7 at 11:30 a.m. at 1855 Saloon and Grill, 218 S. Main St. #100 Cottage Grove, WI 53527

**West Side Lunch Bunch:** We invite you to join us at SAIL's Winter Luncheon on Thursday, January 24 at Blackhawk Country Club.



## Book Club *Leaders: Jerry and Margaret Greeno*

The SAIL Book Club will meet at Sequoya Library on January 16 at 1:30 p.m. and will be discussing *The Invention of Wings* by Sue Monk Kidd.



## Sunday Movie Matinee: Tea With The Dames

Sunday, January 20 at 2:00 p.m. in the Oakwood Arts Center

In this documentary, Dames Eileen Atkins, Judi Dench, Joan Plowright and Maggie Smith discuss their illustrious acting careers.

# Calendar of Events — January 2019

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
		SAIL Office Closed				
6	7	8	9	10	11	12
	Attic Angel Lecture 10:00 a.m.  East Side Lunch Bunch 11:30 a.m.	Men's Roundtable 10:00 a.m. Oakwood Village	Tech Tutoring 10:00 a.m. Monona Library			
13	14	15	16	17	18	19
	Attic Angel Lecture 10:00 a.m.  Membership Matters 1:30 p.m. Oakwood Village		Book Club 1:30 p.m. Sequoia Library		Low-Vision Support Group 1:30 p.m. Attic Angel	
20	21	22	23	24	25	26
Sunday Movie 2:00 p.m. Oakwood Arts Center	Attic Angel Lecture 10:00 a.m.			Winter Luncheon 11:30 a.m. Blackhawk Country Club		
27	28	29	30	31		
	Attic Angel Lecture 10:00 a.m.		Tech Tutoring 1:00 p.m. Ashman Library			



# Membership News and Information



## New SAIL Members

Kathy Brown—Middleton  
Ann Zerbel—Waunakee  
Dorothy & John Howat—Country Grove  
Bob Sladky and Kay Jarvis-Sladky—Stonefield

## Professional Service Provider

Estate Planning Attorney Melissa Warner



## A Message from Membership Services Manager Nicole Schaefer

It's hard to believe 2019 is here! 2018 brought such joy to SAIL through our member groups, programs, volunteers, and events and I'm so excited to see what this year has in store for us. The support we've received from our members truly shows how much this organization means to each and every one of you, including your openness to share us with your friends, family, and neighbors. To help us continue to meet your needs, we have a brief survey going out to all of you in the mail early this month that is asking for your feedback on what we currently offer, along with suggestions for future opportunities. A special thank you to SAIL Members Kathleen Larson and Don Haas for their help in putting this survey together. We look forward to hearing from you!

With SAIL's team continuing to grow, I am delighted to have received the opportunity to lead Peggy, Sue, and Becky. One thing that I've admired over the past 11 months (hard to believe!) is how well our team works together. We are all looking forward to having Becky join us in the office this month!

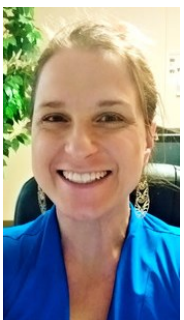
To continue with the good news, we have a new service provider joining our vendor program! Miguel and Lidia have their own cleaning business and come highly recommended by some of our members. They offer a variety of house cleaning services and have many years of experience. If you are interested in learning more about them, you can call the SAIL office at 230-4321 or download an updated Service Provider Directory from our website. Happy New Year to all of you!



Holiday Tea Party 2018  
Janice Gary, Barb Sommerfeld, Betty Stern

## A Question for YOU

SAIL offers so many wonderful social, educational, and service opportunities and we continue to build on those through our dedicated staff and volunteers. Our Connections Group, Membership Matters team, and staff would love to hear from you about additional programs and events that we can bring to SAIL. This may be include bringing back an old program, trying a new program, enhancing an activity we already do, or something else. We want SAIL to bring you joy while still providing a helping hand. **Thus, we'll be asking for your ideas at the SAIL Winter Luncheon.** If you are unable to attend, you can call the SAIL office and request a copy of the Events and Programs Survey.



## Recently on the SAIL Blog by SAIL Marketing Coordinator Meghan Randolph

Remember to visit the SAIL blog periodically for stories from the community, member ideas and reflections, and more in depth looks at what SAIL has to offer. Recently, the blog featured: *A book for "Solo Agers,"* news of the UW-Madison Standardized Patient program's focus on senior care, from someone who has worked there, a member testimonial about the importance of banding together in tough times, a profile of the Village Movement, which our very own Ann Albert was a huge part of, and more! **Find the blog at [www.sailtodayblog.com](http://www.sailtodayblog.com).**

## December Highlights

SAIL members celebrated the holidays in many ways last month! The On Our Own group hosted their annual Holiday Tea Party at the Legacy House Imports that featured a wide variety of teas and delicious treats. Our SAIL Holiday Party (bottom right) featured a sing-a-long with Meghan, our Marketing Contractor, and a bus ride around Madison to see the Olin Park Holiday Fantasy in Lights, as well as home light displays on the west side of Madison. What a fun-filled month!



### Thanks to Our SAIL Operating Council!

Throughout the year, the SAIL Council meets to help point SAIL in the right direction, assist in implementing programming, keep an eye on the budget, and oversee SAIL operations. They work tirelessly behind the scenes to help SAIL improve with each passing year. From all of us at SAIL, *thank you* to the SAIL Council for all you do for our very special organization.



Front Row L to R: President Dorit Bergen, Kathleen Larson, Sue Goldstein, Tom Evans. Back Row L to R: AgeBetter board member and Attic Angel Community President Mary Ann Drescher, Chris Klotz, Christine Beatty, Vice President Bob Topel, Ernie Hanson, Alan Lukazewski, Secretary Don Haasl, Dianne Hopkins, and Rick Sheridan.

### Special Thanks to SAIL Donors

The SAIL and AgeBetter Leadership, Development Team, and staff extend a heartfelt thank you to all who participated in this year's annual appeal! It was a wonderful success. A full report will be included in the February *Messenger*!

### Thank you Oakwood Village and Attic Angel Association

We thank both organizations for their continued support financially and in-kind!