



# The MESSENGER

*...keeping you connected!*

A MONTHLY PUBLICATION

February 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!

## SAILing into the future!: How Do You Want To Be Remembered?



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

**Location:** Westmorland/Nakoma Room at Oakwood Village, 6205 Mineral Point Road

**Cost:** \$10 for Full SAIL members, \$20 for Associate members, \$30 for non-members. Non-members can apply their registration fee to the cost of membership if they decide to join. Fee includes lunch and workshop materials.

What defines you? Volunteer work? Your spiritual life? Your hobbies? Your vocation? These are just a few examples of how you can ensure that your life's passions, contributions, and beliefs will outlive you! Join SAIL for an interactive and informative workshop on creating a legacy that demonstrates who you are, what you believe, and all you've done! The workshop will include guidance from an experienced leader, personal reflection, and small-group discussion.

Karen Rose Gredler holds Master's degrees in psychology, marriage and family therapy, and social work, so she is a great resource for this topic!

## Two Men Without a Truck is Back!



The SAIL Valentine's Day tradition continues on Thursday, February 14 as the "Two Men Without a Truck" travels to homes and helps 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) by Friday, February 8. Registration tends to fill up pretty fast, so make sure to call early! **We are so grateful to SAIL vendor Two Men and a Truck for providing this helpful service for SAIL members each year.**



### 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. a non-profit organization whose members include Attic Angel Association and Oakwood Village.



OAKWOOD  
VILLAGE



ATTIC ANGEL  
COMMUNITY

Supported in part by:



SAIL Operating Council: Christine Beatty, Dorit Bergen (President), Mary Ann Drescher (AgeBetter), 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 Program Director Nicole Schaefer

Well, we've certainly had our fair share of winter in such a short period of time! Although the snow and ice has led to some significant challenges, we're also reminded of the beauty that nature can bring us in the middle of a very cold winter season. With that being said, remember that SAIL offers transportation and carpool opportunities for

members to attend our programs and events. If you find that you need a ride or are not comfortable driving in winter conditions, please call the SAIL office and we'll be happy to help you.

Entering 2019, we wanted to take the time to discover what programs and speakers you, the members, are most interested in. Thus, we have created a two-part survey that we began at the Winter Luncheon, where we asked members to fill out a brief survey of possible program ideas for us to offer. Please let us know if you'd like to receive a copy of the survey for you to complete before February 15. The second part of the survey will arrive in the mail to all SAIL members by the end of February that will go more into your overall satisfaction with SAIL and how we can continue to make this organization the best for our members. A special thank you to the Membership Matters group for providing some great suggestions that we are in the process of adding to the survey.

You may have also noticed SAILing into the future! is presenting its next workshop, "How Do You Want To Be Remembered", this month. Many SAIL members have supported the development of this workshop series over the past few years and it's exciting to see it blossom into such a successful program. This four-workshop series will be offered year-round as a way for members to create their own aging plan.

2019 is shaping up to be quite an exciting year!



### Welcome, Becky!

We want to give a big SAIL welcome to Becky Rogers, our new Membership Services Assistant! Becky joins the SAIL team with almost 30 years of experience in the healthcare field. She worked as a Certified Occupational Therapy Assistant for many years and considers herself a "late bloomer", getting her BS in Business

Administration later in her career. Becky provided a great deal of direct care services in assisted living, independent living, and adult day programming, and is excited to begin this new adventure helping older adults remain independent. Becky and her husband have two adult daughters who live close by with their families, and currently share their Monona home with their dog, Titus, and his 3 furry sibling cats, Teepa, Tag, and Maude.

# Volunteer News and Information

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## A Message from Volunteer Coordinator Peggy York

Many of our SAIL office volunteers worked hard in January to help us prepare for our annual Winter Luncheon. With their help, we felt confident that we were ready to greet over 95 guests. A special thank you to Linda Conlon, Bruce Dewey, Kathy Erickson, Betty Scott, and Bob Topel for helping us get ready for another successful event! We also appreciated Charlotte Woolf arriving early to help with set-up and greeting our guests.

Our volunteer drivers helped members get to twenty scheduled appointments last month, though winter weather caused a few cancellations. As the road conditions grew worse with the snow, we found that members were rescheduling appointments in order to ensure the safety of our volunteer drivers! What a great way for us to see the true value we all have on our volunteer program.

Our volunteer handymen continue to show their reliability with their quick responses. They helped members by changing lightbulbs, moving items within their home, and even rehanging a door.

The SAIL Book Club met recently at the Sequoya Library. With nine members present, they had a very spirited discussion on *The Invention of Wings* by Sue Monk Kidd. Thank you Margaret and Jerry Greeno for volunteering your time and organization skills to keep the SAIL Book Club running smooth!

Finally, Sharanne Stitgen represented SAIL at the January Triad program that discussed Emergency Preparedness for older adults. This program offered handouts from FEMA that we would be happy to provide to members. Please call the SAIL office if you're interested. Thank you, Sharanne!

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## Recently on the SAIL Blog

Check out the SAIL blog at [www.sailtodayblog.com](http://www.sailtodayblog.com) for great stories and resources. Since we've started it last fall, the blog has received over 1,000 views! This month features: New year's resolutions for everyone from wise older adults in our society, finding friends after 50, fun resources to help keep your mind sharp, and five reasons to attend SAILing into the future! this February!

We are looking for posts from members! Do you have some special advice, an important experience you'd like to talk about, or a great resource you've found? Contact [meghan@sailtoday.org](mailto:meghan@sailtoday.org) or call 230-4321. If you're not confident in your writing skills, we can help you write and edit! Your voices are the key to this blog and its success.

## Drivers Needed!

If you're a SAIL member who attends some of our programs and events, we could use your help! If you'd be willing to give rides to other members on the way to an event you're already attending, please let us know by calling the SAIL office or e-mailing Peggy at [peggy@sailtoday.org](mailto:peggy@sailtoday.org).



**Bill Ehlert and Karen Norris**

This is an essential part of SAIL—paying it forward and making sure all of our members have an opportunity to attend our fun events and activities. If you're willing to help, we'd greatly appreciate it!

# 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! Members can 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, Feb 13 at Monona Library from 1:00 p.m. to 3:00 p.m.**

**Thursday, Feb 21 at Ashman Library, from 10:00 a.m. to 12:00 p.m.**

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

**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.

## Caregiver Support Group

*by member Marcy Bradley*

This group is 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. If this doesn't pertain to you, please share this information with others who might benefit by participating in this group. Their next meeting will take place on Thursday, February 21 at 1:00 p.m. at Sequoya Library.

## Low Vision Support Group

*by member Ruth Calden*

Do you have low vision? Are you interested in learning more about low vision? We welcome anyone with low vision or supporting someone with low vision to join us! We will host our next group meeting in April, where we plan to continue our discussion on the use of audio books and where to obtain them. Call the SAIL office at 230-4321 if you'd like to learn more information.



## Upcoming Triad Programs: Protection and Spring Cleaning Programs

**February Program:** "Protecting Your Identity" on Wednesday, February 27, 10:00 a.m. at the new Oak Park Building, 4327 Nakoma Road, featuring a speaker from Old National Bank.

**April Program:** "Spring Cleaning and Shred Day" SAIL will host this program at Oakwood Heritage Oaks on Wednesday, April 24 at 10:00 a.m.

To make your day even better, SAIL and Oakwood will host an Access Shred Truck from 11:00 a.m. to noon for you to drop off up to five bags of items to be shredded.

We will also host a Shred Day with an Access Shred Truck at the Oakwood Prairie Ridge campus on Thursday, March 28 from 1:00 p.m. to 2:00 p.m. More information to come next month!



Triad is a national program for seniors that promotes safety and crime prevention. Our local RSVP organization offers Triad in Dane County in collaboration with the Dane County Sheriff's

Department, local police departments, senior agencies (including SAIL), and others in the community to bring vital health and safety information to Dane County seniors.

# 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, February 4

"Getting Your Affairs in Order"

Chris Thomas, Principal, SVA Plumb Wealth Management, LLC

### Monday, February 11

"Warriors, Saints and Scoundrels: Brief Portraits of Real People Who Shaped Wisconsin"

Michael Edmonds, Author, Columnist, Former Director of Programs and Outreach at the Wisconsin Historical Society

### Monday, February 18

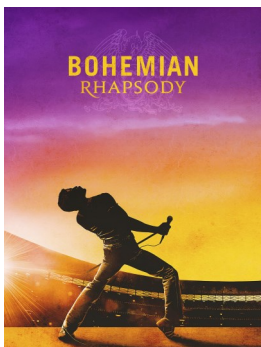
"James Madison: Our City's Namesake"

John Kaminski, Director of the Center for the Study of the American Constitution, UW-Madison History Department

### Monday, February 25

"History With a Purpose"

Christian Overland, Director Wisconsin Historical Society



## Sunday Movie Matinee: Bohemian Rhapsody

Sunday, February 24 at 2:00 p.m., Oakwood Arts Center

The story of an immigrant from Zanzibar who would be known as Freddy Mercury. This biopic charts the group's first 15 years, culminating with their Live Aid performance in 1985.

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

**When and Where:** Tuesday, February 12 at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

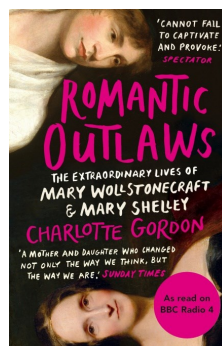
**Topic:** Once a month men of SAIL get together over coffee and rolls to have a good chat: sports, politics, history, domestic and foreign affairs, you name it. We're sometimes serious, sometimes not; but we're always welcoming and we're never argumentative. Join us. You'll be glad you did!

**Transportation:** Need a lift? Give the SAIL office a call.

## Lunch Bunch *Leaders: Lois Curtiss and Deb Hall*

**East Side Lunch Bunch:** We will meet on Monday, February 4 at 11:30 a.m. at MACS, 2804 Prairie Lakes Dr. in Sun Prairie. They offer a wide variety of mac 'n cheese, plus sandwiches and salads are available.

**West Side Lunch Bunch:** We will meet on Thursday, February 28 at 11:45 a.m. at North and South, 6604 Mineral Point Road near Oakwood. Seafood eatery and relaxed bar atmosphere.



## Book Club

**Leaders: Jerry and Margaret Greeno**

Join Book Club this month on Wednesday, February 20 from 1:30 p.m. to 3:00 p.m. at Sequoya Library. The group will discuss "Romantic Outlaws" by

Charlotte Gordon. This fascinating dual biography is the story of Mary Wollstonecraft and her daughter, Mary Shelley, who would write the infamous book "Frankenstein."

# Calendar of Events — February 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	6	7	8	9
	<b>Attic Angel Lecture</b> 10:00 a.m. <b>East Side Lunch Bunch</b> 11:30 a.m. MACS	<b>Connections</b> 11:00 a.m. If interested, contact SAIL	<b>"How Do You Want To Be Remembered?"</b> 10:30 a.m. Oakwood			
10	11	12	13	14	15	16
	<b>Attic Angel Lecture</b> 10:00 a.m. <b>SAIL Council Meeting</b> 4:00 p.m.	<b>Men's Roundtable</b> 10:00 a.m. Oakwood	<b>Tech Tutoring</b> 1:00p.m Monona Library	<b>Two Men Without a Truck Day</b>		
17	18	19	20	21	22	23
	<b>Attic Angel Lecture</b> 10:00 a.m.		<b>Book Club</b> 1:30 p.m. Sequoia Library	<b>Tech Tutoring</b> 10:00 a.m. Ashman Library <b>Caregiver Support Group</b> 1:00 p.m. Sequoia Library		
24	25	26	27	28		
<b>Movie Matinee</b> 2:00 p.m. Oakwood	<b>Attic Angel Lecture</b> 10:00 a.m.		<b>Triad "Protecting Your Identity"</b> 10:00 a.m. Oak Park	<b>West Side Lunch Bunch</b> 11:45 a.m. North and South		

# News and Updates



## New SAIL Members

Ramona Eberhart—Hill Farms  
Donna Williams—Meadowood  
Elsa Johnson—Hilldale

Ginny Nachreiner—Middleton  
Donna Calvert—Westmorland  
Donald and Joan Schutte—Dunn's Marsh

Norma Satter



## Updates from AgeBetter Executive Director Ann Albert

I hope this year is off to a great start for you! A successful SAIL Annual Winter Luncheon helped us close out the month of January—a great turnout of over 95 people in spite of the cold, snowy weather! A special valet service was much appreciated by all...avoiding even one fall makes this service well worth the cost! Speaking of falls, I'm pleased to share that the Oakwood Foundation has awarded SAIL an \$18,000 grant aimed at falls prevention and sliding fee memberships.

The Winter Luncheon featured County Executive Joe Parisi, who gave a fabulous update on county priorities for 2019. We learned about the programs and services our county is providing to clean up the lakes and streams, create re-usable energy using methane gas occurring from decomposing garbage at the county landfill, addressing mental health needs in the schools, and increasing affordable housing.

Speaking of affordable housing, AgeBetter (SAIL's parent organization) has also identified this as a high priority. I'm honored to lead this effort on behalf of AgeBetter. Last month we sent out Requests for Proposals (RFP's) to a dozen developers as a first step in building a senior affordable housing project on Madison's west side. We will keep you posted on our progress with this project, as well as other initiatives we are working on relating to a possible community-based garden program and a training and education center for people working with seniors. If you have any questions, please let me know!



## Find SAIL on Social Media

If you're part of the social media universe, you'll definitely want to follow SAIL! SAIL member Mary Helen Conroy does a great job keeping the page up-to-date with event information, informative articles, and photos to brighten your day!

To find SAIL on Facebook, visit [www.facebook.com/sailvillage](http://www.facebook.com/sailvillage), or login to Facebook and search for SAIL Madison.

You can also find us on Instagram, a photo sharing site, where we'll post photos of events and activities! Find us at [Instagram.com/sailmadison](https://www.instagram.com/sailmadison).

## SAIL Member Perk!

Is your Service Provider Directory and/or Member Directory out of date? We have recently updated both directories and they are available for members! Please contact the SAIL office at 230-4321 or [info@sailtoday.org](mailto:info@sailtoday.org) if you'd like us to mail either (or both!) of these directories to you. You can also download them from our website at [www.sailtoday.org](http://www.sailtoday.org). A special thank you to our newest team member, Becky, and our volunteer, Kathy, for all of the time and effort they put into updating and preparing these documents for us!



**Thank you to our wonderful donors for  
your generous contributions to SAIL  
during the 4th quarter of 2018!**

**Member Donors (Includes Endowment Fund Donors)**

Laura and Ken Adell  
Edith Ann Anderson  
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    In memory of Martha Christensen  
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Betty Scott  
Charles Scott  
    In memory of Anne Scott  
Pauline Scott  
    In honor of volunteers  
Allan and Sparrow Senty  
Fredrick and Ann Seybold  
Barbara Shaw  
Winnie Shea  
Frank and Peggy Siegel  
Daphne Newman Stassin  
Harold and Mary Stitgen  
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Thelma Wells  
Lee Wenning  
Gwen Williams  
Barbara Winter  
Marilyn Wolf  
Charlotte Woolf  
    In memory of Harold Woolf  
Roy Yeazel



**Thank you to our wonderful donors for  
your generous contributions to SAIL  
during the 4th quarter of 2018!  
October 1 - December 31, 2018**

### Supporter Donations

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### In-Kind

Attorney John Mitby



Thank you, Attorney John Mitby, for your 14-plus years of donated legal services to SAIL and our parent organization, AgeBetter, Inc. We appreciate all you do to support independence through connections!

We apologize in advance if your name was inadvertently omitted and ask you to notify us immediately. Thank you!

## SAVE THE DATE! SAIL Annual Golf Outing

Join us for SAIL's 5th annual golf fundraiser on Wednesday, June 12 at 11:00 a.m. at the Pleasant View Golf Course!

Proceeds help support SAIL programs and sliding fee memberships. To learn more information, contact the SAIL office at 230-4321.

Thanks to our Title Sponsor



### SAIL Member and/or Vendor Referral (please send to SAIL)

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

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

May we use your name? ☐ yes ☐ no Your name: \_\_\_\_\_

## January 2019: Membership Matters and Winter Luncheon with Dane County Executive Joe Parisi

