



A MONTHLY PUBLICATION

# The MESSENGER

*...keeping you connected!*

March 2019

## SAIL Membership Benefits

- At Your Service Information and Assistance
- Access to:
  - ◆ Pre-screened Service Providers
  - ◆ SAIL's *Tech Tutoring 4 You* Sessions
  - ◆ 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!

## Smooth SAILing—Come Celebrate and Learn about SAIL Services and Resources!

It was 14 years ago on March 1, 2005 that SAIL went from dream to reality! We hope you'll join us in celebrating our anniversary on **Thursday, March 14 at Oakwood Heritage Oaks Westmorland Room from 11:00 a.m. to 12:30 p.m.** Come and learn all about SAIL services and resources. We'll begin promptly with a presentation, followed by a brief Q & A session, time to socialize over lunch, and an opportunity to visit information tables relating to falls prevention, personal emergency pendants, emergency preparedness, community resources, logging in to your member portal on our website, volunteer opportunities, and more. You can also pick up the most current SAIL Service Provider Directory and/or a 2019 Membership Directory!

To register, call us at 230-4321, email [info@sailtoday.org](mailto:info@sailtoday.org), or sign-up online at [www.sailtoday.org](http://www.sailtoday.org) by March 11. Please let us know if you need transportation or if you'd like to carpool.

And, if you bring a friend, you'll be eligible for a door prize!



## Spring Cleaning and Shred Day

Spring is almost here (thank goodness) and that means it's time to dispose of those papers that are cluttering up the house! SAIL is here to help!

Shred Days will take place on Thursday, March 28 at Oakwood Village Prairie Ridge (East) from 1:00 p.m. to 2:00 p.m. and Wednesday, April 24 at Oakwood Village University Woods (West) from 11:00 a.m. to 12:00 p.m. An Access truck will be at each location to collect your documents to shred. Up to 5 grocery bags or boxes are permitted.

In addition to having the shredding truck available on April 24, we are collaborating with Triad and offering "Spring Cleaning," a program at Oakwood Heritage Oaks at 10:00 a.m. on downsizing and how to best dispose of items you no longer need. In addition to learning some downsizing tips, you'll also hear about local resources, including SAIL resources, to help you with your "spring cleaning."



## 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 Attic Angel Association and Oakwood Village.



Supported in part by:



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

Though it's hard to believe, spring is just around the corner and soon enough we'll all be able to get outside a bit more! We have a number of vendors that can help with services around your house, including lawn mowing and gardening. Please give us a call at the SAIL office if you are in need of an updated Service Provider Directory or if you would like to learn how to find it on our website—or you can pick one up at our Smooth SAILing event this month.

Our calendar is filled to the brim with programs and events, many led by our members. This is a great example of how SAIL continues to thrive from the support of our members, volunteers, and supporters. If you are interested in attending an event and need transportation assistance, please don't hesitate to call us!



### Thank you, Sue!

We'd like to warmly thank Sue Stenzel for the wonderful job she's done these past three years as SAIL's Membership Support

Assistant. Sue has decided to leave her position at SAIL this month. We're very grateful, however, to learn that she will continue as a member volunteer! Sue has contributed to SAIL in so many ways over the years. She's helped with our east-side expansion, development and continuation of our new *Tech Tutoring 4 You* benefit, monthly event planning and assistance, office operations, Tech Tips, 1:1 tech support and more! Thank you, Sue!

### 90's Coffee Coming Up

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

**Date/Time/Location:** March 27 at 10:00 a.m. at Blackhawk Country Club; no charge.

**To register:** Call SAIL at 230-4321 by March 22. Transportation is available upon request. Please feel free to invite a guest!

*Thank you to Member Lois Curtiss for sponsoring the "90's Coffee" through a generous contribution to the SAIL Endowment Fund at the Madison Community Foundation!*

### Being a 'Good Person' by Member Janice Gary

I appreciate articles that help me behave as a better, more civil human. Thus, I would like to share this recent article that I read titled *Being a 'Good Person' is Not about Being Better than Others* by Kim Giles. It is a great reminder of not only how to treat others, but also yourself. To learn more, visit the SAIL blog at [www.sailtodayblog.com](http://www.sailtodayblog.com) or call the SAIL office at 230-4321 and request copy!

# Volunteer News and Information



## A Message from Volunteer Coordinator Peggy York

As inclement weather and difficult traveling conditions lingered in Madison, we received additional requests for friendly visits by members who could not get out and about. We're so happy that the members and their families reached out to SAIL for this purpose! Connecting people with one another in this way strengthens the "village" spirit of SAIL! A growing SAIL membership and volunteerism helped us match the visitor and the requesting member in terms of interests and past community involvement, including SAIL activities. A special thank you to volunteers Dorit, Don, and William for responding and adding to their current volunteer roles with great success!

While many rides had to be postponed due to weather, our wonderful volunteer drivers transported SAIL members to 13 appointments during last month! Also during this time, group leaders and office volunteers put in 20 hours to keep programs running smoothly. Thank you!



## SAIL Receives Proclamation

SAIL was thrilled to have Dane County Executive Joe Parisi join us for our Winter Luncheon on January 24. Mr. Parisi talked about lake cleanup, mental health support in local schools, and affordable housing. He

ended his talk with a proclamation congratulating SAIL for its important contributions to the county!

If you couldn't make it to the luncheon and would like a copy of the proclamation, call 230-4321. Or, you can find the full text on our blog at [www.sailtodayblog.com](http://www.sailtodayblog.com).

## Helpful Tool for Administering Eye Drops



The Auto Squeeze™, made by Owen Mumford, has been developed to help patients with dexterity issues self administer eye drop medications. AutoSqueeze™ clips around the bottle providing an ergonomic grip and extra leverage. SAIL member Linda Conlon recommended this gadget for anyone who uses eye drops. Thank you to Linda for sharing this information!

To learn more, visit [owenmumford.com](http://owenmumford.com), call 770-977-2226 or e-mail [info@owenmumfordinc.com](mailto:info@owenmumfordinc.com) or call SAIL.

## Sunday Drives, Warm Hearts by Member Nancy Winton

On a weekday in mid-October my phone rang and I thought "what now?" A nice male voice said "Nancy, this is Bob Topel from SAIL, and I'm wondering if you'd be available on Sunday around 2:00 p.m. to take a nice drive with three others." Since I don't jump for joy very much anymore, I hoped my excited voice conveyed my joy and a "yes" answer!

It was an enjoyable, relaxing afternoon, with delightful people, plus a delicious treat during a visit to Culver's! That's what SAIL is all about—making us all feel special. Don't wait to reserve your space. You are special!

To read Nancy's entire story, visit the SAIL blog at [sailtodayblog.com](http://sailtodayblog.com) or call SAIL at 230-4321 for a copy.

**The next Sunday Drive will take place on April 28. Contact the SAIL office if you are interested in being a driver and/or passenger.**



# Upcoming Events and News

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## Tech Tutoring

Need help with your electronic device? 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, March 13 from 10:00 a.m. to noon at Alicia Ashman Library**

**Friday, March 22 from 1:00 to 3:00 p.m. at Monona Library**

Call the SAIL office at 230-4321 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.

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## Membership Matters *by Dorit Bergen*

**When and Where:** Monday, March 11 from 1:30 p.m. to 3:00 p.m. in the Bryant Room at Attic Angel Place, 8301 Old Sauk Rd.

Join us as we discuss: ideas for SAIL's event calendar based on results from the program survey collected at the Winter Luncheon in January, connecting with other SAIL members through the SAIL online forum, "Be Prepared" task force forming and upcoming related activities, and group tickets to Overture Center. Social time and light refreshments included. To register, call 230-4321.

## On Our Own *by Members Janice Gary and Karen Peterson*

We are looking forward to many wonderful educational programs and social events to help us "solo-agers" connect with one another and learn more about ways we can continue to live meaningful, independent lives as we age in our homes. We've put together a list of topics and activities members are interested in—ranging from personal taxes to downsizing to a trip to the Historic Indian Agency House in Portage. And, we look forward to getting together for holiday meals this year thanks to the help of Member Volunteer Rita Bloomfield. Come on out to an event/program to become a member of our group!



## Save The Date For These Events!

**Brain Health and Fitness Program presented by**

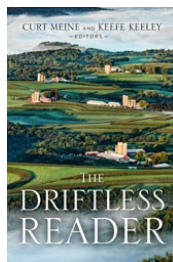
**Alex Wagner: April 10**

**No More Spring Breaks Falls Risk Screening at Oakwood Prairie Ridge: April 16**

***SAILing into the future!* Embracing Change workshop: April 30**

**SAIL Spring Luncheon and Annual Meeting: May 15**

**SAIL Golf Outing Fundraiser: June 12**



## The Driftless Reader Presentation

*By Member Kay Jarvis Sladky*

I've been a long-time member of the University League and want to share an invitation to fellow SAIL members to our annual spring luncheon on Thursday, March 21, 11:00 a.m. at Nakoma Golf Club, 4145 Country Club Road.

The program will feature Curt Meine and Keefe Keeley, editors of *The Driftless Reader*. Their presentation will highlight the natural and cultural history of this region of southwestern Wisconsin and nearby states. Luncheon menu: Portabella Grilled Salad (GFV), or Pesto Crusted Chicken Breast with toasted Orzo and Grilled Asparagus. Dessert will be a Three-Layer Chocolate Cake (GF). Cost is \$25. If you are interested please contact me at [unileaguepublicity@gmail.com](mailto:unileaguepublicity@gmail.com). Registrations are due by March 12.

# 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, March 4

"Maritime Archeology and Shipwrecks of Wisconsin"

Caitlin Zant, M.A., RPA, Maritime Archaeologist, State Historic Preservation Office

### Monday, March 11

"Operations of Badger Ammunition Plant"

Merlyn Mueller, Archivist/Curator, Badger History Group, Museum of Badger Army Ammunition

### Monday, March 18

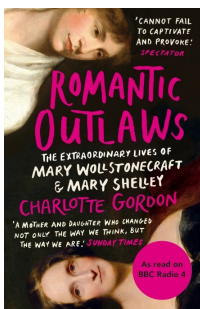
"Ding's Darling: The Story of the Federal Duck Stamp"

Timothy Eisele, Freelance Outdoor Writing and Photography

### Monday, March 25

"Dementia Friendly Communities"

Rhonda Lewis, Executive Administrative Assistant, River Valley Bank, Middleton



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

Due to the weather, Book Club did not meet in February, so you still have a month to read last month's book, *Romantic Outlaws* by Charlotte Gordon.

We will meet this month on Wednesday, March 20 at 1:30 p.m. at Sequoya Library.

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

**East Side Lunch Bunch:** Will plan to meet in April.

**West Side Lunch Bunch:** We will meet on Thursday, March 28 at Longhorn Steakhouse, 418 S. Gammon Rd. (by West Towne Mall) at 11:45 a.m.

## 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. We will meet on Thursday, March 21, 1:00 p.m. at Sequoya Library.

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

**When and Where:** Tuesday, March 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.

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

## Sunday Movie Matinee: *Green Book*



Sunday, March 31 at 2:00 p.m. in the Oakwood Arts Center

Set in the Deep South in the 1960's, it follows a tour between African-American classical and jazz pianist Don Shirley and Tony Vallelonga, an Italian-American bouncer who served as Shirley's driver and bodyguard.

## Low Vision Support Group

*by Member Ruth Calden*

We will meet Friday, April 19 at 1:30 p.m. at Attic Angel Place. A speaker from the Madison Public Library will share information on using audio books.

# Calendar of Events — March 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
					Happy 14th Anniversary to SAIL!	
3	4	5	6	7	8	9
	Attic Angel Lecture 10:00 a.m.					
10	11	12	13	14	15	16
	Attic Angel Lecture 10:00 a.m.  Membership Matters 1:30 p.m. Attic Angel Place	Men's Roundtable 10:00 a.m. Oakwood Heritage Oaks	Tech Tutoring 10:00 a.m.—noon Ashman Library	Smooth SAILing 11:00 a.m. — 12:30 p.m. Oakwood Heritage Oaks		
17	18	19	20	21	22	23
	Attic Angel Lecture 10:00 a.m.		Book Club 1:30 p.m. Sequoia Library	Caregiver Support Group 1:00 p.m. Sequoia Library	Tech Tutoring 1:00—3:00 p.m. Monona Library	
24	25	26	27	28	29	30
	Attic Angel Lecture 10:00 a.m.		90's Coffee 10:00 a.m. Blackhawk Country Club	West Side Lunch Bunch 11:45 a.m.  Shred Day at Oakwood East 1:00—2:00 p.m.		
31						
Movie Matinee 2:00 p.m. Oakwood						

# News and Updates

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## New SAIL Members

Marieli Rowe—Nakoma  
Jeanne Mohr—Meadowood  
Judy Bush—Middleton

Rose and Rudolph Link—Middleton  
Christine Beatty—Meadowood

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## Updates and News from AgeBetter Executive Director Ann Albert

Last month I shared that we recently created and sent out RFP's (requests for proposals) for an affordable housing project located on the west side of Madison. I will be sure to update you on our progress during the next few months. It was wonderful to hear County Executive Joe Parisi stress the importance of affordable housing in his talk at the SAIL Winter Luncheon last month!

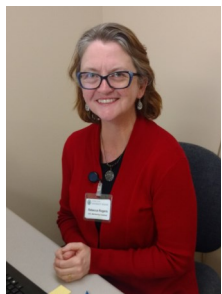
I've recently received a few questions from SAIL members about how we are structured with respect to staff time. About 70% of my time (funded by Oakwood Village and Attic Angel Association) is dedicated to new programs such as affordable housing and 30% of my time is dedicated to SAIL—especially in the areas of fundraising, public relations, contracted services (marketing and accounting), program development, etc. and is funded by SAIL.

On behalf of the SAIL Development Team (Members Christine Beatty, Karen Goebel, Tom Popp), I am happy to announce a successful 2018 Annual Appeal! The Appeal generated a total of \$46,310 to help support our programs, services, and memberships for people with low incomes. SAIL members donated 80% of total funds raised in the Appeal! Our heartfelt thanks to all who participated in our Annual Appeal and throughout the year!

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## A Message from Becky

I've been on board with the SAIL team for two months and the first thing I can say is thank



you! Thank you to my fellow team members for making me feel so welcome and providing me with the tools to learn my new role. And, a HUGE thank you to you, the SAIL members! You have been warm and welcoming

and I already feel like I'm part of the SAIL family. While I'm still learning a great deal here, one of the projects I've begun working on is updating our Membership Agreements—making sure they're all in place and updated with the new AgeBetter information. If you haven't heard from me yet, there's a good possibility you may as I continue to complete this project. I so look forward to getting to know more of you and, again, I'm delighted to be a part of this wonderful team!

## Why It's Important For Older Adults to Manage High Blood Pressure

*By SAIL Council Member  
Alan Lukazewski, RPh*



High blood pressure, or hypertension (HTN) has been known for decades to be a leading cause of strokes and heart attacks. It can also lead to other serious conditions such as kidney disease and eye disease. Properly managing HTN is proven to be effective in reducing life threatening risks—regardless of your age. This includes regular blood pressure monitoring, adherence to prescribed medications, regular communication with your doctor about possible medication side effects, and implementing lifestyle changes related to nutrition and exercise.

To learn more, visit the SAIL blog at [www.sailtodayblog.com](http://www.sailtodayblog.com), or call the SAIL office at 230-4321 and request copy!



## Upcoming Health and Wellness Fairs—Featuring Local Resources and Screenings

### NewBridge Multicultural Senior Wellness Fair

Friday, March 29 from 9:00 a.m. to 11:30 a.m.

Warner Park Community Center, 1625 Northport Drive, Madison

### Sixth Annual Health and Wellness Fair

Wednesday, April 10 from 9:00 a.m. to 12:00 p.m.

Colonial Club, 301 Blankenheim Lane, Sun Prairie

### Health and Safety Fair

Wednesday, May 8 from 11:00 a.m. to 1:00 p.m.

Attic Angel Place Community Room, 8301 Old Sauk Road, Middleton

### BRAVA Thrive after 55 Expo

Friday, May 31 from 9:00 a.m. to 4:00 p.m.

Madison Marriott West, 1313 John Q Hammons Dr., Middleton

**If you have any questions about the fairs, give us a call at the SAIL office! Thank you to volunteer Rick Sheridan for coordinating the SAIL table representation at each fair!**



## 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.

Sign up before May 1 to receive a free practice round! To learn more, call us at 230-4321.

## February Highlights



Top Row: *Two Men Without a Truck Day*; Middle Row: *How Do You Want to be Remembered?* workshop; Bottom Row: *On Our Own Valentine's Day Breakfast*