



A MONTHLY PUBLICATION

The MESSENGER

...keeping you connected!

April 2019



2019 SAIL Golf Outing Fundraiser

Please help us spread the word! SAIL's 5th Annual Golf Fundraiser is on Wednesday, June 12 at 11:00 a.m. at Pleasant View Golf Course!

Proceeds help to support SAIL programs and sliding-fee memberships.

Sign up on or before May 1 and receive a **FREE** practice round! If you're not a golfer and would like to support SAIL, consider sponsoring a hole or donating a prize!

Interested? Visit sailtoday.org or call us at 230-4321. (608) 231-4321.

Embracing Change—All of It

When: Tuesday, April 30

Time: 10:30 a.m.—1:30 p.m.

Where: Oakwood Village Heritage Oaks, 6205 Mineral Point Road

Cost (includes lunch and materials): \$10 for Full Members, \$20 for Associate Members, and \$30 for Non-members

Have you ever wondered, "How should I handle those things that are ahead of me that I don't want to think about or that I feel unprepared for?" "How can I handle life's curve balls?" Downsizing, moving, physical changes, losses, making new friends, and family changes can all be tough topics to approach. Luckily, Kristin Litzelman, a Doctor of Population Health Sciences and UW-Extension Faculty Member, is here to help!

This *SAILing into the future!* workshop is a great first step if you're feeling unprepared for what lies ahead or you're looking to learn more about how to effectively plan for change. Key points include: learning how people often respond to common life changes, describing your own idea of independence, and applying tools and strategies to thrive.

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SAILing
into the future!



Spring Luncheon and Annual Meeting with Guest Speaker Betsy Abramson

Wednesday, May 15 at Blackhawk Country Club. Doors open at 11:30 a.m., lunch at 12:00 p.m. with program to follow

Join your SAIL friends and meet new people at our seasonal luncheon and annual meeting. Delicious lunch from Blackhawk Country Club will be followed by an election of new Council members and a talk on "ageism" from Betsy Abramson, one of Wisconsin's leading experts on healthy aging. Betsy is the Executive Director for the Wisconsin Institute for Healthy Aging (WIHA) and has over 30 years of experience in Wisconsin's aging network. You can read more about Betsy on our blog at www.sailtodayblog.com, which also includes some helpful links to learn more about ageism before the luncheon.

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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.



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 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

The sun is shining longer, the days are getting warmer, and there is green popping up out of the ground! SAIL is ready for spring, and our calendar is filled to the brim as we all enjoy getting out more. You'll have many opportunities to focus on you and living safely in your own home, whether it's attending No More Spring Breaks, Embracing Change—All of It, or even our program on Spring Cleaning/Downsizing. Be sure to reach out to us if you are in need of a ride to any of our programs.

We're excited to announce a new in-home massage therapist vendor! Katie Mogg comes with a great amount of experience providing therapy through a number of different methods. She also offers chair massages to clients in wheelchairs and is adaptable to the needs of each client. Call SAIL if you're interested in learning more about her! *(Continued on page 7)*

Embracing Change—All of It! *(Continued from page 1)*

Previous participants called Kristin's workshop **"Informative," "Eye-opening," "Hopeful," "Stimulating," "Thought-provoking," and "Encouraging!"** Sign up at www.sailtoday.org or call the SAIL office at 608-230-4321.

Dr. Kristin Litzelman serves as a resource for county and state colleagues on issues related to aging and collaborates on projects that enhance family and community well-being in aging. Dr. Litzelman is an affiliate at the UW School of Nursing CARE program and a member of the UW Extension Faculty.



Thank you to the Rotary Club of West Madison for supporting this program!

Safe Assist Tips and More

Thursday, May 9 from 10:00 a.m. to 11:00 a.m. in the Oakwood Village Heritage Oaks Westmorland Room

Join SAIL for a program and demonstration on how to help without hurting yourself or the person you are assisting. Volunteer Physical Therapist Ruth Meyer will share tips on how to safely assist a person while walking and/or transitioning to or from a sitting position. This is a great program for people who provide rides or accompany a person who is unsteady as they travel to restaurants, the store, or appointments in which they will be walking or transferring to a chair or the seat of a car. She will also share information to help you decide when you should seek additional assistance. To register, call SAIL at 230-4321 or sign up online at sailtoday.org. **Thank you to volunteer Donna Lotzer for helping to organize this neat program!**

Volunteer News and Information



Thank You to our Volunteers! *by Volunteer Coordinator Peggy York*

This month is National Volunteer month and we are grateful for our member volunteers and community volunteers! Thank you for all that you do to help SAIL members each and every day. We are pleased to welcome two new volunteers who will help with light handyman work around members' homes, as well as offer transportation. Do you know of someone who may be interested in volunteering? Please let us know—we'd be happy to send information about volunteer opportunities with SAIL.

Volunteer Activity SAIL volunteer drivers kept busy with nearly 30 rides in March to a variety of medical, social, and business appointments! Our handymen also helped with a number of opportunities, including moving and rearranging furniture and boxes, hanging pictures, and even making a hardware store run. Office and committee volunteers helped us prepare for events and other activities as we head into the spring season. As always, our volunteers do not hesitate to lend a helping hand!

Save Taxes by Donating to a Charity Directly from Your IRA

After we reach 70½ years old, those with IRA's are required to take an annual withdrawal, called a Retirement Minimum Distribution (RMD). However, if you are in the fortunate position of not needing your distribution for living expenses, you can avoid income tax on your required withdrawal by donating your money directly to a qualifying charity, which must be a 501(c)(3) organization. These types of charitable contributions, called Qualified Charitable Distributions (or QCD's) can be made without itemizing your taxes. Funds must be transferred directly from your IRA to an eligible charity by the IRA trustee in order to qualify for the tax break. If you withdraw the money from your IRA and later donate it, it won't qualify as a tax-free qualified charitable distribution.

This is a great way to contribute to SAIL! Qualified charitable distributions must be made by December 31 each year in order to exclude that amount from taxable income. For more info, see <https://www.fidelity.com/building-savings/learn-about-iras/required-minimum-distributions/qcds>, or contact your tax advisor.

Spring Luncheon *(Continued from page 1)*

You will soon receive your invitation to this event along with the bios for the SAIL Council nominees. We have two nominees for two open positions. Nominations are accepted until April 20. To submit a nomination, please contact Council President Dorit Bergen at 279-4414 or Program Director Nicole Schaefer at 230-4321.

Menu: Chicken Veronique with Riesling wine sauce and toasted almonds served with wild rice, fresh fruit, and sautéed vegetables or Spring Salad with grilled shrimp, strawberries, blueberries, toasted pecans, goat or feta cheese, sliced mushrooms, sliced green onions, and creamy poppy-seed dressing.

Cost: \$20 per person (sliding fee available upon request); \$22 per person for non-members

Easter Dinner *by Member Rita Bloomfield*

The On Our Own group is inviting those who, for whatever reason, would not be able to connect with family or friends to join us for Easter Dinner. Please feel free to contact me at 251-0232 or poetryrita@gmail.com for more information.

Thank you, Rita, for planning this holiday dinner!

Upcoming Events and News

Tech Tutoring

Need help with your electronic device? Having some trouble with your phone? SAIL's technology tutor, Dave Friedman, can help with most of your technology woes! Be sure to bring your phone, tablet, or laptop, along with a list of questions and any chargers necessary.

Upcoming dates:

Friday, April 12 from 1:00 p.m. to 3:00 p.m. at Alicia Ashman Library, 733 High Point Rd., Madison

Tuesday, April 23 from 1:00 p.m. to 3:00 p.m. at Monona Library, 1000 Nichols Rd., Monona

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/session for Associate Members.



No More Spring Breaks!

Tuesday, April 16 at 12:30 p.m. at Oakwood Village Prairie Ridge

Join us for this fun and informative falls prevention screening event! Students and

faculty from the University of Wisconsin—Madison will be there to provide individual screenings for fall risk: balance, strength, gait, vision, blood pressure, medications, cognition, home safety, etc. Refreshments are provided.

Please register by calling SAIL at 230-4321, going online at sailtoday.org, or by e-mailing info@sailtoday.org.



Sunday Drive

The next Sunday Drive is **April 28**. This member-initiated program was a big success last year! SAIL volunteer drivers will use their own

vehicles to give rides to two members, along with a volunteer riding "Shotgun." Each driver works with their passengers to select an hour or two in the afternoon and a mutually agreed-upon route around the area. If you'd like to be a driver, shotgun rider, or passenger, contact Peggy York at 230-4321.

Spring Cleaning and Shred Day



Wednesday, April 24 at Oakwood Village University Woods, 6205 Mineral Point Rd.

Spring is almost here, thank goodness! That means it's time to get rid of items you no longer need and safely dispose of those papers that are piling up. Thank you to Triad for partnering with SAIL to bring this informative program to us!

10:00 a.m.—11:00 a.m. SAIL will offer a program providing tips on downsizing and resources for disposing of unwanted items featuring speakers from Moving Forward and JDog Junk Removal & Hauling.

11:00 a.m.—12:00 p.m. An Access truck will be located at the Heritage front entrance to collect your documents to shred. Up to 5 grocery bags or boxes are permitted.

Member's Solution to Scam Calls

A member recently shared her response to a recent caller trying to lure her into buying a warranty for a car she actually no longer owns. Her response to the caller: **"I need to tell you that the phishing in these waters is not at all good."** She then hung up and ignored the ensuing 4-5 calls from that same number. They've now stopped trying. She commented, "I know that he did not like my message. I have not heard from him since."

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, April 1

"A Day in the Life of a Madison Fireman"

Lt. Casey Preimesberger, Madison Fire Dept.

Monday, April 8

"Modern Medicine and the Amish Community"

Lea Cornell, MD

Monday, April 15

"Predicting Wisconsin Weather"

Gary Cannalte, Chief Meteorologist, WISC-TV

Monday, April 22 Easter Monday—No Program

Monday, April 29

"Kicking for Success"

Taylor Mehlhaff, Special Teams Assistant
University of Wisconsin Badger Football Program



Low Vision Support Group

by Member Ruth Calden

Audiobooks, anyone? If you are interested in learning how to access the public library's vast audiobook

collection, come to a talk **Friday, April 19 at 1:30 p.m. at Attic Angel Place, Quiet Room**, located on the first floor. Call SAIL if you need a ride!

Carra Davies, a Madison Public librarian, will guide us through the mysteries of accessing cassette, CD, or digital audiobooks. If you have a digital device, bring it for help in setting it up. If you lack a library card or need to renew yours, our speaker can issue you one if you bring a photo ID and proof of current residence. This talk is offered by SAIL's Low-Vision Group but open to any member interested in learning more about audiobooks. The group plans to meet after the program for their support group check-in.

Men's Roundtable by Member Fred Ross

When and Where: Tuesday, April 9 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.

Book Club by Leaders Jerry and Margaret Greeno

Join Book Club on Wednesday, April 17 from 1:30 p.m. to 3:00 p.m. at Sequoya Library as we tackle two books this month—*Soul of an Octopus* by Sy Montgomery and *The Sound of a Wild Snail Eating* by Elisabeth Tova Bailey. Both are wonderful books that are quick to read but will leave you with a new appreciation for nature's way of life.

Lunch Bunch Leaders: Lois Curtiss and Deb Hall

East Side Lunch Bunch: Will not meet this month

West Side Lunch Bunch: April 25 at 11:45 a.m. at Adler's, 8202 Watts Rd.



Sunday Movie Matinee: On the Basis of Sex

Sunday, April 28 at 2:00 p.m. in the Oakwood Arts Center

When a young Ruth Bader Ginsburg takes on a ground-breaking case, she knows the outcome could alter the courts' view of gender discrimination.

On Our Own by Janice Gary and Karen Peterson

We encourage you to attend the SAIL Spring Cleaning/Downsizing Event on April 24! See page 4 for more information.

Calendar of Events — April 2019

Need a ride to any of these events? Want to register? Call us at 230-4321 or register on our website at www.sailtoday.org.

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
	Attic Angel Lecture 10:00 a.m.					
7	8	9	10	11	12	13
	Attic Angel Lecture 10:00 a.m.	Men's Roundtable 10:00 a.m. Oakwood	Brain Health and Fitness 6:00 p.m. Verona School District Office		Tech Tutoring 1:00 p.m. Ashman Library	
14	15	16	17	18	19	20
	Attic Angel Lecture 10:00 a.m.	No More Spring Breaks 12:30 p.m. Oakwood Prairie Ridge	Book Club 1:30 p.m. Sequoia Library		Low Vision Support Group 1:30 p.m. Attic Angel	
21	22	23	24	25	26	27
	No Attic Angel Program	Tech Tutoring 1:00 p.m. Monona Library	Shred Day and Spring Cleaning Program 10:00 a.m. Oakwood West	West Side Lunch Bunch 11:45 a.m.		
28	29	30				
Sunday Matinee 2:00 p.m. Oakwood Arts Center SAIL's Sunday Drive	Attic Angel Lecture 10:00 a.m.	"Embracing Change—All Of It!" 10:30 a.m. Oakwood West				

News and Updates



New SAIL Members

Maria Justiliano—Dudgeon-Monroe
Jan & Griff Dorschel—Monona

Paul & Kathy Bergee—Wexford
Shari—Mount Horeb



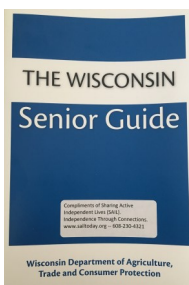
A Message from AgeBetter Executive Director Ann Albert

I'm happy to report that we received some proposals for the development of an Affordable Housing for Seniors project and are in the process of interviewing the applicants. As you've likely heard on the news, affordable housing is a critical issue here in Madison—this project is very timely!

On another note, on behalf of our leader Dorit Bergen, thank you to those who attended last month's Membership Matters! Your help with 2019 program priorities, discussing and helping to set-up the SAIL member forum, the Overture group ticket pilot, and the kick-off of a Be Prepared Task Force was very much appreciated!

Best Practices for Using Credit Cards

Member Pat Krueger recently shared some experiences she had with questionable charges and policies with respect to her credit card. During the experience, she learned some helpful tips for managing charges. Visit our blog at sailtodayblog.com to read the whole story or contact us at 230-4321 or info@sailtoday.org if you'd like a printed copy. **Thank you, Pat, for sharing this helpful information!**



Also, we recently received an updated copy of the Consumer Protection booklet that provides an abundance of information on how to approach the numerous types of scams. Contact SAIL if you'd like a copy.



Brain Health and Fitness Class

Date/Time: Wednesday, April 10, 2019, 6:00 p.m. to 7:15 p.m.

Where: Verona Area School District Office at 700 N. Main Street, Verona

Cost: Free

Register online at www.oakwoodvillage.net/public-events or call SAIL at 230-4321 and we'll help you get signed up! Please call Beth Johnson at 230-4475 with questions.

Increase your quality of living and aging by exercising intentionally! In this class we will take a look at neuroplasticity, which refers to the brain's ability to change in response to new experiences throughout the lifespan. This class is beneficial for anyone wanting to learn how to apply practical strategies into their daily living and exercise routines to improve their brain health. This class will be taught by Alexandra Wagner, BS in Exercise Sport Science, Certified Strength and Conditioning Specialist with 10 years of experience. Alex is the Physical Wellness Coordinator at Oakwood Village.

Check out the SAIL Library!

Looking for a good book? Come by the SAIL office or give us a call to see what we have in stock. Some of our books include *This Chair Rocks* by Ashton Applewhite and *Where Did I Leave My Glasses?* by Martha Weinman Lear.

Update from Nicole Schaefer

(Continued from page 1)

We have worked closely with members and the Membership Matters group on creating a member survey that will help us continue to offer the best services for you. Keep an eye on your mailbox for this short survey!

News and Updates

You're Invited *by Member Kay Jarvis-Sladky*

I'm a member of the University League and I'd like to warmly invite fellow SAIL members to attend the University League's upcoming program, *Snow Birding in Puerto Vallarta, Mexico*, Monday April 15, 2019, 7:00 p.m. at Sequoya Branch, Madison Public Library, 4340 Tokay Blvd.

Local residents Charlotte and Jim Burns will cover aspects of the history, geography, and culture of Puerto Vallarta and surrounding towns that they have come to know well over the years.

We hope you'll join us on April 15!



SAIL in the News

A special thank you to Member and Council President Dorit Bergen for submitting an informative editorial to the Wisconsin State Journal (WSJ) last month! The editorial, published on March 10, was in response to a series of articles in the WSJ related to the problem of falls in Wisconsin— a serious problem that is robbing older adults of their independence and quality of life.

To check out the editorial, visit sailtoday.org and click on the News & Events/SAIL in the News tab.

The editorial shares the many ways SAIL can help you lower your risk for falls. If you would like more information on SAIL benefits and/or a listing of excellent community-based falls prevention classes, give us a call at 230-4321!

Handy Cart Donated by Vendor



Recently, a SAIL Vendor was kind enough to donate a cart for office use and may be useful for SAIL members! This cart has swivel wheels for navigating all sorts of terrain, including side-

walks, streets, store aisles, grass, and even stairs. It has great durability, is rust resistant, and can hold up to 177 pounds. It also folds up very easily for storage. If you'd like to see one in action, feel free to call the SAIL office or we can also send you the link to purchase one through Amazon. (Tip: If you order from AmazonSmile, a portion of your purchase will be donated to SAIL!) We are very grateful to vendor Blaine Rogers for this gift. We know it will come in handy as we set up for events and transport things for SAIL!

Upcoming Health and Wellness Fairs

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

Thursday, May 9 from 11:00 a.m. to 1:00 p.m.
Attic Angel Community Room, 8301 Old Sauk Rd.

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.

If you have any questions about the fairs, give the SAIL office a call. Thank you to Council Member Rick Sheridan for coordinating the SAIL exhibit volunteers!

Tech Tutoring Testimonial from Member Volunteer Mary Jo Sanford:

I thought David did a wonderful job with tech tutoring. It's wonderful to have someone so knowledgeable AND kind to those of us who don't know so much.

Thank you for sharing this, Mary Jo! For more info on Tech Tutoring, see page 4!