



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

May 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!



Spring Luncheon and Annual Meeting

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. A delicious lunch from Blackhawk Country Club will be followed by an election of new Council members and a talk on ageism from a local expert on healthy aging. Please feel free to bring a friend!

Our speaker, Betsy Abramson, is the Executive Director of the Wisconsin Institute for Healthy Aging (WIHA) and has over 30 years of experience in Wisconsin's aging network. She will help us learn where ageism exists in society, how research shows the impact of ageism on our health, why stopping ageism is important to future generations, how we can all be ambassadors against ageism and become agents of change, and more! You can read more about Betsy on our blog at www.sailtodayblog.com, which includes links about ageism.

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, feta cheese, sliced mushrooms, sliced green onions, and creamy poppy seed dressing.

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

To register, call us at 230-4321 or email info@sailtoday.org by May 10.

Thank you to our luncheon sponsor!



SAIL's 5th Annual Golf Outing

June 12, 11:00 a.m. at Pleasant View Golf Course, 1322 Pleasant View Road

Join us for a fun day of golf and camaraderie at SAIL's 5th Annual Golf Outing!

(More details 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 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

Our recent Spring Cleaning and Shredding program, co-sponsored by Traid, had a wonderful turnout with over 50 SAIL members attending! This program was strongly suggested by members via the survey presented at our Winter Luncheon. We received many suggestions from that survey, as well as from the member survey mailed out in

April—stay tuned for upcoming programs. If you haven't had an opportunity to complete your member survey, you still have time! Call us at 230-4321 or email info@sailtoday.org if you'd like a copy. The results of the survey will be shared at our Annual Spring Luncheon on May 15—we hope to see you there!

In addition to a busy program calendar this spring, SAIL staff have been traveling all around the Madison area visiting new members. Welcome to all of you and thank you to so many of our members, vendors, and volunteers who have shared SAIL with their loved ones. Word of mouth continues to be the most popular method of sharing SAIL and we are grateful for all that you all do to support us!



AgeBetter

Thank You Barbara Berven

On behalf of our parent organization, AgeBetter, Inc., we'd like to extend our deepest thanks to **Barbara Berven**, who has completed two terms on the AgeBetter board representing Attic Angel Association. Thank you, Barbara, for all of the time and energy you have invested in helping us thrive and in helping AgeBetter to expand its programming!

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 on his/her feet. She will also share information to help you decide when you should seek additional assistance. Ruth is a charter member of the Safe Communities Falls Prevention Task Force and, prior to retirement, practiced most of her career in acute care geriatrics in Madison.

To register, call SAIL at 230-4321 or sign up online at sailtoday.org.
Thank you to member volunteer Donna Lotzer for helping to organize this unique program!

Volunteer News and Information



A Message from Volunteer Coordinator Peggy York

The SAIL Volunteer Handymen Group met this month to reflect on tasks they've helped SAIL members with over the past year. With the addition of two new community members, Mark and Don, we now have eight volunteers eager to help out! Do you have small repair jobs, items to move, pictures to hang, or light bulbs that need replacing? If so, give the SAIL office a call. Let's keep these guys busy and appreciated!

These same volunteers will be teaming up for our **Spring Mattress Flip on May 22 from 9:00 a.m. to 1:00 p.m.** Call the SAIL office at 230-4321 to sign up. *(This "perk" is free for Full Members and \$20 for Associate Members.)*

Thank you to our volunteer drivers, who provided over 30 rides to SAIL members this past month! Their service helps members get to medical appointments, the grocery store, and even to the SAIL office to drop off documents for shredding!



Volunteer Handymen Gathering

Top Picture: William, Bob, & Ken
Bottom Picture: Phil & Don

5th Annual Golf Outing

(continued from page 1)

Proceeds from the event will help support SAIL programs and services, as well as memberships for those with low income.

Packages are either \$75 for nine holes or \$95 for eighteen holes and include a golf cart, box lunch, dinner, festivities after the game, and a chance to win raffle prizes. \$30 per package is a charitable contribution.



Major Sponsors: Title Sponsor Life Assist USA, Platinum Sponsor Oakwood Village, Dinner Sponsor Vogel

Bros., Lunch Sponsor Attic Angel Community, Beverage Sponsor Forward Development Group, and Cart Sponsor RSM. Please visit sailtoday.org for more information about the outing and our sponsors! If you are interested in sponsoring a hole or golfing, please let us know by June 5!

Getting the Proper ID for Flying

by Member Pat Krueger

I recently learned I cannot use my new driver's license as identification (ID) for flying. The driver's license must have a star in the upper right corner. That space on license states "Not for federal purposes" — which means that it cannot be used as ID for flying and another form of ID is needed, such as a passport.

You can upgrade to a REAL ID-compliant card at no additional charge when renewing your license or state ID. I encourage you to ask about this while at the Department of Motor Vehicles. The Department of Homeland Security will require a REAL ID-compliant card (or another form of federal identification, such as a passport) beginning October 1, 2020 in accordance with their updated security procedure.

There are additional documents needed in order to obtain a REAL ID-compliant card. You can find the list and learn more about this update at <https://wisconsin.gov> or you can contact SAIL for assistance at 230-4321.

Thank You Donors

January 1—March 31, 2019 (Includes Endowment Fund Donors)

Member Donors

Joan Box	Carroll Heideman
Cathy Coady	Sally Holl
<i>In honor of volunteers</i>	Gail Jobelius
Lois Curtiss	Elsa Johnson
<i>In memory of Diane Wilcox</i>	Denise Morchand-Erwin
Bruce Edmonson &	Joyce Russell
Kathy Massoth	Rick Schaller
Barbara Gessner	Betty Scott
Sue Goldstein	Sharanne Stitgen
<i>In honor of June Scott</i>	Barbara Whitlock

SAIL Supporters

Barbara Boustead
Robert and Ruth Diehl
Elizabeth Derleth
<i>In honor of June Matoushek</i>
Rick Sheridan
Angie Strander

In-kind Donors

Mary Lathrop
Attorney John Mitby
Two Men and a Truck
Betty Sullivan

Corporate and Foundation Supporters

BrightStar Healthcare	Thrivent Financial
GE Foundation	

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:

Tuesday, May 7 from 10:00 a.m. to 12:00 p.m. at Monona Library, 1000 Nichols Rd., Monona

Monday, May 20 from 1:00 p.m. to 3:00 p.m. at Ashman Library, 733 High Point Rd., Madison

Call the SAIL office at 230-4321 for more information and/or to register. This valuable service is free for Full Members and \$20 for Associate Members.

Upcoming Health and Resource Fairs

Health and Safety Fair at Attic Angel Place

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

Health Resource Fair

Tuesday, May 21 from 10:00 a.m. to 12:00 p.m.
Middleton Glen, 6720 Century Ave., 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
Open to the public. Make sure to come visit the SAIL table!

Thank you to SAIL Council Member Rick Sheridan for coordinating SAIL exhibit volunteers!



Direct Primary Care

Join us on **Thursday, June 6 at 11:00 a.m.** for a program led by Dr. Nicole Hemkes on Direct Primary Care, an innovative model of healthcare delivery. Her clinic, Advocate MD has an arrangement directly with the patient to supply primary care services for an affordable monthly membership fee. They strive to handle most medical issues in the office, including minor procedures, while minimizing specialist referrals. Patients also get significant savings on medications, labs, and imaging.

Dr. Hemkes is a Board Certified Family Medicine physician with over 10 years of experience working in a variety of settings.

Additional details will be provided in the June *Messenger* or you can contact SAIL at 230-4321.

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, May 6

"Madison, 1969"

Stu Levitan, Author of "Madison in the 1960's"

Monday, May 13

"The Controversy on ADHD"

Dr. Conrad (Connie) Andringa, SSM Health Pediatrics

Monday, May 20

"The Sewing Machine Project"

Margaret Jankowski, Founder/Director
The Sewing Machine Project

Monday, May 27: Memorial Day, No Program

This concludes the lecture series for this academic year. **Programs will resume on September 9, 2019.**

Low Vision Support Group

by Member Ruth Calden

Last month, our group had the pleasure of hosting a local librarian, who provided a great amount of information on navigating the world of audiobooks. If you're interested in learning more or would like a copy of the presentation, contact SAIL at 230-4321.



SAIL Bus Trip

SAIL is taking a bus trip to visit the Governor's Mansion on Thursday, June 20. We will depart from the Oakwood Village Heritage Oaks

lobby at 10:50 a.m. Our first step will be lunch at Rex's Innkeeper in Waunakee. Then we will enjoy a guided tour of the Governor's Executive Residence in Maple Bluff. Check out the June *Messenger* for further details.

Men's Roundtable *by Member Fred Ross*

When and Where: Tuesday, May 14 at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

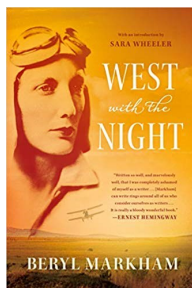
Topic: Once a month men of SAIL get together over coffee and rolls to have a good chat: sports, politics, history, domestic and foreign affairs, you name it.

Need a lift? Give the SAIL office a call.

Lunch Bunch *Leaders: Lois Curtiss and Deb Hall*

East Side Lunch Bunch: Tuesday, May 21 at 11:30 a.m. at Ale Asylum, 2002 Pankratz St.

West Side Lunch Bunch: Thursday, May 23 at 11:45 a.m. at Benvenuto's, 1109 Fourier Drive in Middleton. Soups, meatballs and Italian classics!



Book Club *by Leaders Jerry and Margaret Greeno*

Join Book Club on Wednesday, May 22 from 1:30 p.m. to 3:00 p.m. at Sequoya Library as they discuss *West with the Night: A Memoir* by Beryl Markham

Membership Matters

by Member Dorit Bergen

In lieu of meeting this month, we encourage you to attend the Spring Luncheon on May 15, where we will conduct our annual meeting and host an election for our new council members. You can sign up online or call SAIL at 230-4321. The Membership Matters group will meet again on Monday, July 8.



Sunday Movie Matinee: *They Shall Not Grow Old*

Sunday, May 26 at 2:00 p.m. in the Oakwood Arts Center

Calendar of Events — May 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
	SAILing in to the future! “Money, Resources, Assets” on June 19, 10:00 a.m., Oakwood Village					
5	6	7	8	9	10	11
	Attic Angel Lecture 10:00 a.m.	Tech Tutoring 10:00 a.m. Monona Library		Safe Assist 10:00 a.m. Oakwood Attic Angel Fair 11:00 a.m.		
12	13	14	15	16	17	18
	Attic Angel Lecture 10:00 a.m.	Aging Advocacy Day 9:00 a.m. Men’s Roundtable 10:00 a.m. Oakwood	Spring Luncheon and Annual Meeting 11:30 a.m.			
19	20	21	22	23	24	25
	Attic Angel Lecture 10:00 a.m. Tech Tutoring 1:00 p.m. Ashman Library	Health Resource Fair 10:00 a.m. East Side Lunch Bunch 11:30 a.m. Ale Asylum	SAIL Mattress Flip 9:00 a.m. Book Club 1:30 p.m. Sequoia Library	West Side Lunch Bunch 11:45 a.m.		
26	27	28	29	30	31	
Sunday Movie 2:00 p.m. Oakwood	Memorial Day SAIL Office Closed			Preventing Falls: Life In Balance 6:30 p.m.	Attic Sale 8:00 a.m. Brava Thrive After 55 Expo 9:00 a.m.	

News and Updates



New SAIL Members

Nanci Alexander—Elvehjem
Ariel Ford—Midvale Heights
Fannie Hicklin—Shorewood
Donna Junghans—Nakoma

Jane McGinn—Nakoma
Susan and Don O'Dell—Middleton
Ann Peckham—Middleton Glen
Robert Rowlands—Orchard Ridge

Preventing Falls: Life in Balance

Presented by UW-Madison Mini-Med School

Thursday, May 30, Health Sciences Learning Center, 750 Highland Avenue, Room 1306

Program from 6:30 p.m. to 8:00 p.m.
Reception following the program. Group transportation arrangements will be provided. To register, call SAIL at 230-4321 or email info@sailtoday.org



City of Madison's "Recyclopedia"

Wondering what you can or can't recycle? Need some guidance on how to do the "green" thing? The City of Madison has published a handy guide called "Recyclopedia" to help residents navigate the ins and outs of recycling. Download a copy at www.cityofmadison.com/streets or call SAIL to get a copy. *Thank you to Member Lois Curtiss for sharing this information with us!*

Aging Advocacy Day

Tuesday, May 14 at 9:00 a.m. at Park Hotel, 22 S. Carroll St.

Your voice can make a difference! Join members of the Wisconsin Aging Advocacy Network (WAAN) and others to help educate state legislators about issues impacting Wisconsin's aging population. Citizens from around the state will gather for a day of advocacy training.

Learn more about this event at <https://gwaar.org/AgingAdvocacyDay>.

Attic Angel Sale

May 31 and June 1 at Keva Sports Center, 8312 Forsythia Drive, Middleton

Head to the Attic Sale, where you'll find nearly 5,000 items including furniture, antiques, jewelry, home décor, and more! All proceeds will support Attic Angels' community grant awards.

Friday's admission is \$10 to enter between 8:00 a.m. and 11:00 a.m. and free from 11:00 a.m. to 4:00 p.m. Saturday's admission is free for the day, 9:00 a.m. to 1:00 p.m. Learn more at www.atticangel.org.

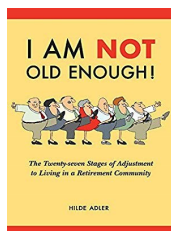
New Vendor Service



Rafael, a longtime SAIL vendor, now offers carpet shampooing, in addition to his regular residen-

tial cleaning services. Rafael's business has received many positive reviews over the years from SAIL members. Contact SAIL if you're interested in more information.

Book Recommendation: *I Am Not Old Enough!*



By Member Joy Knox

I recently finished reading a delightfully funny book by a Madison author, Hilde Adler, who lived in Shorewood Hills for 45 years and is now residing at Oakwood University Woods. Hilde recounts with a great of angst and wisdom the push and pull of making the very hard decision of moving to a retirement community and the self talk that goes into making that decision. The book is called: *I AM NOT OLD ENOUGH! The 27 Stages of Adjustment to Living in a Retirement Community*. It is a 52-page paperback, and its wit and humor make it a pleasure to read in one sitting. **Visit the SAIL Blog for more information and a link to buy the book or call SAIL.**



Older Americans Month

May is Older Americans Month and this year's theme, *Connect, Create, Contribute*, emphasizes to communities the number of ways to continue engaging older adults. At SAIL, we appreciate the many ways that our members, volunteers, and service providers contribute to support *independence through connections*. Additionally, SAIL members create programs and lead groups that generate meaningful social connections and learning throughout the year. Happy Older Americans Month!



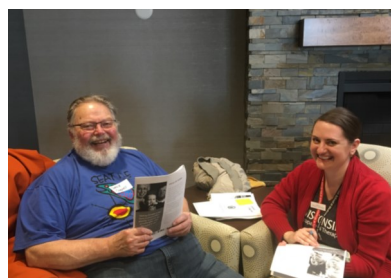
Life is a Playground!

SAIL is a participant in Attic Angel Association's 130th birthday party and fundraiser, themed LIFE IS A PLAYGROUND! The centerpiece of the anniversary year will be a community-wide outdoor/indoor birthday party for all ages on Sunday, July 28 at the corner of Old Sauk and Junction roads in Madison/Middleton.

The event honors Attic Angel's 130 years of caring for Madison, including their role in establishing the city's first children's library (1899), first hospital (1903), first nurse service, (1908), first private senior living facility (1953), and much more. To add to their legacy, the LIFE IS A PLAYGROUND! event is also a fundraiser to build a playground that will benefit homeless children and others enrolled at The Playing Field early learning center in Madison. The public fundraiser is open for online gifts now through Dec. 15, 2019, at www.atticangel.org/130.

The LIFE IS A PLAYGROUND! birthday party, for kids ages 1 to 101, will feature the UW Marching Band, magic shows, technology exploration, traditional playground fun, free ice cream, and more. For more information about the event and to hold your spot, visit www.atticangel.org/130 or call the SAIL office.

April Highlights



Top: No More Spring Breaks

Middle: Spring Cleaning and Shred Day

Bottom: Volunteer Handymen Appreciation Gathering