



**Make the next chapter of your life  
the best chapter!**



# 2018 Annual Report

# SAIL Quick Facts

In the past year:

2 full-time staff and 2 part-time worked with 3 contractors and 105 volunteers. Together with our 85 vetted vendors and 13 professional members, they responded to 1400 friendly and helpful service requests, including mattress flipping, shredding, rides, handyman services, rise and shine wake up calls, and home visits.

12 committees and groups run by members met on a regular basis

180 SAIL events took place

An average of 500 people were SAIL members

## From the Executive Director



2018 has been quite an amazing year at SAIL! Members continue to evolve our mission to help one another live secure, engaged lives on our own terms as we age. A new SAIL member group launched this year helps to make that possible in significant ways. This year the outcomes of Membership Matters include: United Way grant activities in which members share SAIL with local professionals, a new Sunday Drive offering, a new Low Vision Group, initial steps in forming a task force on emergency preparedness, and more!

Formerly named Product Team, the *SAILing into the future!* team led by Member volunteer and Council Member Don Haas offered well-attended and well-received workshops designed by and for SAIL members. The workshops focus on setting life goals, building resiliency along with anticipating and planning for life changes, creating our own legacy and how we wish to be remembered. Workshop presenters are local experts.

Previously founded SAIL Member Groups continue to thrive: Lunch Bunch, On Our Own, Men's Roundtable, Book Club, etc.—thanks to the leadership of member volunteers Lois Curtiss, Deb Hall, Sue Stenzel, Karen Peterson, Janice Gary, Rita Bloomfield (holiday dinner gatherings), Fred Ross, and Jerry and Margaret Greeno. Increased activity amongst members also occurred in the ways that our members help one another through rides, carpooling, holiday meal gatherings, garage sales, handyman help, friendly visits, and more. We also experienced an increase in Rise and Shine daily check-in users, vendor service requests, and use of the new SAIL Professional Service members.

Finally, I'm very pleased to share that our parent organization, Madison Area Continuing Care Consortium, has changed its name to AgeBetter, Inc. This change represents the expansion of programs offered by the organization and the expansion of staff roles. AgeBetter is pursuing senior affordable housing, a farm-to-table/community garden program, a training and education resource center, and a shared professionals program between Oakwood Village and Attic Angel Association. This also includes the promotion of SAIL's Member Services Manager Nicole Schaefer—whose new role is SAIL Program Director. We also began contracting with a Marketing Coordinator, Meghan Randolph. My role has expanded and funding by AgeBetter will support the majority of my time.

SAIL is strong and growing, especially in the areas of membership, member engagement, and charitable giving. In fact, this year marked a \$23,000 net income over expenses—a very good sign and an opportunity to expand our offerings to older adults in our community!

*Ann Albert*

AgeBetter Executive Director



Sharing Active Independent Lives (SAIL) is a program of AgeBetter, Inc., a nonprofit organization whose members include Attic Angel Association and Oakwood Village. We are supported in part by:



# SAIL's 2018 Programs

SAIL is an incredibly active organization! Both independently and in partnership with other local organizations, SAIL connected members with 180 events in 2018, including activities focused on education, health, in-home support, socializing, technology, and volunteer opportunities! Below are just a few of the great events SAIL members were able to participate in during 2018.

## Education:

- Attic Angel Lecture Series
- “Embracing Change—All Of It!”
- Brain Health Workshop
- “Life’s A Daring Adventure”
- SAIL Vendor Fair

## In-Home Support:

- Mattress flipping
- “Two Men Without A Truck”
- Free Shredding
- Winterization Car Check
- Minor maintenance support
- Pre-screened vendor list

## Social Activities:

- Book Club
- Men’s Roundtable
- Lunch Bunch
- “On Our Own”
- Holiday Tea
- Holiday Fantasy In Lights Tour

## Health and Wellness:

- Attic Angel Health and Safety Fair
- Intro to Mindfulness and Meditation
- “Food As Medicine”
- “Only Leaves Should Fall”
- “No More Spring Breaks” with UW Pharmacy School
- Partnership with Edgewood Nursing Students

## Technology:

- Monthly tech tutoring
- Intro to managing digital photos
- “Is a smartphone right for you?”
- Low vision support group

## Volunteer Activities:

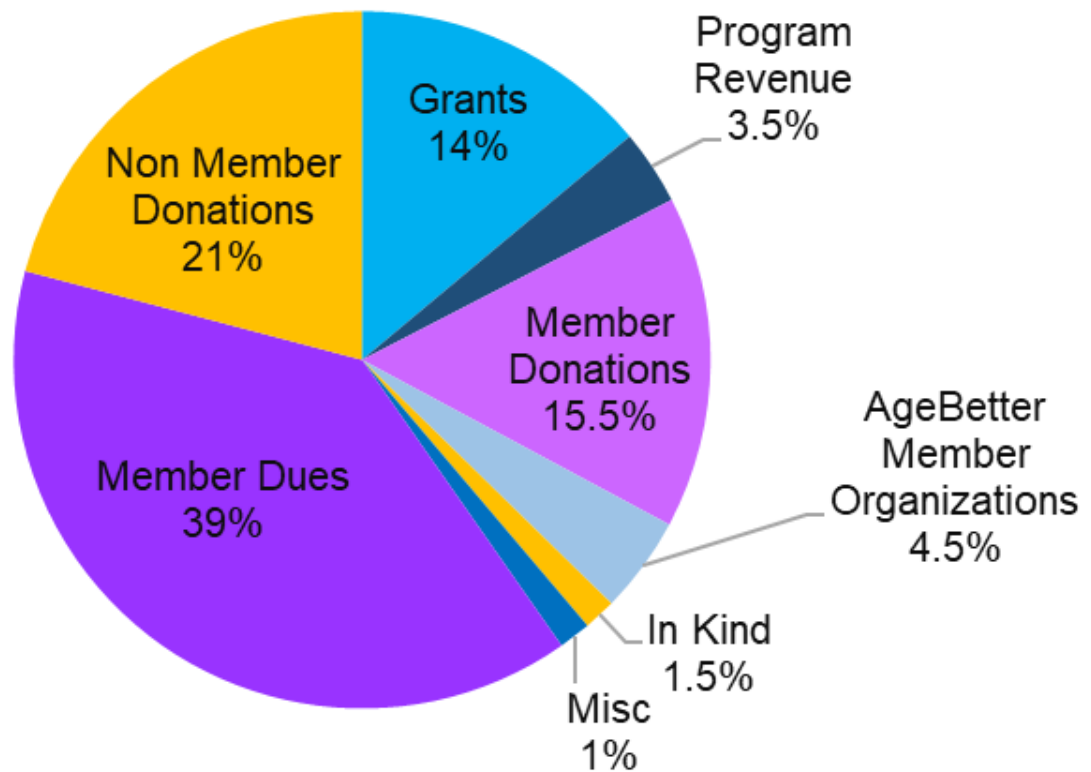
- Birthday calls to fellow members
- Giving rides to fellow members
- Sunday Drives
- Handyman (and woman!) support
- Patient advocacy for fellow members



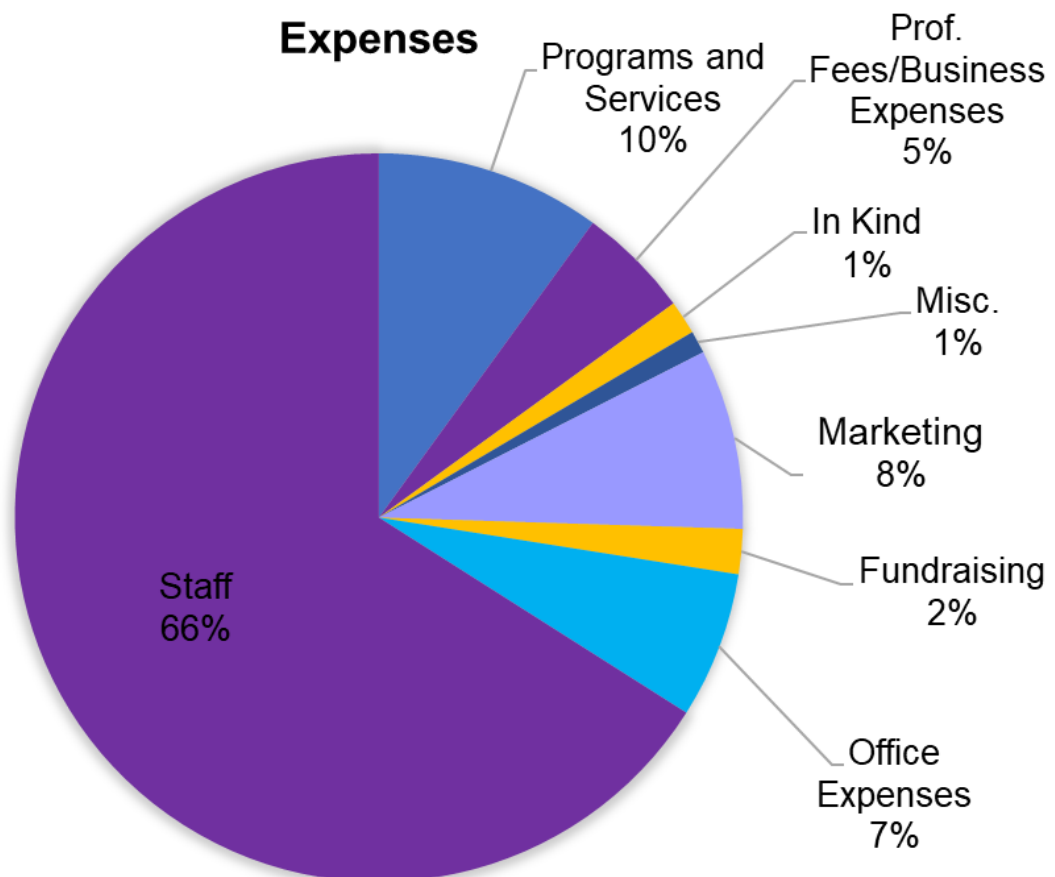


# SAIL's 2018 Financials

## Income



## Expenses



# SAIL's 2018 Financial Notes

**TOTAL INCOME:** \$287,201.46

**TOTAL EXPENSES:** \$263,941.00

**INCOME OVER EXPENSES:** \$23,260.46

**ENDOWMENT FUND BALANCE:** \$46,335.93

**Staff:** SAIL staff, which includes two full-time and two part-time workers, facilitate services and programs provided by SAIL, including volunteer coordination, organizing rides and services, developing and implementing social programs, forming partnerships with other local organizations, managing SAIL's funds, connecting with and listening to member needs, keeping abreast of what's happening in the senior community, and more. Staff work is inspired by members and directly related to programming and the services of the organization.

**In Kind:** In Kind refers to services and materials provided to SAIL at free or discounted rates. These include legal advice and services provided to SAIL as well as space donated by various locations for programs and office functions.

***SAIL thanks Attorney John Mitby for fourteen years of in-kind legal services!***



SAIL's staff. Left to right: Executive Director Ann Albert, Membership Assistant Sue Stenzel, Volunteer Coordinator Peggy York, and Member Services Manager Nicole Schaefer



Attorney John Mitby

# Creating memories for a lifetime

## Member Spotlight: Alice Punwar



Alice Punwar has spent all of her life helping people solve problems and broaden their options. She is a Professor Emeritus with a degree in Occupational Therapy from UW. Over the years she taught hundreds of people how to make a difference in the lives of others. Finding SAIL as the next step more than twelve years ago was that obvious natural choice in her journey.

Alice has always stood with the inner strength of her convictions and willingness to put her work where her words were. It is the exact quality she brought to the SAIL Book Club over the years. Bringing people together

around reading spoke to her own passion, but finding ways to bring diverse interests into a discussion group opened an opportunity beyond sharing books. Members found themselves sharing their stories. What started as conversations about events and characters ended up being a safe place for people to talk about their own fears and concerns in life. That allowed healing and friendship to move to another level as they walked the pages of every kind of prose.

*"SAIL is a lot of different groups that hold many things for different people. The older I get the more I see we are interdependent. We need to discover that it is OK to ask for help – OK to share our concerns. That is what SAIL is about; creating strong support systems and ways to find friends and social connection. SAIL is like a little village where someone will always find an answer for me; a place I know someone has my back in so many ways."*

A large graphic featuring the SAIL logo on the left, which consists of a circular emblem with the text "SHARING ACTIVE SAIL INDEPENDENT LIVES" and a stylized figure. To the right of the logo is the text "Make the next chapter of your life the best chapter!". The entire graphic is set against a blue background. To the right of the text and logo is a collage of seven photographs showing various groups of people, mostly seniors, engaged in social activities, dining, and posing for group photos.