



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

June 2019



2019 SAIL Golf Outing Fundraiser

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.

The deadline to register is Wednesday, June 5. Golfers can register for a 9-hole or 18-hole package. 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.

Thank you to our Title Sponsor Life Assist USA!

SAILing into the future!

Money/Resources/Assets...How Much Is Enough?

Date and Time: Wednesday, June 19 from 10:30 a.m. to 1:30 p.m.

Location: Oakwood Village Heritage Oaks, Westmorland Room

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 and is due in advance.

At this informative and interactive *SAILing into the future!* workshop, financial expert Connie Kilmark will help you to identify your financial personality, answer questions about your life goals, address your financial needs in supporting those goals, plan for what's ahead, and take the fear away from facing your financial future. To register for the workshop, visit sailtoday.org, or call 608-230-4321.



Connie is the founder of Kilmark & Associates and has worked in finance for over 30 years.



SAIL Trip To Governor's Mansion

Date: Thursday, June 20

Time: Leave from Oakwood Heritage Oaks, 6205 Mineral Point Road, at 10:50 a.m.

Cost: \$5.00 per person

Join us for this fun, educational SAIL bus trip! Our first stop will be lunch at Rex's Inkeeper in Waunakee, a retro American supper club with steaks and seafood. Then we'll venture to the beautiful, nearly 100-year-old Governor's Mansion for a guided tour. Sign up online at sailtoday.org or call 608-230-4321.

Fun Fact: Wisconsin's Governor's Mansion is one of only four governor's residences in the country that is not located within its state's capitol. The others are in Tennessee, New Jersey, and Ohio.



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 Spring Luncheon was nothing short of spectacular! Seeing so many of our members socializing, enjoying a delicious lunch, and hearing an empowering speech from Betsy Abramson on ageism, plus a beautiful view of the sun shining over Lake Mendota in the background, leaves me looking forward to our next annual gathering in August. During our annual meeting, Beth Campbell and Christine Beatty were elected to the SAIL Council, while Dorit Bergen (Council president) was reelected for another term. Congratulations to you three! And a special thank you to Bob Topel, Vice President of the Council, and Tom Evans, whose terms will be ending this month. We deeply appreciate all that you've done and continue to do for SAIL!



Direct Primary Care—Post Printing Update

Due to unforeseen circumstances, the Direct Primary Care program has been postponed. We will be sure to alert you with updated information.

What is Direct Primary Care? It's an innovative model of healthcare delivery. Dr. Nicole Hemkes' 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. This SAIL program comes in response to members expressing interest in learning more about alternative and/or unique medical approaches and models.



East Side Member Gathering

Join us for a member gathering and meeting on Tuesday, June 25 for an opportunity to share suggestions on additional programs and support SAIL can offer. Keep an eye out for an official invitation coming to you in the mail in the coming weeks. Light refreshments will be provided. Contact SAIL at 230-4321 or info@sailtoday.org to register.

Annual Meeting Survey Results

Thank you to all of our members who took the time to complete our recent member survey! The initial findings showed the top 2 benefits are SAIL direct services and volunteer assistance. We also heard a large portion of our members value the pre-screened service providers, as well as an appreciation of the availability of connections between members. Suggestions included more health and wellness opportunities, such as programs on nutrition, and courses on how to do simple home repairs.

Volunteer News and Information



A Message from Volunteer Coordinator Peggy York

Last month, I had the honor of joining member Lois Curtiss at the United Way of Dane County Awards Program and Luncheon. Lois was a 2019 nominee for a Community Volunteer Award—see the article below for more information.

Volunteers continue to be an integral part to our successful programs this spring! I'd like to thank the following members for their help: Gail Bliss for her assistance at the Spring Cleaning and Shred Day; Charlotte Woolf, Linda Conlon, and Ken Martin for their help in preparing us for the Spring Luncheon and Annual Meeting; and to our Sunday Drive volunteers, Dorit Bergan, Sue Stenzel, Cathy Andrews, and Bob Topel, for providing an enjoyable trip around town for our members.

Volunteer drivers also helped SAIL members get to 27 appointment and events last month, while our handymen were busy assembling everything from lamps to lawnmowers. The handymen also teamed up to hang a heavy mirror and delivered several items for donation.

POP Ten Year Awards

This year's POP's celebration was even more special than usual—members Janice Gary and Barbara Pomarnke each received a 10 Year Award! UW—Madison Pharmacy Professor Beth Martin and student partners of Gary and Pomarnke presented the award at the April 29 gathering attended by over 45 POP's participants and their 3 student-partner groups. The program, founded by Martin in partnership with the Oakwood Village Pharmacy, provides pharmacy students first-hand experience working with older adults. The students and their partners learn from one another throughout the two-semester program and build friendships that have been known to last beyond the program. Thank you, Janice and Barbara, for your commitment to this wonderful program!

An Underused SAIL Benefit

by Member Bob Topel

There are many advantages to being a Full member of SAIL. One that has been underutilized is the Volunteer Handyman Program. SAIL has a number of individuals who do those little projects in the home that don't involve technical skills, but can be helpful to members with mobility or health issues. We can change light bulbs, move boxes, hang pictures, help with minor yard tasks, and more. If the job is too complex, SAIL can recommend a person from the vendor list. The handymen offer the capacity to do about 25 tasks a month, but SAIL currently receives only 5-6 requests a month. We can do more! Call Peggy York and the SAIL office if you need help. We enjoy the work and helping fellow members.



Member Lois Curtiss Receives Volunteer Award Nomination

With April being Volunteer Appreciation Month, it was very fitting to honor SAIL member Lois Curtiss by nominating her for a United Way of Dane County 2019 Community Volunteer Award. Lois has been a SAIL volunteer for 14 years, helping in the office with mailings, serving on member committees that support program planning, and advising staff regarding matters affecting members. Lois also regularly informs SAIL of the latest news regarding healthy aging, community, technology and other topics. Most recently, Lois inspired and continues to support the SAIL 90's Coffee, a social gathering for members aged 90 and better (or close to it!) who enjoy exchanging stories and spending time together. Thank you, Lois, for all you do for SAIL and our community!

Upcoming Events and News

Tech Tutoring

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:

Mon., June 10 from 1:00 p.m. to 3:00 p.m. at Monona Library, 1000 Nichols Rd., Monona

Wed., June 26 from 10:00 a.m. to 12:00 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 (up to four sessions each year) and \$20 for Associate Members.



A Fun Ditty for Internet Users!

By Membership Services Assistant Becky Rogers

Internet frustrations? Try singing this to the "Mr. Ed" tune...

Click here for the Cloud, to Navigate
The World Wide Web is just so great
The Internet is so big, Madame,
Just look out for that SPAM.
Your Inbox is full, time to Refresh,
No time to Twitter or Phish I guess
The Internet is grand, divine
It's a magnificent design!
Google this and Google that and Pinterest the
day away
But Emoticons and Cookies are sure to make
you stray!
Enjoy the Internet, so fun
But if you feel that you're just done
It's ok to use the phone to call
A real person is more help to all!

Emergency Preparedness Kickoff

Member Patrice Blanchard has agreed to lead our new task force to help members prepare better for emergencies and other significant life events. The work of this task force was inspired by the *SAILing into the future!* workshop series, the personal experiences of our leader Patrice, the devastating flood in August 2018, and more. Recruited at the most recent Membership Matters meeting, the following members have volunteered to serve on the task force: Janice Gary, Beth Campbell, Ellyn Satter, and Pharis and Caroline Horton. In addition, graduate student and intern Meggie Acker will be assisting the task force.

We covered a lot of ground at last month's kickoff meeting. Here are the projects we are working on: To Go bags for all members, an emergency handbook, distribution of File of Life packets, emergency preparedness for environmental and personal emergencies, and more. Stay tuned for future news and updates!

Ageism Take Aways *by Marketing Coordinator Meghan Randolph*

At last month's Spring Luncheon and Annual Meeting, guest speaker Betsy Abramson gave a compelling talk on ageism. Abramson, Executive Director of the Wisconsin Institute on Healthy Aging (WIHA), shared the following key points:

- Ageism has always been an issue but was less prevalent in earlier generations when the older members of society were the ones with property and money.
- Ageism is prevalent in health care, job searches, depictions of older people in the media, and even colloquialisms like "I'm having a senior moment."
- Ageism is present in many industries, most notably beauty products like skin creams that boast "anti-aging" capabilities. What's wrong with wrinkles, grey hair, and looking our age? *(Continued on page 5)*

Monthly Member Groups and Events

The Attic Angel Lectures and Men's Roundtable are on summer break and will resume in September.

On Our Own

The On Our Own group is visiting the Geology Museum on Friday, June 14, located on the UW campus in Weeks Hall at 1215 W. Dayton St. The group will meet in the museum lobby between 10:00 and 10:15 a.m. Tours can be self-guided with a book available online or at the front desk or, if more than 8 sign up, a guided tour can be arranged. The group plans to have lunch around 11:30 a.m. at Harvest Grains in Union South. Metered parking is available below Union South from Dayton Street or you can contact Janice Gary at 231-9014 if you are interested in carpooling. To register, contact SAIL at 230-4321.

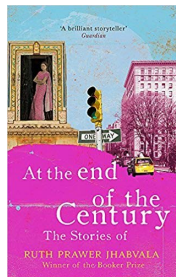
SAIL Bike Ride *by Member Fred Ross*

Ready to go cycling? If not, get yourself ready because the first SAIL bike ride of the summer is scheduled for **Tuesday, June 18. Meet at the Odana Golf Course parking lot, 4635 Odana Road, at 1:00 p.m.** We'll head out on several of Madison's beckoning bike paths for an easy 15 mile ride—no big hills, no speedy racing, rest when rest is wanted. And, yes, there will be a stop for coffee and conversation along the way. It's a great way to get in your exercise, so do plan to join us this year!

Low Vision Support Group

by Member Ruth Calden

The Low Vision group is planning a trip to the Wisconsin Council of the Blind and Visually Impaired on Friday, July 12 to explore the different products in their store. Afterward, a staff member will share about the different services they offer. Transportation is available. Contact SAIL at 230-4321 if interested.



Book Club *Leaders: Jerry and Margaret Greeno*

Join Book Club on Wednesday, June 19 at Sequoya Library from 1:30 p.m. to 3:00 p.m. as they discuss *At the End of the Century*:

The stories of Ruth Praver Jhabvala. It is a lovely collection of short stories from a master of novels and screenwriting. This will be Book Club's final meeting before their summer break. Their summer book will be announced next month.

Sunday Movie Matinee: *The Upside*



June 30, 2:00 p.m. at Oakwood Village Arts Center, 6209 Mineral Point Rd.

A recently paroled ex-convict, Dell, strikes up an unusual and unlikely friendship with a quadriplegic billionaire, Philip Lacasse.

Lunch Bunch *Leaders: Lois Curtiss and Deb Hall*

Both groups will not meet this month. Instead, they encourage members to attend the bus trip on June 20 to the Governor's Mansion and the East Side gathering on June 25.

Ageism *(Continued from page 4)*

-We can fight ageism by committing to taking care of ourselves through diet and exercise, making friends of multiple generations, keeping our minds sharp, and embracing our wisdom and life experience.

-And best of all, research shows that people with a positive attitude about aging tend to live an average of 7.5 years longer!

Thank you, Betsy, for this informative and empowering reminder that getting older comes with wonderful, fulfilling experiences!

Calendar of Events — June 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
						Attic Sale 9:00 a.m.
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	Tech Tutoring 1:00 p.m. Monona Library		Golf Outing 11:00 a.m. Pleasant View Golf Course		On Our Own 10:00 a.m. Geology Museum	
16	17	18	19	20	21	22
		SAIL Bike Ride 1:00 p.m. Odana Hills Golf Course	SAILing into the future! 10:30 a.m. Oakwood Book Club 1:30 p.m. Sequoia Library	Bus Trip to Governor's Mansion 10:50 a.m. Transportation available		
23	24	25	26	27	28	29
		East Side Gathering Invitation to follow	Tech Tutoring 10:00 a.m. Ashman Library			
30						
Sunday Movie 2:00 p.m. Oakwood Arts Center						

News and Updates



New SAIL Members

Patrick & Katherine Ahern – Faircrest

Bill & Judy Busse – Hill Farms

Eve Wilkie & James Clum - Fitchburg

Dick & Adelle Johnson – Fitchburg

Carole Knopp – Cross Plains

Sheryl Smith – Sun Prairie

Ginny Wolfe – Yorktown Estates

Welcome to AgeBetter Board Member Kristen Peterson!

Kristen grew up in Jacksonville, Florida and attended the University of South Florida. Her husband was a carrier pilot in the U.S. Navy, which means Kristen moved frequently and has seen a lot of the country. They landed in Madison in 1994 and raised their two children here and now have grandchildren living in Madison and Portland, Oregon. Kristen is a volunteer with Attic Angel Association and belongs to PEO. She is looking forward to being part of the AgeBetter Board.

Save the Dates for August Arts Month!

This August, SAIL is celebrating performing arts in our community. Be sure to mark your calendars for these upcoming events!

Sunday, August 4: Trip to Overture Center to see the Broadway tour of *Anastasia*. The story of the lost Romanov princess, featuring thrilling performances and soaring music!

Sunday, August 18: Music Theatre of Madison's World Premiere *Hephaestus*. Marketing Coordinator Meghan Randolph's other job has resulted in this highly anticipated world premiere from a Madison native. *Hephaestus* (heh-fest-us), funded by the National Alliance for Musical Theatre, is an original musical about the Greek God who caused a lot of problems by being a little different! Hear some of the music and learn more at www.mtmadison.com.

Tuesday, August 20: Midsummer Gathering, featuring dueling pianos with Leslie and Anthony Cao. Join SAIL members for a chance to socialize over wine, fruit, and cheese before a fabulous dueling pianos presentation. This dynamite husband and wife team will astound you! Request any song and they'll play and sing it on two pianos. The duo spends every Saturday entertaining crowds at the Ivory Room downtown and they're coming to SAIL just for us at our summer gathering!

Follow our blog and Facebook to see how you can celebrate the arts in August *and* all year

Safe Assist Tips and More

Thank you to volunteer Physical Therapist Ruth Meyer for the informative presentation and demonstrations last month! Attendees learned the techniques to help someone transfer safely to and from chairs, how to use a gait belt, when to get help, gadgets like the car cane and swivel seats to make it easier for a person to maneuver in and out of the car, and how to safely walk with a person and offer more stability without losing your balance or becoming unsteady. If you'd like information on these topics, please call SAIL!

Supporting Independence Through

Connections *by Executive Director Ann Albert*

Donating to SAIL does just that—gifts to SAIL support our services, programs, and memberships for people with low incomes. Gifts also allow us to develop new services and benefits that are relevant to the changing needs of members. Many people are now making gifts through their required minimal distributions, which we appreciate greatly! And, if you would prefer to make a gift from your estate and would like to know more about our Legacy program, please contact me at 230-4321. There are many wonderful ways to do this!



Attic Angel Community Events for June and July

The Attic Angel Association has been a generous supporter of SAIL since our inception. This summer, the Attic Angel Community is celebrating its 130th birthday with some amazing events that will help raise money for local charities. Here are some ways you can give back to this wonderful organization in June and July:

- **Shop at Metcalfe's Market:** Call or e-mail SAIL for a copy of a 5% off coupon to use at Metcalfe's in June. Your coupon will result in a matching gift to Attic Angel Association!
- **Attend a Mallards Game:** Attic Angel night at the Mallards is July 18. \$17 packages include a ticket, Mallards hat, Mallards cup, and \$5 donated to Attic Angel Association. [Click here for more information.](#)
- **Come to the 130th birthday celebration:** The big celebration is on July 28 from 1:00 to 4:00 p.m. Proceeds from donations will go towards building a playground for The Playing Field Early Learning Center which serves homeless children and others. There will be magic, music, ice cream, and more! [Click here for more information.](#)

May Highlights



1st Row: *Embracing Change* workshop; 2nd Row: *POP's Celebration*, *Safe Assist Tips* program, and *Attic Angel Fair*; 3rd and 4th Row: *Spring Luncheon*.

