



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

July 2019



2019 SAIL Golf Outing Fundraiser: New Date!

Due to the rainy weather in June, SAIL's 5th Annual Golf Outing Fundraiser has been rescheduled for Wednesday, July 31 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, July 24. Golfers can register for a 9-hole or 18-hole package. If you registered for the previously scheduled outing in June, your registration will carry over.

**Thank you to our
Title Sponsor, Life
Assist USA.**

A Unique SAIL Benefit: Professional Services Membership



*Attorney Tom Vercauteren
sharing information at
SAIL event.*

Members indicated in our recent survey that they would like to know more about SAIL's Professional Services Membership benefit. This benefit includes a listing of individuals suggested by SAIL Members based on personal experience and a high degree of satisfaction with their services. Professional Services Members include attorneys, realtors, financial planners, medical service providers, and more.

The Professional Services Members pay an annual membership fee. They receive invitations to SAIL events, a listing on the SAIL website, the monthly *Messenger*, and more. Best of all, they are strong believers in the SAIL mission!

A listing of our Professional Services Membership is available at www.sailtoday.org under the "Membership" tab, as well as in our Service Provider Directory. Call the SAIL office at 608-230-4321 or e-mail us at info@sailtoday.org for assistance!

This is a relatively new benefit and we are seeking referrals for this important resource listing. Please call or email Nicole Schaefer or Ann Albert at SAIL to provide contact information for a professional you would like to recommend to other SAIL members. Thank you!

August Arts Month: Save the Date for SAIL's Midsummer Gathering

Date: Tuesday, August 20

Time: 5:00 p.m. to 7:00 p.m.

Place: Attic Angel Place, 8301 Old Sauk Road

Cost: \$15 for members, \$20 for non-members (Scholarships available)

Our Midsummer Gathering will include delicious food and drinks, time to socialize with your SAIL friends, and a performance by Leslie and Anthony Cao, an astounding husband and wife duo who perform weekly at the Ivory Room. Request any song and they will play and sing it on two pianos! It will be a beautiful, musical evening. Register by calling 608-230-4321 or go online to sailtoday.org. (See page 2 for August Arts Month events)



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), Beth Campbell, Mary Ann Drescher (AgeBetter), Sue Goldstein (Vice President), Ernie Hanson, Don Haas (Secretary), Dianne Hopkins, Chris Klotz, Kathleen Larson, Alan Lukazewski, and Rick Sheridan.

From the Office



A Message from Program Director Nicole Schaefer

Greetings to you AND the summer weather finally appearing! You may have noticed these past few months SAIL has had a calendar filled with programs, events, and member outings. Thank you to so many of our vendors, volunteers, members, and SAIL Council members who have helped us create the opportunities for members and guests to enjoy.

Speaking of the SAIL Council, I'd like to welcome SAIL member Beth Campbell as she officially begins her three-year term with the Council this month. We are all excited to have you join us and look forward to collaborating on ways to help SAIL continue to prosper!

Our vendor program continues to see growth in numbers, both in vendors and member requests. I recently reported to our Council an increase in over 200 requests by members this year vs. last year at this time. Wow! We're happy to see so many of you reaching out for assistance, whether it's providing technical support or helping with laundry. With this wacky weather, we've found that we could use some extra help meeting requests for gardening services. If you know of a gardener that you'd like to refer, please contact the SAIL office at 230-4321. Thank you!

August Arts Month!



August Arts Month *(Continued from page 1)*

The arts connect, inspire, entertain, and engage, just like we do at SAIL! This August, SAIL is celebrating incredible arts offerings in our community, in addition to the SAIL Midsummer Gathering!

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! Thank you to member JoAnn Savoy who organized this special SAIL outing. If you're interested and missed the registration deadline, please let us know and we can add you to our waiting list.

Be the first to see a new musical: August also includes a 20% discount for SAIL members to see the world premiere musical *Hephaestus*, written by a Madison native and presented by Music Theatre of Madison. The discount is available for the performance at the Wisconsin Union on Sunday, August 18 at 2:00 p.m. This production is sponsored by the National Alliance for Musical Theatre and tells the story of the god who dared to be different and the chaos that ensued! Ticket cost with the discount is \$24, payable at the box office. **Please contact the SAIL office by Monday, August 12 if you would like to attend!**

Visit www.mtmadison.com to learn more about the show! For a full calendar of the August Arts Month events, visit www.sailtoday.org or call 230-4321 to have one mailed to you!

Volunteer News and Information



A Message from Volunteer Coordinator Peggy York

Last month, Bob Topel wrote an article featuring SAIL's Volunteer Handyman program and the response we received from SAIL members was great! It took a team effort to move freshly painted outdoor furniture out from a garage to be used for the summer. Additional support provided in June included hanging pictures, changing light bulbs, moving items out of a basement, changing water softener salt, cleaning a garage floor, removing items from high places, and even trying to start a car. Wow, June was a record month for the Handyman team!

I am happy to share a comment I recently received from a member: *Volunteer handyman Phil came over and did several small jobs for me—didn't take him long, but these were things I could not do without risking injury. Thanks to Phil and thank you to SAIL for providing this service!*

An extra thank you to all of our volunteers who helped us prepare for our annual Golf Outing (rescheduled for 7/31), as well as those who planned on helping us at the event. If you're interested in volunteering to help on July 31, please contact SAIL at 230-4321.



Thank You Bob and Tom!

The SAIL family extends our deepest gratitude to SAIL members Bob Topel and Tom Evans for their time spent on the SAIL Operating Council. Their dedication to SAIL is inspiring and truly demonstrates the importance of our vision to be a community of members who serve one another as they pursue successful aging. Thank you both for all you've done and continue to do for SAIL!



**Bob Topel (top)
and Tom Evans
(bottom)**

Appreciation Picnic for Volunteer Drivers & Handymen

**Monday, July 22 from 4:00 p.m. to 7:00 p.m.
Oakwood Village in the Oakleaf Café and
Patio, 2nd Floor of the Tower Building, 6209
Mineral Point Road**

We thank our volunteer drivers and handymen for all of the hours and miles they've donated over the past year. This month, we'd like to serve you for a change! An official invitation will follow in the mail. Please RSVP at 230-4321 or online at sailtoday.org.

FM Hearing System

Last year, SAIL purchased an assistive hearing device for individuals to use during some of our programs thanks to a generous donation from SAIL member Pat Krueger. Members and guests recently had an opportunity to utilize this at our Spring Luncheon. Afterwards, we received many positive comments and feedback about how simple it was to use and how easy it was to hear the speaker and follow the program. If you're interested in learning more about the device or would like to use this device at a future program, please contact the SAIL office at 230-4321.

Good Neighbor Volunteer Opportunity

As our member numbers increase, so does our need for Good Neighbor volunteers. A pleasant call from a fellow member has influenced new members decisions to become involved with SAIL activities and appreciate all that SAIL has to offer. Would you be willing to make a few phone calls each month? To answer questions new members may have about SAIL? To mention some of our upcoming SAIL events? If yes, please call Peggy at 230-4321 to join the group.

Upcoming Events and News

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:

Monday, July 15 from 1:00 p.m. to 3:00 p.m. at Monona Library, 1000 Nichols Rd., Monona

Monday, July 29 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 (for the first 4 sessions; \$15/session after) and \$20/session for Associate Members.

Membership Matters Meeting

**Monday, July 8 from 1:30 p.m. to 3:00 p.m.
Oakwood Village Westmorland/Nakoma Rm.**



Open to all SAIL Members!

Join us for our Membership Matters meeting, where SAIL members have the opportunity to share their ideas and thoughts about programs and services. New volunteer opportunities present themselves as well!

This month we will be discussing the member survey results, Sunday Drives, and our recently created “Be Prepared” Task Force. There will also be refreshments and time for socializing.

We encourage all SAIL members to attend and share their thoughts. If you’re new to SAIL, this is a great way to meet other members and to get involved with our organization!

Thank you to SAIL Council President Dorit Bergen for leading this group.

SAIL*ing*
into the future!

**“Life’s a Daring
Adventure—CARPE
VITAM!”**

This newly revised workshop will take place on Tuesday, August 27. Look for more information in the August *Messenger* and on our website.

After a successful workshop last year, the inspiring, hilarious Mary Helen Conroy is back! Using the tools of Review, Retreat, and Reinvention, you will be guided toward ideas for creating your next chapter and preparing to design your future self! As Mary Helen says, “If you’re not dead, you’re not done!”

This workshop will also feature local author and retiree Galen Metz who will present strategies to help you make your vision for this next chapter come to fruition. Galen’s recent book, *Unlock the Secrets of Retirement: How to Plan and Achieve a Fulfilling Life in Retirement* has inspired this workshop.



Triad Safety Program: Driving at Night

**Wednesday, July 24 at 10:00 a.m.
Coventry Village
7707 N. Brookline Dr.**

Learn about important precautions to take while driving at night in this informative program offered by Triad. SAIL is a member of Triad.

Monthly Member Groups and Events

Attic Angel lectures, Book Club, and Men's Roundtable are on break for the summer. All will resume in September.



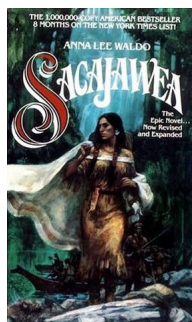
Wisconsin Council of the
Blind & Visually Impaired

Low Vision Support Group

by Member Ruth Calden

On **Friday, July 12 at 10:00 a.m.**, the group will visit the Wisconsin Council for the Blind and Visually

Impaired at 754 Williamson Street. We will explore the store and learn more about services the staff offers. All are welcome to join! If you are interested in carpooling, please call the SAIL office at 230-4321.



Book Club Summer Book: Sacajawea

Leaders Jerry and Margaret Greeno

Anna Waldo's large historical fiction novel is about the life of Sacajawea, a Shoshone Indian, and the guidance she provided during the

Lewis and Clark expedition. The group will go on break for the summer and will meet again in September. Please contact SAIL at 230-4321 if you're interested in joining the group.



Potential Member Group: Health Coaching

Do you want to make lifestyle changes to improve your health but find it hard to do on your own? Explore your personal goals while finding support and

discovering shared experiences with others. Please let us know if you are interested in achieving your goals with group health coaching facilitated by SAIL Vendor Jesi Hirsch, RN. Contact 230-4321 or info@sailtoday.org to learn more or express your interest!

On Our Own

Leaders: Janice Gary and Karen Peterson

The On Our Own group will not meet this month. Instead, they encourage members and friends to attend the Membership Matters meeting taking place on Monday, July 8.

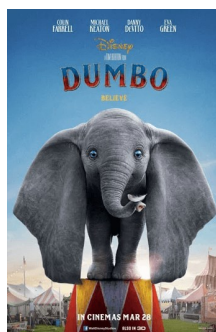
Lunch Bunch Leaders: Lois Curtiss and Deb Hall

East Side Lunch Bunch: We will meet on Thursday, July 11 at 11:30 a.m. at Buck and Honey's, 804 Liberty Blvd. in Sun Prairie. The restaurant features American comfort food and fish fry.

West Side Lunch Bunch: We will meet on Thursday, July 25 at 11:45 a.m. at the Great Dane Hilldale, 357 Price Place. The restaurant features craft brews and pub food.

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 **Wednesday, July 10. 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!





Sunday Movie Matinee

**Sunday, July 28 at 2:00 p.m.
Oakwood Arts Center**

Dumbo is a live-action remake of the Disney classic starring Colin Farrell, Michael Keaton, and Danny DeVito. Running time is 112 minutes.

Calendar of Events — July 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 SAIL Office Closed 	5	6
7	8 Membership Matters 1:30 p.m. Oakwood	9	10 SAIL Bike Ride 1:00 p.m.	11 East Side Lunch Bunch 11:30 a.m.	12 Trip to Council of the Blind 10:00 a.m.	13
14	15 Tech Tutoring 1:00 p.m. Monona Library	16	17	18	19	20
21	22 Volunteer Picnic 4:00 p.m. Oakwood	23	24 Triad Program 10:00 a.m.	25 West Side Lunch Bunch 11:45 a.m.	26	27
28 Sunday Matinee 2:00 p.m. Oakwood	29 Tech Tutoring 10:00 a.m. Ashman Library	30	31 New Golf Outing Date! 11:00 a.m. Pleasant View Golf Course			

News and Updates



New SAIL Members

Lois Habermann—Middleton Glen
William and Judith Busse—Hill Farms
Hilde Adler—Oakwood Village

Carol Hoskins—Oakwood Village
Barbara Meyer—Midvale Heights
Alfred Christiansen—Greentree



A Message from AgeBetter Executive Director Ann Albert

As you can see by the numerous SAIL activities last month, the cool and rainy weather didn't hold us back (except for our golf outing which we rescheduled for July 31!). This month at AgeBetter, we welcome new board member Kristen Peterson. If you are new to SAIL, AgeBetter is our parent organization—a 501(c)(3). We're excited to share that we've chosen Gorman and Company as our developer and partner to construct a senior affordable housing community on Madison's west side, pending funding and other approvals. A preliminary site planning discussion was held last month and we thank SAIL volunteer members Nancy Winton, Dana Warren, Ruth Marion (also AgeBetter board member), Sue Goldstein, Ruth Bogart, and Jane Earl for providing helpful feedback! If you are interested in learning more about this project or other AgeBetter initiatives, please contact me at ann@agebettertoday.org or call me at 230-4445.



L to R: Nancy Winton, Dana Warren, and Ruth Marion



A SAIL Story

SAIL helped our mom live on her own for 12 years after our dad passed away. SAIL vendor John Porto, an affable and talented jack-of-all-trades, and the rest of the SAIL team helped her navigate the challenges of staying in her own home well into her 80s. SAIL is a fantastic resource for seniors—and their kids!

Mike Gorski & JoAnne Alkire (Children of Harriet Gorski)

Messages like these mean a lot to all of us at SAIL. We've all heard "it takes a village" and that is true here at SAIL—members, family, volunteers, vendors, staff, friends, professional providers, community agencies, donors, and the list goes on. Thank you for being a part of the SAIL village!

Please remember to share SAIL with friends and people you know who work with older adults. If you'd like some small information cards to hand out, we are happy to mail them to you!



Edgewood College Wants to Meet You!

SAIL members are invited to meet with Edgewood College Nursing students for 30 minutes to 1 hour for 5 sessions to help with their training. These visits help the students with communication skills, health education, and health promotion. Some topics include healthy eating, keeping your mind and body healthy, and falls prevention.

To sign up, contact the SAIL office at 230-4321 or info@sailtoday.org. Once you've signed up, an Edgewood student will be in contact with you to make arrangements.

Member Testimonial

My husband Paul and I just joined SAIL but are already reaping the benefits. I had a very informative and interesting one-on-one meeting with Dave and learned amazing things about how to use my iPhone. And yesterday, Bill and Bob came to our condo and flipped both of our mattresses! Wishing we had joined sooner!
- Kathy and Paul Bergee



Attic Angel Community's 130th Birthday is in July! Don't forget to join the festivities this month for the special occasion!

- **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. [Click here for more information.](#)
- **Come to the 130th birthday celebration:** The big celebration is on July 28 from 1:00 p.m. to 4:00 p.m. [Click here for more information.](#)

SAIL Member and/or Vendor Referral (please send to SAIL)

The person below may be interested in learning more about SAIL:

Name: _____ Phone: _____

Address: _____

May we use your name? ☐ yes ☐ no Your name: _____

June Highlights



Top Row: SAIL Book Club
Middle Row: Governor's Mansion Tour
Bottom Row: *SAILing into the future!*: Money/Resources/Assets

