



A MONTHLY PUBLICATION

# The MESSENGER

...keeping you connected!

August 2019

**Direct Primary Care  
with  
Dr. Nicole Hemkes  
Owner, Advocate MD**



**Friday,  
August 9  
11:00 a.m.**

## **Westmorland Room at Oakwood Village**

Direct Primary Care (DPC) is a membership-based healthcare model in which the physicians see fewer patients so they can focus on delivering comprehensive, personalized, patient-centered medicine. DPC also offers a healthcare experience with conveniences and benefits not found in the fee-for-service, insurance-based system. Come to learn more about this new healthcare model presented by a local Direct Primary Care physician and founder of Advocate MD, Nicole Hemkes.



## **Musical Midsummer Gathering and August Arts Month!**

The arts connect, inspire, entertain, and engage, just like we do at SAIL! This month, SAIL is celebrating incredible arts offerings in the Madison area, including a dueling pianos performance at our Midsummer Gathering!

**Midsummer Gathering:** Tuesday, August 20 from 5:45 p.m. to 7:45 p.m. at the Attic Angel Community Room, 8301 Old Sauk Road, Middleton\*

**Cost:** \$10 for Members, \$15 for Non-members (Scholarships are available)

**To register:** contact SAIL at 230-4321, [info@sailtoday.org](mailto:info@sailtoday.org), or register online at [www.sailtoday.org](http://www.sailtoday.org) by August 14. Transportation provided upon request.

**\*Valet Parking will be available, provided by SAIL volunteers**

Our Midsummer Gathering will include delicious hors d'oeuvres, wine and sparkling water, time to socialize with your SAIL friends, and a performance by Leslie and Anthony Cao (pictured above), 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!

**Many thanks to BrightStar Care of Madison  
for sponsoring this event!**

*(More arts events on page 2)*

  
**BrightStar Care**<sup>®</sup>  
HOME CARE | MEDICAL STAFFING  
*A Higher Standard*

**SAIL**  
*ing  
into the future!*

## **Life's a Daring Adventure—Carpe Vitam!**

**Tuesday, August 27, 10:00 a.m. to 1:30 p.m.**

**\$10 for Full Members, \$20 for Associate Members,  
\$30 for Non-members. Includes lunch and workshop materials.**

After a successful workshop last year, the inspiring, humorous Mary Helen Conroy is back, and this time she's brought a friend! She'll co-present with local author Galen Metz and focus on how to make the most of your next chapter by capturing your past and planning for your future objectives. As Mary Helen says, "If you're not dead, you're not done!" *(Continued on pg. 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. 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

The months continue to go fast as we keep busy here at SAIL. As we celebrate the arts throughout August, we're looking forward to the dueling pianos performance at our Midsummer Gathering on the 20th! What a great chance to gather with your SAIL friends and hear some of your favorite music played live upon request.

Reflecting on this last month, it's astonishing at how much happens in just a few weeks! In addition to our events, our member groups continue to thrive. Membership Matters held open conversations on ways to integrate member strengths into our every day opportunities. Our Be Prepared Task Force is well underway with plans and activities to help SAIL members be ready for just about any emergency. And, it was great meeting with members living on the east side to talk about additional programs and opportunities that can be provided through SAIL. I'm looking forward to seeing how much we accomplish by the end of August!

### August Arts Month *(Continued from page 1)*

**Sunday, August 4:** SAIL members have organized a group to attend the Overture Center to see the Broadway tour of *Anastasia*. This story of the lost Romanov princess features thrilling performances and soaring music! Some members will be meeting at Cento for brunch prior to the performance. We are currently at capacity, but let us know if you'd like to be added to the waiting list. Thank you to SAIL member JoAnn Savoy for organizing this!

#### August Arts Month!



**Be the first to see a new musical:** SAIL Members receive a 20% discount 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 tells the story of Hephaestus (heh-FEST-us), the oft-forgotten Greek god of fire. Ticket cost for SAIL Members for the August 18 performance is \$24. **Please contact the SAIL office by Monday, August 12 if you would like to attend!** Visit [www.mtmadison.com](http://www.mtmadison.com) to learn more about the show and hear some of the music.

For a full calendar of local August arts events, including concerts, plays, art exhibits, and interactive activities, visit [www.sailtoday.org](http://www.sailtoday.org) or call the office at 230-4321 to have one mailed to you! The calendar features one arts activity for every day of the month, and the events are all over the city!

# Volunteer News and Information



## A Message from Volunteer Coordinator Peggy York

Our Sunday Drives continue to be a hit and we have a few SAIL members who have expressed interest in another one this fall. Would you be willing to spend a couple of hours on a Sunday driving through the beautiful Wisconsin landscape? Maybe even stop for ice cream? In the past, members have not only benefited from the ride, but took pleasure in the company as well! We are looking for teams of two to drive two members to a pre-agreed upon place. Please contact me at 230-4321 if you are interested or have any questions.

At the end of July, we hosted a picnic to thank our volunteer drivers and handymen. These two exceptional groups donate their time, mileage, and talent month after month. Just last month, our drivers received over 30 requests for support in getting to medical and beauty appointments and to go shopping for groceries. Our handymen were busy moving appliances, replacing smoke alarm batteries, putting together file cabinets, and replacing an outdoor hose. The picnic was a small gesture of appreciation for this amazing group and a chance to get to know one another. A good time was had by all!



## Thank you to SAIL Volunteer Drivers and Handymen Volunteers!

Edith Anderson	Don Hendrikse	Angie Miles	Sue Stenzel	Don Haasl
Cathy Andrews	Charles Hoornstra	Joni Nowak	Judy Taylor	Don Hendrikse
Joanne Berg	Mary Ann Hunt	Julia O'Reilly	Barbara Whitlock	Phil Hodapp
Bill Ehlert	Lucy Lasseter	Tom Popp		William Mann
Becky Evans	Donna Lotzer	Mary Jo Sanford		Ken Martin
Barbara Gessner	Ken Martin	Cynthia Schott		Duncan McNelly
Sue Goldstein	Duncan McNelly	Jan Schur		Bob Topel

## Life's A Daring Adventure—Carpe Vitam!

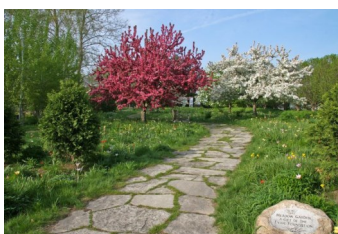
*(Continued from page 1)*

The workshop will include presentations and small group discussions. Galen Metz, new to the *SAILing into the future!* workshop series is a Madison author, speaker, consultant, magician, and retired healthcare Chief Information Officer of Group Health Cooperative in Madison. **To register, contact SAIL at 230-4321.**



**L to R: Mary Helen Conroy and Galen Metz**

## Bus Trip to Olbrich Gardens



**Thursday, August 15**  
**Leave Oakwood Village**  
**Heritage Oaks at**  
**9:15 a.m.**  
**\$5.00 covers the cost**  
**of the bus.**

SAIL Members are invited to join us for a trip to explore the beautiful Olbrich Botanical Gardens. We'll stop for brunch first at The Egg and I, then venture to Olbrich for self-guided tours of the 16-acre outdoor display gardens. The Bolz Conservatory will also be open and available to see for an extra \$2.00 admission fee. The bus will return to Oakwood by early afternoon. To register, call 608-230-4321 or visit [www.sailtoday.org](http://www.sailtoday.org) to register online.



**Thank you to the following SAIL donors for their generous contributions during the second quarter of 2019!**



**April 1—June 30, 2019 (Includes Endowment Fund Donors)**

**Golf Outing and In-Kind Donors**

Attic Angel Community	Gorman & Company	Monona Plumbing & Fire Protection
Cost Cutters	Gunderson Funeral & Cremation	Oakwood Village
Cress Funeral & Cremation Service	J&K Security Solutions	Riverplace Dental
Forward Development Group, LLC	JDog Junk Removal & Hauling	RSM US LLP
Gallina Management, Inc.	JSD Professional Services, Inc.	WPS Health Insurance
Barbara Gessner	Life Assist USA	

**SAIL Operating Council**

*In honor of Bob Topel & Tom Evans*

**Corporate and Foundation**

AmazonSmile      BrightStar Care  
First Business Bank

**In Kind**

Attorney John Mitby

**Member Donations**

Edith Anderson	Denise Morchand-Erwin
Joan Box	Pauline Scott
Sue Coats	Rick Sheridan
Jean Esch-Theobald	Daphne Newman Stassin
Edit First	Harold and Mary Stitgen
Sue Goldstein	Barb Winter

**Tech Tutoring**

Need help with your electronic device? 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 with all passwords and charging cables.

**Upcoming dates:**

**Monday, August 26, 10:00 a.m. to 12:00 p.m., Alicia Ashman Library, 733 N. High Point Road**

**Monday, September 9, 10:00 a.m. to 12:00 p.m., Monona Library, 1000 Nichols Road**

Call the SAIL office at 230-4321 for more information and/or to register. This service is free for Full Members (up to 4 sessions per year; \$15/session after) and \$20/session for Associate Members.

**Membership Matters Recap**

Our last meeting provided an opportunity for members to develop more in-depth ways to integrate recent member ideas into our programming. Discussions were led on the different types of strengths members have, including working with members as advocates, providing specific skill support, and finding ways to make a difference in your community. Join us at our next meeting on September 9 at the new Midtown Police Station on Mineral Point Road.



# 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.**

## **Lunch Bunch** Leaders: Lois Curtiss and Deb Hall

**East Side Lunch Bunch:** We will meet on August 15 at 11:45 a.m. at Ale Asylum, 2002 Pankratz Street in Madison.

**West Side Lunch Bunch:** We will meet Thursday, August 22 at Mid Town Pub, 2405 Allen Blvd. in Middleton

## **On Our Own** Leaders: Janice Gary and Karen Peterson

The On Our Own group encourages members and friends to attend our annual Midsummer Gathering event on **Tuesday, August 20.**



## **Triad Program: Prescription and Illegal Drugs/CBD**

**Wednesday, August 21 at 10:00 a.m.**  
**All Saints Neighborhood Community Room, 511 Commerce Dr., Madison**

The program will be led by Skye Tikkanen, the Drug Poisoning Prevention Manager with Safe Communities.



## **Sunday Movie Matinee: Poms**

**Sunday, August 25 at 2:00 p.m.**

**Oakwood Arts Center**

Starring Diane Keaton, Jacki Weaver, Pam Grier, Celia Weston, and Rhea Perlman.

## **Book Club Summer Book: *Sacajawea***

Leaders Jerry and Margaret Greeno

Book Club is on break for the summer. Pick up the summer book, *Sacajawea*, for an entertaining read, or check out the blog at [www.sailtodayblog.com](http://www.sailtodayblog.com) for more



## **Save the Date!**

### **Only Leaves Should Fall— Falls Prevention Event**

**Tuesday, September 24, 2019**

**Door Creek Church, 6602 Dominion Drive  
11:30 a.m. to 3:30 p.m.**

**Presented by Safe Communities. To register, call 608-441-3060**

Each year, one out of four people 65 years and older will fall. Once someone suffers from a fall, they are more likely to fall again. The good news is that falls are *not* a normal part of aging! The efforts of the Dane County Falls Prevention Task Force and partners are helping to alleviate the prevalence of falls among older adults in our community.

Lunch is provided and the event is free. Contact SAIL for transportation assistance.

SAIL is an active member of the Safe Communities Falls Prevention Task Force!

**SAILing  
into the future!**

## **Save the Date for New Workshop!**

**Aging 101: What is Normal and How Do I Proact to It?**


**Date/Location: October 28 in the Westmorland/Nakoma Room at Oakwood Village**

**Speaker: Dr. Alexis Eastman, Geriatrician**

Consult our website and SAIL Messenger for more details in the coming months!

# Calendar of Events — August 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](http://www.sailtoday.org).

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
 <b>Arts Month!</b>						
4	5	6	7	8	9	10
<b>Anastasia Trip</b> 1:00 p.m.					<b>Direct Primary Care</b> 11:00 a.m. Oakwood	
11	12	13	14	15	16	17
				<b>Olbrich Trip</b> 9:15 a.m.  <b>East Side Lunch Bunch</b> 11:45 a.m.		
18	19	20	21	22	23	24
<b>Hephaestus</b> 2:00 p.m.		<b>Midsummer Gathering</b> 5:45 p.m. Attic Angel	<b>Triad Program</b> 10:00 a.m.	<b>West Side Lunch Bunch</b> 11:30 a.m.		
25	26	27	28	29	30	31
<b>Sunday Matinee</b> 2:00 p.m. Oakwood	<b>Tech Tutoring</b> 10:00 a.m. Ashman Library	<b>Life's a Daring Adventure— Carpe Vitam!</b> 10:00 a.m. Oakwood				

Make sure to check out our Arts Month calendar for an arts event every day this month! Download the calendar at [www.sailtoday.org](http://www.sailtoday.org) or call 230-4321 to get a copy!

# News and Updates



## New SAIL Members

Judy Allen—Glen Oaks

Bob & Susan Drane—Middleton

Jean Sumi—Arbor Hills

Gloria Paul—Capital

Greta French—Glen Oaks

Dick and Martha Nawratil—Monona

Marilyn Jenkins—Verona

Carolyn Aradine—Midvale Heights

## A Message from AgeBetter Executive Director Ann Albert

As Nicole mentioned in her message, it's been a busy summer! In June, I had the opportunity to plan a special visit to SAIL member and universal design expert Jane Earl's home. The visit included our Affordable Housing project partner Gorman and Company's design team, plus members and volunteers from the AgeBetter board and SAIL. It was a great education on how to make our homes more livable for all ages and abilities. I'm also happy to report that we submitted our affordable housing funding application to Dane County last month. More to come...stay tuned!



*L to R: Sarah Ponko, Jen Curliss, Nelson Kling, Jane Earl, Sue Goldstein, Ted Matkom, and Dana Warren*

## On the Blog: Smart Computer Practices , Books for the Summer Months, and More!

The blog is really picking up since we started it over a year ago! Our newest posts feature great advice from SAIL Vendor Cris Carpenter about the Windows 7 computer operating system, some wonderful books for the summer months, and a personal story about our mindset on aging from SAIL member Gerry Campbell.

Here's a snippet of Cris's post. You can read the whole thing at [www.sailtodayblog.com](http://www.sailtodayblog.com). Thank you, Cris, for this helpful information!



**Question:** I'm hearing reports that Microsoft is going to discontinue support for Windows 7 early next year, and my computer runs that operating system. What should I do?

**Answer:** The short answer is that you don't need to do anything for the foreseeable future. Even if Microsoft discontinues support for Windows 7 the beginning of next year, and there is plenty of prior experience evidence they will probably back away from that threat, it won't make a difference to most computer owners for several years.

## Edgewood College

SAIL members are invited to meet with Edgewood College Nursing students 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.

## SAIL in the News!

SAIL Program Director Nicole Schaefer made an appearance on Channel 3's evening news in July, talking about SAIL's support for older adults in beating the heatwave! You can watch the clip on our website. Click the "News and Events" tab and then select "In the News." Thanks, Nicole, for being a friendly face and great resource for SAIL!





*\*Updated  
program date!*

## SAIL Bike Ride

by: Fred Ross  
Ready to go cycling?  
Our next SAIL bike  
ride is scheduled for  
**Thursday, August**

**15 at 9:00 a.m.** We will meet at the Odana Golf Course parking lot, 4635 Odana Rd. 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!

## SAIL Golf Outing Pictures—Sneak Peek

More to come in the September *Messenger*!  
Thank you to Pleasant View Golf Course and all of our golfers, sponsors, in-kind donors, volunteers, and staff who helped make this day such a success!



## July Highlights



*Top: West Side Lunch Bunch and Membership Matters*

*Bottom: Low Vision Support Group and Volunteer Driver & Handymen Picnic*

