



# The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

September 2019

## Upcoming Resource Fairs!

Make sure to mark your calendar for these upcoming resource fairs. Contact SAIL for more information.

**September 12:** AARP Catch Me If You Can Fair and Presentation

**September 18-20:** National Village Conference

**September 25:** Spirit of Aging Camp

**September 27:** Triad Conference & Expo

**September 27:** UW—Madison Colloquium on Aging

**October 9:** Madison Senior Center Health Fair

**October 23:** Wisconsin Alzheimer's Disease Research Fair

## Be Prepared: Go Bags and an October Challenge for Members

It was slightly over a year ago when we experienced the torrential rains that led to severe flooding in Madison and nearby communities. We were concerned when we heard about members living in a nearby apartment building who had to evacuate immediately following the storms. One of those members was Nancy Winton. Without her up-to-date emergency contact information, it took us a couple of weeks before finally getting in contact with her and learning that she and a neighbor had shared a room in three different hotels over this time period—as far away as Portage—before they could move back home. What Nancy didn't know is that SAIL could have provided her with a safe and accessible place to live among friends.

Nancy's story, along with the stories of other members, inspired us to develop a way to help members be better prepared for the unexpected. And, coincidentally, a new member of SAIL, Patrice Blanchard, came to us shortly after this with a passionate plea for SAIL to help its members with scenarios just like Nancy's. Turns out Patrice has lived in various parts of the country and has unfortunately experienced her fair share of emergency situations leading to her zealous and untiring work at helping others to "be prepared." *(Continued on page 4)*



## Only Leaves Should Fall — Falls Prevention Event

**Date/Time:** September 24 from 11:30 a.m. to 3:30 p.m.

**Location:** Door Creek Church, 6602 Dominion Drive

**This event, presented by Safe Communities, is free with lunch provided. To register, call 608-441-3060. Transportation will be provided by SAIL upon request.**

The efforts of the Dane County Falls Prevention Task Force and partners are helping to alleviate the prevalence of falls among older adults. Participants in this program will learn about local falls-prevention programs and classes; receive a variety of screenings provided by UW—Madison students, including blood pressure, balance, home safety, and medication; and participate in a Tai Chi demonstration. All participants will leave with their own report card, in addition to community resources and information about what to do next.

Staff member Becky Rogers represents SAIL on the Dane County Falls Prevention Task Force and will be assisting at the event.





### 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 Haasl (Secretary), Dianne Hopkins, Chris Klotz, Kathleen Larson, Alan Lukazewski, and Rick Sheridan.

## From the Office



### A Message from Program Director Nicole Schaefer

This month's calendar is filled with numerous opportunities to learn something new, socialize with friends and other members, and to attend many unique and local resource fairs. We're lucky to live in a community that provides an abundance of resources for all. Be sure to contact the SAIL office for any assistance with transportation or if you'd like

more information.

I'm excited to have the opportunity to travel to Chicago for the annual Village Conference taking place this month. SAIL is one of the oldest Villages and is a charter member of the growing Village to Village Network. There are now over 240 Villages in the nation. If you'd like to learn more about the movement, feel free to contact me!



Last month's Musical Midsummer Gathering featuring a dueling pianos performance provided great entertainment for everyone attending. Guests were able to request the music played the entire night and enjoyed the memories that came along with it—smiles lighting up the room the



entire evening. Member Gerry Campbell commented, "The chance for people to ask for songs and sing along made it wonderfully interactive!" Another member, Betty Stern commented, "This was the best Midsummer event ever!" Thank you to performers Leslie and Anthony Cao, event organizer Meghan Randolph, volunteer Charlotte Woolf, Attic Angel Place Dining Staff, and of course, our event sponsor BrightStar Care!

## SAILing into the future!

### Aging 101—What is Normal and How Do I Proact to It?

The *SAILing into the future!* team, led by member Don Haasl, has added a new workshop to the series! We hope you'll mark your calendars for:

**October 28, 10:30 a.m.—1:00 p.m., Oakwood Village Heritage Oaks Westmorland/Nakoma Room**



**Workshop leader:** Dr. Alexis Eastman is a faculty member in the Division of Geriatrics and Gerontology in the Department of Medicine. She serves as Co-Director of Clinical Operations for Primary and Specialty Care in the Division of Geriatrics and Gerontology, and as Medical Director of the Badger Prairie Health Center. Dr. Eastman has been named multiple times to the "Madison's Top Doctors" list. Register early by calling 230-4321 or sign up online at sailtoday.org. Space is limited.

# Volunteer News and Information



## A Message from Volunteer Coordinator Peggy York

Can you guess the two ingredients that make for a successful golf outing? Sunshine and enthusiastic volunteers! On July 31, we had plenty of both, not to mention the numerous volunteer hours spent planning and organizing prior to the big day. We truly appreciate everyone who volunteered to make this a very successful event!

In addition to our golf outing, we had nearly 30 transportation requests in August to help members get to the doctor, grocery store, and to SAIL events. Thank you to all of our drivers!

Finally, we will be hosting our annual Volunteer Appreciation Event on Wednesday, October 17. This event is one of our ways to show our volunteers just how much we value their support! A special invitation will follow by mail.



Volunteers Denise and Anna



SAIL member volunteers Sue and Lorrie

## Donor Advised Funds Educational Program

**Tuesday, October 22 from 1:30 p.m. to 2:30 p.m. at Oakwood Village Westmorland/Nakoma Room, 6205 Mineral Point Rd.**

You probably noticed some tax law changes this year when finishing your tax return. The changes created with the 2018 Tax Cuts and Jobs Act made **Donor Advised Funds (DAF)** more attractive to many donors. You can learn more about this fast-growing charitable giving vehicle, the DAF, to see if it might be right for you.

This year, we are pleased to co-sponsor a donor education event on this special topic with the Oakwood Foundation. The event will feature two local experts: David Koehler of the Madison Community Foundation and E.G. Schramka of the Goodman Foundation. You'll soon receive a letter inviting you to this educational program and hope you will join us! Apple-themed refreshments will be included. Feel free to bring a guest.

## SAIL Sunday Ride

SAIL volunteers have expressed interest in providing another Sunday Drive. This is a wonderful opportunity to enjoy a fall ride to a location of your choice in or near Madison. If you would like to learn more about this benefit or are interested in a fall ride, please contact us at 230-4321. A special thank you to all of our volunteers who have helped turn this new benefit into such a success!



## Membership Matters *by Leader Dorit Bergen*

Our next meeting is **Monday, September 9 from 1:30 p.m. to 3:00 p.m. at the Midtown Police Station, 4020 Mineral Point Rd.** Our packed agenda will include planning for SAIL's 15th birthday next year, continuing our conversation on how we can better incorporate member talents and contributions, and develop ideas on how to increase our diversity. Based on member suggestions, we'd also love to hear your feedback on the idea of a 24-hour advocate service. Call 230-4321 if you are interested in attending—we hope to see you there!



# Upcoming Events and News

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## Tech Tutoring

Whether you need help with your cell phone, computer, or tablet, 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 device, along with a list of questions with all passwords and charging cables.

### Upcoming dates:

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

**September 23, 1:00 p.m. to 3:00 p.m., Ashman Library, 733 High Point Road**

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

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## Be Prepared *(Continued from page 1)*

Moving forward on the numerous ways to help members in this way will lead to safer and healthier lives for older adults in our community—people who are prepared for just about anything that comes their way. So, where do we start? Well, we've already started! We're excited to report that the recently created Be Prepared Task Force has been hard at work these past few months and, on September 17, will be assembling SAIL member 'Go Bags' to be distributed at the annual SAIL Vendor Fair in November!

What can YOU do? Participate in the **Be Prepared Challenge** throughout the month of October! Prior to October 1 you'll receive a checklist of the many items we suggest you work on and complete—we all work at different speeds so we don't expect the list to be completed in one month, but we do hope you'll get started and keep at it. The list will include items to prepare such as advance directives, emergency contacts, emergency access to your home, etc.

If you'd like to help with fine-tuning the checklist and other Be Prepared activities, be sure to attend the Membership Matters meeting on **September 9**. And, of course, attend the SAIL Vendor Fair in November. Thank you to our Task Force members: Patrice Blanchard, Beth Campbell, Janice Gary, Joan Heitman, Carolyn and Pharis Horton, Ellyn Satter, Intern Student Meggie Acker, and SAIL staff.

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## SAIL 5th Annual Golf Outing Update

Our 5th Annual Golf was another huge success! Thanks to our Chairperson Donna Ploc, and all of our golfers, volunteers, sponsors, and in-kind donors, we raised close to \$17,000! A great big thank you to each and every one of you. Proceeds help to support SAIL programs, events, and members with low income.



## 90's Coffee

If you are age 90 or better (or close to 90!), please join us **Thursday, October 3 at 10:00 a.m. at Blackhawk Country Club** for a gathering to socialize and enjoy coffee, tea, fresh fruit, and delicious Danish rolls and muffins. To register for this free event, call SAIL at 230-4321 by September 26.

Transportation is available upon request.

*Thank you to Member Lois Curtiss for sponsoring this event!*

# Monthly Member Groups and Events

## Attic Angel Lectures

The lectures are held in the Community Room at Attic Angel Place, 8301 Old Sauk Road, Middleton. Coffee is served at 10:00 a.m. and the program begins at 10:30 a.m.

### Monday, September 2

No program—Labor Day holiday.

### Monday, September 9

Dane County Immigration Affairs  
Fabiola Hamdan, MSSW, Immigration Affairs Specialist, Dane County Department of Human Services

### Monday, September 16

Refugee Resettlement in Madison  
Dawn Berney, Executive Director, Jewish Social Services

### Monday, September 23

The Playing Field and Attic Angel's 130th Birthday  
Abbi Kruse, Executive Director, The Playing Field

### Monday, September 30

Learn About Just Bakery—A Madison Urban Ministry Initiative to Offer Culinary Life Skills Education  
Carmella Glenn, Coordinator, Just Bakery

## On Our Own

*Leaders: Janice Gary and Karen Peterson*

Join us as we take a trip to the Vilas Zoo on **Monday, September 16** at 10:00 a.m. SAIL Volunteer Coordinator Peggy York will join the group and share memories from when her dad worked at the zoo. We will plan to get lunch at Zuzu's afterwards. Contact SAIL at 230-4321 to register.



## Sunday Movie Matinee: Rocketman

**Sunday, September 29 at 2:00 p.m.,  
Oakwood Arts Center**

## Men's Roundtable *by Member Fred Ross*

**Tuesday, September 10, 10:00 a.m. at  
Oakwood Village Heritage Oaks Social Room**

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. We're sometimes serious, sometimes not; but we're always welcoming and we're never argumentative. Join us. You'll be glad you did!

## SAIL Book Club *Leaders: Jerry and Margaret Greeno*

**Wednesday, September 18, 1:30 p.m.**

All are welcome to join us at Sequoya Library as we dive into discussing our summer book *Sacajawea*. The library will also have our next book available, *High Tide in Tucson* by Barbara Kingsolver. Thank you, Jerry and Margaret, for leading the group again this year!

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

**East Side Lunch Bunch:** We will meet on Thursday, September 19 at 11:30 a.m. at the new Buck & Honey's in Monona, 800 W. Broadway

**West Side Lunch Bunch:** We will meet on Thursday, September 26 at 11:45 a.m. at Imperial Gardens, 2039 Allen Blvd., Middleton

## Triad Pre-Winter Car Check

**Wednesday, October 9, 9:00 a.m.—3:00 p.m.**  
West Madison Triad (SAIL is an active member) is hosting their annual free pre-winterization car check (must be age 50 or better). The assessment will take place at the West Towne Firestone, 7105 Mineral Point Rd. Call the SAIL office at 230-4321 to sign up by October 2!

# Calendar of Events — September 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	4	5	6	7
	<b>Labor Day-</b> <b>SAIL office</b> <b>closed</b>					
8	9	10	11	12	13	14
	<b>Attic Angel</b> <b>Lecture</b> 10:00 a.m.  <b>Tech Tutoring</b> 10:00 a.m. Monona Library  <b>Membership</b> <b>Matters</b> 1:30 p.m. Midtown Police Station	<b>Men's</b> <b>Roundtable</b> 10:00 a.m. Oakwood Social Room	<b>AgeBetter</b> <b>Coffee</b> <b>Discussion</b> 10:30 a.m. Oakwood Social Room	<b>AARP Catch</b> <b>Him If You</b> <b>Can</b> 6:00 p.m. Overture Center		
15	16	17	18	19	20	21
	<b>Attic Angel</b> <b>Lecture</b> 10:00 a.m.  <b>On Our Own</b> 10:00 a.m. Vilas Zoo	<b>Be Prepared</b> <b>Work Day</b> 12:00 p.m. Middleton Fire Station	<b>Book Club</b> 1:30 p.m. Sequoya Library	<b>East Side Lunch</b> <b>Bunch</b> 11:30 a.m.		
			Village Network Conference			
22	23	24	25	26	27	28
	<b>Attic Angel</b> <b>Lecture</b> 10:00 a.m.  <b>Tech Tutoring</b> 1:00 p.m. Ashman Library	<b>Only Leaves</b> <b>Should Fall</b> 11:30 a.m. Door Creek Church	<b>Spirit of Aging</b> 8:30 a.m. Union South	<b>West Side</b> <b>Lunch Bunch</b> 11:45 a.m.	<b>Triad Safety</b> <b>Expo</b> 8:00 a.m.  <b>Institute of</b> <b>Aging Fair</b> 8:00 a.m.	
29	30	<b>Coming up in October!</b> October 3: SAIL 90's Coffee October 15: On Our Own Identity Fraud Protection Program October 16: Caregiver Celebration October 22: Donor Advised Funds October 23: Madison Area Master Gardener Program October 28: <i>SAILing into the future!</i>				
<b>Sunday</b> <b>Matinee</b> 2:00 p.m. Oakwood	<b>Attic Angel</b> <b>Lecture</b> 10:00 a.m.					

# News and Updates



## New SAIL Members

Greta French—Glen Oaks  
Sandra Haynes—Cherokee  
Marilynn Jenkins—Verona

Lois Mueller—Fitchburg  
Charis Stephenson—Westmorland  
Jane Taves—Town of Middleton



## A Message from AgeBetter Executive Director Ann Albert

I'm so proud of the amazing and talented SAIL team: Director Nicole Schaefer, Member Services Assistant Becky Rogers, and Volunteer Coordinator Peggy York. Every day I witness their dedication, creativity, expertise, and genuine love of their work— and, of course, you, our members, are so appreciative and helpful with your feedback. Keep it coming! This is **your** membership program and we appreciate hearing from you!

It's been almost a year since SAIL's parent organization rolled out its new name, AgeBetter, Inc. As the leader of AgeBetter, it's been so exciting to work on new ways to enhance the lives of older adults in our community in addition to SAIL—most recently in the area of affordable housing. We hope to receive funding approvals by the City and the County later this fall—this will pave the way to a formal application to WHEDA in late December. Thank you to our partner Gorman and Company for the excellent leadership and support thus far!

It's great to think about how we can all "AgeBetter"—lifelong learning, good food, affordable and age-friendly housing, meaningful relationships, contributing our time and talents to help others, and more. If you'd like to learn more about AgeBetter, Inc. and future plans, please join me for a special coffee hour on Wednesday, September 11 at 10:30 a.m. in the Heritage Oaks Social Room.

## Identity Theft Prevention

*Sponsored by SAIL's On Our Own Group*

**Tuesday, October 15 at 10:30 a.m. at Oakwood Village Heritage Oaks, 6205 Mineral Point Rd.**

Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are. Jeff will explain the different types of identity theft, how to recognize it and how to prevent it—including information about Fraud Alerts and Security Freezes. Receive tips for safeguarding personal information and how to spot the red flags of a scam.



### About the Presenter:

Jeff Kersten is the Agency Liaison for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP). Jeff has over 12 years of experience as a police officer and is a prior Consumer Protection Investigator for the Bureau of Consumer Protection.

## On the Blog *by Meghan Randolph*

Our blog continues to gain more readers each week! SAIL Member Chris Klotz recently wrote a wonderful piece on being prepared for hospital stays to make yourself as comfortable as possible. Also, Marketing Coordinator Meghan Randolph reflects on how the arts shape our lives at any age. Keep your eyes peeled for a future article by SAIL Council Member and Pharmacist Alan Lukazewski on drugs like Prilosec, Nexium, and Protonix and the adverse effects they have on kidneys.

One of many nice things about the blog is you can always go back and read earlier posts—they never disappear! If you have an idea for something to contribute that you believe can help our members learn, reflect, or find joy, please email us at [info@sailtoday.org](mailto:info@sailtoday.org) to let us know! Find the blog at [www.sailtodayblog.com](http://www.sailtodayblog.com).



## UW Research Project

UW-Madison researchers are interested in talking with older adults who are experiencing mobility issues due to the current design of their home and are considering having their home modified.

**Eligibility:** Adults who are 60 years of age or better, have difficulty doing daily activities, plan to live at their current home for the next 12 months, and are interested in signing up for home modification services.

**Participation includes:** Four 1-1/2-hour visits to your home by a researcher, where they will ask about challenges you face in doing daily activities in your home and will also ask you to wear a small camera for 24 hours and wristband for 48 hours.

**Compensation:** In addition to supporting research, participants will receive \$50 after the completion of the study, a free home assessment, and up to \$1,000 worth of home modifications.

**Interested?:** Contact SAIL at 230-4321 or Youhung Her-Xiong at 608-571-2580 or email [ageinplace@sohe.wisc.edu](mailto:ageinplace@sohe.wisc.edu).

## Dane County Recreational Transportation

The Dane County Transportation Department has developed recreational trips for older adults and those with disabilities. These activities are open to those living in the designated areas on the flyers. To sign up for a ride, contact Transit Solutions at 608-294-8747.

For questions or to receive a copy of the calendar based on your location, contact SAIL at 230-4321



## University League

Member Kay Jarvis-Sladky invites you to attend a presentation by Kaleem Caire, "One City Today: Transforming Early Education" on Tuesday, September 10 at 9:30 a.m. at Blackhawk Country Club. Non-members are welcome. Contact SAIL if interested.

## Gardening Brings Joy Wherever You Live

Members Joan Box, Janice Gary, and Charlotte Woolf know first-hand the joys of gardening. The beauty of this life passion is you can enjoy it wherever you live—at a private residence, at a condo, or at an apartment. Joan, Janice, and Charlotte also have plenty of great tips for those who are challenged by hungry rabbits or other factors that create havoc with their plants. Feel free to contact SAIL if you'd like to glean some free advice from one of these women as you plan for next year's garden project! As Joan said, "gardening makes me feel more like myself...growing and just doing something positive!"



*Top Left: Joan Box*

*Top Right: Janice Gary*

*Bottom: Charlotte Woolf*



## AARP Wisconsin Fraud Watch Network

**Date and Time:** Thursday, September 12 from 6:00 p.m. to 8:30 p.m.

**Location:** The Overture Center for the Arts, 201 State St.

**Cost:** Free

Join AARP Wisconsin for a presentation by Frank Abagnale—one of the world's most respected authorities on forgery, embezzlement, and secure documents—on how to spot and avoid scams so you can protect yourself. With Imposter Scams on the rise and 1 in 5 persons losing money during the scam, now is the time to learn the do's and don'ts from the expert! Seats are limited for the event and registration is required.

6:00 p.m.—Community Resource Fair

7:00 p.m.—Frank Abagnale Presentation

Contact SAIL at 230-4321 to register or visit [www.local.aarp.org](http://www.local.aarp.org).



## Spirit of Aging Camp

**Date and Time:** Wednesday, September 25 from 8:30 a.m. to 2:00 p.m.

**Location:** Union South on UW's campus, 1308 W. Dayton St.

**Cost:** Free; **RSVP by September 10**

You are invited to the first-ever Spirit of Aging Camp at Union South on the University of Wisconsin—Madison campus. At this **FREE** event, health and wellness experts, community members, and industry professionals will share strategies and resources for aging in a healthy and happy way. Hear from one community member who designed her home to be a safe place as she ages. Learn new and easy exercises and stretches that fit your lifestyle. Discover healthful foods that UW researchers recommend for aging brains and eyes. This energizing and interactive day at camp will provide you with the tools to help you feel empowered to thrive as you age.

For more information, contact Bianca Johnson at 262-2110 or [agingcamp@ophth.wisc.edu](mailto:agingcamp@ophth.wisc.edu).

### Agenda

8:30 a.m.—Registration

9:05 a.m.—Camp welcome

9:15 a.m. Your Home, Your Way

10:00 a.m.—Living Your Best Life

11:30 a.m.—Delicious Dining

1:00 p.m.—Moving Mountains

2:00 p.m. Camp concludes



## 17th Annual RSVP/Triad of Dane County & Triad of Wisconsin Crime Prevention and Safety Conference & Expo

**Date and Time:** Friday, September 27 from 8:00 a.m. to 4:00 p.m.

**Location:** American Family Insurance, 6000 American Parkway, Madison

**Cost:** \$35, which includes continental breakfast, lunch, and materials.

**To register:** A printable registration form is available at [rsvpdane.org](http://rsvpdane.org) or you can call 608-441-7897. You can also call SAIL at 608-230-4321 if you'd like us to send you one.

This one-day event includes speakers, workshops, and resource tables providing valuable information on topics related to crime prevention and safety. Workshops include travel safety, current drug trends, loneliness and social isolation, aging in place, and more!



## University of Wisconsin's 31st Annual Colloquium on Aging

**Date and Time:** Friday, September 27 from 8:00 a.m. to 1:30 p.m.

**Location:** Gordon Dining & Event Center, 770 W. Dayton St.

**Cost:** Free and open to the public; registration required.

**To register:** Visit [www.aging.wisc.edu/outreach/colloquium.php](http://www.aging.wisc.edu/outreach/colloquium.php) or contact SAIL at 230-4321

**Who Should Attend?** Anyone interested in positive aging, including the general public and professionals working with older adults.

**Health & Resource Fair:** Dozens of local organizations will offer resources to improve quality of life as we age.

**Poster Session and Awards:** UW—Madison faculty, students, and advanced trainees will present research posters and compete for a New Investigator Award in aging research.

### Presentations:

#### **Keynote—TimeSlips: Making Meaning and Connection Beyond Memory**

Anne Basting, PhD; *Founder, TimeSlips; UW—Milwaukee Professor of Theatre; MacArthur Fellow*

#### **Are There Benefits to Standing Up and Moving More?**

Kelli F. Koltyn, PhD; *Professor, Dept. of Kinesiology, UW—Madison*

#### **Presbyopia & Glaucoma: Two Diseases, One Pathophysiology?**

Mary Ann Croft, MS; *Distinguished Researcher, Dept. Ophthalmology & Visual Sciences, SMPH, UW—Madison*

#### **Midlife Adult Health and Well-being: Signs of Despair or Rays of Hope?**

Lauren M. Papp, PhD; *Professor, Human Development & Family Studies, UW—Madison*