



# The MESSENGER

*...keeping you connected!*

A MONTHLY PUBLICATION

October 2019

## SAIL Membership Benefits

- At Your Service Information and Assistance
- Access to:
  - ◆ Pre-screened Service Providers
  - ◆ SAIL's *Tech Tutoring 4 You* Sessions
  - ◆ Information and/or Referrals to Community Resources & Professional Service Members
  - ◆ Selected Programs at Attic Angel Community and Oakwood Village
- Invitations to Interest Groups, Social, and Educational Events (rides provided)
- SAIL Monthly *Messenger*
- Shredding at SAIL
- Volunteer Opportunities
- Discounts on:
  - ◆ Life Assist Personal Emergency System
  - ◆ Madison School and Community Recreation Programs
- Rise & Shine Check-in
- In-home Technical Help
- Transportation and Other Volunteer Services
- Medication Reviews
- House Checks
- Mattress Flipping & Perks
- Notary Service

SAIL offers two membership levels. Call or email us for more information!

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

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

Mark your calendars for a new *SAILing into the future!*

workshop that will discuss the Grand Universal Theory of Aging and some of the challenges older adults face as they age. Small group discussions will provide an opportunity to further dive into these topics and develop approaches to help you feel more content. To register, call 230-4321, email [info@sailtoday.org](mailto:info@sailtoday.org) or sign-up online.

**Date/Time:** Monday, October 28 from 10:30 a.m. to 2:00 p.m.

**Place:** Oakwood Village Heritage Oaks, 6205 Mineral Point Rd., Madison

**Cost:** \$10/Full Members; \$20/Associate Members; \$30/Non-members

*\*Scholarships available —contact the SAIL office at 230-4321.*



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 Doctor's" list.

Thank you to our workshop sponsor: 

## Vendor Fair, Go Bag Distribution, and October Challenge

**Date/Time:** Friday, November 1 at 11:00 a.m.

**Location:** Good Shepherd Lutheran Church, 5701 Raymond Rd., Madison

**Cost:** 1 canned good to donate to the local food pantry

Join us for our annual Vendor Fair for an opportunity to meet many of our vendors and learn more about the services they offer. And, in addition to a brief program, enjoy lunch and time to socialize with fellow members!

Thanks to the work of the SAIL Be Prepared Task Force and grants from AARP and Oakwood Foundation, we will be introducing and distributing Emergency Go Bags and resource guides to members. A sincere thank you to everyone who provided guidance to the Be Prepared Task Force and staff relating to this project! (continued on page 7)



## 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

September provided SAIL a multitude of opportunities to explore and discover ways for SAIL to continue to support you, our members!

The Membership Matters meeting provided insight to the number of ways members give back to their community, suggestions on how SAIL can celebrate our 15th anniversary next year, and opened up a conversation on diversity and inclusion within SAIL. Thank you to SAIL member Dana Warren for leading the discussion on diversity and developing a task force to further develop strategies. If you are interested in taking part in this task force, please contact the SAIL office at 230-4321.

Ann and I also had the opportunity to attend the Village to Village Conference in Chicago this past month. We enjoyed interacting with over 200 Villages around the United States, Australia, and New Zealand and learning how they've addressed some of the same topics, including diversity, intergenerational communities, and resources to help older adults age safely wherever they call home. It's incredible to see how far this movement has grown! A huge thank you to the SAIL staff and volunteers who helped keep the office running smoothly while Ann and I were gone!



### Donor Advised Funds Educational Program

**Date/Time:** Tuesday, October 22, 1:30 p.m.—3:00 p.m.

**Location:** Oakwood Village Westmorland/Nakoma, 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!



### Madison Resident Roll Out Service

If you live in the Madison area and are in need of assistance with bringing your garbage and recycling bins to the curb for pick up, contact SAIL at 230-4321 to learn more about the free Roll Out Service provided by the Madison Streets Division.

# Volunteer News and Information



## A Message from Volunteer Coordinator Peggy York

September proved to be a busy month for SAIL Volunteers! In one case, our Handymen teamed up to rearrange furniture to accommodate a visiting family. They've changed ceiling light bulbs for many of our members, packed a few moving boxes, and checked out a squeaky door. A unique request came in when a member asked for help with navigating their new car equipment and, you guessed it, our handymen were there to help!

Meanwhile, our drivers were kept busy with an average of 1 ride a day this month! Between social events, library visits, clinic and salon appointments, and church events, our drivers stepped up and supported so many of these rides.

We are very grateful for our volunteers' time and their commitment and we look forward to expressing this at our upcoming **Volunteer Appreciation Event on Thursday, October 17**. A formal invite has been mailed to each and every one of this dedicated group. Thank you all!



## The SAIL Way!

"If you can dream it, you can do it!" This is the Disney quote that SAIL member Mary Lathrop takes around the world in her travels to give to schools, youth organizations, and some

**Mary Lathrop and a local Iceland fisherman**

adult leaders. It is also the motto Mary, a retired inner-city teacher, lives by as she overcomes some health concerns. While she is feeling good, she is fulfilling her travel dreams! Since April 2017, she has traveled to South Africa, Zimbabwe, Botswana, India, Australia, Vietnam, Iceland, and Japan, with more travel on the horizon. Mary says dreaming/doing is the SAIL way and is the way for SAIL members!



## Voter Photo ID

Election season is coming up! Thank you to SAIL member Gail Bliss for sharing a very helpful flyer that details

acceptable ID's to show at the polling place and how to go about voting with an absentee ballot. The flyer also describes the three steps it takes to obtain a free Voter ID for those who may not have a valid ID and are U.S. citizens, as well as the documents you'll need to bring with you.

Check out our blog to read more about voting and how to prepare for the next election—[www.sailtodayblog.com](http://www.sailtodayblog.com). If you'd like a copy of the flyer, contact the SAIL office at 230-4321 or [info@sailtoday.org](mailto:info@sailtoday.org).

## Triad Madison West Upcoming Events

**Pre-Winter Car Check on Wed., 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.

**Monthly West Madison Triad Program on Wed., Oct 23, 10:00 a.m.** at Brookdale Senior Living, 413 S. Yellowstone Dr. The topic is on Estate Planning with guest presenter Tim Sugar of Neider & Boucher, SC.



# Upcoming Events and News

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## Tech Tutoring

Whether you have a question or are in need of 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:

**Monday, October 21, 1:00 p.m.—3:00 p.m. at Ashman Library, 733 High Point Road**

**Monday, November 4, 10:00 a.m.—12:00 p.m. at Monona Library, 1000 Nichols 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/session for Associate Members.

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## On Our Own: Identity Fraud Protection

All members are invited to join us on **Tuesday, October 15 at 10:30 a.m.** at Oakwood Village Heritage Westmorland/Nakoma Room for a discussion on identity theft and how to protect yourself. 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 Kersten from the Wisconsin Bureau of Consumer Protection 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. You will also be given helpful brochures to take home with you.

Thank you to the On Our Own leaders Janice Gary and Karen Peterson for sponsoring this program!

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## Upcoming Fairs

*Be sure to check out SAIL's booth at these events!*

**Madison Senior Center Health and Resource Fair**  
Wednesday, October 9, 9:00 a.m. to 12:00 p.m.

The Health & Resource Fair is designed to be a one stop shopping experience for information about health, safety, and aging independently. Older adults of all ages will find useful information. It also provides valuable information for caregivers and adult children. Features include a vendor fair, professional presentations, and the opportunity to meet and network with like-minded people.

**Wisconsin Alzheimer's Research Fair**

Wednesday, October 23, 5:00 p.m. to 8:00 p.m.

This free community education event offers news about cutting-edge research in Alzheimer's disease and provides information to help people improve brain health and live healthier lives.



## SAIL Fall Bus Trip

Join us on **Thursday, October 24** as we embark on our annual fall bus trip! This year, we will venture up to the Norske Nook Restaurant & bakery in DeForest for lunch, where they're known for their mix of Norwegian and American standards, as well as their homemade award-winning pies. Afterwards, we will drive through the Goose Pond Sanctuary just north of DeForest and enjoy some of the beautiful fall colors.

We will leave from the Heritage Oaks lobby at Oakwood Village, 6205 Mineral Point Rd., at 10:30 a.m. and will return in the early afternoon.

**Cost:** \$5 to cover the cost of the bus.

# 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, October 7

Community Outreach Mental Health Division  
Sergeant Sarah Shimko, Madison Police Dept.

### Monday, October 14

Everything and the Kitchen Sink: Local Food  
Business Incubation at FEED Kitchens  
Chris Brockel, Manager, FEED Kitchens

### Monday, October 21

Anabaptist Communities: Amish, Mennonite, and  
Hutterites

Lisa Weaver, Director, Children's Ministry at  
Bethany United Methodist Church—Madison

### Monday, October 28

What We Do for our Community at Madison Urban  
Ministry  
Shawna Lutzow, Volunteer and Community  
Engagement Coordinator

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

**East Side Lunch Bunch:** We will meet on Thursday,  
October 17 at 11:30 a.m. at Doolittle's Woodfire  
Grill, 4323 East Towne Blvd., Madison

**West Side Lunch Bunch:** We will not meet this  
month. Instead, we encourage members to join us  
on SAIL's bus trip. See page 4 for more details.



## Sunday Movie Matinee: Red Joan

Sunday, October 27 at 2:00 p.m.,  
Oakwood Arts Center

Loosely inspired by a true story, this  
dramatized biopic shifts between  
two eras as it recounts the tale of Joan Stanley, a  
longtime British spy for the KGB who sees her  
peaceful suburban retirement abruptly shattered  
when she's arrested for treason.

## 90's Coffee

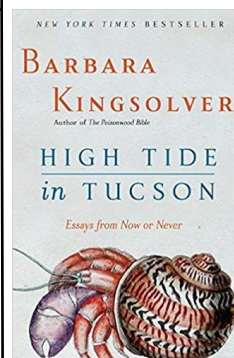
If you are age 90 or better (or close to 90!),  
please join us **Thursday, October 3 at 10:00 a.m.**  
at **Blackhawk Country Club** for a gathering to  
socialize and enjoy coffee, tea, fresh fruit, and  
delicious Danish rolls and muffins. To register for  
this free event, call SAIL at 230-4321.

Transportation is available upon request. ***Thank  
you to Member Lois Curtiss for sponsoring this  
event!***

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

**Tuesday, October 8, 10:00 a.m. at Oakwood  
Village Heritage Oaks Social Room**

In today's cankered and polarized political  
environment, opportunities for a civilized, non-  
confrontational chat on current matters is hard to  
find. Well, here's an opportunity! Once a month,  
men of SAIL gather over coffee and rolls to discuss  
most anything. We're sometimes serious,  
sometimes not; but we're always welcoming and  
never argumentative. Try us out and see!



## SAIL Book Club *Leaders:*

*Jerry and Margaret Greeno*

Join the SAIL Book Club on  
**Wednesday, October 16 at  
1:30 p.m. at Sequoya Library.**

This month, the group will  
discuss *High Tide in Tucson* by  
Barbara Kingsolver and her  
return to her familiar themes of

family, community, the common good, and the  
natural world throughout a variety of essays.

## Madison Area Master Gardener Event

This Master Gardener event will take place at  
Oakwood Village in the Nakoma/Westmorland  
Room, 6205 Mineral Point Rd. on **Wednesday,  
October 23 at 7:00 p.m.** Art DeSmet will lead  
the topic on the great English Gardens from the  
Tudors to the Georgian periods.

# Calendar of Events — October 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
				90's Coffee 10:00 a.m. Blackhawk Country Club		
6	7	8	9	10	11	12
	Attic Angel Lecture 10:00 a.m.	Men's Roundtable 10:00 a.m. Oakwood Social Room	Triad Car Check Firestone Madison West Madison Senior Center Fair 9:00 a.m.			
13	14	15	16	17	18	19
	Attic Angel Lecture 10:00 a.m.	Identity Fraud Protection Program 10:00 a.m. Oakwood	Caregiver Celebration 9:00 a.m. Book Club 1:30 p.m. Sequoia Library	East Side Lunch Bunch 11:30 a.m. Volunteer Celebration 5:00 p.m.		
20	21	22	23	24	25	26
	Attic Angel Lecture 10:00 a.m. Tech Tutoring 1:00 p.m. Ashman Library	Donor Advised Funds 1:30 p.m. Oakwood	Triad Program 10:00 a.m. Alzheimer's Research Fair 5:00 p.m. Madison Area Master Gardener Program 7:00 p.m.	SAIL Bus Trip 10:30 a.m.		
27	28	29	30	31		
Sunday Matinee 2:00 p.m. Oakwood	Attic Angel Lecture 10:00 a.m. Aging 101 10:30 a.m. Oakwood Village			Happy Halloween! 		

# News and Updates



## New SAIL Members

Ellen & Marshall Cook—Sunset Village

Jim and Pat Moore—Westmorland

Lil Genskow—Monona

Lori Whitman—McFarland



## A Message from AgeBetter Executive Director Ann Albert

Thank you to those who joined me for coffee last month to learn more about AgeBetter, Inc. (SAIL's parent organization). We covered a lot of topics and the discussion affirmed the wonderful synergy that exists with SAIL and AgeBetter's other projects relating to senior affordable housing, a training and education center for those working with older adults, and a farm-to-table/community garden program promoting locally grown foods, socializing, learning, and nutrition. If you have any questions or interests in these topics, please let me know!

We're gearing up for SAIL's annual appeal which will begin in late October. I hope you will join me in supporting SAIL's evolving services and programs. Without you, we wouldn't exist! Thank you!

## SAIL Service Providers

Our pre-screened service provider listing continues to be one of our most used benefits, providing each of our members access to support they can trust in a variety of categories. At SAIL, we enjoy following up with our members when we know they've worked with a vendor to hear their feedback. Here are just a few comments we've received:

- Rick is fabulous, terrific! 5 out of 5 stars! (handyman help)
- Cris came over and worked his magic! I'm so pleased! (tech support)
- Ryan did a great job cleaning my carpets. The floor and chairs look great!
- I think Regina is very good at what she does. One massage with her helped eliminate some pain I've been having. I'm going to see her again.

Have you worked with a vendor recently or are you in need of some help around your house? Contact us at SAIL for help and to share your feedback—608-230-4321!

## Vendor Fair (continued from page 1)

As you look forward to the Vendor Fair on November 1, make sure to participate in our **Be Prepared Challenge** throughout the month of October! We recently mailed all members a checklist of the 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. Contact us at 230-4321 if you have any questions.

## Caregivers: Make Time for Joy!

The ADRC (Aging & Disability Resource Center of Dane County) is hosting a celebration for caregivers of people with Alzheimer's and Dementia and older adults on **Wednesday, October 16 from 9:00 a.m. to 3:00 p.m.** at Lussier Family Heritage Center, 3101 Lake Farm Rd. This event is a wonderful opportunity to enjoy activities indoors and out; time for centering, relaxing, and pampering. Connect with other caregivers and aging services professionals. Respite care and activities for care partners will be on-site. Interested? Contact Joy Schmidt at 608-240-7472.



## Share SAIL!

(Please mail to SAIL at 6209 Mineral Point Rd. Suite 210, Madison, WI 53705)

The person below may be interested in learning more about opportunities within SAIL including membership, vendor program, becoming a donor, or volunteering:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

This person is interested in becoming a:

☐ Member    ☐ Vendor    ☐ Donor    ☐ Volunteer

### September Highlights



**Top L to R:** Only Leaves Should Fall and UW Spirit of Aging Camp

**Bottom L to R:** East Side Lunch Bunch, On Our Own's Trip to the Zoo, and AgeBetter, Inc. Coffee



### A Message from this Month's Messenger Sponsor:

Everything is changing today thanks to new technology, and home care is no exception. If you hire a caregiver for yourself or a loved one, no matter which company you choose, it is likely that individual will use a mobile device to view their work schedule, clock in and out, and perhaps to view specific instructions for their visit. While some clients might be less than thrilled to see their caregiver interacting with a device during each visit, this technology can bring real improvements to the services home care agencies provide. For one, this technology can issue alerts if the scheduled caregiver doesn't show up to work. Also, having the plan of care in a digital format allows for changes to be made quickly as you or your loved one's needs change. However, technology is only as good as the team utilizing it. No matter what platform your home care company uses to deliver care, you still want to have confidence in the quality of the staff they hire to provide the care. And the plan of care still needs to be written by a qualified individual who will continue to monitor the care provided. So, when you're selecting a home care provider, ask about their technology, and also make sure you ask about the quality of their staff. And, ask about the plan of care: who writes it, is it customized, and how is it monitored? If you'd like more tips and information about choosing a home care provider, call us at 608-441-8620 to request a free Home Care Planning Guide.

  
A HIGHER STANDARD OF HOME CARE