



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

November 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!

Comprehensive Medication Reviews

We are excited to team up with the Pharmacy Society of Wisconsin to offer two full days of comprehensive medication reviews to our members. The reviews can help identify potential problems and assess your risk of a negative drug reaction. As your medications increase, you are more likely to experience dizziness, falls, bathroom incontinence, confusion, or other issues. Here are details about the upcoming reviews:

Dates: Wednesday, November 6 and Thursday, December 12

Location: Oakwood Village University Woods

Cost: Free! Participants will receive a \$25 gift card.

The review includes up to one hour with a registered pharmacist to go over your medications, including prescriptions, over-the-counter medications, and vitamins. Timeslots will run between 9:00 a.m. and 3:30 p.m. Limited spots are available each day. **To register for your one-hour slot, contact SAIL at 230-4321 or info@sailtoday.org.**

Feedback shared by members who received medication reviews this year:

It was wonderful! The pharmacist was knowledgeable as well as dynamic. She had a student with her, as well, who made helpful comments from time to time. It is a wonderful service that SAIL provides. What an empowering experience!

The review was wonderful! It couldn't have been better! The pharmacist confirmed that there was indeed a negative interaction happening with two of my meds and she'll follow up with my doctor. I'm thrilled!

Emergency Go Bag Distribution

Our Go Bags are ready! Thanks to the hard work of the SAIL Be Prepared Task Force and support from AARP Wisconsin and Oakwood Foundation, we will be distributing Emergency Go Bags and resource guides to members beginning at our Vendor Fair. We will continue to distribute the bags at upcoming member events over the coming months, including our next Membership Matters meeting on Monday, November 11.

A sincere thank you to everyone who provided guidance to the Be Prepared Task Force and staff relating to this project!





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

We have so many things to be thankful for here at SAIL, as you can probably see throughout this Messenger. The spirit of SAIL lives within each of our members, volunteers, vendors, and donors. I am additionally thankful for the SAIL staff, who work endlessly each and every day, yet always leave with a smile on their faces. Knowing that our presence—whether by phone, email, or in person—provides peace of mind to you makes our jobs all the more meaningful! If you're in need of a ride to an event, have a leaky faucet, or are just looking for a friendly voice to chat, remember we are here for you.

A letter will soon arrive in your mailbox requesting your participation in the SAIL Annual Appeal. SAIL's programs and services, including our assistance to those with low income, rely tremendously on the dues and donations we receive. A successful annual appeal will greatly help not only those in need of our services now, but also ensure that we can be here to help those in the future, as well.

Thank you for all of your generosity this past year—whether it's your time, leadership, or financial support! We are grateful for this wonderful village that you've helped to create and sustain.

Identity Theft Recap

Thank you to the On Our Own group for sponsoring the Identity Theft and Fraud Education Program last month. Speaker Jeff Kersten from the Wisconsin Bureau of Consumer Protection provided information about scams and some helpful tips on how to be safe, such as:

- The most popular scams are the Grandparent scam, where the scammer pretends to be your grandchild in need of money, and the Social Security scam, where the scammer says your social security number has been suspended or that you will lose your benefits and requests confirmation of your number (this doesn't exist).
- If you receive a call or a voicemail telling you to press 1 to accept or press 2 to end the call, do NOT press any numbers. Doing so lets the caller know that your phone number is real and that you will interact with them, making you a higher target.
- When shredding, use a micro-cut shredder. It will shred the documents into the tiniest of pieces, making it impossible to put them back together. With cross cut shredders and basic shredders, documents can be put back together in about 9 hours. **SAIL provides free shredding services—just call the office ahead of time.**
- For more information, check out SAIL's blog at sailtodayblog.com or contact the SAIL office to receive informative handouts from the program.

Volunteer News and Information



A Message from Volunteer Coordinator Peggy York

On October 17, we hosted our annual Volunteer Appreciation event to thank the special people who dedicate their time and talent to making life better for all of our members. SAIL is fortunate to have the support of so many member and community volunteers who share in our vision of helping others. It is clear to see from our pictures (see page 8 for more!) that a wonderful time was had by all!

I would also like to give a special thank you to Gerry Campbell, SAIL member and volunteer, who led our voices in a joyous sing-a-long! The songs that he selected truly represented how SAIL volunteers impact the lives of our members.

Drivers

We received over 40 requests for rides this past month—one of our busiest months yet this year! Our volunteer drivers certainly go above and beyond to help meet this important need. Knowing that, we could always use some extra help with assisting members in getting to the bank, grocery store, or medical appointments. If you'd like to learn more, give me a call at 608-230-4321. It's easy to get started and assignments are flexible to your schedule.



Office Support

As is the case in many organizations, we wouldn't be where we are today without the volunteers who help behind-the-scenes. Whether it's entering data, tracking attendance, researching information, or answering the phones, we truly appreciate your time, energy, and support!



Mattress Flipping (or Turning)

The SAIL Volunteer Flippers will be available **Tuesday, November 19** starting at 9:00 a.m. Call the SAIL office at 608-230-4321 to sign up and be sure to provide the size of your mattress. This service is free to Full Members and we suggest a donation of \$20 from Associate Members.

Thank you to our volunteers for making this service possible!

Membership Matters *by Member Dorit Bergen*

Our next meeting will take place on **Monday, November 11** at Bethany United Methodist Church, 3910 Mineral Point Rd. from 1:30 p.m. to 3:00 p.m. Our agenda will focus on next year's plans for SAIL's 15th anniversary, including how we will continue to tap into the strengths and creativity of members, increase ethnic diversity, and provide support to the community. We'll also explore additional services for members. Refreshments will be provided. To register, call SAIL at 230-4321.

Save the Date— Fantasy in Lights Tour!

Get into the holiday spirit with SAIL at our holiday open house featuring refreshments, singing, and a bus trip to the Fantasy in Lights display at Olin Park on **Wednesday, December 11**. More information will be posted in our upcoming Messenger and emails.



Thank you to our donors!

July 1—September 30, 2019 (Includes Endowment Fund Donors)

Member Donors

Joan Box
Lois Curtiss
Bob and Susan Drane
Tom and Rebecca Evans
Patricia Meloy
Joyce Russell
Betty Scott
Daphne Newman Stassin

SAIL Supporter

Glenn and Cindy Curtiss
Larry and Jane Curtiss
Ned Curtiss
Sandra Keil
Angie Strander

In-Kind Donors

Attorney Mr. John Mitby

Corporate & Foundation

AmazonSmile
BrightStar Healthcare
Delta Dental of Wisconsin
Moving Forward
TZ of Madison Inc.

Tech Tutoring

Whether you have a question, are in need of help with your cell phone, computer, or tablet, or would like to learn more about your electronic device, SAIL can help! Members can sign up for a 30-minute session with our technology tutor, Dave Friedman. Be sure to bring your device, all passwords, and charging cables, along with a list of questions.

Upcoming date:

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.

Member Perks for the Holidays



With the holidays approaching, you might already be thinking about everything that comes with them, such as buying gifts, sending letters to family and friends, or preparing holiday meals. Know that SAIL is here for many of your needs!

Maybe you'd like help with typing up your holiday letter or printing address labels. Or, if winter conditions are keeping you off the road, maybe you'd enjoy a volunteer helping you purchase gifts online to be delivered directly to your home. Our SAIL On Our Own group also plans holiday dinners at local restaurants for interested members. One thing is certain, though—our members are there to help all of us take part in the holiday cheer.

And, please remember to use AmazonSmile when you shop!

Women's Group *by Member Marcy Bradley*

Starting in the new year, the ladies of SAIL will have an opportunity to gather and chat about a variety of topics relevant to their interests. More information will be posted in the coming Messengers and emails. Contact SAIL if you have any questions or have an interest in joining this group.

Ethnic Diversity Committee

Following a discussion at September's Membership Matters meeting, we are pleased to report the formation of the SAIL Ethnic Diversity Committee. Member Dana Warren has agreed to lead the committee as it works toward increasing our membership's diversity. An organizational meeting was held last month. If you are interested in learning more about the committee, contact the SAIL office at 608-230-4321.

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, November 4

The Con Artist's Playbook—How to Spot and Avoid Scams

Courtney Anclam, Senior Program Specialist, AARP Wisconsin

Monday, November 11

Bringing the World Together One Family at a Time

Madeline Urancek, Author of *How to Make a Life: A Tibetan Refugee Family & the Midwestern Woman They Adopted*

Monday, November 18

MIAs: Can We Find Them & Bring Them Home?

Chris Zaczyk, Operations Manager for the UW Missing in Action Recovery and Identification Project

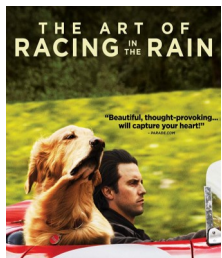
Monday, November 25

No program—Thanksgiving Break

Lunch Bunch Leaders: Lois Curtiss and Deb Hall

East Side Lunch Bunch: We will meet on Thursday, November 21 at 11:30 a.m. at Union Corners Brewery, 2438 Winnebago St.

West Side Lunch Bunch: We will not meet this month. Instead, members are welcome to join the On Our Own Thanksgiving Dinner group.



Sunday Movie Matinee: The Art of Racing in the Rain

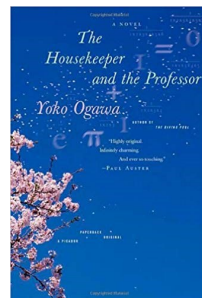
Sunday, November 24 at 2:00 p.m., Oakwood Arts Center

A heartfelt tale narrated by a witty and philosophical dog named Enzo.

Men's Roundtable by Member Fred Ross

Tuesday, November 12, 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

The SAIL Book Club will have their next meeting on **Wednesday, November 20 at 1:30 p.m. at Sequoya Library**. This month, the group will discuss *The Housekeeper and the Professor* by Yoko Ogawa, an enchanting story about what it means to live in the present.

On Our Own by Janice Gary and Karen Peterson

Our group warmly invites you to join fellow members and enjoy a special Thanksgiving menu at 2:45 p.m. on Thanksgiving Day at Quivey's Grove, 6261 Nesbitt Rd., Fitchburg. The cost will range between \$21-\$31 per person. To register for the dinner, contact SAIL member Rita Bloomfield at 608-251-0232 by Friday, November 22.



Thank you to Rita for organizing this third annual Thanksgiving Dinner for SAIL members!

Triad

The Madison West Triad will meet **Wednesday, November 20 at 10:00 a.m. at the RSVP office, 6501 Watts Rd. Ste. 250**. Join speakers Jim Jenkins and Ed Ruckriegel as they discuss the topic of Winter Disaster Preparedness.

Calendar of Events — November 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
					Vendor Fair 11:00 a.m. Good Shepherd Lutheran Church	
3	4	5	6	7	8	9
	Attic Angel Lecture 10:00 a.m. Tech Tutoring 10:00 a.m. Monona Library		Medication Review 9:00 a.m. Oakwood			
10	11	12	13	14	15	16
	Thank you Veterans! Attic Angel Lecture 10 a.m. Membership Matters 1:30 p.m.	Men's Roundtable 10:00 a.m. Oakwood Social Room				
27	18	19	20	21	22	23
	Attic Angel Lecture 10:00 a.m.	SAIL Member Mattress Flip	Triad Program 10:00 a.m. Brookdale Book Club 1:30 p.m. Sequoya Library	East Side Lunch Bunch 11:30 a.m.		
24	25	26	27	28	29	30
Sunday Matinee 2:00 p.m. Oakwood	No Attic Angel Lecture			On Our Own Thanksgiving Dinner SAIL Office Closed		

News and Updates



New SAIL Members

Ed and Vicki Cothroll—Wexford Village

Frank Gietzel—Middleton

Rochelle Stillman—Sauk Creek



A Message from AgeBetter Executive Director Ann Albert

We have good news—the City of Madison has announced it will provide \$1.4 million in funding to support our Elderberry Place affordable housing development—an 87 unit apartment building for seniors. The project, in partnership with Gorman & Company, is unique in that residents will be offered SAIL memberships and will integrate the member-to-member volunteering model and more. We anticipate a favorable county response regarding our \$450,000 funding request. The next step is an application to WHEDA in December. More to come!

I had the pleasure of attending the SAIL 90's Coffee in late September. One of the attendees spoke very highly about SAIL and urged SAIL members to ask their children or other loved ones to donate to SAIL. The upcoming holiday season may offer a perfect opportunity for you to share SAIL in this way and to make this year's annual appeal an even greater success! Donations can be made online at www.sailtoday.org or by mailing a check to SAIL. Thank you!

SAIL Handyman Vendors

This month, we'd like to recognize the amazing work our handyman vendors do for so many of our members each and every day. Whether it's fixing a mailbox, mowing the lawn, tweaking a broken wire in a lamp, staining a deck, and a whole lot more, you have made a difference in the lives of so many of our members. Here are just a few of the many comments we've heard:



- *Billy is great, fantastic, dependable, really amazing, and such a nice guy.*
- *Gary has been a godsend and continues to help me immensely, indoor and out.*
- *Rick is so sensitive, savvy, and intelligent, the most caring person.*

Thank you to all of our handymen for playing such a positive role in SAIL. We're grateful for all of you!

Research Project Opportunity

Researchers with the UW-Madison School of Human Ecology 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 he/she will ask about the 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, you will receive \$50 after the completion of the study, a free home assessment, and up to \$1,000 worth of home modifications. The program includes referral to some of SAIL's vendors.

Interested?: Contact SAIL at 230-4321 or Youhung Her-Xiong at 608-571-2580 or email ageinplace@sohe.wisc.edu.

News and Updates

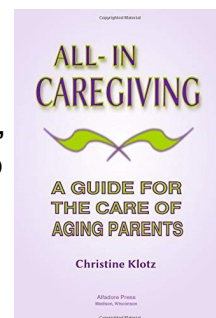


Thank You Veterans!

November 11 is Veterans Day and it's right around the corner— an important reminder of the huge sacrifices made by men and women who've served in the United States Armed Forces. As member and Navy veteran Denny Behr has reminded us in the past—let's be grateful every day and remember it doesn't have to be November 11 to say thank you or to do something kind for a veteran!

For Your Kids

Member Chris Klotz published an excellent book last year, *All-In Caregiving*. Based on a career in healthcare and decades of parent-care, Chris shares personal stories, practical tips, and important facts about aging, as well as ways for an adult child to assist his/her aging parent and still respect the parent-child relationship. We're on the cusp of the holiday season and this might be a perfect gift for your kids!



Another good book is AARP's *The Other Talk: A Guide to Talking with Your Adult Children about the Rest of Your Life*. Member Mike Albert commented that this book provides interesting perspectives and helps older parents take a more proactive role in future planning.

Both books are available in the SAIL library if you'd like to borrow them. Or, you can purchase them directly through Amazon. (Be sure to use AmazonSmile — a great way to donate to SAIL!)



October Highlights

Left column: Volunteer Appreciation

Middle column: East Side Lunch Bunch and 90's Coffee

Right column: Identity Theft program and Donor Advised Funds program

