



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

December 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!

Holiday Open House and Fantasy in Lights Tour

Get into the holiday spirit with SAIL at our 2nd annual open house! Enjoy a light meal with fellow members and a holiday sing-along led by Member Nancy Wynn. We'll end the evening with a bus tour of the Fantasy in Lights display at Olin Park.

All are welcome—even if you can only stay for the meal and the sing-along! For those joining us on the bus, we request a \$5 donation.



Date: Wednesday, December 11

Time: 4:30 p.m.; bus will depart at 5:30 p.m.

Location: Oakwood Village University Woods Nakoma/Westmorland Room, 6205 Mineral Point Rd.

To register: Call SAIL at 230-4321 by December 6—let us know if you need a ride and if you will be joining us for the bus tour.

Member Perk—Help for the Holidays

The holiday season is in full swing and you may be feeling a bit overwhelmed with your list of things to do...buying gifts, sending letters to family and friends, preparing holiday meals, etc. Know that SAIL is here for many of your needs!

Maybe you'd like some 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. Or, you may need some help setting up your holiday decorations. One thing is certain—our volunteers and staff are here to help you take part in the holiday cheer while still carving out time to relax and enjoy the season. Be sure to give us a call if you'd like some help or if you'd like to offer some help.

And, if you do shop online, please remember to use AmazonSmile and support your favorite charity!



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

With the blink of an eye, 2019 is coming to an end. The year seemed to go fast, yet I'm pleased to reflect on all of the successful events and programs that took place, as well as the dedication and creativity you all displayed through member-led groups and committees. Thank YOU for the spirit, energy, and support that you bring to SAIL. As you'll read throughout this Messenger, 2020 is going to be an even greater year!

Speaking of support, you have likely received our Annual Appeal letter in the mail. Thank you to so many of you—members, volunteers, family members, vendors, and supporters—for your contributions which support our programs, services, and sliding-fee memberships. Your participation in the appeal is greatly needed and appreciated!

In early November, we held our annual Vendor Fair—a great opportunity for members to meet some of our vendors and learn about the different services they offer, all while socializing with fellow SAIL members. This year's event was a great success with over 60 members and nearly 20 vendors in attendance! A big thank you to all of our SAIL Service Providers and Professional Service Members for taking time out of your day to take part in this event and thank you to those who sponsored the event.

May you all have a wonderful holiday season and a happy new year!

Downsizing? De-cluttering?

Like many of your fellow SAIL members, you may already be downsizing your “stuff” or it's on your “to do” list. Too much stuff is shown to cause stress, falls, and other problems, especially as we age. Being proactive about downsizing and de-cluttering is smart. And it will likely help you turn into one of those “hard to buy for” individuals during the holidays and on your birthday.

Speaking of the holidays and birthdays, we've even heard about members receiving a well-intended gift that ends up causing great frustration—that new iPad or Alexa is great...if you know how to use it.

Here's a solution! How about suggesting to your children or other loved ones a gift that keeps on giving, such as a SAIL membership renewal? How about a customized gift certificate covering 1:1 tech support, some housekeeping services, or some handyman services throughout the year? Or sessions with a professional organizer to help you de-clutter or a chef who will do the shopping and make you delicious meals to eat throughout the week? We have wonderful service providers with whom we can arrange these types of services. These are just a few ideas—there are many more possibilities. Please feel free share our information with your loved ones and we're happy to help make this happen!

Volunteer News and Information



A Message from Volunteer Coordinator Peggy York

Volunteer Handymen have been lending a hand to assist members as they prepare for their holiday celebrations. They have turned area rugs, changed ceiling light bulbs, and retrieved holiday decorations from storage areas. In addition, four of our handymen traveled throughout the Madison area flipping over a dozen mattresses. Thank you Don Haasl, Phil Hodapp, William Mann, and Bob Topel!

We've had an excellent team of volunteers supporting us within the office, helping with data entry, compiling evaluations from programs, putting mailings together, and so much more. We're so grateful for all of their help!

Volunteer drivers provided over twenty rides to clinics, malls, and salons last month. In addition, five members were able to attend a variety of SAIL events because fellow members assisted with transportation. **The need for volunteer drivers has been steadily increasing. If you or anyone you know is interested in a volunteer opportunity that offers a flexible schedule and would like to learn more about SAIL, please contact me at 608-230-4321.**

Celebration of SAIL's 15 Year Anniversary *by Council Member Chris Klotz*

In 2020, SAIL will celebrate 15 successful years. The SAIL Communications Team, Membership Matters, and Operating Council have planned a year-long celebration. The theme is to emphasize that SAIL members believe giving is as important as receiving. We will also work to highlight the many talents and contributions of SAIL members (contributions to SAIL and the larger community), while commemorating SAIL's history.

Our 24 charter members will be asked to share stories from 2005-2020 in short video chats. Each month, new videos will be posted for everyone to see. Additional monthly SAIL stories may include you. Every month, a SAIL member's name will be selected for a "SAIL Selfie." The idea is to share a picture and short story about a variety of members to help us learn a bit more about their lives, including how they contribute to SAIL and the community.

At a recent Membership Matters meeting, members shared the many ways they contribute or have contributed to the community. The combined list was remarkable! *(Continued on page 7)*

SAIL Volunteers Help Host "A Toast to Tony Earl"

We had an unusual and very special volunteer request last month by Member Jane Earl. She requested help with a gathering in honor of her spouse and former Governor Tony Earl. The event, held on November 7 at Monona Terrace, commemorated Earl's 50 years of public service to the state and nation. Following the event, Jane commented, "What an incredible night, thanks in part to SAIL's incredible volunteers!" Volunteers prepared table signs for the event and helped greet over 400 guests, which included Governor Tony Evers and five other preceding Wisconsin Governors. A great time was had by all! We thank Jane & Tony for their recent gift in appreciation of Volunteer Coordinator Peggy York and our volunteers.



Left to Right: Joan Rubens, Sue Stenzel, Peggy York, Mary Jo Sanford, Becky Rogers, Rick Sheridan, Ann Albert, and William Mann

Not pictured: Mary Tremaine

News and Updates

Tech Tutoring

Whether you have a question, are in need of help with your cell phone, computer, or tablet, 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:

Wednesday, December 4, 1:00 p.m. to 3:00 p.m. at Alicia Ashman Library, 733 N. High Point Rd.

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.

October Challenge—How are You Doing?

Just prior to October, we sent a letter to SAIL members urging you to participate in the “Be Prepared Challenge” and we hope you’ve made some headway on the checklist provided! Some of you have updated your emergency contacts with us already—thank you! And many of you have received your Emergency Go Bag, along with additional emergency resources. Others have contacted us for information on materials and documents, such as a Healthcare Power of Attorney, the Provider Orders for Life Sustaining Treatment (POLST), File of Life packets, etc.

So far, we’ve received some nice feedback. Member Kathy Bergee shared, **“Many thanks! My husband, whose profession was in disaster recovery planning for CUNA Mutual, thought both the kits and the extra material were excellent. We're most grateful.”**

If you would like an extra copy of the Be Prepared checklist and/or assistance in completing it, please contact us. SAIL’s network of providers can be very helpful and we’re happy to connect you with them. Also, if you’d like to pick up your Emergency Go Bag, please let us know!



Computer Password Safety

by SAIL Vendor Cris Carpenter

Below are a few great tips for keeping your personal information safe with your passwords online. You can view even more tips on our blog at www.sailtodayblog.com or contact SAIL for a copy of the article.

1. Use strong passwords. Instead of using a single word, strong passwords should have complex combinations of letters, numbers, and/or other characters.
2. Use unique passwords. Use a different password for every website, social media account, and financial account you log in to.
3. Never share your passwords. Scammers have many ways of duping people into giving up their passwords. If you are talking on the phone with someone you think is from some technical support department and they ask for an account password, hang up the phone.

Membership Matters

by Leader Dorit Bergen

As we wrap up this year, we look forward to the year ahead and the exciting plans SAIL members have been helping put together. Here’s what we focused on at our last meeting of the year:

- The new SAIL Ethnic Diversity Committee provided an update on outreach initiatives and a group discussion suggested steps to take within the organization.
- SAIL’s 15 Year Anniversary celebration activities.

(Continued on page 7)

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, December 2

Badger Honor Flight

Steve Bartlett, Former Director of Public Relations for Badger Honor Flight

Monday, December 9

Attic Angel Choir under the direction of Angel and SAIL member Sarellen Schuh

No programs on December 16, 23, or 30

Men's Roundtable *by Member Fred Ross*

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

If the idea of an easy, non-confrontational chat on pretty much anything appeals to you, here's a great opportunity! Once a month, men of SAIL gather over coffee and rolls to discuss topics of mutual interest. Sometimes, the discussion is serious, sometimes not. But, we're never argumentative and we're always welcoming. Join us and see for yourself.

Transportation: Need a lift? Call SAIL.

Edgewood College Spring Program

Edgewood College Nursing Students would like to visit with you as part of their nursing education and training. You would meet with the students for 30 minutes to 1 hour for at least 5 sessions throughout the semester. The visits are mainly to help the students with communication skills and health education/health promotion. Some topics include healthy eating, how to keep your mind and body healthy, and falls prevention. Meetings will take place in your home or at a preferred location. Contact the SAIL office at 230-4321 to sign up.

On Our Own Holiday

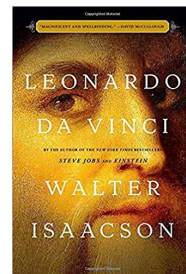
High Tea *by Co-leaders*

Janice Gary and Karen Peterson



All SAIL members are invited to join the On Our Own group on **Friday, December 6 at 1:00 p.m.** at the Legacy House Imports, 4221 Lien Rd. for the 4th annual Holiday Tea. Along with tea sandwiches, desserts, scones, the proprietors Pat and Marsha Flannery will share their wealth of knowledge on their impressive selection of teas. They also offer a wide variety of ethnic gifts and crafts from Europe, Scandinavia, and the British Isles.

Cost is \$15/person; prepayment required. Space is limited—be sure to sign up soon! To register, call SAIL at 230-4321. Transportation provided upon request.

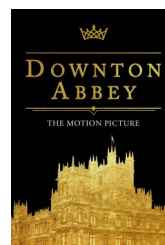


SAIL Book Club *Leaders: Jerry and Margaret Greeno*

The SAIL Book Club will not meet in December. We will reconvene in January to discuss *Leonardo da Vinci* by Walter Isaacson, an exciting biography brought to life based on thousands of pages from Leonardo's astonishing notebooks. We hope you will join us!

Lunch Bunch *Leaders: Lois Curtiss and Deb Hall*

Both the East Side and West Side Lunch Bunch groups will not meet in December. We hope you all have a wonderful holiday season and look forward to seeing you in the new year!



Sunday Movie Matinee: Downton Abbey

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

Calendar of Events — December 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 | 5 | 6 | 7 |
| | Attic Angel Lecture 10:00 a.m. | | Tech Tutoring 1:00 p.m. Ashman Library | | On Our Own Holiday Tea 1:00 p.m. Legacy House | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | Attic Angel Lecture 10:00 a.m. | Men's Roundtable 10:00 a.m. Oakwood Social Room | Fantasy in Lights 4:30 p.m. Oakwood | Medication Review 9:00 a.m. Oakwood | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | No Attic Angel Lecture | SAIL Member Groups on Holiday Break | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | No Attic Angel Lecture | SAIL Office Closes at Noon | SAIL Office Closed | | | |
| 29 | 30 | 31 | | | | |
| Sunday Matinee 2:00 p.m. Oakwood | No Attic Angel Lecture | SAIL Office Closes at Noon | | | | |

News and Updates



New SAIL Members

Jan & Dennis Blakeslee—Hilldale

Janice Durand—Downtown Madison

Brent & Dayle Haglund—Sunset Hills

Walter & Judy Stevenson—Hill Farms

New Service Provider

Sara has offered in-home physical therapy for the past 28 years. Working with the “wise generation” has been her choice as she feels she learns while teaching.

New Professional Services Member

Jeanne Mraz, Wealth Manager with SVA Wealth Management, offers support in financial planning for individuals and families, retirement planning, elder planning, and investment management.

If you’d like to learn more about Sara and/or Jeanne, or if you would like an updated Service Provider Directory, contact the SAIL office at 230-4321 or log in to www.sailtoday.org.



A Message from AgeBetter Executive Director Ann Albert

On behalf of the AgeBetter organization, I’d like to extend a warm welcome to Reginald Hislop III, PhD. to the AgeBetter Board of Directors. Representing Oakwood Village, Reg has more than 30 years of executive experience in the development, operations, and financing of all aspects of healthcare, with particular experience in post-acute care. He began his role as Oakwood’s Chief Executive Officer on November 4. Welcome, Reg!

Thank you for your support and your enthusiasm as we evolve the AgeBetter mission through SAIL, and also our work on the Elderberry Place affordable housing, a training and education center for people working with older adults, and a community garden/local food program.

Celebration of SAIL’s 15 Year Anniversary *(Continued from page 3)*

Working together to better our community is important and can be a lot of fun. So, this spring, you can join other SAIL members as we take part in the United Way Service Day. Watch for more details on how to sign up for this special day.

Of course, we are also planning a party. Our summer event will be a celebration highlighting member talents from art to writing to music. **Would you like to volunteer to help plan the event? Are you an artist or author and willing to contribute to the event? Are you a musician who might be interested in playing or singing at the event?** If your answer is ‘yes’ to any of these questions, please contact the SAIL office. We’ll continue to share more details throughout the year!

University League Candlelight Concert

SAIL Member Kay Jarvis Sladky invites you to attend the University League’s Candlelight Concert and Dinner on **Saturday, December 14** at the Maple Bluff Country Club at 5:30 p.m. Enjoy soulfully original jazz interpretations of holiday favorites by the Ryan Meisel Quartet, as well as entertainment by Mosaico, a Peruvian folkloric dance group. Call the SAIL office if you’d like registration details.

Membership Matters

(Continued from page 4)

We also explored the idea of a connecting with an outside group for 24/7 services to bring additional peace of mind to members. Staff are gathering information on possible providers and resources.

Next meeting date: January 13—save the date!

Friends of Library

The Friends of UW-Madison Libraries is pleased to accept book donations from people who are downsizing. To make arrangements, you can contact them at 608-265-2505 or friends@library.wisc.org.

Thank You Very Much *by Council Member Rick Sheridan*

SAIL members and staff participated in seven fairs this fall. These events are great opportunities for prospects to learn about SAIL and how to become members. The fairs are another way to get the SAIL word out to the public. Special thanks to: Dorit Bergen, Beth Campbell, Chris Klotz, Dianne Hopkins, and the SAIL staff for your help in representing SAIL this year!

Facebook Posts

In this fast-paced world consumed with technology, we'd like to express our gratitude towards two of our volunteers who remind us of the importance of the little things in life. SAIL's Facebook page recently had posts highlighting Mary Ross, who takes the time to call our members and wish them a happy birthday, and to Charlotte Woolf, who handwrites sympathy and get-well cards to members and their family. We appreciate the time and commitment they have both given to SAIL!



October and November Highlights



Top row: Aging 101

Middle row: Vendor Fair and Membership Matters

Bottom row: Medication Reviews and Mattress Flipping