

## 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!

## Midwinter Luncheon to Feature Mayor Rhodes-Conway

**Date:** Wednesday, February 5, 2020

**Time:** Doors open at 11:30 a.m. Lunch will be served at 12:00 p.m.

**Location:** Blackhawk Country Club, 3606 Blackhawk Drive

**Cost:** \$20 for members and \$22 for non-members. Valet service will be provided. (Sliding fee available upon request; transportation available upon request.)

We hope you'll join us for this special event and enjoy a delicious meal, a brief meeting, and our program featuring Madison's Mayor Satya Rhodes-Conway. Mayor Satya was inaugurated on April 16, 2019 and is the second woman to be elected as mayor of Madison. Affordable housing, public safety, and policing are just a few of the many important areas of focus for the mayor and her staff. And, you may not be aware that in 2018 and 2019, the city of Madison was ranked #7 as one of the top places to retire in the U.S. by Livability.com and #11 as one of the best cities for older Americans by 24/7 Wall St., respectively.

We're very excited to hear Mayor Satya speak and encourage you to mark your calendar and register! *(Luncheon details on page 3)*



## Back by Popular Demand: Two Men Without A Truck

The SAIL Valentine's Day tradition continues on **Friday, February 14** as the Two Men Without a Truck team travels to homes and helps with moving items!

If you have furniture or other items in your house that you'd like moved, rearranged, brought to the curb, or even moved to allow for cleaning, this is your chance to get it done! You can register for your 30-45 minutes of free in-home moving services by calling SAIL at 230-4321 or e-mailing [info@sailtoday.org](mailto:info@sailtoday.org) by Friday, February 7. Registration tends to fill up pretty fast, so make sure to call early! **We are grateful to SAIL vendor Two Men and a Truck for providing this helpful service to SAIL members each year.**



## 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

What a great year 2019 was here at SAIL! In the office, we began the year with Becky joining our team as Membership Services Assistant and are ending the year with a new team member—Sarah Kruse, Communications Assistant. As our team grows, we continue to bring a diverse background of knowledge and experiences to better support each of you.

We had excellent participation with our annual appeal this year, with support coming in from members, vendors, family members, and community members. Because of your support, we are very close to our goal of \$85,000 in total donations! Donor names and total numbers from our annual appeal will be presented in our February Messenger, as well as in-kind donors. Thank you to all who have supported us throughout this past year and for helping us continue to grow and develop to better support each of you, our members.

As you may have noticed, we have a new logo featured throughout the Messenger commemorating our 15th anniversary on March 1! Thank you to Gritton Design and SAIL's Communications Team for all of your help with this.

I'm looking forward to 2020 and all of the wonderful programs and events that are to come, especially as we celebrate this special anniversary year. May you all have peace and joy throughout this upcoming year.



### Our Changing Climate

**Date:** Wednesday, January 22 **Time:** 1:00 p.m. to 2:15 p.m.

**Location:** Oakwood Village Westmorland/Nakoma room, 6205 Mineral Point Rd.

Join us as we host WKOW-TV's Chief Meteorologist Bob Lindmeier for an educational program on climate change. The science of climate change, its consequences on a local level, and solutions to the problem will be covered. He will discuss the urgency of immediate action to implement these solutions so that our children, grandchildren, and great grandchildren will have a livable world.

Lindmeier has a B.S. Degree in Meteorology from UW-Madison and has been a broadcast meteorologist at WKOW-TV for the past 40 years. He was recently honored with a lifetime achievement award from the National Academy of Television Arts & Sciences. The award, Silver Circle Honor, is given to broadcasters who make continuous, lasting contributions to their industry and community for more than 25 years. Bob is a community educator and a member of the Citizen's Climate Lobby, a nonprofit and non-partisan organization focused on national policies to address climate change.

**Registration is required. Contact SAIL at 230-4321.**

# Volunteer News and Information

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## A Message from Volunteer Coordinator Peggy York

Here we are moving into the next decade! As I reflect on the volunteer accomplishments of the past year, I am filled with pride. Here are just a few examples of SAIL volunteer dedication:

- ♦ SAIL members provided 297 rides to ensure fellow members could attend a variety of appointments and social events.
- ♦ Volunteer handymen answered the call over 100 times in 2019! Repairs were made, light bulbs changed, and 52 mattresses flipped.
- ♦ 26 visits were made by volunteers to members. A few were to check-in with a member that was newly discharged from a hospital, but the majority fostered friendship and companionship.
- ♦ Countless volunteer hours made it possible for SAIL to facilitate a variety of events in 2019! From a golf outing to formal events, we are fortunate to have our volunteers come forward each time.
- ♦ SAIL group leaders work independently to plan, communicate, and maintain small group participation.
- ♦ SAIL committee members volunteered hundreds of hours to establish 2020 programs and examine future endeavors for us all.
- ♦ Birthday greetings, get well wishes, and condolences went out 365 days of the year.

Where did I get all these numbers? Easy! Our dedicated office volunteers document service calls, attendance, and volunteer hours into our database throughout the year.

Thank you for your dedication to SAIL in 2019! We hope the New Year brings joy and peace to all.

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## Membership Matters

*by Leader Dorit Bergen*

Membership Matters will meet **Monday, January 13 at**

**1:30 p.m.** in the Westmorland/ Nakoma room at Oakwood Village, 6205 Mineral Point Rd.

We'll continue last month's work on our 2020 anniversary activities, which includes tapping into member talents to benefit fellow members, SAIL, and the community at-large. We'll share a newly approved diversity statement generated at our previous meeting that will help guide us through the year. Possible after-hours service offerings will also be on the agenda. Time to socialize and enjoy refreshments will also be included!

## Midwinter Luncheon

*(Continued from page 1)*

Blackhawk Country Club's delicious menu options will include:

- Chicken and Mushroom Crepes with Wild Rice and Fresh Fruit Garnish
- Portabella Parmesan Ravioli with Tomato and Mushroom Chardonnay Cream Sauce and Sautéed Vegetables
- Gluten Free/Dairy Free Meals— Grilled Chicken Breast with Marinara, Wild Rice, and Fruit

Register by calling SAIL at 230-4321 or going online at [www.sailtoday.org](http://www.sailtoday.org). We hope to see you there to celebrate SAIL's wonderful community.



# News and Updates

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## Tech Tutoring

Did you get a new electronic gadget during the holidays? 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 dates:

**Tuesday, January 7, 1:00 p.m. to 3:00 p.m. at Monona Library, 1000 Nichols Rd.**

**Tuesday, January 28, 1:00 p.m. to 3:00 p.m. at Alicia Ashman Library, 733 N. High Point Rd.**

For more information and/or to register, visit our website at [www.sailtoday.org](http://www.sailtoday.org) or call the SAIL office at 230-4321. This valuable service is free for Full Members (up to 4 sessions/year) and \$20/session for Associate Members.



## A Message from Membership Services Assistant Becky Rogers

Wow. My first anniversary with SAIL! As I'm reflecting on this past year, it seems like I've just started, but also that I've been here a lot longer thanks to everyone welcoming me into the SAIL family. My job as the Membership Services Assistant continues to expand as programs are added and events are planned. I have learned a great deal about how to navigate the many features of our website and database, and I have honed my skills at keeping membership information up to date. Continuing to ensure that our service provider program, a well-utilized benefit, is running well is also a wonderful part of my job. I enjoy the daily interaction with our Rise and Shine program and am thankful to be a part of it. It has been a pleasure to join SAIL member's group outings, lunch bunches, and visiting with many of you in your homes. I am truly blessed to be a part of this organization and so look forward to celebrating SAIL's 15th anniversary year!



## SAILing into the future!

After four years of hard work, new approaches, and consistent development, the *SAILing into the future!* team has declared the workshop series officially completed! A unique collection of five workshops has been developed for and by individuals who are aware of both the satisfactions and challenges of aging. These workshops are led by professionals who apply their own knowledge and expertise, while also recognizing that learning is a two-way street. The workshops provide a wonderful opportunity for participants to share wisdom with one another and get to know one another.

1st Row: Nicole Schaefer, Tom Evans  
2nd Row: Fred Ross, Dianne Hopkins,  
Ken Martin, Lucy Lasseter, Team Leader  
Don Haas! (Not pictured: Tom Popp)

The team has created a booklet describing the workshops, as well as listing the dates and times for this year's series. Each member household will be receiving the booklet and calendar in the mail this month.

# 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, January 6

*Shelter from the Storm Ministry for Women and Children*

Tami Fleming, Executive Director

### Monday, January 13

*Madison's Plan for Carbon Sustainability*

Stacie Reece, Sustainability Coordinator, Madison

### Monday, January 20

*State Journal Political Campaigns*

Phil Hands, Letters Editor and Political Cartoonist

### Monday, January 27

*Community Engagement and Policing Outreach*

Jared Prado, Sergeant and Attorney, Community Outreach & Resource Education (CORE), & Meg Hamilton, Sergeant, Madison Police Department

## 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. Meetings will take place in your home or at a preferred location. Contact the SAIL office at 230-4321 to sign up.

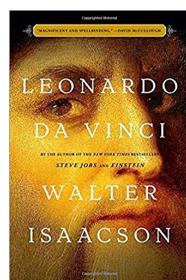
## AmazonSmile

Do you shop online at Amazon? If you make your purchases through their AmazonSmile portal, a portion of your purchase can be donated to SAIL. Choose our parent organization, AgeBetter, Inc. If you have any questions, contact SAIL at 230-4321.

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

**Tuesday, January 14, 10:00 a.m. at Oakwood Village Heritage Oaks Social Room**

If the idea of a 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. We're alternately serious and light, but never argumentative, and we're always welcoming of new faces and fresh ideas. Join us and see for yourself. Need a lift? Call SAIL at 230-4321.



## SAIL Book Club

*Leaders: Jerry and Margaret Greeno*

The SAIL Book Club will meet

**Wednesday, January 15 at 1:30 p.m.**

**at Sequoya Library.** They will 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*

**East Side Lunch Bunch:** We will meet on Thursday, January 16 at 11:30 a.m. at Portillo's, 4505 East Towne Blvd.

**West Side Lunch Bunch:** We will meet on Thursday, January 23 at 11:45 a.m. at Adlers, 8202 Watts Rd.

## Sunday Movie Matinee: Judy



**Sun., January 26 at 2:00 p.m., Oakwood Arts Center**

Set in 1968, this dramatized biopic recounts singer Judy

Garland's last concerts in London, where the fragile and weary star prepares for a run of sold-out shows while beginning a courtship with her soon-to-be-fifth spouse. Starring Renée Zellweger.

# Calendar of Events — January 2020

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   |
|  <p>Save the date!<br/>Midwinter Luncheon on<br/>Wednesday, February 5.</p> |   |   | SAIL Office<br>Closed for the<br>Holiday                |  |     |     |
| 5   | 6   | 7   | 8   | 9  | 10  | 11  |
|   | Attic Angel<br>Lecture<br>10:00 a.m.  | Tech Tutoring<br>1:00 p.m.<br>Monona Library                |   |  |     |     |
| 12  | 13  | 14  | 15  | 16   | 17  | 18  |
|   | Attic Angel<br>Lecture<br>10:00 a.m.<br><br>Membership<br>Matters<br>1:30 p.m.<br>Oakwood Village | Men's<br>Roundtable<br>10:00 a.m.<br>Oakwood Social<br>Room | Book Club<br>1:30 p.m.<br>Sequoia Library               | East Side<br>Lunch Bunch<br>11:30 a.m.<br>Portillo's |     |     |
| 19  | 20  | 21  | 22  | 23   | 24  | 25  |
|   | Attic Angel<br>Lecture<br>10:00 a.m.  |   | Our Changing<br>Climate<br>1:00 p.m.<br>Oakwood Village | West Side<br>Lunch Bunch<br>11:45 a.m.<br>Adler's    |     |     |
| 26  | 27  | 28  | 29  | 30   | 31  |     |
| Sunday<br>Matinee<br>2:00 p.m.<br>Oakwood<br>Village  | Attic Angel<br>Lecture<br>10:00 a.m.  | Tech Tutoring<br>1:00 p.m.<br>Ashman Library                |   |  |     |     |

# News and Updates

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## New SAIL Members

Bob & Lucille Copas—Blackhawk  
Sylvia Edlebeck — Middleton  
Lynn Wilkom—Summit Woods



## Welcome to Sarah!

We'd like to extend a warm welcome to the newest member of the SAIL team, Sarah Kruse. Sarah has joined SAIL as a part-time Communications Assistant and will be assisting with a variety of tasks supporting our marketing and public relations activities. She brings a wealth of knowledge and experience in this field and we look forward to her interacting with our members at upcoming events.

## New Service Provider

Glendale is joining SAIL's vendor program as a handyman helping with light carpentry, plumbing, lawn care, mowing, and some electrical needs. Contact SAIL at 608-230-4321 if you'd like more information or to receive an updated directory.



## A Message from AgeBetter Executive Director Ann Albert

Growing and evolving are two words that describe our organization very well! I'm very proud to lead AgeBetter, SAIL's parent organization and hope you'll join me in wonderful anticipation of all the ways we, together, will be impacting the lives of hundreds of older adults in our community in 2020 and beyond! Whether it's through our work in affordable housing, developing training and education options for people working with older adults, strengthening our services and programs of SAIL, or other similar endeavors, we can always rely on one thing to be a constant—the need to be creative and proactive. Huge thanks to our founders, Attic Angel Association and Oakwood Village, for their continued support, leadership, and commitment to helping us all “AgeBetter!” These are exciting times and we, the staff, are looking forward to a great year ahead.

## 2020 Grants Received

We're pleased to report that we've received two 2020 grants totaling \$45,000. The grants are from the Oakwood Foundation and a private family foundation in Madison to help us expand our outreach, create new collaborations with community agencies, support our sliding-fee memberships, and increase volunteerism and expand services. We are thankful for this ongoing support!

## SAIL Council

We are very fortunate to have the support of an amazing member council with their oversight and assistance in the ongoing development of SAIL to meet the needs of older adults throughout Madison and the surrounding communities. The Council meets every other month and has 13 positions: 9 SAIL Members, 3 community members, and 1 AgeBetter representative. Their dedication emphasizes the true spirit of a village. Council members provide leadership on SAIL teams such as Communications, Finance, Development, *SAILing into the future!*, and Membership Matters.



Top: Rick Sheridan, Chris Klotz, Mary Ann Drescher, President Dorit Bergen, Dianne Hopkins, Vice President Sue Goldstein, Secretary Don Haasl.  
Bottom: Alan Lukaszewski, Ernie Hanson, Kathleen Larson, Beth Campbell  
(Not pictured: Christine Beatty)



## Avoiding Falls in Winter

Our recent stretch of unseasonably warm weather may have kept us from thinking about the dangers of snow and ice, but we know those days are coming. The following tips for staying safe are excerpted from a list shared by Oakwood Village.

- Wear boots or overshoes with grip soles such as rubber and neoprene composite.
- When getting out of your vehicle, look down at the surface before exiting to make sure it is clear of ice. Use the vehicle for support before standing.
- Don't walk with your hands in your pockets. This reduces the ability to use your arms for balance if you do slip.
- Don't carry or swing purses, bags, or boxes that may cause you to lose your balance when you are walking.

Walking on ice is dangerous and can cause serious falls on driveways and sidewalks. **If walking on ice can't be avoided, walk like a penguin!** Bend your back slightly and point your feet out—this increases your center of gravity. Stay flat-footed and take small steps or even shuffle for more stability.

## Christmas Dinner Together



Thanks to the organizing efforts of Rita Bloomfield, this group of SAIL members gathered on Christmas Day to share good food and good company at Great Dane, Hilldale.

From left to right: Ruth Bogart, Karen Norris, Janice Gary, Linda Davis, Susan Harvey, Barb Sommerfeld, Ginny Nachreiner, and Rita Bloomfield

## December Highlights

Top row: On Our Own High Tea at the Legacy House

Bottom row: SAIL's Holiday Open House and bus trip to see the lights at Olin Park with member Nancy Wynn playing piano; office volunteer Bruce Dewey with SAIL staff Peggy and Becky

