

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!



SAILing into the future!

You and Your Money: A Dynamic Relationship

Join presenter Connie Kilmark for the first *SAILing into the future!* workshop of 2020! Connie is a financial counselor, trainer, and speaker on personal money management and life planning. During the workshop, you'll tackle questions such as: How will you adapt to the challenge of spending after a lifetime of saving? What are your goals and how do they align with your income and spending? How do you define your assets—both financial and non-financial? What is your financial personality and where did it come from? What are the implications as you age? How do you estimate future living expenses? What really matters to you? She will also discuss insurances—which insurances emerge as we age, which ones fall away, and which ones remain important throughout life.

Date/Time: Wednesday, February 19 from 10:30 a.m.—2:00 p.m.

Location: Oakwood Village University Woods, Nakoma/Westmorland Rm.

Cost: Full Members—\$10 | Associate Members—\$20 | Non-members—\$30
 Includes lunch and materials. To register, call the SAIL office at 230-4321.

SAILing into the future!

Upcoming Events

Mark your calendars and save the dates for the rest of the 2020 *SAILing into the future!* schedule.

- **Limitless Options: Your Personal Legacy**, Thursday, April 2 from 10:30 a.m.—2:00 p.m., Covenant Presbyterian Church, 326 S. Segoe Rd.
- **Embracing Change—All of It!**, Wednesday, June 24 from 10:30 a.m.—2:00 p.m., Oakwood Village University Woods, 6205 Mineral Point Road
- **Aging 101—What is Normal and How Do I Proact to It?**, Monday, September 28 from 10:30 a.m.—2:00 p.m., Oakwood Village University Woods
- **Life's a Daring Adventure—Carpe Vitam!**, Thursday, November 12 from 10:30 a.m.—2:00 p.m., Oakwood Village University Woods

Please call the SAIL office if you have any questions or would like to register.



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

Members and supporters of SAIL never cease to amaze me and as we take a look at our final numbers in 2019, I must express my joy with the village that surrounds us and the constant support we receive here at SAIL. A total of 72 members joined SAIL in 2019 and we ended the year with a net gain of 29 members—surpassing our goal! Thanks to each and every one of you for sharing us with your friends, family, and neighbors. Your support has led us to this amazing growth.

Additionally, our annual appeal exceeded our goal with receiving over \$40,000 in donations from members, supporters, and corporations and foundations. This generous support will help us continue to meet the increased needs for our sliding fee memberships and support, along with increasing member service requests and programs.

Looking to this year, our schedule is filled with a variety of opportunities to connect and learn through member groups, *SAILing into the future!* workshops, and our 15th anniversary celebrations, plus some new programs and educational events suggested by members. Keep watching your Messengers and our emails throughout the year for more details.

Book Recommendations

SAIL Member and Volunteer Lois Curtiss shared two book suggestions that are inspirational and embrace aging:

- *Extra Time: 10 Lessons for an Aging World*—features a section on the beginning of the Village Movement.
- *No Stopping Us Now: The Adventures of Older Women in American History* by Gail Collins

Contact the SAIL office at 230-4321 if you're interested in either of these.



Winter Luncheon to Feature Mayor Rhodes-Conway

Date: Wednesday, February 5

Time: Doors open at 11:30 a.m. Lunch will be served at noon

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.

Please register by Monday, February 3 by calling SAIL at 230-4321 or email us at info@sailtoday.org.

Volunteer News and Information



A Message from Volunteer Coordinator Peggy York

January was rather quiet for the in-home volunteers, although they did clear out a storage area for one member, and kept another member in the light by changing a ceiling bulb.

We continue to receive over 20 ride requests each month. Many of these requests come to our attention weeks in advance, yet we have not been able to satisfy all needs. If you, or someone you know, would like more information about becoming a SAIL volunteer driver, please call me at 230-4321. Volunteer drivers need not make a specific time commitment. Driver requests are communicated via a weekly e-mails and volunteers reply only if they would like to accept an assignment. We appreciate your consideration and spreading the word.

Membership Matters *Leader Dorit Bergen*

Membership Matters had a lively meeting to kick off the new year. Here is an overview of the meeting:

- Ann Albert shared AgeBetter, Inc.'s organizational structure and current and future projects.
- Dorit presented the new diversity statement approved by the AgeBetter board.
- The group brainstormed ideas for a community volunteer project in which SAIL members could participate as a group as part of the 15th anniversary events. Many suggestions were generated and will be further investigated. Let us know if you're interested!
- Communications Team Leader Chris Klotz engaged the group in more idea-generating conversations about the upcoming Midsummer Event this anniversary year. The group considered ways to showcase the performing and visual arts talents of SAIL's membership. If you are a musician, an actor, a crafter, an artist, a writer, or a creator of any kind, please let your talents and interest in participating be known by contacting the SAIL office.
- The new *SAILing into the future!* brochures and schedules were unveiled and volunteer team leader, Don Haasl, and his team of volunteers were recognized for their dedicated work.

Please join us for the next meeting on Monday, March 9 at 1:30 p.m.

Diversity Statement

The Ethnic Diversity committee of Dana Warren (leader), Dorit Bergen, and Gerry Campbell developed and proposed a diversity statement to the SAIL Council and AgeBetter Board. Here is the approved statement:

"Diversity is a source of strength, creativity, and innovation for AgeBetter (SAIL). We commit to create an environment that welcomes and values the contributions of each person and respects their identity, culture, background, and abilities that enrich AgeBetter (SAIL)."

Leader Dana Warren encourages all members to assist in broadening the reach of the organization. "Hat's off to the SAIL Council and the AgeBetter Board for moving forward on this very important issue. Diversity is currently a very hot topic and to some it's very sensitive, but to others, it's 'ol' hat." My hope is that SAIL members will buy into the idea that diversity is good for our organization! Then, they will reach out to friends, neighbors, and any other contacts about a SAIL membership. The Membership Matters group helped develop a small card handout that explains SAIL and its membership benefits. Also, the Diversity Committee welcomes all new volunteers in this effort." To receive cards to share, call SAIL at 608-230-4321.

News and Updates

Tech Tutoring

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 at Alicia Ashman Library, 733 N. High Point Rd.:

- **Wednesday, February 12, 10:00 a.m. to noon**
- **Tuesday, February 25, 1:00 p.m. to 3:00 p.m.**

For more information and/or to register, visit our website at 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

Happy Winter, and Happy Chinese New Year – the Year of the Rat! In Chinese culture, rats are seen as a sign of wealth and surplus. Those born in the year of the Rat are clever, quick thinkers; successful, but content with living a quiet and peaceful life. Sounds good! However (here's my not so great segue...), if you happen to find any critters that you'd rather not have at your house or if you have other home issues needing attention, feel free to call the SAIL office. Remember, our vendor program offers a variety of providers that can come to your aid. **When contacting a vendor, please be sure to let them know that you are a SAIL member as many of them offer a discount on their services. Also, be sure to let us know when you work with a provider, as we track this information, in addition to the feedback you provide.** On another note, if you have been working with an individual or company that is not currently a SAIL service provider, but you think they may be interested, please feel free to call our office and share their name. I will reach out to them to see if they are interested in joining our SAIL vendor program, and get the process started. Thank you!

Falls Prevention Workshops

From the Wisconsin Institute on Healthy Aging

In Stepping On workshops, we take falls prevention step-by-step. You'll learn how to build and maintain the physical strength and balance you need to walk confidently. From footwear to prescriptions, you'll learn what increases your risk of a fall, how to avoid it, and make an individualized action plan to stay on your feet and live life the way you want.

UnityPoint Health Meriter Monona Clinic, 6408 Copps Ave., Monona
Mondays, March 30—May 18; 9:30 a.m.—11:30 a.m. (12:00 p.m. end time for first class) To register, contact Jennifer Wallskog at 608-417-8262.

Jewish Social Services, Temple Beth El, 2702 Arbor Dr., Madison
Thursdays, April 9—May 28. No class on April 16. 1:00 p.m.—3:00 p.m.
To register, contact Jewish Social Services at 608-278-1808.

Tip for the New Year

A recent article advised caution when signing or dating any legal and professional documents in 2020. Although common to use the last two numbers of the year, e.g., 2/1/19, in 2020, this could lead to fraud as someone could easily alter your document by adding digits after 20. The safest thing for you to do is to write out 2020.

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, February 3 *Who Were the Founders? And Should We Listen to Them?*

John P. Kaminski, Director, Center for the Study of American Constitution

Monday, February 10 *Madison Community Foundation* Bob Sorge, President, Madison Community Foundation

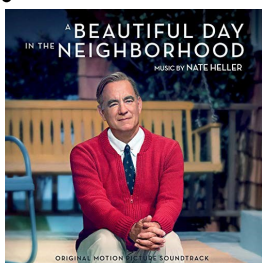
Monday, February 17 *Repurposing Waste Food* Dave Heide, Founder/Executive Director, Little John's, a 501c (3) non-profit organization founded in 2018

Monday, February 24 *Functional Medicine: An Emerging Paradigm for the Prevalent Diseases of the 21st Century* Robert Luby, MD, Executive Director of Medical Education for The Institute of Functional Medicine

On Our Own by Leader Karen Peterson

Last year, we had our first Valentine's Day breakfast and had such a fun time, we are going to do it again. Bring a funny Valentine to share. We'll throw them all in a bag and everyone can pick one out. Then we can share the laughs! Also, if you have any ideas for group activities in the coming year, please bring them to share with the group.

Friday, February 14 at 9:30 a.m. at S & A Café (formerly The Egg and I), 2501 W. Beltline Hwy
RSVP by Wednesday, February 12 to the SAIL Office at 608-230-4321.



Sunday Movie Matinee: A Beautiful Day in the Neighborhood

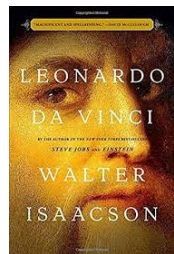
Sunday, February 23 at 2:00 p.m., Oakwood Arts Center

After a jaded magazine writer, Tom Junod, is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor. Starring Tom Hanks.

Men's Roundtable by Leader Fred Ross

Tuesday, February 11, 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 weather caused a January meeting cancellation, so the SAIL Book Club will be discussing the January book on **Thursday, February 20 at 1:30 p.m.** at Sequoya Library. The book is *Leonardo da Vinci* by Walter Isaacson, an exciting biography brought to life based on thousands of pages from da Vinci's astonishing notebooks. **This month's day is on a Thursday due to room availability at the library. We plan to have our March meeting on the 3rd Wednesday as usual.*

Lunch Bunch Leaders: Lois Curtiss and Deb Hall

East Side Lunch Bunch: We will meet on Thursday, February 20 at 11:30 a.m. at Lake Edge Seafood Company, 4100 Monona Dr. Madison.

West Side Lunch Bunch: We will meet on Thursday, February 27 at 11:45 a.m. at Biaggi's Italian, 1611 Aspen Commons, Middleton.

Calendar of Events — February 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.

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
 90's Lunch on March 18						
2	3	4	5	6	7	8
	Attic Angel Lecture 10:00 a.m.		SAIL Winter Luncheon 11:30 a.m. Blackhawk Country Club			
9	10	11	12	13	14	15
	Attic Angel Lecture 10:00 a.m.	Men's Roundtable 10:00 a.m. Oakwood Social Room	Tech Tutoring 10:00 a.m. Ashman Library		Two Men Without a Truck On Our Own Valentine's Day Breakfast 9:30 a.m. S&A Cafe	
16	17	18	19	20	21	22
	Attic Angel Lecture 10:00 a.m.	Triad—Cottage Grove 10:00 a.m.	You and Your Money 10:30 a.m. Oakwood Village University Woods	East Side Lunch Bunch 11:30 a.m. Book Club 1:30 p.m. Sequoia Library		
23	24	25	26	27	28	29
Sunday Matinee 2:00 p.m. Oakwood Village	Attic Angel Lecture 10:00 a.m.	Tech Tutoring 1:00 p.m. Ashman Library	Triad—West Madison 10:00 a.m.	West Side Lunch Bunch 11:45 a.m.		

News and Updates

Bill & Alice Battista/Midvale Heights
Terry Boyd/Sunset Hills
Dave & Nancy Halford/Fitchburg
Robert & Elizabeth Hickman/Highlands
Joan Jelinek/Arboretum



Rollie & Barbara Littlewood/Midvale Heights
Sherri Molnar/East Madison
Nolan Pope/Sauk Creek
Richard & Dolores Wolf/West Madison



A Message from AgeBetter Executive Director Ann Albert

Kudos to SAIL staff members Nicole, Peggy, Becky, and Sarah, for your excellent service and commitment to our organization! Because of you, AgeBetter is able to offer consistent quality and competence as we deliver services, nurture relationships, arrange educational programs, screen providers, connect members with volunteers, and more—all leading to older adults living better and safer lives in our community! This year's SAIL appeal results, along with celebrating 15 years in March, are evidence of your impact and the impact of others who have helped along the way.

As you know, AgeBetter is the parent organization and founder of SAIL. I'm pleased to share we are making progress on our initiatives for affordable housing with our partner Gorman & Co., as well as community garden/local food sourcing, and improved training and education for people working with older adults. Here is a list of our board of directors representing AgeBetter: Mary Ann Drescher (President of Attic Angel Association), Ruth Marion, Kristen Peterson, Reginald Hislop III (CEO of Oakwood Village), Barbara Gessner, and Heidi Lauhon. We can all AgeBetter with SAIL, affordable housing, competent caregivers and providers, healthy food, and more.

A Message from Communications Assistant Sarah Kruse

I'm so grateful to have been invited to join the SAIL team. I've known of the Village Model through both personal and professional experience, and I feel fortunate to be able to assist in any way to get the word out to others about the rich resources available to maintain active and independent lives! Our best messages are about our members' experiences and activities, so please contact me if you have an idea or a story to tell. I look forward to meeting in person or by phone in the coming months!



L to R: Charter members and longtime friends Carol Brown, Nancy Winton, and Lois Curtiss

Bring a Friend

It takes a village, and as you can see from the new member listing above, our village is growing. If you sign up for a program, please consider inviting a friend. Word of mouth

referrals are the primary way that new members learn about SAIL. Casting our net wide will help us to appeal to people who might benefit from all that SAIL has to offer.

Professional Members Gathering

A group of Professional Services Members recently enjoyed an informative gathering to discover tips on how to make their business more age-friendly and learn about the variety of resources SAIL offers, as well as local organizations throughout Dane County. The group also discussed the needs of older adults today and what is projected to be needed in the future.

If you'd like to learn more about our Professional Members Program or would like an updated copy of your Service Provider Directory, contact the SAIL office at 608-230-4321.

Available Opportunities

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.

American Players Theatre Outing

A SAIL member has suggested an idea for a group of SAIL members to attend the American Player's Theatre to see *Sense and Sensibility* this summer. In addition to seeing the show, you'll get to enjoy a nice picnic outdoors while socializing with friends and fellow members. Full details are still being worked on for this event. If you are interested in this opportunity or would like to receive more information, please contact the SAIL office at 608-230-4321 or info@sailtoday.org.

Technology Resources

by SAIL Vendor Cris Carpenter

Intro to Computer Updates Class at the Lakeview Library on Tuesday, February 18 at 6:00 p.m.

What do you do when you get a request for an update on your computer? Is it safe to download? What if you ignore it? Join Cris Carpenter as he discusses strategies for the safest ways to keep your computer up to date and running smoothly. Call 608-246-4547 or register on his website www.housecallcomputer.com beginning February 4. You can also read new articles on his website regarding Windows 7 Support and information regarding safe password guidelines.

TRIAD Programs

Cottage Grove: February 18, 10:00 a.m. on the services offered by the Dane County Library Service with Mary Driscoll at Drumlin Residence, 107 E. Reynolds Rd., Cottage Grove

West Madison: February 26, 10:00 a.m. on Aging in Place with Mike Thomsen, Stark Company Realtors, Orchard Ridge Neighborhood Association at RSVP Office, 6501 Watts Rd., Madison

Verona February 12, 10:00 a.m., Wellness Program demonstrating the Virtual Reality Rendeavor Meditation, with Mandy of the Fitchburg Senior Center, at Verona Senior Center, 108 Paoli Street, Verona.



**Thank you to our wonderful donors for
your generous contributions to SAIL
during the 4th quarter of 2019!**

Member Donors (Includes Endowment Fund Donors)

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Thank you to our wonderful donors for your generous contributions to SAIL during the 4th quarter of 2019!

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In-Kind Donations

Attorney John Mitby



Thank you, Attorney John Mitby, for 14-plus years of donated legal services to SAIL and our parent organization, AgeBetter, Inc. We appreciate all you do to support independence through connections!



We are grateful to Oakwood Village for their ongoing in-kind contributions to the SAIL program through provision of office space, human resources, and information technology support.

We apologize in advance if your name was inadvertently omitted and ask you to notify us immediately. Thank you!