

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!

15th Anniversary Kicks Off

SAIL welcomed its first members fifteen years ago on March 1, 2005! To celebrate our 15th year and those who helped create and sustain this amazing membership program, it seems most fitting to highlight you, the members. Recognizing "it takes a village," SAIL members help one another and support the community as a whole. For each of the next twelve months, we'll be featuring randomly-chosen members and sharing the various ways they've contributed to SAIL and the community via a "SAIL Selfie" and a video clip of a SAIL Charter Member. Enjoy!

SAIL Selfie

When Lee and Arly Kempf reflect on how they've given back to the community, they recall volunteering with WHA television and Lee remembers driving for Wisconsin Harvest. Their fondest memories, though, came from volunteering at Monona Terrace for over 20 years. Up until a few years ago, Lee and Arly volunteered as docents, as well as student program facilitators, where they led Froebel block workshops in elementary schools around Dane County.

(Continued on page 3)



Lee and Arly Kempf, members since 2018.



SAILing into the future!

Limitless Options: Your Personal Legacy

Have you considered what defines you? Volunteer work? Spiritual life? Your hobbies? Your vocation? Presenter Karen Rose Gredler is an expert at generating personal reflection, meaningful discussion, and exploration among participants that leads to creating a legacy that demonstrates who you are and all you have valued.

Date and Time: Thursday, April 2 from 10:30 a.m.—2:00 p.m.

Location: Covenant Presbyterian Church, 326 S. Segoe Rd.

Cost: Full Members—\$10 | Associate Members—\$20 | Non-members—\$30
 Includes lunch and materials. Contact SAIL at 230-4321 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

There are so many emotions to describe how it feels to celebrate all that SAIL has become in 15 years. The support and guidance from members, community volunteers, service providers, and staff have shaped SAIL into all it is today. A special thank you to AgeBetter's founding organizations Attic Angel Association and Oakwood Village for helping us open our doors 15 years ago, as well as their ongoing support.

What I'm most looking forward to this year is celebrating with you, our members. As you see on the first page, this year we are highlighting SAIL's growth through the eyes of our Charter Members, in addition to learning just how much each of you has impacted the broader community.

Another major component of SAIL's success is our Service Provider program. We are fortunate to have over 80 vendors on our listing today, and look forward to recognizing them throughout the year.

Speaking of vendors, March also means spring is coming (hopefully sooner rather than later). Knowing this, now is a good time to begin thinking about what help you may need with spring cleaning. Whether it's landscaping, gardening, organizing and downsizing, or a deep clean in your house, our vendors can help! Contact SAIL at 230-4321 for help or suggestions.

Celebrate 15 Years: Help Us Meet Our Legacy Challenge

by the SAIL Volunteer Development Team

It's never too early (or late) to become a legacy donor. Thus, we hope that this year you'll help us meet our goal of welcoming 15 new SAIL legacy donors to honor SAIL's 15 year anniversary!

Those who are legacy donors choose to leave a gift to charity in their estate plans—a great way to recognize those organizations that have meant something special to you or your family. As you think about your estate plans, please consider a gift and name SAIL in your will or trust. This type of gift, a bequest, enables you to help us build financial strength for future generations. Why a legacy gift? It is easy to arrange. It will not alter your current lifestyle in any way. It can minimize estate and other taxes. It is easily modified to address your changing needs. And, it is a way to help an organization continue doing good, even in tough financial times! If you have questions or wish to learn more about this wonderful opportunity to support SAIL, please contact Ann Albert, Executive Director of SAIL's parent organization AgeBetter at 230-4321. Or, feel free to contact David Koehler or Darcy Kobinsky at the Madison Community Foundation (MCF) at 232-1763 regarding the SAIL Endowment Fund. We hope you will help us meet and better yet, surpass, our goal of 15 new legacy donors in celebration of SAIL's anniversary!

Information and Volunteer News



A Message from Volunteer Coordinator Peggy York

This month I'd like to take the opportunity to thank three individuals who have volunteered many miles and many hours to assist in providing transportation to fellow SAIL members. Bill Ehlert, Mary Ann Hunt, and Judy Taylor have been generous with their time to get members to appointments and events. Now they are taking a break, giving someone else the chance to provide rides and enjoy the company of their fellow SAIL members in the process. Thank you Bill, Mary Ann, and Judy!

Giving and Getting a Lift

Every week members of SAIL find themselves in need of a "lift" to a medical appointment, a social event, or to run an errand or two. A loyal group of SAIL volunteers is happy to assist these folks in getting where they need to go. While there is no obligation to give a certain number of rides or answer the call each and every time, often the volunteers enjoy the opportunity as much as the members appreciate the assistance.

One volunteer driver, Donna Lotzer, gave more than 30 rides to members in 2019. For Donna, volunteering is a social opportunity. It's a chance for her to meet so many wonderful and grateful people. For someone who is still working part-time, the flexibility of SAIL's volunteer driving program allows her to self-select rides based on her availability. "Anyone who is looking to do something helpful, useful, or even just social, becoming a volunteer driver is a great way to start!" The number of requests for rides is rising. If you are interested in learning more about what it means to be a volunteer driver, please contact Peggy York at 230-4321.



Save the Dates

- Colonial Club Health & Wellness Fair, Wednesday, April 8, 9:00 a.m.
- *No More Spring Breaks*, falls prevention program, Thursday, April 9
- *Planning for Life's Later Stages*, with Jeanne Mraz, wealth manager, and Dr. Teresa Mangin, neurologist, Tuesday, April 21, 1:30 p.m.

90's Celebration Lunch

If you are age 90 or better (or close to it!), watch your mailbox for an invitation to our upcoming **90's Lunch on Wednesday, March 18, 11:30 a.m. at Blackhawk Country Club**. Enjoy assorted cocktail sandwiches, fresh fruit, pasta salad, and cookies while socializing with fellow SAIL members. Thanks to a generous donor, there is no charge for this event. **To register:** Call SAIL at 230-4321 by March 13. Transportation is available upon request. Please feel free to invite a guest!

15th Anniversary (Continued from page 1)

Charter Videos

In addition to our Selfie member highlights, we are excited to share the thoughts and insights of some of our Charter Members—those who have been with us since the beginning. Starting March 1, you can view a monthly video featuring one of these individuals on our website (sailtoday.org) and Facebook page and discover firsthand how it all began, why SAIL was and still is important, and just how much SAIL has grown over the years. Our first video features AgeBetter Executive Director Ann Albert as she reflects on SAIL's development over the years.

Program 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. Please call the SAIL office at 230-4321 to register.

Upcoming dates:

- Tuesday, March 3, 10:00 a.m. to noon, Monona Library, 1000 Nichols Rd.
 - Tuesday, March 24, 1:00 p.m. to 3:00 p.m., Alicia Ashman Library, 733 N. High Point Rd.
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A Message from Membership Services Assistant Becky Rogers

So, did you hear the one about the woman who is on the Falls Prevention Task Force who fell and broke her wrist? Sadly, it's no joke! Most of you have already heard about my broken bones, but I thought I'd share simply to say that a fall can happen to anyone at any time. Was I "penguin-walking"? Yes. Did I have good boots on? Yes. It just happened. That being said, I strongly encourage anyone who hasn't been to the "No More Spring Breaks" falls assessment program to please consider attending on April 9th! I also encourage everyone to participate in whatever type of balance class appeals most to you. Need suggestions on upcoming classes? Please feel free to call the SAIL office and we can help find a class for you. I, for one, plan on adding a Tai Chi class to my exercise routine to try to improve my balance and hopefully prevent any more broken bones. Perhaps I'll see you there!



Mayor Speaks at Midwinter Luncheon

A large, lively group of members and guests filled the banquet room at Blackhawk Country Club for SAIL's Midwinter Luncheon. After a delightful meal, the Mayor spoke about the City of Madison working in partnership with AARP and local citizens on the Age-Friendly Community initiative, which includes a focus on affordable housing, health and transportation. The Mayor shared the importance she places on viewing all policy and programs through the lens of health and considering each initiative's impact on the health of our community. We also learned about the envisioned improvements to the transportation system and the importance of thinking beyond the city's borders. Thank you to Mayor Conway-Rhodes for taking the time to join us and interact with SAIL members!



Members Maria Cristina Martinez and Pat Kallsen

Shredding Days

Here's a great chance to get started on your spring cleaning! SAIL and Oakwood will host shred trucks at both Oakwood locations in April.

- Wednesday, April 15 at Oakwood Village University Woods. In partnership with Triad, a program will take place at 10:00 a.m. on recycling and shredding will begin at 11:00 a.m.
- Thursday, April 23 at Oakwood Village Prairie Woods from 1:00 p.m. to 3:00 p.m.



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, March 2 *Native American Health Care Issues*

Danielle Yancey, Director for the Native American Center for Health Professions, School of Medicine and Public Health, UW-Madison

Monday, March 9 *Update on the Expansion Plans for the Historical Society*

Christian Overland, Director, Wisconsin Historical Society

Monday, March 16 *Criminal Justice Reform in the State's Crowded Prison System*

Frank Davis, Past President of MOSES (Madison Organizing in Strength, Equality and Solidarity for Criminal Justice Reform)

Monday, March 23 *Taliesin Story + New News* Cate Boldt, A Taliesin Docent

Monday, March 30 *What We Know — What We Can Do About the Literary Crisis*

Kim Feller-Janus

Membership Matters *by Leader Dorit Bergen*

Join us for our next meeting on **Mon., March 9 at 1:30 p.m.** at the West Madison Police Station, 1710 McKenna Blvd.

On Our Own

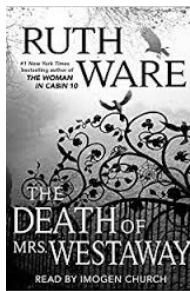
Monday, March 16, 10:00 a.m. at Perkins, 1410 Damon Rd.

Members of the group (and those interested in learning more) are invited to join us for a general planning meeting to discuss ideas and suggestions for the upcoming year. OOO began as a way for members that don't have a local support system to create connections and access pertinent information and resources. Register by contacting SAIL or on our website at sailtoday.org.

Men's Roundtable *by Leader Fred Ross*

Tuesday, March 10, 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 on **Wednesday, March 18 at 1:30 p.m.** at Sequoya Library. The book for March is *The Death of Mrs.*

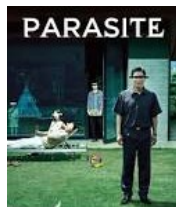
Westaway, by Ruth Ware. This mystery thriller begins the day the main character erroneously receives a letter naming her the recipient of a large inheritance.

All are welcome to attend.

Lunch Bunch *Leaders: Lois Curtiss and Deb Hall*

East Side Lunch Bunch: We will meet on Thursday, March 19, 11:30 a.m. at Glass Nickel Pizza, 2916 Atwood Ave.

West Side Lunch Bunch: We will meet on Thursday, March 26, 11:45 a.m., Olive Garden, 7017 Mineral Point Rd.



Sunday Movie Matinee: Parasite

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

Greedy and class discrimination threaten the newly formed symbiotic relationship between the wealthy Park family and the destitute Kim clan. Winner of four Oscars at the 2020 Academy Awards.

Calendar of Events — March 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	2	3	4	5	6	7
SAIL's 15th Anniversary!	Attic Angel Lecture 10:00 a.m.	Tech Tutoring 10:00 a.m. Monona Library				
8	9	10	11	12	13	14
	Attic Angel Lecture 10:00 a.m. Membership Matters 1:30 p.m. West Madison Police Station	Men's Roundtable 10:00 a.m. Oakwood Social Room				
15	16	17	18	19	20	21
	Attic Angel Lecture 10:00 a.m. On Our Own 10:00 a.m. Perkins		90's Lunch 11:30 a.m. Book Club 1:30 p.m. Sequoia Library	East Side Lunch Bunch 11:30 a.m. Glass Nickel Pizza		
22	23	24	25	26	27	28
	Attic Angel Lecture 10:00 a.m.	Tech Tutoring 1:00 p.m. Ashman Library		West Side Lunch Bunch 11:45 a.m. Olive Garden		
29	30	31				
Sunday Matinee 2:00 p.m. Oakwood Village	Attic Angel Lecture 10:00 a.m.					

News and Updates

Gloria Turgeson — Prairie Point

Linda Tate — Middleton

Judith Rasmussen — North Madison



Jane Dennis — Capitol

Peter & Joy Dohr — Seminole Hills



A Message from AgeBetter Executive Director Ann Albert

Marking SAIL's 15th anniversary makes this month very special. It generates a multitude of thoughts and feelings—mainly of deep gratitude, amazement, and of course, a deep sense of longing for those no longer with us, who've made a difference in the lives of fellow SAIL members and all of us who've connected through SAIL in some way. This is also a time of great joy as SAIL continues to grow and meet new challenges with creativity and dedication, and as our parent organization, AgeBetter, embarks on additional opportunities to improve the aging experience through affordable housing, local foods, improved training and education for those who care for seniors, and increased collaborations. Cheers to the next 15 years! Thank you for being part of it!

Valentine's Day Partnership Continues

Once again, the Madison franchise of Two Men and A Truck offered moving services within member homes on Valentine's Day. This year, WKOW television stopped out to film a short clip on this collaboration, which later aired on the news. Our thanks go out to all the staff for helping SAIL members stay safe in their homes, but especially Heather, Trevor, and Cody.



SAIL's Facebook and Blog

If you are looking for more up-to-date news about SAIL or additional information on aging between publications of *The Messenger*, check out SAIL's Facebook page where Mary Helen Conroy keeps us engaged and up to date on topics relevant to older adults, while also sharing recaps of past events and reminders of those coming up.

Then check out the SAIL Blog (sailtodayblog.com) where writer Meghan Randolph shares interesting stories weekly. Need some help finding these resources or have any suggestions for a future blog post? Give the SAIL office a call at 608-230-4321.

Lecture by Wan-Ju Li, PhD

Topic: Cartilage Regeneration and Stem Cell Science: The UW's Effect to Change Future Treatment Options for Arthritis

When: Wednesday, March 25, 10:00 a.m.—noon

Where: Oakwood Village University Woods Arts Center

Wan-Ju is a national leader in the science surrounding cartilage biology and regeneration.

University League Spring Luncheon

By Member Kay Jarvis-Sladky

Date/Time: Thursday, March 19 11:00 a.m.

Location: Nakoma Golf Club

Cost: \$27 per person

Program: Kids with Incarcerated Parents

Reservation Deadline: Wednesday, March 11

To register: univleague.wisc.edu/programs



SAIL's Annual Golf Outing

If you are a golfer, be sure to mark your calendar for Wed., June 17! Proceeds from this important fundraiser will help to support memberships for people with low incomes, as well as to

support the many services and programs that SAIL offers.

The outing will be held at Pleasant View Golf Course in Middleton, WI with an 11:00 a.m. shotgun start.

Registration fee: \$95 for 18 holes; \$75 for 9 holes. This fee includes a golf cart, boxed lunch, picnic supper, and opportunities to win prizes.

Sign up by May 1 and receive a free practice round! To sign up, call SAIL at 608-230-4321 or register online at sailtoday.org.



SAIL member Richard Steeves is a co-coordinator and speaker in PLATO's *Pathways to a Sustainable Planet* series. This discussion group focuses on the challenges we face as we adapt to a sustainable society.

Meeting Location: Oakwood Village University Woods, Arts and Education Center, Level 1

Time: Mondays 10:00 a.m.,
1 hour lecture + break + discussion

Richard will present on March 23 and April 6. Full schedule is available on the PLATO website at platomadison.org. His topics include:

Climate Change Tipping Points: Melting Permafrost, Greenland Glaciers and Forest Fires (March 23)

Offshore Oil: Deepwater Horizon in 2010 and Now (April 6).

Staying Connected



Handyman and companion vendor Billy and member Lois Curtiss stopped by the SAIL office to drop off some shredding and say hello on a crisp winter day.



House cleaning vendors Miguel and Lidia visited with Program Director Nicole Schaefer. A recent addition to the vendor program, they are enjoying meeting many SAIL members.

Connie Kilmark's presentation for the *SAIling into the future!* series was a hit. Many lingered to ask questions and share ideas about money and aging.



Members of the On Our Own group gathered at S & A Café to enjoy a Valentine's Day breakfast and swap humorous cards.