

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!

Better Speech and Hearing Month



May is Better Speech and Hearing Month and Professional Services Member Veronica H. Heide, Audiologist with Audible Difference, has some good advice for SAIL members. When we think about how we hear, most of us think about our ears. While our ears sense and convert sounds into electrical signals that our brain can process, it is our brain that is responsible for interpreting what we hear. As we age, changes in our hearing mechanism occur for many reasons, including genetic factors, noise exposure, drug exposure, and changes in the body's metabolic and vascular systems. Changes in the aging sensory system along with a decline in speed and accuracy of the neural processing results in a loss of short term memory, which affects our ability to fill in missing components of the conversation, decreased sound clarity, and an inability to follow rapid speech.

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Harriet with former grade school students Steve Tibbetts and Leyla Sanyer.

15th Anniversary Series: SAIL Selfie

Harriet Irwin has been a longtime teacher and learner. While she spent many years teaching students within a classroom, she also led field trips and taught outdoor classes all over the state of Wisconsin. Harriet was in charge of Elderhostel (now Road Scholar) for over 10 years exploring northern Wisconsin near St. Germain. The group enjoyed field trips to a variety of places. And, Harriet spent 20 years with Trees for Tomorrow in Eagle River. She taught weeklong classes for teachers including birding, wetlands (her favorite subject), and forests of the north country. Harriet continues to support environmental organizations and appreciates every opportunity to get outdoors. Read more about Harriet on our blog (sailtodayblog.com).

SAIL Charter Member Video

This month's video spotlights Charter Member Barb Winter and the variety of ways she has utilized SAIL over the past 15 years. Be sure to view it on our website (sailtoday.org) and Facebook page! Charter Member Videos are funded by the Madison Community Foundation.



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



Since the middle of March, we at SAIL have embraced a whole new appreciation of the phrase "it takes a village". As you'll read throughout the *Messenger*, there are a number of new and creative approaches members and volunteers have taken to support SAIL members.

Over 50 SAIL members are participating in our Friendly Callers program as a way to socialize during a time when we are physically distant from each other. Other members, community volunteers, and staff have been making masks for SAIL members. By the beginning of May, we anticipate we will have delivered **over 200** masks to SAIL members!

Sarah, our Communications Assistant, continues to develop and send out multiple emails a week that include resources, things to do, exercise ideas, and other pertinent updates. Not receiving our emails? Let us know so we can update our database!

Some member groups have even dabbled in virtual gatherings! Although it's not the same as meeting in person, it's still fun to chat and laugh with your friends from the comfort and safety of your own home.

Please continue to share your ideas with us. Safe wishes to you all!



Life Assist is Now VRI

Life Assist has partnered formally with VRI, the monitoring company that Life Assist has used for their pendant services. On a day-to-day level, everything remains the same for subscribers and you should expect services to be more streamlined. If you are a Life Assist/VRI customer, your invoice will now come from VRI. If you have questions, please call VRI at 800-860-4320.

With SAIL from the Beginning

Throughout this anniversary year, we are honored to spotlight vendors who have been with SAIL throughout our 15 years. We asked them to comment on their business and their time serving SAIL members.

Monona Plumbing & Fire Protection is committed to the community we live in and consistently delivering exceptional experiences to all our customers. We take our 40 year history of great customer service very seriously. Everything we do, and the way in which we do it, is aligned with our core values. Quality craftsmanship, customer service, and safety are at the core of who we are. We are very proud to be partners with SAIL for all these years and love working with all their members. Congratulations to SAIL on 15 years!



Information and Volunteer News



A Message from Volunteer Coordinator Peggy York

These past weeks have certainly been a trying time for all of us. I miss the daily contact with SAIL's wonderful volunteers. Our office volunteers, drivers, handymen, group leaders, and committee members bring certain joyfulness to us all. But, I understand that social distancing is necessary to keep us all safe and healthy. At this same time, a whole new group of volunteers have stepped up and shared their time and talent to meet the needs of SAIL members. The saying "it takes a village" has never shown more true.

Friendly Callers have been making phone calls to socialize with members during this time of isolation. This group includes: Harriet Irwin, Karen Rose Gredler, Ethel Dunn, JoAnn Savoy, Linda Conlon, Dorit Bergen, Doreen Adamany, Fred Ross, Mary Ross, Sue Stenzel, Dorie VanHouten, Donna Lotzer, Judith Rasmussen, and Pat Wafer.

Others have been making masks for members that request them. This group includes: Sue Steiner, Dayle Haglund, Bev Priefer, Pat Meloy, Sue Taylor, Carol Karls, and Helena McGevna. A big thank you to Members Dorit Bergen, Sue Stenzel, and Bob Topel and Vendor Blaine Rogers for their assistance with delivering masks!

Thank you & stay well!

Recognizing Charter Members

Meet the pioneers of SAIL. These individuals joined the organization when it was a new vision, developing and changing each and every day. They saw the value for themselves and the community and hopped on board. We are grateful to them for their 15 years of commitment to *Sharing Active Independent Lives*.

Norlin Benevenga	Richard Knowles	Jan Rom	Doris VanHouten
Joan Box	Cleo Loftsgordon	Joyce Russell	June Weisberger-Blanchard
Lois Curtiss	Hildy McGown	Jan Sampson	Thelma Wells
Barbara Gessner	Kato Perlman	Maria Schnos	Barb Winter
Sue Goldstein	Tom Popp	Elizabeth Sullivan	Nancy Winton
Jaclyn Hoveland	Alice Punwar	Karl Taueber	Marilyn Wolf

Better ... (continued from page 1)

These changes cause a decline in ability to recognize and understand speech, especially soft or distant speech and speech in backgrounds of noise.

Hearing loss that interferes with everyday activities affects one in four adults between the age of 60-69, half of adults between 70-79, and eight in ten adults over 80 years of age.

New technologies in hearing instruments are providing many treatment options to match your hearing abilities with lifestyle needs. Improved features include a more natural sound experience, improved performance in difficult listening environments, options such as improved moisture resistance, rechargeable batteries, and wireless Bluetooth connectivity to other audio devices such as cellphones, tablets such as iPads and televisions.

The complete article will be on the SAIL Blog (sailtodayblog.com) on May 8. Our thanks to Veronica Heide for sharing her expertise and knowledge with SAIL.

Program News and Updates

Remote Tech Support

Our dedicated technology support professionals, Dave Friedman and Cris Carpenter, may not be able to meet with you in person right now, but they are still at the ready if you have questions about your computer, tablet, or accessing that family video chat! SAIL team members are also available to assist with technology questions over the phone. Please contact SAIL at 230-4321 to schedule a support call.

After Hours Pilot Benefit

We are delighted to announce a new 60-day free pilot benefit open to SAIL members in partnership with Charter Vendor BrightStar Care. The **After Hours** service idea was suggested by a member and discussed at subsequent Council and Membership Matters meetings. **After Hours** provides members a phone number to call during holidays, evenings, and weekends during times of need (non-medical emergencies)—thus, offering peace of mind. BrightStar Care on-call staff will answer the calls and, during the next business day, will alert SAIL staff of the calls placed and the action(s) taken. SAIL staff will follow up with the member to ensure all is well. We are grateful for the member donation helping us cover related administrative costs to create this new pilot benefit. **To sign up for the pilot, call SAIL at 608-230-4321 by June 1!**

SAIL Men's Roundtable *by Member Fred Ross*

When and Where: Tuesday, May 12 at 10:00 a.m. from the comfort of your own home

What and How: If the idea of a non-confrontational chat on pretty much anything appeals to you, here's a unique opportunity! Although the virus pandemic has closed down much in-person socializing, we're reluctant to end a good thing SAIL has had going for several years. So we're going to try a *remote* Roundtable meeting using Zoom technology. Several days before the Roundtable, SAIL men will receive an email invitation to join the session. Join us as we give this technological opportunity a whirl. We can be pioneers together! **To register, contact SAIL at 230-4321 or info@sailtoday.org.**

Membership Matters

Membership Matters is postponed while we are all Safer at Home. We look forward to being able to meet together soon!

Writing Haiku *by Member Lorraine Moore*

Lorraine recently shared that she has found more time for creativity, contemplation, and observation during this time of social distancing. Lorraine has been enjoying writing haiku. A traditional Japanese haiku is a three-line poem with seventeen syllables, written in a 5/7/5 syllable count. Often focusing on images from nature, haiku emphasizes simplicity, intensity, and directness of expression. Lorraine encourages anyone to give it a try; "write freely, write what comes to you." She shared two that she has written in recent days. Thank you, Lorraine!

Being Human

Social connections

Speak to my heart; a basic need

Bringing happiness.



Colors

Purple and yellow

Pansies smile at everyone.

Feast on the colors.

Thank You Donors

January 1—March 31, 2020 (Includes Endowment Fund Donors)

Member Donors

Ann Albert	Ray and Janine Matulionis
Joan Box	Daphne Newman Stassin
Lorraine Bradley	Betty Stern
Mary Helen Conroy	Betty Sullivan
Lois Curtiss	Gerald and Priscilla Thain
Barbara Gessner	Ann Jarvella and
Karen Goebel	David Wilson
Carroll Heideman	Roy Yeazel

SAIL Supporters

Katherine Bidwell	Ginnell McDonald
Mary Crawford	Kim Stanfill-McMillan
Elizabeth Derleth	Patricia Robison
Reginald Hislop III	Mary Dee Wenniger
Angie Strander	Michael Zenke

Corporate and Foundation Supporters

Network for Good	Thrivent Financial
Oakwood Foundation	VRI

Legacy Donors

In April we announced the goal of adding 15 new Legacy Society members, individuals who include AgeBetter and SAIL in their estate plans, commemorating our 15th anniversary year. We are grateful to welcome two new members already! If you would like information about how to include AgeBetter and SAIL in your estate plans, contact Ann Albert by calling 230-4321 or ann@agebettertoday.org.



SAIL's Annual Golf Outing

The date for the SAIL 6th Annual Golf Outing has been changed to **Wednesday, September 23** at Pleasant View Golf Course. Please save the date to enjoy a day of golf and camaraderie to celebrate 15 years of SAIL and support a good cause. Watch for more details to be available over the summer.



SAIL Birthday Party

We hope that **Tuesday, August 18th, 1:00 p.m. to 3:30 p.m.** at Olbrich Gardens is already on your calendar. Come celebrate 15 years of Sharing Active Independent Lives! Plans are still in the works but we know there will be food, beverage, fun, and friends! A detailed invitation will be sent closer to the date.

Spring Luncheon and Annual Meeting

Due to the extension of the Safer at Home order through May 26 and in an abundance of caution, we will be combining the scheduled Spring Luncheon with the SAIL Birthday Party planned for August 18. Information regarding the election of new members to the SAIL Council will be coming in the near future. Look for a letter in your mailbox.

Comprehensive Medication Review

The Pharmacy Society of Wisconsin is offering SAIL members a virtual medication review on **Thursday, May 14**. These reviews can help identify potential problems and assess your risk of a negative drug reaction. Your review will include one hour with a registered pharmacist to go over your medications, including prescriptions, over-the-counter medications, and vitamins. **Limited slots are available. To register or for more information, contact SAIL at 230-4321.**

Legacy Project *by Member Rita Bloomfield*

I recently started going through a trunk of old photos and began organizing them into categories of family, friends, long-term neighbors, and places of employment, as well as organizations that I belonged to for years with plans of making posters to be used for social gatherings. It is a nostalgic, heartwarming, and fun project. My legacy of a meaningful life.

Calendar of Events — May 2020

SUN	MON	TUE	WED	THUR	FRI	SAT
					1 	2 Derby Day There might not be horses, but we can still wear hats!
3 Teacher Appreciation Week Begins	4 Send a note of thanks to a teacher you know today!	5 Cinco de Mayo — the anniversary of the Battle of Puebla	6 National Nurses Day!	7 Call a classmate from your school days, just to say hello!	8 What is the greatest lesson you learned in school?	9 Windmill Day Take a moment to learn about windmills.
10 	11 Look out the window for 10 minutes and make a list of everything you see. Observe the little things!	12 Limerick Day! Enjoy reading or writing a clever limerick. Have a favorite to share?	13 Pay it Forward Day! A kind word, a smile, a surprise note at someone's door.	14 Mismatched Sock Day! Forget the laundry and wear those spare socks.	15 Try Something New Day!	16 Treasure Day! Find something in your home you've kept with you for a lifetime.
17 Keep Moving! Wiggle your toes, stretch your arms, take a walk.	18 Enjoy coffee "with" a friend. Fill your cup and start the day with a phone call.	19 Share a smile day!	20 Be a Millionaire Day — What would you do with an extra million dollars?	21 The birds are busy this time of year. Who flew by your window today?	22 Stone Soup Day! Make something out of nothing today.	23 Lucky Penny Day! Do you have an extra special coin you save?
24 Pack a picnic! Enjoy this early summer tradition, even if you eat inside!	25 Memorial Day 	26 When walking inside or out today, do you see something you haven't noticed in awhile?	27 Look for the guidelines on page 4 and try your hand at writing a haiku today!	28 Find a stone and write a message on it. Then leave outside for someone to find.	29 Learn About Composting Day https://nationaltoday.com/learn-about-composting-day/	30 Do you recall looking for shapes in clouds? Take a moment and watch them float by today.
31 Sing your favorite song!						

News and Updates



Charles and Pat Cornwell – Capitol Lakes
Sharon Crowson – Cross Plains
Jackie Hollfelder – North Lake Mendota



A Message from AgeBetter Executive Director Ann Albert

May is Older Americans Month and this year's theme, **Make Your Mark!**, is very fitting with SAIL's 15th Anniversary. It encourages and celebrates the countless contributions older adults make to our communities—we are grateful to all AgeBetter volunteers and SAIL members past and present for making a difference in the lives of older adults in our community. One person who started making his mark as a young man and continues to do so is Attorney John Mitby. Enjoy reading John's profile by guest writer Doug Moe in this month's insert!



Student Pharmacist—Oakwood Partner (POPs) Program

Three SAIL members have been assisting students studying for their Doctor of Pharmacy for five years! The POPs program, led by Professor Beth Martin, links UW-Madison student pharmacists with older adults to better understand a senior's perspective on health, clinicians' roles, and issues related to successful aging. Students are able to enhance their communication skills through discussions, conduct medication histories, and create a drug log for their partner. These experiences allow them to learn and reflect about successful aging. The issues they discover relate to their future practice as a health care professional. The traditional spring recognition for participants had to be cancelled but thanks go to SAIL Members Kate Dooley, Sue Goldstein, and Nancy Winton for their commitment and participation the past five years, as well as the relationships they fostered!

A Message from Membership Services Assistant Becky Rogers



May 12 is Limerick Day.
Here is my tribute to SAIL
and all of you! Will you write one too?

*There once formed a group called SAIL
Fifteen years going without fail!
The members are great
And we all can't wait
To meet up, not just by mail!
The SAIL team, I just adore
So much, I'll tell you more,
Ann, Nicole, Peggy
Sarah, yes, and me.
You're all who I'm thankful for!!!*

Member to Member Book Recommendations

We may not be able to meet in person to discuss books for now, yet many of us are reading more than ever. Thank you to the members and SAIL friends who offered suggestions.

Endurance: A Year In Space, a Lifetime of Discovery by Scott Kelley

The Overstory by Richard Powers

The Soul of an Octopus by Sy Montgomery

The Secret Wisdom of the Earth by Christopher Scotton

The Lager Queen of Minnesota by J. Ryan Stradal

Monkeewrench by P.J. Tracy

Airport and Hotel by Arthur Hailey

Where the Crawdads Sing by Della Owens

The Splendid and the Vile by Erik Larsen

Unlock the Secrets of Retirement by Galen Metz

Little Fires Everywhere by Celeste Ng

Miracle Greek by Angie Kim

It Takes a Village

Members, vendors, friends of SAIL, and SAIL staff have come together to meet the needs of the SAIL community in the past weeks. Technology challenges have been solved; masks made and put to use; groceries shopped for and delivered; and Friendly Calls made to stay connected. Members are sharing their appreciation for this support.

- “The man that dropped them off was just wonderful too, and the whole experience was so nice!”
- “SAIL is what keeps us in our neighborhood!”
- “I’m just so glad I joined SAIL when I did. I think of my church and SAIL that have been so good for me and to me. It’s a wonderful feeling. My kids feel this way too. It still helps me be independent.”
- “SAIL is improving day by day. You think it can’t get any better and then it does!”



Bev Priefer and Ken Martin work together to make fabric masks for use by fellow SAIL members.

Membership Services Assistant Becky Rogers provides contactless delivery of masks.



SAIL Word Search Fun

Can you find all the words?

X	S	O	I	S	F	V	L	E	X	R	V	C	G	X
S	R	R	A	N	I	R	V	I	G	U	P	O	N	M
G	R	I	E	L	D	I	I	Q	V	J	V	N	I	E
Z	L	O	L	K	T	E	G	E	M	E	E	N	R	M
B	D	A	D	C	A	N	P	B	N	C	S	E	A	B
Y	G	Q	A	N	I	E	S	E	A	D	V	C	H	E
E	M	O	H	D	E	E	P	L	N	O	S	T	S	R
N	E	Q	A	G	Z	V	P	S	L	D	Z	I	H	S
R	M	E	A	F	J	N	I	U	D	G	E	O	C	F
U	R	A	H	L	I	C	N	U	O	C	I	N	E	W
O	Y	O	E	G	I	T	Q	L	W	A	W	S	T	M
J	H	X	N	T	E	O	L	E	C	T	U	R	E	U
R	R	I	S	E	A	N	D	S	H	I	N	E	S	S
F	G	S	R	E	N	T	R	A	P	E	G	U	V	I
A	Y	H	Z	V	U	B	E	T	T	E	R	U	R	C

SAIL

Sharing

Active

Independent

Lives

Age

Better

Aging in Place

Reading

Music

Lecture

Friends

Home

Volunteer

Rise and Shine

Members

Connections

Village

Team

Council

Vendors

Partners

Speakers

Journey

Tech



John Mitby: A Legacy of Giving Back

By Doug Moe



When Madison attorney John Mitby volunteered his time to help the organization that founded Sharing Active Independent Lives (SAIL) gain nonprofit 501(c)(3) status in 2005, those who benefited were likely appreciative. But no one should have been surprised.

By then, Mitby's civic engagement – including helping make the Reddan Soccer Park in Verona a reality, as well as a nationally-lauded dormitory for disabled women at Camp Wawbeek in the Dells – was widely recognized in Madison and beyond.

Less well known is that for Mitby, 76, giving back to the community is tethered to an ethical compass he first witnessed in his father, Norman Mitby, who served as District Director of Madison Area Technical College from 1960 to 1988.

It may also not be generally known that along with the opportunity for pro bono philanthropic work, Mitby's life in the law has led to personal and professional friendships with numerous famous Wisconsin names.

Early on, working briefly in Green Bay, Mitby helped a few of Vince Lombardi's more colorful Packers out of late-night jams and once caddied for Max McGee when the legendary receiver lost his temper on the golf course after a poor shot.

"He threw his clubs in a pond," Mitby said. "I had to fish them out."

Mitby served as Donna Shalala's personal attorney during the former UW-Madison chancellor's Madison years. He helped her learn to play golf and Shalala in turn brought prospective donors to the University Ridge course. When John Powless quit coaching basketball, Mitby helped set in motion the west side tennis center that now bears Powless's name.

Sometimes celebrity, legal work and philanthropy could be integrated. Such was the case with an early Mitby client, Alex Jordan, creator and proprietor of the House on the Rock near Spring Green, one of the state's most popular tourist attractions.

In 1974, Jordan, beginning to be overwhelmed by the attention (he was an intensely private man), and thinking that continued expansion at the House on the Rock might require him to sell or take on a partner, went looking for a lawyer.

A mutual friend suggested Mitby – "I know a good young lawyer" – and Jordan, often willing to play a hunch, showed up at Mitby's office.

"He hired me," Mitby said, even though the young lawyer had never handled anything nearly as big as the potential sale of the House on the Rock.

Mitby handled the eventual sale of the House and represented Jordan until his death in 1989. Jordan left his fortune to longtime companion Jennie Olson with the understanding she

would establish a charitable foundation. Mitby helped with that, and today is president of the Olson Foundation, which continues to make significant philanthropic gifts (\$400,000 in 2019) to organizations including Big Brothers Big Sisters of Dane County, the Goodman Community Center and SAIL.

Mitby is also president of the Van Wie Foundation, which has spearheaded numerous charitable successes in the Wisconsin Dells area, including the afore-mentioned Easter Seals Camp Wawbeek, one of the premier camps in the nation serving the disabled.

Given his inclusion in many "best" and "top" lawyer lists published regionally and nationally over many years, Mitby might seem to have been almost blue-printed for the law. But in fact, he was uncertain what to do upon graduating from college, and worked briefly in industrial engineering.

Mitby grew up in Green Bay, moving to Madison with his family just in time to attend West High School for his senior year, after his father Norm Mitby took the top job at MATC.

Mitby was a good athlete – despite having polio as a child – and played basketball and golf at West. He next attended UW-Madison. It was during this early time in Madison when Mitby witnessed an ethical stand from his father that resonated deeply.

It was around the holidays, and a local soda distributor brought an expensive set of knives to the Mitby house as a gift for Norm. The MATC account was

lucrative. Not only did Norm Mitby decline the gift, he used the offer as a spur to reassess the books and make sure all the profits from the campus canteens – they were considerable – were directed to students in need. He did it simply because it was the right thing to do.

“That stuck in my mind for a long time,” John Mitby said. Along with family and being a good lawyer, Mitby has prioritized giving back to the community, another way of saying helping others.

It was Norm Mitby’s prominence in Madison that originally led John Mitby to Green Bay for his first two years practicing law. It got him out of Norm’s shadow and he had fun with the Packers. But soon John and his wife, Julie – whom he met in law school at UW – were back in Madison. John landed at the Axley Byrnelson law firm. Julie switched paths, enrolled in medical school and became a radiologist.

It was the couple’s two daughters, Tana and Jenna, who drew Mitby to soccer. Mitby coached youth teams and at one point took a squad of fifth-graders to Denmark for two weeks. He was vastly impressed by the quality of the facilities and the programs available for female athletes. Mitby returned to Madison determined to try to emulate what he had seen.

It didn’t happen overnight, but in 1998, with Mitby on point, assisted by Mike Van Sicklen, the state-of-the-art Reddan Soccer Park – 40 acres a half-mile off Highway M on Cross Country Road – opened in Madison to rave reviews.

It continues as a stellar example of

Mitby’s ability to connect the dots on community projects.

“Sometimes somebody has the idea but not the money,” he said. “Other times somebody has the money but not the idea. You try to put the pieces together and make a difference.”

Mitby was called in not long after the Madison Area Continuing Care Consortium (now known as AgeBetter, Inc.) held a conference in the early 2000s focused on sustaining a good quality of life for people over 60.

“My role was to form the 501(c)(3),” Mitby recalled, of the AgeBetter project that became SAIL, but it went beyond that.

“We tried to look at the average 60 to 70-year-old couple,” he said, “and see what we could do to make a good, safe life for them in their homes.”

Mitby recalled that they curated and prequalified a list of vendors – plumbers, electricians, house painters, drivers and more. That was the start of one of SAIL’s most popular offerings. Other unique services such as a daily check-in system, medication reviews, and member-led groups were added shortly after thanks to the inspiration of the SAIL members – older adults ranging in age from 58-99.

SAIL also tapped into the university. “There are so many people in Madison who know about dementia and wellness and eating right and making a home safe,” Mitby said. “We brought all those people together.”

This year SAIL celebrates 15 years of bringing independence and community to older adults in Madison. The anniversary provides an opportunity

for the organization and its members to recognize the extraordinary amount of pro bono legal services and advice Mitby has provided across those 15 years.

John Mitby is not slowing down. His former law firm had a mandatory retirement age of 70, so in 2015 Mitby left and joined the Hurley Burish firm, where he continues his practice.

His philanthropy continues, too. Mitby is involved with 1800 Days in Madison – dedicated to reducing education achievement gaps – as well as the Blue Trunk Foundation, helping make travel accessible for the disabled.

“I wanted to give back,” he said, and few have done it better.

Doug Moe is the award-winning author of numerous critically-acclaimed non-fiction books, as well as thousands of newspaper columns and magazine articles. In addition to his books and journalism, he writes corporate, foundation and personal histories, all with a signature storytelling style that has earned him a devoted following across more than four decades.

Doug Moe is a lifelong Madisonian and graduate of the University of Wisconsin-Madison. Doug has worked as a journalist and author for more than 40 years. The author of 10 books, with several more in progress, he currently writes a monthly column for Madison Magazine and a weekly blog for its website. Doug also contributes to a variety of other publications, including Milwaukee Magazine, On Wisconsin Magazine, Our Wisconsin Magazine, and Isthmus.