

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!



Embracing Change — All of It!

Date: Wednesday, June 24

Time: 12:30 p.m.— 2:00 p.m. via Zoom

We all know that changes are a part of life. Downsizing, moving, physical changes, losses, making new friends, and family changes can all be tough topics to approach. We might feel unprepared, but planning and problem solving can help us grab opportunity, rethink challenges, and approach changes head on. Through presentation, discussion, and self-reflection, this workshop will help you start thinking differently about change and introduce some tools and strategies to help you plan, adapt, and thrive.

Kristin Litzelman, PhD is an assistant professor in the School of Human Ecology and a state specialist for the Division of Extension at the University of Wisconsin-Madison. Her work centers around supporting families through transitions across the life course including health, caregiving, and aging. She is interested in helping older adults and their families adapt and thrive at every age, with a focus on the way context (such as family, social resources, health systems, and broader cultural factors) support older adults' capacity to age on their own terms.

*SAILing
into the future!*



Virtual Medication Review

Date: Thursday, June 18

Timeslots: 10:00 a.m., 11:30 a.m., 1:00 p.m., 2:30 p.m.

The Pharmacy Society of Wisconsin is offering SAIL members a free medication review using a secure video platform on your computer or tablet. 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 medication, and vitamins. Please contact SAIL at 230-4321 to register or sign up online at sailtoday.org.

SAIL Member Marilyn L. completed a virtual review last month and said, "I got an email, clicked on the link, typed in my name, and pushed the button to connect with the pharmacist. It was so simple!"



Office Hours

M-F: 8:00 a.m.-4:30 p.m.
Closed holidays

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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 Haasl (Secretary), Dianne Hopkins, Chris Klotz, Kathleen Larson, Alan Lukazewski, and Rick Sheridan.

From the Office



A Message from Program Director Nicole Schaefer

Happy summer solstice! Although many changes and uncertainties have come forward during this pandemic, I've also experienced an added appreciation to the joys of spring and actually taking the time to witness the transition in nature.

Speaking of transitions, June marks the end of our 2019-2020 Council year. I'd like to extend my gratitude towards Kathleen Larson and Don Haasl as their terms officially end. Kathleen played a major role over her three-year term helping SAIL with member retention, including developing and distributing the SAIL Member survey in 2019. Don Haasl served as Secretary during his six-year term and has been a large force behind the creation of the *SAILing into the future!* workshop series. Thank you both for all that you've done and continue to do to support SAIL!

Looking ahead, it's apparent that we must continue to find ways to connect from afar. You'll notice throughout the Messenger a variety of program opportunities coming up in June and July that will take place virtually. If you'd like help with learning how to attend one of these, give us a call at 230-4321. An extra-large thank you to our tech support vendors, who have gone above and beyond by virtually supporting so many of our members during this time!

We hope you are all staying safe and look forward to seeing many of your faces virtually this coming month.

Council Elections

Typically, our annual meeting and council election takes place at our Spring Luncheon. This year, **the election will take place via the letter** you should have received in the mail. Included was a bio of each of the nominees: Ernie Hanson, Galen Metz, and Thelma Wells. Any objections to the listed nominees can be made by Friday, June 5 by calling SAIL at 230-4321. **If you agree to the nominees, you do not need to do anything.** Council member terms begin/end July 1, 2020.

15th Anniversary Series: SAIL Charter Member Video



This month's video spotlights Charter Member Sue Goldstein and how she has given back to SAIL the past 15 years by volunteering as a driver for other members needing to get to appointments and the grocery store. Sue also enjoys the connections members can make through SAIL that aid in the aging process. Be sure to view the full video on our website (sailtoday.org) and Facebook page!

Charter Member Videos are funded by the Madison Community Foundation.



Information and Volunteer News



A Message from Volunteer Coordinator Peggy York

The year 2020 has proven that where there is a need, there is a willing volunteer!

Fred Ross and JoAnn Savoy have established ways to keep social needs fulfilled. They investigated different virtual platforms and assisted members of Men's Roundtable and On Our Own to join into regularly scheduled discussions. Members of the SAIL Council, Communications Team, Development Team, and *SAILing Into the future!* Team have also continued to volunteer their time and ideas via virtual meetings.

Volunteer seamstresses have provided over 270 masks to SAIL members. For anyone that is willing to keep sewing, the need for masks still exists beyond our organization. We have received requests from the community and will forward future donations to RSVP of Dane County and two area senior apartment buildings.

As Gerry and Margaret Greeno prepare to pass the torch, we want to thank them for the wonderful job they did keeping the SAIL Book Club going into year 15! Gerry worked hard to keep communications channels open when book deliveries and transportation were needed. Inclement weather forced last minute changes a few times, and he handled that smoothly for all involved. Margaret got to know each member and considered personal preferences as she made book choices. Thank you for a job well done!

We would also like to take this time to recognize Janice Gary and Karen Peterson for initiating the SAIL On Our Own group in early 2016. After four years, they will also be passing the torch. Their vision of a support network for single members was readily accepted. The group has now grown to 35 members. Through monthly meetings and online communication, they have planned social activities and educational opportunities of interest to all members. It has been inspiring to watch close friendships and trust blossom within this group!

Friendly Callers

by Member Linda Conlon

I signed up for Friendly Callers because I was missing being with people during the coronavirus. The staff suggested two people to me. When I started calling them once a week, I didn't know what to expect. To my surprise the conversations have been so enjoyable that I get off the phone smiling. I have gotten to know these members and they bring out the theme of SAIL, "takes a village". I feel these members have given me just as much as I have given them. When you become a part of the village, you are no longer alone. THANKS SAIL.

Did you know we have over 50 SAIL members taking part in the Friendly Callers program? Contact SAIL at 230-4321 to learn more!



Volunteer Requests

Curbside Pickups — We are looking for a few volunteers to assist with curbside pickups for members who are unable to get out—library, grocery, small retail shops might be on the list. Most pickups and drop-offs can be contact free. And we can even provide a mask if you need one. Please volunteer by calling SAIL at 230-4321. Thank you!

Book Club Leaders — We are also looking for someone or ones who might be interested in taking on the leadership of the Book Club. Want more information? Please call SAIL at 230-4321.

Program News and Updates

Remote Tech Support

If you are in need of remote tech support with either Dave Friedman or Cris Carpenter, please contact SAIL at 230-4321 for assistance arranging an appointment.

Recently, members have expressed concern with not being able to access PDF files on their computers. Vendor Cris Carpenter acknowledges there has been an increase in problems with Adobe Reader leading to this difficulty. He recommends replacing it with another *free* program, Foxit Free Reader. If you would like assistance switching to the program, please call SAIL at 230-4321.

Shred Day

Many members have inquired about a rescheduled Shred Day. We are working to bring this program to you while still following the Safer at Home orders. An announcement will be shared once we have a date!



SAIL Men's Roundtable *by Member Fred Ross*

When and Where: Tuesday, June 9 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 many years. So we're going to continue with a *remote* Roundtable meeting using Zoom technology. **To register, contact SAIL** at 230-4321 or sign up online at sailtoday.org.



Special SAIL Member Pricing

VRI offers SAIL members a pricing discount on emergency alert system services. If you are currently a customer, please take a moment to check to be sure that you are receiving the proper discount. In Home Medical Alert (using landline): \$20 per month; In Home Medical Alert (cellular): \$35.00; Mobile Basic: \$35.00; Mobile with Fall Detection and GPS: \$43.00. If you need assistance, please call VRI at 800-860-4230 or SAIL at 230-4321.

With SAIL from the Beginning

This month's Charter Service Provider feature is **Tony Trapp Remodeling**.

Since 2005, the Tony Trapp Remodeling team has grown to include eight dedicated professionals and earned a number of accolades, establishing them as one of the most respected remodeling companies in Madison.



Tony Trapp Remodeling and SAIL are both known for a high level of reliability and long-term relationships with clients. Tony Trapp Remodeling works closely with SAIL using universal design techniques to improve safety and accessibility for seniors in their homes. SAIL members are some of our most rewarding customers to serve.

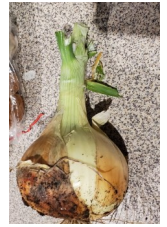
Tony and the whole Tony Trapp Remodeling team congratulate SAIL on 15 years and look forward to supporting the organization for the next 15 years.

Program News and Updates



A Message from Membership Services Assistant Becky Rogers

How does *your* garden grow? Mine is sprouting pretty well! Did you know that June 27 is National Onion day? And, June 22 is National Onion Ring Day...my husband and I love onions. Last year, while visiting my sister in Skykomish, WA, we experimented and made our own "Blooming Onion" treat. My sister grows the giant "Walla Walla" onions; the one we used barely fit into the small fryer! Here are before & after pictures of our experiment, and yes, it was delicious! Happy Onion-ing!



It has been fun working on the test project of creating container gardens for members who wanted to grow some produce, herbs, and flowers in small spaces. Looking forward to times we can gather together again soon.

Sharing Lives, Sharing Memories

This year's Annual Meeting would have included a tribute to members who had passed away between May 2019 and April 2020. Because we can't meet this year, we are honoring them in this month's SAIL Messenger instead. Please join us in remembering the following members:

Janice Baldwin	Dee Hanson	Kay Liddicoat	Jan Rom
Ruth Calden	Virginia Henderson	Juana Morton	David Slautterback
Werner Frank	Mary Hennen	Ann Peckham	Ruth Topel
Herman Goldstein	Fannie Hicklin	Jo Richards	Gordon Tuffli
Mary Lou Goodfriend	Rosemarie Lester	Leigh Roberts	Lynn Vaubel

Finance and Technology

Save the Date: July 9. SAIL Vendor Barbara Boustead of Mary's Daughter, LLC, will educate us on the myriad ways technology is being used to meet our banking needs and how to keep information secure. This will be a virtual presentation. More details are forthcoming. If you are interested in getting on the registration list, call SAIL at 230-4321.



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

Like so many things, the 15th Birthday Party for SAIL, in its originally planned format, has had to be postponed until the spring of 2021. We do, however, hope to be able to celebrate in a different format this August 18th as scheduled. Plans are still in the discussion phase, and we'll be sure to notify you as soon as have more information. Stay tuned!



Resource Page

The SAIL website (sailtoday.org) includes valuable information especially relevant to our current situation. There are links to update CDC and WHO recommendations, the Safer at Home/Forward Dane orders, tips on staying healthy, and opportunities to engage your mind. It is updated regularly, and many of the resources shared in previous email messages are also included there.

Calendar of Events — June 2020

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
	Take the time to tell someone about SAIL today!	On this day in history: PT Barnum began the first U.S. circus tour in 1835.	World Bicycle Day	National Cheese Day What's the most unique cheese you've tried?	Look for the Strawberry Moon tonight!	National Yo-Yo Day! Did you have a favorite toy as a child?
7	8	9	10	11	12	13
National Cancer Survivors Day!	Happy Best Friend Day! Who was your first best friend?	Men's Roundtable Join virtually at 10: 00 a.m.	Iced Tea Day! Are you Team Sweet or Team Unsweet?	Bring the outside in today! What bits of nature would make a pretty bouquet?	Splurge Day! Do something that feels extravagant today.	Look for a rainbow to-day — in the water from a sprinkler, in the sky, or a reflection.
14	15	16	17	18	19	20
Flag Day! Celebrate the history of the stars and stripes.	Fresh strawberries are a special June treat. What's your favorite way to enjoy them?	National Fudge Day! Wow! Sounds delicious.	Statue of Liberty arrived in New York City in 1885. 	Virtual Medication Review Contact SAIL for timeslots and to register	Who do you want to play you in the movie about your life?	Enjoy the longest day of the year! Summer Solstice
21	22	23	24	25	26	27
	National Onion Day How many types of onions can you name?	National Hydration Day! Drink up and support your immune system.	<i>SAILing into the future!</i> Embracing Change— All of It! 12:30 p.m. (virtual)	Can you think of 20 people who influenced your life? Jot them down as you reflect.	National Beautician's Day — We sure have missed them.	Sunglasses Day! 
28	29	30				
Paul Bunyan Day Learn about the tales of Paul today!	Do you know when you got your first camera? Today is National Camera Day!	Meteor Day! What might the night sky reveal tonight?				

News and Updates



Betty Forest — Fitchburg

Lori Roberts — Middleton



A Message from AgeBetter Executive Director Ann Albert

The Wisconsin Housing and Economic Development Authority tax credit awards were announced last month. Unfortunately, our project, Elderberry Place, was not awarded credits. We scored 100% of the points we applied for but our project did not meet this year's unusually high cutoff point. We are very disappointed as this prevents us from moving forward (revenue from sale of the tax credits would have funded half of our project costs). Our organization, however, remains committed to forging ahead on a senior affordable housing project, recognizing the growing need in our community. Thus, we are currently exploring options and are hoping we can reapply this December.

On behalf of the AgeBetter board and our member organizations, Oakwood Village and Attic Angel, I want to thank you very much for your words of encouragement throughout this past year regarding Elderberry Place. And, thank you in advance for your ongoing encouragement. Now, more than ever, we need to advocate for and support older adults to ensure they have access to high quality healthcare, housing, employment, social needs, transportation, vetted and trusted services, home care, and more. While the affordable housing project has had a set-back, I'm proud of SAIL's ability to ensure members have access to important aspects of safe and healthy aging. More to come!

Take a look at the new
AgeBetter website:
www.agebettertoday.org.
Together we can all
AgeBetter!

Consider Leaving a Legacy... so your cherished values live on

Life is full of uncertainties, as we've all witnessed these past few months. All the more reason to plan and take steps to ensure the values we hold dear will carry on long after our time on earth. Our *SAILing into the future!* workshop "Limitless Options: Your Personal Legacy" focuses on leaving a personal message on these values, lessons learned in this life, and the hopes we wish to share with loved ones.

Another way to leave your legacy is by making a planned gift to an organization whose values align with yours and an organization you want to help sustain for generations to come. By making a legacy gift directed to SAIL you can help sustain our collective values: independence through connections, being pro-active, helping oneself and others to live meaningful and safe lives, aging on your own terms. Please consider a legacy gift during this very special 15th anniversary year! Gifts can be made directly to AgeBetter and designated to SAIL or they can be directed to the Madison Community Foundation via the enclosed form and applied to the SAIL Endowment Fund or general operations. If you'd like more information on options, including ways to make a gift without changing your will or trust, please call Ann Albert at 608-230-4321.

Refer a Friend to SAIL

Please help us spread the word about SAIL — referrals from a friend are the primary way that people learn about SAIL and its many benefits. Thank you! Call SAIL at 230-4321 if you have questions or would like us to send membership information to someone you know.

After Hours Pilot Program

Thank you to those who've signed up for the "After Hours" pilot! Participation is free and we would love to add more people to this trial. Call 230-4321 to sign up.

About the "After Hours" pilot:

- Last year, a member suggested this idea as it would bring her peace of mind to have a number to call after hours if she had an emergency or serious concern that she felt could not wait until SAIL business hours. It was discussed at Membership Matters and attendees agreed that we should explore it.
- Partnering with our vendor BrightStar Care keeps this offering affordable. They have on-call staff already and our expenses for the pilot (and possibly beyond it) are limited to their staff training time.
- The 60-90 day trial period will help us learn more about member needs after hours and how we can address them within this framework.
- After registering as a participant, you will receive a special phone number to call after hours. Please contact us if you would like more information!

Virtual Yoga with Jesi Hirsch



SAIL vendor Jesi Hirsch of RN Patient Advocates of Madison offered a free, 30-minute Zoom yoga class for SAIL members in May. The response was so positive that Jesi has agreed to offer a class each Thursday morning at 11:00 a.m. from now until the end of June.

The class is intended for participants of all abilities. It focuses on stretching, breath work, and some simple poses. Please have a chair nearby in case you need a little assistance with balance. Please contact SAIL to register at 230-4321. The details for logging in to the Zoom class will be sent to you prior to the class. **Thank you, Jesi!**

Growing Together

SAIL staff and volunteers worked together on a pilot project to bring a **Farm in a Pot** to members who requested flowers, herbs, vegetables, or a combination. Plants and pots were purchased, safe planting stations were assembled, container gardens were created and delivered. Thanks to volunteers Harriet Irwin, Duncan McNelly, Bob Topel, and Jeff Walsdorf for all of your hard work.





Tell Us About Your Legacy Gift Statement of Intent



Thank you for your generous commitment to Sharing Active Independent Lives (SAIL). We are pleased to partner with Madison Community Foundation (MCF) for our Legacy program. To better understand your intentions for this gift, we ask that you please complete this form with as much detail as you are comfortable sharing. The information is not legally binding and we understand that you may wish to change your gift in the future. Please contact SAIL with any questions at (608) 230-4321.

Your Contact Information

Name(s) _____

Address _____

City _____ State _____ Zip _____
_____ ☐ ☐ ☐

About Your Gift

If you are willing to disclose information about your gift, please check all that apply. If you choose to provide an estimate of the value of your gift, please use today's dollars:

- ☐ Will ☐ Trust ☐ IRA or Retirement Plan Assets ☐ Charitable Remainder Trust
☐ Life Insurance Policy ☐ Charitable Gift Annuity ☐ Other: _____

The approximate value of my gift is \$_____ or _____ % of my estate or residue.

Your Gift Will Support

Select one or multiple options below to designate your gift to SAIL.

If no option is selected your gift will be directed to the Highest Priorities of SAIL (unrestricted).

SAIL Endowment Fund

- ☐ Designate your gift to build the SAIL Endowment Fund for long-term sustainability _____ %

Highest Priorities of SAIL (unrestricted)

- ☐ Designate your gift to be used at SAIL's discretion, including operating expenses _____ %

Acknowledging Your Gift

- ☐ I/W e would like to be included in SAIL's Legacy Society. Please list my/our name(s) as:

Anonymous _____ If anonymous, you may publicly recognize my/our gift once it is realized _____
☐ ☐

Signature(s):

Language to Include in Your Will or Trust

I/we give and bequeath (describe bequest) to AgeBetter Inc.,* for its charitable purposes as defined in and subject to the provisions of the Madison Community Foundation Trust Agreement as it exists on this date or as they may be amended in the future. This gift shall be used to benefit SAIL (Sharing Active Independent Lives) through deposit to the SAIL Endowment Fund or through the terms outlined in my/our legacy commitment statement previously executed with SAIL, including any subsequent amendments. Distribution of these funds will be made to AgeBetter Inc., for the benefit of the SAIL program.

Madison Community Foundation's Tax ID #: 39-6038248

*AgeBetter, Inc. is the parent organization of SAIL.



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