

## 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!

## Ethnic Diversity Committee Initiatives



The Ethnic Diversity Committee, led by Member Dana Warren and with the support of the Madison Community Foundation, has engaged Deb Biddle of The People Company, LLC, an expert in developing effective diversity, equity, and inclusion practices and cultures within organizations.

Over the next few months, Deb will assist SAIL in developing a strategic plan to become a more ethnically diverse and inclusive organization. As part of this process, **SAIL will be asking all members for input through a brief survey. Stay tuned for upcoming details.**

In a 2019 Membership Matters meeting, the idea of creating an Ethnic Diversity Committee was born. The purpose of the committee is to broaden SAIL's reach and to make a determined effort to welcome and serve all who are aging in Dane County. This group has been working with community resources to achieve the goal of understanding how to engage members with diverse ethnic backgrounds. **The committee welcomes members who are interested to join their work.** Call SAIL at 230-4321 to volunteer.

Be sure to also check out our blog ([sailtodayblog.com](http://sailtodayblog.com)) to read our recent post *Your Anti-Racism Toolkit*.

## Shred Day

We are excited to announce our annual Shred Day will take place on **Wednesday, July 29 from 11:00 a.m. to 1:00 p.m.** at Oakwood Village University Woods. An Access truck will be located in the Covenant Oaks parking lot, 6165 Mineral Point Rd., collecting your documents to shred. Signs will be placed along the driveway to guide you. Up to 5 grocery bags or boxes permitted. For everyone's safety, we ask that you remain in your car when dropping off your items. SAIL and Oakwood staff will be on hand to collect and securely dispose of your shredding.

If you are unable to bring your shredding yourself, please contact us at 230-4321 to make arrangements for a volunteer to transport it for you.

Our thanks to Access for providing this service to our members.





## 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 (Vice President), Mary Ann Drescher (AgeBetter), Sue Goldstein, Ernie Hanson, Dianne Hopkins (Secretary), Chris Klotz, Alan Lukazewski, Galen Metz, Rick Sheridan, and Thelma Wells.

## From the Office



### A Message from Program Director Nicole Schaefer

One thing that makes SAIL so unique is the creativity that each member brings. As you may notice throughout the Messenger, SAIL Members have adapted in different ways to interact during a pandemic. It's inspiring to see such neat ideas!

Looking ahead, SAIL recently sent out a short survey to see what outdoor or virtual programs members may be interested in. If you haven't taken the survey yet and would like to participate, let us know! We also encourage you to join us at our Membership Matters meeting to discuss next steps based on the results. If you haven't tried to join a virtual meeting yet and would like some assistance, please reach out to SAIL at 230-4321. In addition to member creativity, SAIL takes pride in its collaboration with other local groups and organizations. *(continued p. 4)*

## In This Together

Since mid-March, SAIL has provided over 230 services to members! These included grocery shopping, medication pick-ups, assisting with absentee ballots and census completion, accessing loan closet items, driving members to essential medical appointments, daily check-in follow ups, library book pick up, and tech support. And, eight members, two staff, and one community donor helped create and deliver nearly 300 masks needed by members, volunteers, and vendors. Email blasts increased to two per week and included health-related resources, virtual things to do, and wellness programs—many of which were suggested by members. New friendships blossomed thanks to 16 Friendly Callers who made regular calls to 33 members. Staff made calls to each of our 415 member households, delivered "Go Bags," and responded to vendor requests by members. Volunteers and staff teamed up to create container gardens with fresh vegetable plants and beautiful flowers for members.

The weeks of physical distancing have been filled with extraordinary connection!

## 15th Anniversary Series: SAIL Charter Member Video

This month's video features Charter Member Jan Rom. Jan and her husband, Howie, were in need of help around the house when they joined SAIL. Fifteen years later, no longer living in her own home, Jan continued to volunteer monthly in the office. Sadly, Jan died shortly after this video was filmed; therefore, this month, we remember Jan and the joy that she brought with her and the love that she had for her family. Be sure to view the video on our website ([sailtoday.org](http://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



As SAIL's membership grows, our Good Neighbor Team continues to extend warm welcomes to newcomers. I would like to thank Evonna Cheetham, Carole McGuire, Sharanne Stitgen, and Nancy Winton for reaching out with a pleasant phone call to each of our new SAIL members. These ladies are skilled listeners who often suggest specific offerings that may interest the new member. During this time of physical distancing, they are pointing out virtual programs and reminding people that SAIL has technical support to keep them connected. Thank you!

## New Council Members Start Terms of Service



As SAIL Members Don Haas and Kathleen Larson completed their terms of service on the SAIL Operating Council last month, Thelma Wells, Charter Member, and Galen Metz, Member and Co-leader of Life's a Daring Adventure—Carpe Vitam!, begin their three year-terms with SAIL's Operating Council this month. Current Council Member Ernie Hanson was also elected to begin his second three-year term. Made up of nine SAIL members, two community members, and one AgeBetter representative, the Council demonstrates the importance of SAIL's vision to be a community of members who serve one another while pursuing successful aging. Thanks to all who are willing to give of their time and talents to guide SAIL forward.



## Membership Matters

Please join us for a virtual Membership Matters meeting on **Monday, July 13 at 1:30 p.m.** via Zoom.

- The Ethnic Diversity Committee will share the work they're doing to expand our diversity initiative.
- We will discuss the results from SAIL's recent social program survey and divide into small groups to generate ideas on how to bring some of the ideas to fruition.
- We will discuss the August event at Olbrich Garden and find ways for members to safely interact with each other while there.
- Ann and Nicole will present short updates on what AgeBetter and SAIL have been up to over the past few months.

**Call SAIL at 230-4321 to register and receive the agenda or register online at [sailtoday.org](http://sailtoday.org).**

## Choosing an Investment Advisor

**Date and Time: Wednesday, July 22 from 1:00 p.m. to 2:30 p.m. via Zoom**

Responding to member requests following February's *You and Your Money: A Dynamic Relationship* workshop, member and financial expert Connie Kilmark will offer information on the various credentials that financial advisors may have earned and the culture and financial incentives that form the context of each type of advisor's practice. You will emerge from this class with a better vocabulary and an awareness of the strengths and weaknesses that each type of financial advisor brings to the invariably friendly meeting that starts, "Yes, I can help you." You will have the confidence to ask crucial questions as you audition a new advisor or assist a friend or relative with the sensitive task of choosing an advisor.

**To register, contact SAIL at 230-4321 or online at [sailtoday.org](http://sailtoday.org).**



# Program News and Updates

## From Nicole (continued from p. 2)

These include RSVP, Safe Communities Falls Prevention, Triad, NewBridge, Dementia Friendly, Continuity of Care, and Pharmacy Society of WI. Although our physical office remains closed, the SAIL team has been hard at work (read *In This Together* on p. 2). A standing ovation goes out to Peggy, Becky, and Sarah for the marvelous job they've done to support SAIL members from afar!

## Remote Tech Support

Need help with anything related to technology? Our Vendors Dave Friedman and Cris Carpenter and SAIL staff are on call to assist you with questions, big and small. Call SAIL at 230-4321 to arrange an appointment.

## SAIL Bike Ride

Join fellow SAIL members on **Thursday, July 23, at 9:00 AM** for a congenial and socially-distanced group ride along several of Madison's wonderful bike paths. We'll start and end this 15-mile ride at **Odana Hills Golf Course parking lot**. No need to pre-register; just show up at Odana with your bicycles, ready for a good time. For additional information, contact Fred Ross, at 833-8315 or [rossfm@chorus.net](mailto:rossfm@chorus.net).

## SAIL Men's Roundtable by Member Fred Ross

**When and Where: Tuesday, July 14 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 will continue with a *remote* Roundtable meeting using Zoom.

**To register:** Contact SAIL at 230-4321 or sign up online at [sailtoday.org](http://sailtoday.org).

## Finding Peace with Your Money Management with Service Provider Barbara Boustead

**Date and Time: Thursday, July 9 at 1:00 p.m. (via Zoom)**

The spread of COVID-19 has changed the global landscape and is impacting all aspects of our lives. While some factors affecting financial well-being are beyond individual control, financial knowledge can help people better manage their finances through these challenging times.

*Finding Peace with your Money Management* will provide tips and strategies to help you keep your money safe by utilizing online banking safety measures, including alerts as well as traditional banking tips to keep your money safe. Barbara will also share examples of current scams and fraud and what you can do to reduce your risk. **Call SAIL to register at 230-4321.**

## With SAIL from the Beginning

This month's Charter Service Provider feature is **Two Men and A Truck**.

*We have enjoyed working with SAIL and their amazing clients over the past 15 years. To us, we are a customer service company that happens to move people. We take pride at showcasing that we are the "Movers Who Care" and work to not only meet, but exceed our customers' expectations during each and every interaction. We look forward to working with SAIL for many years to come and we have enjoyed the relationships we've built along the way.*



**TWO MEN AND A TRUCK®**  
"Movers Who Care."



# Program News and Updates



## A Message from Membership Services Assistant Becky Rogers

Over the past months, I've been enjoying several TED talks, as well as some pre-recorded webinars from the American Society on Aging and Badger Talks. Recently I participated in a longer webinar called *Ending African American Deaths from Despair*. It was very informative and timely and I hope we can integrate some of the lessons learned into the work of the SAIL Ethnic Diversity Committee. Perhaps you've had the chance to enjoy some virtual programs too. Please remember to browse the many online learning resources linked on the SAIL website ([sailtoday.org](http://sailtoday.org)) on the Covid Resources tab and others that are shared through our weekly emails.

## Sharing Memories

Have you ever shared a memory with someone and had them respond with, "My family did that too!" or "I had the same bike growing up!"? Although SAIL members come from diverse backgrounds, the details of our lives seem to intertwine. SAIL's 15th anniversary has emphasized opportunities for members to get to know each other more. With that in mind, we invite you to join a monthly virtual gathering to learn about each other by sharing memories on a specific topic. SAIL member and long-time volunteer Ethel Dunn will assist in leading the conversation.

**July Topic:** What brought you to Madison and what kept you here?

**Date/Time:** Thursday, July 16 at 11:00 a.m. (via Zoom). **Register by calling SAIL at 230-4321.** Contact SAIL if you'd like to practice using Zoom beforehand.



## SAIL Book Club

SAIL member Joan McCarthy has offered to lead a virtual book club. For summer reading, she has selected *The Overstory* by Richard Powers. She invites all interested in discussing the book to join her virtually on **Wednesday, August 19 at 1:30 p.m.** via Zoom. Register with SAIL at 230-4321 or online at [sailtoday.org](http://sailtoday.org).

## SAIL's Annual Golf Outing

The date for the SAIL 6th Annual Golf Outing has been changed to **Wed., September 23 at 11:00 a.m.** at Pleasant View Golf Course. Join us and enjoy a day of golf and camaraderie to celebrate 15 years of SAIL and support a good cause. To register, call 230-4321 or go to [sailtoday.org](http://sailtoday.org)!



## Olbrich Botanical Gardens Outing

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 gather safely in a different format on **August 18 at Olbrich Botanical Gardens** as scheduled. Further discussion of these plans will take place during our virtual Membership Matters meeting on July 13 (read *Membership Matters* on page 3). More information will be provided in our August Messenger. Stay tuned!



## Seniors and Driving Safety with Triad

**Wednesday, July 22 at 10:00 a.m.**

Ever wonder who really has the right of way in a roundabout or at a four-way stop? Want a refresher on sharing the road with bicycles? Join Officer Erik Lee of the Madison Police Department as he shares tips for safe driving and answers your questions.

To register, email [TriadEvents@rsvpdane.org](mailto:TriadEvents@rsvpdane.org) to receive the Zoom link for this virtual program.

# Calendar of Events — July 2020

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
			July is National Picnic Month. Pick your favorite spot to enjoy an outdoor meal.	Eat Beans Day! Are you growing beans this year?	<b>SAIL Office Closed for July 4 Holiday.</b>	Independence Day 
5	6	7	8	9	10	11
National Bikini Day! How have bathing suit styles changed in your lifetime?	Celebrate Fried Chicken Day! Have you tried a healthier version like air frying yet?	National Strawberry Sundae Day! 	Is today the day you finish that crossword puzzle you've been working on?	<a href="#"><u>Finding Peace with Your Money Management</u></a> 1:00 p.m. Via Zoom	Teddy Bear Picnic Day Do you know the origin of the teddy bear?	World Population Day. Do you know the world population today vs. the day you were born?
12	13	14	15	16	17	18
Write a note of gratitude today — to a friend, a business owner, a stranger or even to yourself.	<a href="#"><u>Membership Matters</u></a> 1:30 p.m. Via Zoom	<a href="#"><u>Men's Roundtable</u></a> 10:00 a.m. Via Zoom	Did you ever hear it called "Fish Eyes and Glue"? Enjoy Tapioca Pudding Day today!	<a href="#"><u>Sharing Memories</u></a> 11:00 a.m. Via Zoom	How many different ways do you know to tie a shoe? Grab a shoe and give it a try.	Daisy chains and crowns were fun to make. Pick some flowers or grass and create some summer jewelry today.
19	20	21	22	23	24	25
Have you checked the Farmer's Almanac again to see how accurate the weather predictions are?	Moon Day honors the day man first set foot on the moon in 1969.	On this day in history, Jesse James and his gang robbed their first train in 1873.	<a href="#"><u>Triad</u></a> 10:00 a.m. Via Zoom <a href="#"><u>Investment Advisor</u></a> 1:00 p.m. Via Zoom	The ice cream cone was invented in St. Louis on this day. Do you like sugar or wafer cones?	Cousins Day! Do you have a favorite memory of time with cousins?	Engage in some mental math today. Add the numbers from 1-100 as you count. (1+2=3 +3=6+4=10 and so on)
26	27	28	29	30	31	
If you have to choose a book to read that you've already read, what one would you choose?	Bugs Bunny had his debut in 1940	World War I began in 1914	<a href="#"><u>Shred Day</u></a> 11:00 a.m. Oakwood Village University Woods	International Day of Friendship! Who are you thankful for today?	The first postage stamp was sold in 1847.	

# News and Updates

## New Members

George and Donna Beestman  
— Walnut Grove  
Ed Walker — Hill Farms



## New Service Provider

Eric F.— Companion  
and Personal Assistant

## New Service Provider

We are pleased to welcome Eric as our newest Service Provider! His services include help with home management functions and tasks, transportation to appointments, medication reminders, or just someone to chat with. If you'd like to learn more about Eric or if you'd like an updated copy of our Service Provider Directory, contact the SAIL office at 230-4321.



## A Message from AgeBetter Executive Director Ann Albert

Typically, we give an “in-person” annual report at the SAIL Spring Luncheon and Annual Meeting. Due to the cancellation of this year’s meeting, I encourage you to check out our annual report online at [www.sailtoday.org](http://www.sailtoday.org). We are excited to share the achievements from 2019 including SAIL’s evolving volunteer program, service requests provided, programs offered, and our financial report. Mary Ann Drescher, AgeBetter board secretary, reflects on these past 15 years as well. With this annual report, we are also introducing a new info-graphic, which visually depicts the AgeBetter organization. Last year’s success helped us start 2020 strong—positioning us, especially SAIL, to meet the challenges we’ve faced these past few months. Thank you for making that possible! If you’d prefer a printed copy of the annual report, please contact the SAIL office at 230-4321.



## 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 SAIL at 230-4321 to sign up or to request more information. This member-suggested offering is based on the idea of providing a SAIL after-hours number to call during (non-medical) emergencies. Members could call this number for assistance for things that come up that should not wait until regular business hours. Our vendor, BrightStar Care, has offered to answer the calls—and they will do so at no charge. We are in the process of training their staff on resources to refer to for member needs. Our cost for this pilot (and possibly beyond it) is paying for staff training hours and is funded by a member donation. **Please sign up for our 60-day pilot of this exciting new offering!**

## Invite a Friend to SAIL

Our activities at SAIL may be different than usual, but if you plan to participate in a virtual program we are offering, please invite a friend to “attend” with you! We welcome visitors to explore all that SAIL has to offer. And 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.



## Events and Information

### Telemedicine and Virtual/Indirect Care



The field of telemedicine offers a diverse range of medical support services through telecommunication. Under the global pandemic, many providers have moved to telemedicine to assist their patients. Join us via Zoom on **Wednesday, August 5 at 11:00 a.m.** for a presentation on the advantages and disadvantages to using video and phone doctor visits and learn tips for best use of the services.

**Call SAIL at 230-4321 to register.**

This presentation will be led by Dr. Steven Barczy, Medical Co-Director, Division of Geriatrics, Associate Program Director, Geriatric Medicine and VA Advanced Geriatrics Fellowships, Director of Clinical, Geri-PACT & GRECC Connect, Madison VA Geriatric Research, Education & Clinical Center, Professor of Medicine, Geriatrics/Sleep Medicine, UW School of Medicine and Public Health.

### Home Sweet Home

This time of year is an important time for checking and maintaining key components of our homes. AARP created a summer [checklist](#) to help guide us in doing the tasks ourselves or finding help to keep our homes in top shape. Please take a look and give SAIL a call at 230-4321 if you need assistance. Remember that many SAIL Service Providers are working and following recommended safety guidelines.



## Member Highlights

### On Our Own Picnic

On Our Own group members Barb Sommerfeld, JoAnn Savoy, Karen Peterson, Beth Campbell, and Ginny Nachreiner gathered at the Sauk City Riverfront Park to enjoy an outdoor picnic and a walk along the Wisconsin River. They enjoyed a delightful afternoon and acted as pioneers in testing outdoor, physically distanced programming for SAIL. Watch for announcements of future opportunities for outdoor gatherings.



Sue Goldstein reviews letters from her team of UW-Madison Doctor of Pharmacy students she has worked with this year via the POPs program (Pharmacist-Oakwood Partners) led by Professor Beth Martin. For the past five years, Sue has participated and stated she “loves knowing she is helping students learn and she enjoys the friendships she makes with them.” Her smile tells the story of the importance of these connections!