

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!

Telemedicine and Virtual/Indirect Care

Wednesday, August 5 from 11am—noon via Zoom
Contact SAIL if you'd like help with Zoom beforehand.

Have you been asked to change your scheduled in-person doctor appointment to a telemedicine visit? Have you wondered what that means and how that works?

Telemedicine (virtual doctor visits) offers a diverse range of medical support services. Under the global pandemic, many providers have moved to telemedicine to assist their patients. Join us to learn about the advantages and disadvantages of using video and phone medical visits and discover tips for best use of the services. This program will be led by Steve Barczi, MD, Medical Co-Director, Division of Geriatrics, University of Wisconsin School of Medicine and Public Health.

Register by calling SAIL at 230-4321 or online at sailtoday.org.



Member Input Guides Program Plans

In June, we offered an electronic survey to members to better help us plan social and educational programs during this pandemic. Our goal is to provide ways for members to interact while staying as safe as possible. This survey focused specifically on possible outdoor and virtual programs. Thank you to everyone who responded!

We presented the results at the Membership Matters meeting in July for discussion and received additional suggestions to have year-round activities (book club, online trivia, movie club), music opportunities, and exercise programs, both virtually and outdoors.

Here are some programs happening this month based on member input:

What is Telemedicine?—Aug. 5

Member Bike Rides—Aug. 6 and 27

Virtual Book Club—Aug. 19

Virtual Lunch Bunch—Aug. 20

Virtual Sharing Memories—Aug. 25

If you are interested in helping to develop or lead a new program, please contact the SAIL office at 230-4321. Zoom training will be provided!



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:



OAKWOOD
VILLAGE



ATTIC ANGEL
COMMUNITY



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

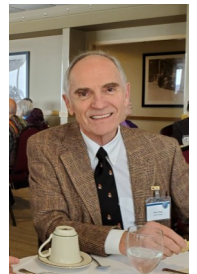
SAIL's main priority, especially throughout this pandemic, is helping to ensure our members stay safe. We will continue to move forward cautiously with our programs and services and have generated guidelines to follow as an organization. You can view these on

our website (sailtoday.org) under the COVID-19 Resources tab or give us a call if you'd like to receive a copy in the mail. Also, our Service Providers are expected to follow all CDC guidelines while working with SAIL members. Stay safe, stay cool, and we will see you soon!

*Our new pilot program, **After Hours**, begins this month. With help from BrightStar Care, we created a way for members to connect with someone in the evening or on the weekends when our office is closed should a non-medical emergency concern come up (like that pesky smoke alarm that won't stop beeping). We're excited to see how this program grows!*

Charter Video

This month's video features Charter Member Tom Popp and how he sees the value in a SAIL membership because it fits the needs of anyone and everyone. The pay it forward concept, in which members give what they can first, knowing they will need help in the future, gives an example of how members support each other. Tom continues to volunteer on SAIL's Development team and previously served as President of SAIL's Operating Council. Be sure to view the entire video on our website (sailtoday.org) and Facebook page!



With SAIL from the Beginning

BrightStar Care of Madison By Jeff and Susan Tews

Susan and I decided to become charter service providers because we felt the mission of SAIL so closely aligned with the mission of BrightStar Care: to help individuals maintain living in their preferred environment as long as possible and to provide peace of mind for the families of our clients. I can't think of one specific memory of a SAIL member we've served—it has been our joy to help so many stay safe and well at home whether they were a BrightStar client for several years or just a few weeks.

We have experienced exciting growth over the years along with the increasing challenge to attract and retain qualified caregivers who are in such high demand. We've also had to adapt with changes in technology that have further enhanced our level of clinical excellence. We're proud to still live by our motto of The Answer is Yes even when someone needs round-the-clock care starting tonight or any other challenge that seems insurmountable.



Information and Volunteer News



A Message from Volunteer Coordinator Peggy York

New friendships have developed out of SAIL's Friendly Caller initiative that began in response to the pandemic. After three months of phone visiting, a few had the desire to meet in person. It took some planning, but the connections were well worth it. We would especially like to commend these members for keeping safety, masks, and social distancing as part of their plan.

Linda and Nancy met outdoors near Nancy's apartment. Linda tells us they had a wonderful get together and a two hour chat. Harriet and Hannah met for lunch at Brigham Park. They said there were no surprises since they already felt like they had gotten to know each other so well. Both agreed to get together again in the near future.

We would also like to thank Dana Warren for her written communications to three members. Her cheerful greetings certainly brighten their days.



Members Harriet Irwin (left) and Hannah Lee (right)

UW Nursing Looking for Older Adults

Help make health care more age-friendly – volunteer with the UW-

Madison School of Nursing's Older Adult Project! The School of Nursing is looking for volunteers age 65 or older, who live independently and are willing to talk with undergraduate students once a month during the fall semester (September 2 to December 10). During phone or video calls, you and your paired student might talk about your health care experiences, health questions or concerns, or their assumptions about aging. To volunteer or ask questions, please contact the School's Center for Aging Research and Education at care@son.wisc.edu or (608) 265-9542. Please respond by August 12.



The Center for Aging
Research and Education
SCHOOL OF NURSING
UNIVERSITY OF WISCONSIN-MADISON

Volunteer Services, Safety Kits, and Education

Our Volunteer program continues to offer assistance with picking up groceries or medications. At this time, we also have a limited number of volunteer drivers assisting with medical appointments only. Each driver has received a safety kit that includes CDC-approved cleaning materials, hand sanitizer, and disposable masks and gloves, along with a set of guidelines to follow when driving a member. *Please note: if you anticipate requesting volunteer services on a regular basis, we encourage you, if you are able, to upgrade to a Full membership. Contact Program Director Nicole Schaefer at (608) 230-4321 with any questions.*

Thanks to a generous donation from BrightStar Care, we will also be creating small sanitizing kits for each of our members! More information will follow soon.

Ethnic Diversity Committee Update

A five question survey will go out via email to all of our members on **August 6** as we develop a strategic plan to become a more ethnically diverse and inclusive organization. Members without an email will receive a copy of the survey by mail. To request a hard copy or with any questions, contact us at 230-4321. Please complete the survey by August 17.

SAIL Nature Walks

We'd love to help make these happen with small groups of members. We even have some members who are experts with plants, prairies, birds, etc. who can lead some walks. As we plan, it'll be helpful to know what conditions would be best—flat, small hills, short or long distances. The walks will be scheduled through the end of October—weather permitting. If interested, please contact us!

Program News and Updates



A Message from Membership Services Assistant Becky Rogers

Well, after over four months of working from home, I've learned even more about our SAIL members than ever before. You are an amazing group! I can't tell you how many times that I've called someone to "check in" and they ask me: "how are you during all of this?" The compassion and caring from this family-like group is phenomenal! I thank you all for keeping conversations going, and for sharing your words of wisdom on coping through this epidemic. Many of you have taken up former hobbies and interests and inspired me to do the same—I'm back doing a lot of sewing and had forgotten how much I enjoy it! Keep inspiring each other and we'll get through this time together.

Does Your Neighborhood have a Newsletter?

SAIL members continue to report that the resources and services provided by SAIL and the connection to this community have been very valuable, especially during this health crisis. If you live in a neighborhood that has a community newsletter that might be looking for stories or allows advertising, please pass that information to us. We hope that you will share your experiences with your family, friends, and neighbors to help us spread the word. Please call SAIL at 230-4321 for more information or to refer a friend.

Sharing Memories *by Member Ethel Dunn*

We had such a great time at our first gathering, we're doing it again! Join us for a monthly virtual gathering to learn about each other by sharing memories on a specific topic.

August Topic: Did you ever play a musical instrument? If not, what would you play?

Date/Time: Tuesday, August 25 at 10:00 a.m. (via Zoom). Register by calling SAIL at 230-4321.

Shred Day

We are hosting a second Shred Day on **Thursday, August 6 from 10:00 a.m. to 11:00 a.m.** at Oakwood Village Prairie Ridge. An Access truck will be located in the main parking lot, 5565 Tancho Dr., collecting your documents to shred. Up to five 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 important service!



Save the Date for Aging 101 (Virtual Program)

Date: Monday, September 28

Presented by Dr. Alexis Eastman, Division of Geriatrics, UW School of Medicine and Public Health

This informative and enlightening workshop will begin with a lecture to help us understand the concept of homeostenosis and how it manifests in life as well as ten things we should all know about normal aging. Dr. Eastman's presentation will help us understand that aging doesn't mean disease, nor does growing older mean we will become frail. We'll explore and dismantle some of the myths about aging that we've subscribed to over the years, and identify topics for future exploration. Register by calling SAIL at 230-4321 or online at sailtoday.org.

SAIL
ing
into the future!

Thank You Donors

April 1—June 30, 2020 (Includes Endowment Fund Donors)

Member Donors

Anonymous
Joanne Berg
Judith Bogue
Joan Box
Charles and Pat
Cornwell
Lois Curtiss
Bruce Edmonson
and Kathleen
Massoth

Sue Goldstein -in honor of
Lois Curtiss' 99th
birthday
Patricia Krueger
Jan Lanaville
Kathleen Larson
Constance McCabe
Lorraine Moore
Karen Peterson

Tom Popp
Judith Rasmussen
Norma Satter
Sarellen Schuh
Betty Scott
Ruth Sybers
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David Wilson

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SAIL Supporters

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Corporate and Foundation Supporters

AmazonSmile
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SAIL is grateful to those individuals who made gifts in the past quarter designated to support pandemic-related programs and services.

SAIL Bike Rides

Join us for two bike rides this month!

- Member Gail Bliss will lead an 11-mile ride around Lake Monona on **Thursday, August 6**. Meet at Olin Park parking lot at 9:00 a.m. Contact Gail at 608-231-3511 if interested.
- Member Fred Ross will also lead a group ride on **Thursday, August 27**. Meet at the Odana Golf Course parking lot at 9:00 a.m. Contact Fred at 608-833-8315 if you're interested.



SAIL's Golf Fundraiser

The difficult decision was made to cancel our in-person golf outing event on September 23. Instead, via a special golf fundraiser mailing, we are asking golfers and businesses to support SAIL's services, programs, and sliding fee membership fund via direct donations this year. Anyone who is interested in making a donation to this year's fundraiser can do so online by visiting sailtoday.org or by sending a check to SAIL.

Olbrich Gardens Event Cancelled

After much deliberation, consultation with Olbrich Gardens staff, discussion at the Membership Matters meeting, and consideration of the restrictions at this phase of the City of Madison and Dane County orders, the gathering planned for August 18 has been cancelled. We all look forward with great anticipation to the days when we can safely be together again.




Virtual Lunch Bunch

Thursday, August 20 at 11:30 a.m.

We are all missing our lunch dates! Join us for an hour of socializing and perhaps learn a new recipe from a fellow member, all while enjoying a meal from the safety of your home. BYOL (bring your own lunch!). Register by calling SAIL at 230-4321.



Calendar of Events — August 2020

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>If you're looking for more ways to stay engaged, our Facebook page is updated daily with articles, games, and more. Like us at: Sharing Active Independent Lives—SAIL in Madison.</p>						1 National Mustard Day! The National Mustard Museum in Middleton sells online.
2 Friendship Day. What trait is most important to you in a friend?	3 National Watermelon Day! Enjoy this traditional summer treat. 	4 In 1875, author Hans Christian Anderson died. Which is your favorite of his fairy tales?	5 Telemedicine Virtual Presentation 11:00 a.m.	6 Bike Ride 9:00 a.m. Olin Park Shred Day 10:00 a.m. Oakwood Prairie Ridge	7 International Beer Day. If you enjoy beer, will you try a new one today?	8 National Clown Day 
9 Book Lover's Day! Will you pick a new book or an old favorite?	10 Lazy Day! What is your favorite way to relax?	11 Just Because Day. What will you do, just because?	12 Zoom Q&A 10:30 a.m.	13 Lefthanders' Day. Appreciate the lefties in your life today.	14 What's your Friday Fish Fry tradition?	15 National Honey Bee Awareness Day
16 Tell A Joke Day! Work on your delivery and call someone to see if you get a laugh.	17 Today is Thrift Shop Day. How can we support local vintage and thrift shops these days?	18 Coins are in short supply these days. Do you save coins in a jar that you might turn in now?	19 Virtual Book Club 1:30 p.m. World Humanitarian Day	20 Virtual Lunch Bunch 11:30 a.m.	21 Write yourself a letter, seal the envelope, and mark a date in the future to read it.	22 Can you find a four leaf clover in the grass today? Why are they considered good luck?
23 National Sponge Cake Day! Do you add a topping?	24 Vesuvius Day. In 79 A.D., Mount Vesuvius erupted, covering 3 Roman cities.	25 Virtual Sharing Memories 10:00 a.m.	26 Women's Equality Day. 	27 Bike Ride 9:00 a.m. Odana Golf Course	28 Make a list of your favorite things and share it with your family.	29 Bow Tie Day! Do you have a favorite historic figure who wore a bow tie?
30 August flower of the month is Gladiolus.	31 Have we made progress in the fight against COVID-19?					

News and Updates



New Service Provider

Our new Service Provider Amy has a mobile pedicure business offering toe nail trims or full pedicures in your home. She is a Certified Master Pedicurist who has received specialized training for seniors with diabetes, heart conditions, and vascular issues. She can also help with ingrown nails, corns, and calluses. Please contact SAIL at 230-4321 if you are interested in contacting Amy or if you would like a new Service Provider Directory.



A Message from AgeBetter Executive Director Ann Albert

I'm pleased to share good news—AgeBetter, in partnership with Gorman & Co., has identified a site for a proposed 75 unit senior affordable housing development. This new project site, located at 6145 Mineral Point Road, is directly on the city bus line and within the city's qualified census tract. We believe that both of these factors will strengthen our 2020 applications for funding support and tax credits— which are needed to finance our project. The site is on Oakwood Village property and is east of the main entrance at Island Drive and Mineral Point Road. As we know from last year's Elderberry Place application that did not receive the needed WHEDA tax credits, there are many moving parts and no guarantees for those applying for funding and tax credits. Yet, our model is unique in how it integrates a "Village" model (SAIL) with congregate living and it addresses the growing needs of our community's population of older adults—especially during these challenging times—well worth another try!

A sincere thank you to all who make AgeBetter possible—SAIL members, volunteers, donors, service providers, and staff. And, of course, thank you to AgeBetter's member organizations, Attic Angel Association and Oakwood Village! Together we can all AgeBetter!

SAIL 15 Year Anniversary Legacy Challenge

I had the privilege of working for nonprofits for most of my career. I fully appreciate the importance of legacy gifts and how they help sustain the work that nonprofit programs like SAIL do for our community. I am pleased to be a legacy donor to SAIL and I hope others will consider doing the same! —Member Carol Brown

Celebrating 15 years is a milestone for a nonprofit program like SAIL and one we hope will encourage you to join us in our SAIL Anniversary Legacy Challenge. Our goal is to sign on 15 new legacy donors by March 1, 2021. Remembering SAIL in your planned giving will help ensure future older adults have a "village" to count on as they strive to remain healthy and independent. As the pandemic has taught us, life is unpredictable and organizations like ours greatly depend upon stable financial support—especially during challenging times.

Several options are available for leaving a legacy gift to AgeBetter directly (designate the SAIL program) or via the SAIL Endowment Fund at the Madison Community Foundation. Some options to consider include making a bequest, a Charitable Gift Annuity (CGA), or by simply naming AgeBetter's SAIL program as a beneficiary of an IRA, retirement plan, or life insurance policy. If you would like more information, please contact AgeBetter Executive Director Ann Albert at 608-230-4445 or ann@agebettertoday.org. Note: It is always recommended that you consult with your financial advisor and, if needed, your estate planner as situations vary by individual.

Events and Information

Cleaning House

SAIL members and Oakwood residents arrived in a steady stream to safely dispose of the piles of paper that have accumulated over the past several months. Our thanks to Access for providing this service. It was so good to see everyone, safely behind masks and in their cars.



SAIL staff Nicole, Becky, and Peggy move shredding to bins to be loaded into the Access truck.

How Does Your Garden Grow?

Earlier in the spring, some members participated in a container garden project. We checked in on some of the plants to see how they are doing.



Lois Curtiss' beans are taller than she is! Ruth Sybers' basil is flourishing.



July on the Blog

Take a peek at the recent blog posts to learn more about SAIL Members Janice Gary, Janice Durand, and Service Provider Barbara Boustead at sailtodayblog.com.

Tech News



A Message from CapTel

As we continue learning and socializing in a virtual world, it may be challenging to hear or understand the person speaking. If you own a CapTel phone, there's a way to connect your phone so you can read the captions. When joining a virtual program or meeting, choose to connect your audio by phone and dial in using the provided phone number and meeting ID. You will then be able to read the captions on your phone while still getting to see everyone's face! Thank you to Service Provider John K. with CapTel for sharing this neat tip!

Zoom Q&A with Dave

Date and Time: Wednesday, August 12, 10:30 a.m. -11:30 a.m.

Join Service Provider Dave Friedman to hear answers to some common questions about Zoom, a virtual platform being used for many programs online. He will cover topics such as, "Is using Zoom safe? How do I make sure my data stays secure? How can I use the Chat feature? Can I change my background picture?" Members will also be able to ask Dave their own questions. Haven't used Zoom yet? We're happy to help you get started! Register by calling SAIL at 230-4321 or online at sailtoday.org.

Remote Tech Support

Our dedicated technology support professionals, Dave Friedman and Cris Carpenter, are still at the ready to offer virtual answers to your questions! SAIL team members are also available to assist with technology support over the phone. Please contact SAIL at 230-4321 to make an appointment.