



# The MESSENGER

*...keeping you connected!*

A MONTHLY PUBLICATION

October 2020

## 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!

## Preparing for Safe Voting

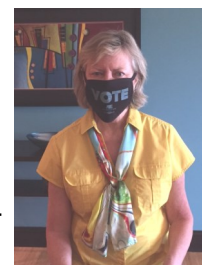
The election is upon us and SAIL volunteers are ready to help members vote safely! All of our volunteers will be wearing masks and following CDC guidelines when helping members. If you have an absentee ballot, you can contact SAIL to schedule a time for a volunteer to:

- Witness and deliver a ballot
- Pick up and deliver a ballot that's already been signed by a witness
- Assist members who may need help with completing a ballot due to a disability

Per voting guidelines, it is important to wait to complete your ballot until the witness is with you. They can watch you through a window or screen door as you fill in your ballot and seal the envelope.

Absentee ballots can be requested through October 29, but it's encouraged to request them sooner. Register for one online or contact SAIL for help.

For more information about voting, visit [www.myvote.wi.gov](http://www.myvote.wi.gov) or call SAIL at (608) 230-4321.



Member Jane Earl  
with a VOTE mask

## Medication Reviews

**Dates:** Thursday, October 8 and Tuesday, November 17

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

**Cost:** Free! Participants will receive a \$20 gift card to a local business

The Pharmacy Society of Wisconsin is providing SAIL members medication reviews using a secure and easy-to-use video platform on your computer or tablet. These reviews can help identify potential problems and assess your risk of a negative drug reaction. As your medications increase, you are more likely to experience dizziness, falls, confusion, or other issues.

Your review will include one hour with a registered pharmacist to go over your medications, including prescriptions, over-the-counter medications, and vitamins. **To register**, call SAIL at 230-4321 or sign up online at [sailtoday.org](http://sailtoday.org).





### 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



Madison  
COMMUNITY FOUNDATION

### 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

First, thank you to all of our members who completed our recent diversity survey. We received a total of 122 responses that will help us move forward in our goal to increase awareness of our organization, including among ethnically diverse members of the community. Full results of the survey will be shared in our November Messenger.

You may have noticed we had several outdoor programs take place last month, many in response to member suggestions. As we move into fall, it's becoming more challenging to plan outdoor events. You will read on page four some of the suggestions that came out of our last Membership Matters meeting. If you have suggestions on how to help members socialize during the winter months, we'd love to have you join our next small group meeting. Contact our office at 230-4321 and let us know. Members helping members continues to be the SAIL way!



### Charter Video

This month, Charter Member Nancy Winton reflects on her time as a volunteer driver, where she met so many wonderful people. She also shares how much she enjoys the educational presentations SAIL offers, led by a variety of community professionals, and the joy she felt the first time she received a birthday call from SAIL. Be sure to view the entire video on our website ([sailtoday.org](http://sailtoday.org)) and Facebook page!

### Save the Dates! Life's A Daring Adventure — Carpe Vitam! (via Zoom)

Workshop leaders, local authors, and SAIL members Mary Helen Conroy and Galen Metz have teamed up to give you the inspiration and a process to help you plan your life ahead. This workshop is for persons looking to review, retreat, and reinvent their lives. If this year has left you confused about what to do next, register today. If you're revisiting your personal goals or wondering what new steps to take after some changes in your life, this is a great place to start.

Galen and Mary Helen's past workshops have received rave reviews. Together they are part inspiration, part strategies, and part magic.

The program is divided into two sessions on **Thursdays, November 12 and November 19 from 10:30 a.m.—noon** to allow participants time to reflect and consider the information provided between sessions. Please register by calling SAIL at 230-4321 or on our website ([sailtoday.org](http://sailtoday.org)).

*SAILing  
into the future!*

# Information and Volunteer News



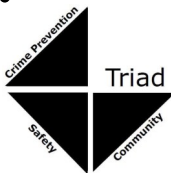
## A Message from Volunteer Coordinator Peggy York

SAIL now has four volunteer handymen that are willing to consider indoor tasks. Just recently William and Phil teamed up to assemble a bookshelf and desk for a member. Their volunteer tool kit now includes personal protective equipment. We appreciate all they do and make every effort to keep them safe!



Five SAIL members requested rides to medical appointments in September. Three volunteer drivers came forward to ensure all arrived safe and on time. Safety guidelines are followed by drivers and passengers.

And let's not forget the additional hours that volunteers spent making phone calls, sharing ideas by means of Zoom committee meetings, making deliveries, and leading small group activities. This 2020 pandemic has brought about limitations, but SAIL volunteers still manage to contribute almost 90 hours to our organization each month. We are grateful for each and every one of you!



## Triad to Host Annual Conference Virtually

All are welcome to participate when RSVP of Dane County offers its Online 2020 Safety Conference, *Toward a Safe and Healthier Decade*. Each Friday in October from 10:00 a.m. until 12:00 noon, speakers will present on a variety of topics pertaining to safety, crime prevention, and aging. Each workshop is limited to 485 participants, so you are encouraged to register soon. There is a \$15 registration fee.

Topics include: Elder Abuse, Scam Alerts, Online and Social Media Safety, Understanding Police Response to Those In a Mental Health Crisis, Navigating the Covid Experience, and much more. AgeBetter's own Ann Albert will present "It Takes a 'Village': A Unique Model for Aging in Place" on October 23 at 11:00 a.m.

To learn more and to register, [click here](#).

## LGBTQ Support Group

Brookdale Senior Living is offering a virtual support group the second Monday of each month. The LGBTQ Senior Support Group offers an opportunity to share resources, build relationships, learn about senior services, and discuss unique LGBTQ issues, such as social isolation and discrimination. To register and receive the Zoom link, email Amber Bormann at [abormann@brookdale.com](mailto:abormann@brookdale.com).

## Holiday Countdown Calendar

Earlier this year, SAIL members Lee and Arly Kempf shared a neat gift their kids give them every year—an Advent calendar, a special countdown used in anticipation of Christmas. The traditional calendar has "windows" and each day you open the window to reveal a story, poem, or piece of chocolate. For the Kempfs, each window has a picture of their kids or grandkids taken throughout the year.

Whether you're counting down to a holiday you celebrate, to the new year, or just to the end of the week, this is a great gift idea to consider for your family and friends.

Thank you Lee and Arly for sharing this with us!



# Program News and Updates

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## A Message from Membership Services Assistant Becky Rogers

During Membership Matters last month, the topic came up about “what’s helping you get through this Pandemic?” I think it’s safe to say that just like most of us, I have “good” days and “not so good” days. On those days that are a little more challenging, I find myself reaching out for things that make me smile. Here are a few of my choices: talking to my family on the phone or looking at family photos; snuggling with my cat; walking the dog; trying a new recipe (I’ve almost ‘mastered’ homemade soft pretzels.); listening to music—classical to rock & roll depending on the day; sewing projects; trying a new hobby—I’m re-teaching myself how to crochet; cleaning my house. I’ve also let myself simply “Be” on some days that taking on anything else is just too much. I encourage you to do the same! Don’t be surprised if when you call the SAIL office, I ask you what you’re doing to manage. I might be borrowing your ideas to share with other members!

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## Membership Matters Meeting Recap

On Monday, September 14, members gathered virtually to address frequently asked questions and share ideas. Primary discussions included:

1. Supporting SAIL members during the upcoming election: providing information on voting options, assisting by witnessing absentee ballots and delivering ballots for members who can’t and prefer not to mail ballots. Several members stepped forward to prepare plans which are outlined on page one.
2. How to maintain member engagement during the winter months: breakout groups brainstormed ideas including online games, friendly call program, letter writing, virtual movie watching and discussion groups, and so much more. A small group agreed to meet again to drill down into the ideas and bring some forward.
3. Gathering member feedback: while the group did not want to take on a full member survey at this time, there was discussion about collecting information and feedback on how SAIL can best serve members, especially as “safer at home” continues.

Membership Matters will meet again on Monday, November 9 at 1:30 p.m.

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## Fall & Winter Preparations

The time has come to begin thinking about fall clean up and snow removal. If you’re in need of help, contact SAIL at 608-230-4321 and we can help get you set up with one of our vetted Service Providers. If you’d like us to mail you an updated copy of our Service Provider Directory, let us know!

## Vitamin D: The role in the overall health and well-being of older adults *by Council Member Alan Lukazewski*

Vitamin D plays an important role in maintaining bone health. Studies have shown that vitamin D supplementation reduces fractures and falls. There are also other benefits such as effects on the immune system, improving muscle strength, and memory. Older adults should consider having a conversation with their physician about the role of vitamin D in their health and ensure they have a plan to receive an adequate amount of it to support healthy aging, especially as we move into a season with less sun exposure opportunities. *(This is an excerpt. Call SAIL for the complete article.)*

# Program News and Updates

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## Zoom Q&A

Here's an opportunity to ask questions and learn more about Zoom, one of the virtual programs that allows you to socialize with friends and family from the safety of your home. Reserve a 30-minute spot to work one-on-one with SAIL staff or Tech Tutor Dave Friedman either by calling SAIL at 230-4321 or online at [sailtoday.org](http://sailtoday.org). This is a great way to get started using Zoom on your computer or tablet and to learn more about it.

**Dates/Time: Wednesdays, October 14 and 28, 1:00 p.m. - 2:30 p.m.**

## Men's Roundtable (via Zoom)

*by Member Fred Ross*

The camaraderie and conversation will resume on **Tuesday, October 13 at 10:00 a.m.**, again from your own home. Good, intelligent, and unheated conversation. While an imperfect substitute for in-person meetings, these Zoom sessions have worked quite well, and they provide a much needed opportunity for human connection. We look forward to having you join the group.

## Book Club (via Zoom)

The Book Club will meet on **Wed., October 21 at 1:30 p.m.** to discuss *The Dutch House* by Ann Patchett. The story begins at the end of World War II when Cyril Conroy makes his fortune and buys a lavish estate, The Dutch House. The book follows the highs and lows of Conroy's children over five decades. Member Joan McCarthy will lead discussion this month. Please consider joining the group if you are interested. No need to commit to every month. If you would like assistance with Zoom, call SAIL at 230-4321.

## Lunch Bunch (via Zoom)

Grab your favorite midday meal and meet other SAIL members for friendly conversation while staying safe at home. Join us **Thurs., October 15, 11:30 a.m. - 12:30 p.m.** Register by calling SAIL at 230-4321 or visiting the website at [sailtoday.org](http://sailtoday.org).

## Sharing Memories (via Zoom)

*by Member Ethel Dunn*

**Thursday, October 22 at 11:00 a.m.**

**Topic: Where have you traveled that was your most favorite and/or where have you always dreamed about visiting?**

In a time when traveling is not taking place, let's enjoy some of the memories members have of the places they've visited or long to see someday.

This is our newest member group and is a wonderful place to enjoy an hour of light conversation with other members. Call SAIL to register at 230-4321 or sign up online at [sailtoday.org](http://sailtoday.org).

**Note:** For those who may not have a computer, you can still join the conversation with your phone! Call SAIL for help.

## Wisconsin Book Festival (virtual)

MADISON PUBLIC LIBRARY'S  
WISCONSIN  
**BOOK**  
FESTIVAL

The Madison Public Library, in partnership with the Madison Public Library Foundation, will host the annual October weekend program of readings by and discussions with authors — October 15-17. Renowned authors are set to speak and it is all free of charge to anyone. All programs will be virtual. To check the Festival lineup and to register, go to [www.wisconsinbookfestival.org](http://www.wisconsinbookfestival.org).

# Calendar of Events — October 2020

				1	2	3
October is Health Literacy Month	Breast Cancer Awareness Month	Fair Trade Month Starting your holiday shopping early? Consider shopping from Fair Trade suppliers.	Shine On, Shine On Harvest Moon October 1 is a Full Harvest Moon	International Day of Older Persons—adopted by the United Nations as an official day in 1990.	World Smile Day—what made you smile today? <b>Triad Conference begins</b>	World Card Making Day! Who will you send a card to today?
4	5	6	7	8	9	10
Active Aging Week Begins	World Teacher's Day We recognize all SAIL members who had teaching careers.	<b>Village to Village Network Conference will take place Oct. 6, 13, &amp; 20</b>	Pumpkin Seed Day! Do you roast them or feed them to the squirrels?	<u><a href="#">Medication Reviews</a></u> 10:00 a.m. 11:30 a.m. 1:00 p.m. 2:30 p.m.	World Post Day! 	World Hospice and Palliative Care Day
11	12	13	14	15	16	17
Remember pressing leaves between wax paper in books to save the pretty ones?	Indigenous People's Day	<u><a href="#">Men's Roundtable</a></u> 10:00 a.m.	<u><a href="#">Zoom Q &amp; A</a></u> 1:00 p.m. - 2:30 p.m.	<u><a href="#">Lunch Bunch</a></u> 11:30 a.m. <hr/> Global Hand-washing Day	World Food Day — working to make healthy food available for all.	Black Poetry Day is celebrated on this day.
18	19	20	21	22	23	24
Chocolate Cupcake Day What flavor frosting goes best on a chocolate cupcake?	Alaska Day celebrates the formal transfer of the territory of Alaska from Russia to the United States in 1867	"Connecting the World with Data We Can Trust" World Statistics Day	<u><a href="#">SAIL Book Club</a></u> 1:30 p.m. <hr/> National Apple Day! Enjoy the fruits of fall today!	<u><a href="#">Sharing Memories</a></u> 11:00 a.m.	As the day-light hours continue to grow shorter, send a note to SAIL or give us a call to let us know how we can help!	National Bologna Day If you eat bologna, what goes on the sandwich with it?
25	26	27	28	29	30	31
What reminders do you use to keep yourself moving at least once per hour?	Today is the 300th day of 2020.	National Mentoring Day Have you benefitted from a mentor in life or career?	<u><a href="#">Zoom Q &amp; A</a></u> 1:00 p.m. - 2:30 p.m.	When will we have our first snowfall? Write down your prediction today.	Look for the Blue Moon tomorrow. The second full moon in the same month.	Happy Halloween! 

# News and Updates



## New Members

David Graves and Mary Jo Domenichetti – Summit Woods

Dave and Rhonda Mossner – Verona

Mary Murvine – Verona

Kaaren Oreck – Madison

Susan Podebradsky – Emerson East

Jan Spillman Putman – Madison West

Joni Tortorice – Park Ridge

## New Service Provider

We are excited to share our newest Service Provider is offering snow removal services, just in time for the upcoming winter season! David and his brother, Michael are quite familiar with SAIL as their dad is also a Service Provider. They have helped many members with some needs in the past. If you are looking for snow removal help this upcoming season or if you'd like an updated copy of our Service Provider Directory, contact SAIL at 230-4321 or you can download the directory from our website at [sailtoday.org](http://sailtoday.org). You will need to log in with your member username and password. Let us know if you haven't logged in before and we will help you get started.



## Congratulations!

SAIL Program Director Nicole Schaefer exchanged vows with now-husband, Jeff Walsdorf, on Sunday, September 6 at a lovely ceremony in Mt. Horeb. Jeff and Nicole were surrounded by their families as they celebrated their commitment to each other. Wishing them a lifetime of happiness together!

*(Note: For those who wonder, Nicole will continue to use the name Nicole Schaefer.)*

## A Message from AgeBetter Executive Director Ann Albert

It's hard to believe we're entering the third quarter of 2020 already! It's been quite a year so far and I can't begin to thank the dedicated people who've gone out of their way to support one another and our organization. A special shout out to SAIL's staff, volunteers, members, service providers, and donors who have worked hard to ensure we remain safe, healthy, and connected in spite of physical distancing and other outcomes of the pandemic. And also to those who've taken the time to share a kind word, idea, or moment of humor—always appreciated!

While we are truly aware of the many important causes needing financial help, we hope that if you are able, you will include SAIL in your annual giving. You may consider a gift based on the new deduction available this year—up to \$300 per taxpayer (\$600 for a married couple) in annual charitable contributions. Some members have also mentioned donating part of their stimulus checks to favorite charities. *(We suggest checking with your tax professional.)*

Donations to SAIL help support innovative ideas and solutions for healthy longevity, expanded volunteer services, tech support, membership dues, programs, and more. This year's annual appeal helps mark our 15th year—a special year for SAIL. We have learned a great deal and helped hundreds, if not thousands, of people indirectly and directly in our community. A special mailing will arrive later this month—please consider a gift to SAIL!





## AmazonSmile

If you plan to shop online this holiday season, consider using AmazonSmile, where a portion of your total purchases will be donated to SAIL. It's free to use and doesn't change the way you use the site. Go to [smile.amazon.com](https://smile.amazon.com) to begin shopping and select AgeBetter, Inc. (SAIL's parent organization) as your charity of choice. It *won't* work if you just go to amazon.com...so make sure to add that smile to help SAIL!



## Communicating with a Mask

UW-Madison Badger Talks shared a video on how to communicate better while wearing a mask. Included are tips on how to adapt your conversation skills to help others understand you better. [You can view the video here.](#) Do you have any tips to help us communicate better while wearing a mask? Send them to [info@sailtoday.org](mailto:info@sailtoday.org).

Thank you to Member Dianne Hopkins for sharing this with us!

## Nature Walk

SAIL Members enjoyed the chance to explore Pheasant Branch Conservancy in September. Thank you to Member Harriet Irwin for sharing your wealth of knowledge about nature with us!



L:R—Members JoAnn Savoy, Harriet Irwin, and Donna Lotzer

## Exercise and Physical Activity

The National Institute on Aging has shared a [variety of articles to best help people stay healthy as they age](#). These articles include exercise suggestions, staying motivated, safety tips for exercising outdoors, exercising with a chronic condition, in addition to many others. As always, please check with your physician before starting any new exercise routines and keep a chair (without wheels) handy for safety.

# *Village to Village*

## Volunteer Opportunity from Home

Recently, Executive Director Ann Albert received an email from a gentleman with an affiliation with the St. Louis Village regarding opportunities to volunteer from home with an organization called College Guild. The mission of College Guild is to provide free correspondence courses that connect incarcerated people with a community beyond prison walls, fostering mutual respect through a shared passion for learning. Through mutually-anonymous correspondence (via mail or email) with careful guidance and quality control, volunteer readers provide feedback for students' work. All student work and reader feedback is processed through College Guild. There are no grades - volunteer reader feedback is designed to encourage learning and to reinforce a positive educational experience.

For nearly 20 years, SAIL Member Harriet Irwin taught classes at Oxford Federal Prison, working with inmates who were seeking an associate's degree from UW-Baraboo where Harriet taught. Harriet encourages others to consider this type of opportunity through College Guild. Harriet exclaims that her work at the prison was "the best job I ever had. Yes, the men I taught had made mistakes, some big mistakes, and yet they were some of the most motivated students. They had good brains and engaging them would get them through their very restricted lives and provide them a sense of what was possible when they were released."

To learn more about volunteering as a reader with College Guild, contact them directly at [www.collegeguild.org/volunteer](http://www.collegeguild.org/volunteer).