



# The MESSENGER

*...keeping you connected!*

A MONTHLY PUBLICATION

November 2020

## 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. Together they are part inspiration, part strategies, and part magic.

This *SAILing into the future!* workshop is for persons looking to review, retreat, and reinvent their lives. 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. Register today!



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. Register by calling SAIL at 230-4321 or on our website ([sailtoday.org](http://sailtoday.org)). Registration is free; however, donations are appreciated to help support the program.

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## Supporting the 2020 Annual Appeal by Christine Beatty, SAIL Development Team



As a retired professional in aging services, I have been privileged to watch SAIL develop its exceptional services to Madison area older adults for these past 15 years. Now, as a member, I am impressed and excited to witness SAIL's responsiveness and impact despite an extremely tough year. The pandemic has caused chaos in many nonprofits. The cancellation of fundraisers and a regrouping of services and staff to meet new needs has caused an upheaval in the aging service sector and financial difficulties for many.

SAIL is a nonprofit, membership organization, and we depend upon our members — YOU — to support SAIL with your dues, your participation, and your gift to our annual appeal. The array of SAIL services: pre-screened service providers, tech support, volunteer services, events and programs (now virtual), personal connections, and so much more attest to our steady success and vitality. We must position SAIL to be strong in 2021 and to continue to meet the challenge of this evolving pandemic.

With over 400 membership households, we can meet our fundraising budget with an average gift of \$100, despite the loss of our traditional fundraising events. Some members may not be able to reach that level, while others are capable of exceeding that amount. All gifts, regardless of amount, are greatly appreciated and keep our organization and our spirits strong!

Watch for your appeal letter soon. I encourage you to be thoughtful and generous with your gift. Thank you for your consideration.



## 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

For those who may not know, SAIL is a member of the Village to Village Network (VTV), a national association for more than 250 villages located in the U.S., Canada, and Australia. This network provides opportunities to connect with other Villages and share resources, ideas, and support.

Every year, VTV hosts a conference to bring Villages of all ages together to learn and socialize. This year, like many things, the conference was held virtually throughout October and covered topics ranging from safety in our homes to diversity to how Villages adapted during the pandemic.

One neat thing to point out is that nearly 1/4 of the 600 conference attendees were there for the first time to learn more about the village concept and see if it would be something they could develop in their area. We are delighted to see the village movement continue to grow—and have even supported new Villages get started!



### Charter Video Hildy McGown

When Hildy first joined SAIL, she and her husband didn't think they needed the services, but wanted to support SAIL's mission. Over the years, she has found the Service Provider Directory the most helpful. The handymen that she's connected with have been phenomenal in helping with even the smallest request. One thing that Hildy appreciates about being a SAIL member is the opportunity to share suggestions on ways to help members stay comfortable and in their own homes as they age.

View the entire video on our website ([sailtoday.org](http://sailtoday.org)) and Facebook page!

*Charter Member Videos are funded by the Madison Community Foundation.*

### Traditional Thanksgiving Meal during a Non-Traditional Time

Liliana's restaurant, in partnership with SAIL, is offering members a special 8-course Thanksgiving meal using a variety of locally sourced food and prepared by Chef Dave Heide and his crew.

The meal will be available to be picked up or delivered by a SAIL volunteer on November 25. All that's left to do is to warm it up in the oven. If you use Zoom or Facetime, perhaps you'll enjoy your meal in the virtual company of friends or family!

Single Meal: \$35; Meal for Two: \$75; Meal for Four: \$115

If the cost is a challenge, please be sure to let us know. Also, if you would like to participate in "paying it forward" by purchasing a meal for someone in need, please let us know. To order, call 230-4321 by Monday, November 23.

# Information and Volunteer News

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## A Message from Volunteer Coordinator Peggy York

As apprehension grew over voting in a general election during the 2020 pandemic, a group of SAIL members worked to find a solution. JoAnn Savoy, Gerry Campbell, Beth Campbell, and Bob Topel volunteered their time and shared ideas to assure that absentee ballots were delivered to the local election office by the election deadline. We appreciate their concern for member's safety as they went all out to make sure every vote was counted!

Additionally, several other volunteers were generous with their time as they drove members to medical appointments, shopped and delivered groceries, fixed an indoor fan, made a post office delivery, and more.

Thank you all for the compassion you show to fellow SAIL members!

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## SAIL Service Providers

From adaptive equipment to window washing, SAIL Service Providers offer assistance from A-Z! They do it all safely, reliably, with a smile on their faces. One of the most requested benefits of being a SAIL member is the list of vetted Service Providers. These individuals and businesses have agreed to work with heightened safety protocols and guidelines, and most are still available to assist you with essential service needs. *Please remember to do your part: wear your mask and keep at least 6 feet apart for the safety of all.*

During this month of reflection and giving thanks, we offer a special thank you to our Service Providers for going above and beyond, especially as we navigate the challenges of the pandemic together.

SAIL is always interested in new service providers. Do you have recommendations of individuals or businesses you think could be encouraged to become part of SAIL? We have been receiving many requests for companions and snow removal providers. Please consider referring someone you know to SAIL. Ask them to contact us at 230-4321 or suggest they check out our website [sailtoday.org](http://sailtoday.org). We always welcome your ideas for new categories of service providers as well. Let us know how we can help!

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## Medication Reviews

SAIL is fortunate to partner with the Pharmacy Society of Wisconsin to offer free medication reviews. The November date is filled already, but if we have enough interest, we will work to get another date set. These reviews are very helpful with assessing your risk of a negative drug reaction. Please call SAIL at 230-4321 or email [info@sailtoday.org](mailto:info@sailtoday.org) if you are interested in a future med review.

## Benefit of the Month: Rise and Shine



If you live alone, you may want to consider a SAIL daily check-in to help make sure everything is all right. This is a simple and reliable service. Each morning those enrolled in Rise and Shine call a designated number. If you haven't called by 10:00 a.m., a SAIL staff member will follow up with you to make sure everything is ok.

**To learn more, call us at 230-4321.**

**This service is included with a Full Membership.**

# Program News and Updates



## A Message from Membership Services Assistant Becky Rogers

"What's keeping you busy these days"? This is the question that we often hear or ask during this strange pandemic time. Well, the answers we've been hearing at SAIL are very interesting, and we thought you may like to know what your fellow SAIL members have been up to! Here are a few that they've shared: *I take everything out of a closet or cupboard and sort through—save what I really use, donate what I can, and toss things that are no longer useful, or worn out. I pulled out my old Jane Fonda exercise videos and enjoy doing them! I spent one day just looking through old photo albums and reminiscing about past times. Joining the "Silver Sneakers" exercise classes online. Learning how to 'Zoom' and finding workshops to take part in. Watching travel videos on YouTube!* Please continue to share what's been useful and enjoyable to you—it may give someone else an idea that they haven't already tried!



## Thank You Veterans!

November 11 is Veterans Day and it's right around the corner. The day

serves as an important reminder of the huge sacrifices made by men and women who've served in the United States Armed Forces. Originally called Armistice Day in honor of the end of World War 1, it now honors all men and women who have served their country in war or peace time. While it doesn't have to be November 11 to say thank you, our thanks go out to all the SAIL members and their family members who have provided dedicated service to our country.

## Member Perks for the Holidays

With the holidays approaching, know that SAIL is here for many of your needs!

Maybe you'd like help with typing up your holiday letter or printing address labels, inserting pictures in your letter, etc. Or, with the pandemic situation, maybe you'd like some help purchasing gifts online to be delivered directly to your family or friends. Perhaps you'd like to retrieve decorations from the basement or other storage area? One thing is certain—volunteers and staff are able to help out—just give us a call at 230-4321!

And, please remember to use AmazonSmile when you shop Amazon online!

## SAIL Blog

by Nicole Schaefer,  
SAIL Program Director

Starting this month, we will no longer be putting up new posts on the blog. You will still be able to read the 100+ posts that have been written by going to the About Us tab on our website. We'd like to extend a big thank you to Meghan Randolph for all of your help with our blog these past two years!

## Membership Matters (via Zoom)

by Member Dorit Bergen

Please join this month's Membership Matters meeting on **Mon., November 9 at 1:30 p.m.** to discuss:

- A brief update from the Ethnic Diversity Committee,
- An overview of your member benefits, including our connections with local and national resources.

Following these discussions, we will utilize the Zoom technology to create small groups for socializing.

Register by calling SAIL at 230-4321 or visiting the website at [sailtoday.org](http://sailtoday.org). A link to join will be sent the morning of the meeting.



# Thank You Donors

July 1—September 30, 2020 (Includes Endowment Fund Donors)

## Member Donors

Jane Ayer  
Melinda Bailey  
For *SAILing into the future!*  
Joan Box  
Lorraine Bradley  
Beth Campbell  
In honor of SAIL's  
15th Anniversary  
Linda Conlon  
Lois Curtiss  
In memory of Phil Certain  
Wally and Peggy Douma  
Jean Espenshade  
Barbara Gessner  
Sue Goldstein  
William and Carolyn Horton  
Roger Johnson  
For Golf Fundraiser

Kathleen Knox  
Kathleen Larson  
For *SAILing into the future!*  
Richard and Meg LeBrie  
Helen and Ernest Madsen  
In recognition of Dave Friedman  
Ken Martin and Bev Priefer  
For Golf Fundraiser  
Pauline Scott  
Ann Jarvella Wilson and David Wilson  
**In Kind**  
Attorney John Mitby

## SAIL Supporters

Ann Albert  
Glenn and Cynthia Curtiss  
Susan Day  
Alan Lukazewski  
Donna Ploc  
For Golf Fundraiser  
John Porto  
Jerry and Judy Schmudlach  
For Golf Fundraiser  
Bernadette Stoudt  
For Golf Fundraiser

## Corporate and Foundation Supporters

*SAIL is grateful to VRI for being the lead sponsor for the 2020 Golf Fundraiser.*

Adaptive Remodeling Solutions	JP Cullen
AmazonSmile	For Golf Fundraiser
Brightstar Healthcare	Thrivent Financial
First Weber Foundation	Vanguard Charitable

## Men's Roundtable (via Zoom)

by Member Fred Ross

Join the conversation on **Tues., November 10 at 10:00 a.m.** 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. Please register by calling SAIL at 230-4321 or sign up online at [sailtoday.org](http://sailtoday.org).

## Lunch Bunch (via Zoom)

This month Lunch Bunch will celebrate an early Thanksgiving, **Tues., November 24 at 11:30 a.m.** Whether you eat turkey or peanut butter, enjoy some lively conversation with other SAIL members. Register by calling SAIL at 230-4321 or visiting the website at [sailtoday.org](http://sailtoday.org).

## Book Club (via Zoom)

The Book Club will meet on **Wed., November 18 at 1:30 p.m.** to discuss *Hidden Figures* by Margo Lee Shetterly. Member Judith Bradshaw-Rouse will guide the discussion. Please register by calling SAIL or online at [sailtoday.org](http://sailtoday.org). If you would like assistance with Zoom, call SAIL at 230-4321.




## Sharing Memories (via Zoom)

by Member Ethel Dunn

**Wed., November 25, 11:00 a.m.**  
**Topic: Gratitude and New Things Learned in 2020**

This new member group offers an opportunity to enjoy an hour of light conversation with other members. To register, call 230-4321 or sign up online at [sailtoday.org](http://sailtoday.org).

# Calendar of Events — November 2020

1	2	3	4	5	6	7
Daylight Savings Time Ends Please change your smoke detector batteries too!	National Deviled Egg Day! Do you love them or hate them?	Election Day 	National Candy Day! Anything left-over from the Halloween candy?	American Football Day! Who are you cheering for?	Saxophone Day. What's your favorite instrument to listen to?	Sleep-In Saturday! Enjoy a few extra minutes of shuteye this morning.
8	9	10	11	12	13	14
National Parents as Teachers Day! (And grandparents too!) Very relevant in 2020.	<a href="#">Membership Matters (via Zoom)</a> <a href="#">1:30 p.m.</a>	<a href="#">Men's Roundtable (via Zoom)</a> <a href="#">10:00 a.m.</a>	<a href="#">Zoom Q&amp;A</a> <a href="#">1:00 p.m. - 2:30 p.m.</a>  Veterans Day 	<a href="#">Life's A Daring Adventure — Carpe Vitam! Part One (via Zoom)</a> <a href="#">10:30 a.m.</a>	World Kindness Day! We can all use a little kindness these days. Pass it on!	On this day in 1851, Herman Melville's <i>Moby Dick</i> was published. What is its famous first sentence?
15	16	17	18	19	20	21
National Philanthropy Day began in 1986.	The musical <i>Sound of Music</i> premiered on this date in 1959. Can you name the favorite things?	Let's call it Touch Base Tuesday. Who will you check in with today?	<a href="#">Book Club (via Zoom)</a> <a href="#">1:30 p.m.</a>	<a href="#">Life's A Daring Adventure — Carpe Vitam! Part Two (via Zoom)</a> <a href="#">10:30 a.m.</a>	<a href="#">Social Hour with SAIL Staff (via Zoom)</a> <a href="#">4:00 p.m.</a>	Do you listen to podcasts? Check senior-matters.com for a list of 15 favorites for seniors.
22	23	24	25	26	27	28
What do you remember about this day in 1963 when President Kennedy was assassinated?	Movement Monday Remember to move every hour today!	<a href="#">Lunch Bunch (via Zoom)</a> <a href="#">11:30 a.m.</a>	<a href="#">Sharing Memories (via Zoom)</a> <a href="#">11:00 a.m.</a>  <a href="#">Zoom Q&amp;A</a> <a href="#">1:00 p.m. - 2:30 p.m.</a>	Happy Thanksgiving! SAIL Office closed for the holiday 	SAIL Office closed for the holiday  Leftovers Day! Will you have pie for breakfast?	Small Business Saturday. What local business do you like to shop? Many are offering contactless curbside pickup.
29	30					
Is today the day you start baking, decorating, or writing holiday notes?	Will you participate in Cyber Monday? Go to AmazonSmile to help support SAIL!	Save the Date: <a href="#">December 1, 10:00 a.m. Avoiding the Holiday Blues</a>	Becky Rogers has been teaching her grandson about tongue twisters and shared this special one for SAIL members. <i>Silly SAIL Staff Say Smiling Settles Shaky Senses. So, Share Sweet Smiles Soon, Showing Support Simply.</i> (now repeat 3 times in a row, and try not to smile.)			

# News and Updates



## New Members

George and Rose Findlen – Marquette

Sue Laughrin – Oakwood Village

Robin Stubbs - Faircrest

## Growing a Garden of Light



Member Betty Rosenbaum still enjoys creating this beautiful garden of potted flowers each spring and summer. Recently, Service Provider Val Schaefer shared these pictures and the importance Betty's efforts make in finding beauty in the world. When

one of Betty's neighbors was in her final days and had entered hospice care, she asked to be brought to the window to see the delightful display. Betty's flowers are a gift to all who see them!

## Give Yourself A Hug

When Lunch Bunch met in September, they enjoyed a lively conversation and a chance to see familiar faces, even if it had to be on a computer screen. As they began to conclude their time together, talk turned to missing being able to give and receive hugs during this time. SAIL Member Joni told the group that sometimes when she is feeling the effects of the physical isolation from family and friends, she gives herself a hug. The group loved the idea of wrapping their arms around themselves as a reminder that they are not alone. So today, give yourself a hug and consider joining Lunch Bunch on November 24th!

## Avoiding the Holiday Blues (via Zoom)

**Date/Time:** Tues., December 1, 10:00 a.m.

The holidays can be a difficult time for many, but older adults living alone are at an increased risk of depression. Join BrightStar Care Customer Experience Manager Denise Wheeler and RN Case Manager Laken Wehrmann as they give tips on how to avoid the holiday blues and more serious forms of depression. Register by calling SAIL at 230-4321 or at [sailtoday.org](https://sailtoday.org).



## A Message from AgeBetter Executive Director Ann Albert

I am pleased to share that the City of Madison Common Council has approved our application for funding support for AgeBetter Community Living—a 78 unit senior affordable housing project. This is contingent upon receiving approval by the Planning Commission when they meet this month. If approved, we will apply to the Wisconsin Housing and Economic Development Authority (WHEDA) for tax credits in mid-December. We envision a unique housing model integrating SAIL membership as a way to support seniors aging in place. Stay tuned!

## Zoom Q&A

Here's an opportunity to ask questions and learn about using Zoom. Reserve a 30-minute spot to work one-on-one with Tech Tutor Dave Friedman or a member of the SAIL staff by calling SAIL at 230-4321 or online at [sailtoday.org](https://sailtoday.org).

**Dates/Times:**

**Wednesdays, November 11 and 25, 1:00 p.m. - 2:30 p.m.**



## 2020 SAIL Golf Fundraiser Donors

We give special thanks to the following donors for supporting SAIL through the 2020 Golf Fundraiser.



Barbara Gessner

Roger Johnson

Ken Martin and Bev Priefer

Donna Ploc

Jerry and Judy Schmudlach

Bernadette Stoudt

## SAIL Updates

For the health and safety of our members and staff, we are taking some precautionary measures to limit exposure during the current uptick in Covid-19 cases.

- Volunteer requests will be limited to contactless services until further notice.
- If you need groceries, supplies, medications, tech support, or other assistance, call us at **230-4321**.
- Consider limiting service provider requests to essential needs when possible.
- SAIL staff continue to work from our home-based offices.
- Please wear a mask, wash hands frequently, and maintain physical distance whenever possible.

## Member Notes

### Member Testimonial

**Member Linda Conlon shared:**

"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 I have given them. When you become a part of the village, you are no longer alone. Thanks SAIL!"

### You'll Be Hearing from Us!

Volunteer Friendly Callers and SAIL staff routinely check in with SAIL members to say hello, share information about upcoming programs, and ask if members need any assistance or support. Would you like to schedule a time that is best for you? Would you like to see your caller's face via Zoom? Let us know your preferences at 230-4321. And please share any ideas you have that might help other members through these winter

### Health and Well Being

Looking for a new way to stay active? Check out *ballroombasicsforbalance.org*. Classes are offered virtually through different senior centers.



### SAIL Social Hour with Staff (via Zoom)

**Fri., November 20 at 4:00 p.m.** Pour a glass of your favorite beverage and join SAIL staff and members for an informal chat. Register by calling SAIL at 230-4321 or at [sailtoday.org](https://sailtoday.org). The link will be sent the morning of the event. We hope to see you then!