

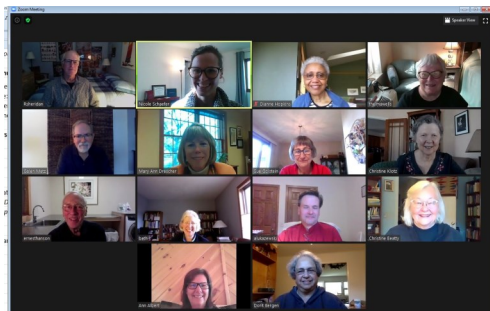
SAIL Membership Benefits

- 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!

Members Steer SAIL Forward

As a member-led organization, SAIL relies on members for ideas, direction, and assistance. A number of member teams help with the behind-the-scenes needs of our organization. We are grateful for all of the time and expertise they invest each month and felt the year end was a good time to recognize their good work and encourage participation by other members.



SAIL Council: The AgeBetter Board envisioned the SAIL Council to engage members more deeply in the daily operations and program leadership of SAIL in alignment with its membership model and to help expand SAIL's community outreach, member participation, and

external funding resources.

Membership Matters: Continually seeks member feedback and ideas that will help SAIL provide better services, programs, social connections, and outreach in the community. By meeting every other month, it provides an opportunity to continually help members engage in SAIL. The meetings are led by SAIL Council President Dorit Bergen.

Communications Team: Supports all of SAIL's Teams in achieving their goals through images, print materials, and publicity. They also ensure consistent use of the SAIL brand.

Team Members: Christine Klotz (leader), Rick Sheridan, and Dana Warren.

Development Team: Enhances the sustainability of SAIL by assisting staff in increasing donors, donations, and grant funding. They recommend and evaluate fundraisers, suggest ways to grow SAIL's Legacy Society, and help educate fellow members on the multiple ways to contribute to SAIL.

Team Members: Christine Beatty (leader), Karen Goebel, Ernie Hanson, Tom Popp, and Thelma Wells.

Ethnic Diversity Committee: Brings greater emphasis on supporting diversity, equity, and inclusion in SAIL membership and programming. The Ethnic Diversity Committee was created out of Membership Matters in 2019. Team Members: Dana Warren (leader), Gerry Campbell, Tom Popp, Dorit Bergen, Ethel Dunn, Nancy Winton, Barbara Boustead, Kathleen Larson, and Pharis Horton.

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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), Christine Klotz, Alan Lukazewski, Galen Metz, Rick Sheridan, and Thelma Wells.

From the Office

A Message from Program Director Nicole Schaefer



Here we are, the last month of 2020. What a journey it's been, especially here at SAIL. This year truly gave light to just how much our village members support each other, especially in times of need.

To round out the year, our calendar continues to remain full with virtual member programs and events. To add to our well-known and loved member groups, Member Joni is starting a dance group to help us all get up and move. In addition to that, Member Galen Metz is performing a holiday-themed magic show. Be sure to check out our calendar on page six to see all that we have going on this month!

Finally, one year ago, Sarah Kruse joined SAIL as our Communications Assistant. Sarah works to create every email you receive, every monthly *Messenger*, helps support the Communications Team, and provides assistance in so many other ways. We feel so fortunate to have her on our team and especially grateful to have had her this past year. Happy anniversary, Sarah!

I wish you all peace and joy during this holiday season and into 2021.

Charter Video



This month's video features Charter Member Lois Curtiss. After learning about SAIL's development, Lois and her husband, Charles, joined right away. Lois shares how she appreciates knowing there's someone to call if she needs help and how SAIL has become a big part of her life. Her

kids typically ask her what's on her agenda for SAIL each week. Be sure to view the video on our website (sailtoday.org) and our Facebook page!

Charter Member Videos are funded by the Madison Community Foundation.



Holiday Meal Opportunity

Blue Plate Catering (BPC), in partnership with SAIL, is offering members a wonderful holiday meal. The meal will be delivered on December 24. It includes: garlic mashed potatoes with gravy, maple glazed carrots, apple stuffing, holiday salad, roll and butter, and a choice of either holiday roast or cider brined pork chop with cranberry relish. Also included is a choice of apple pie or chocolate cream pie.

Single Meal: \$30; Meal for Two: \$60; Meal for Four: \$110

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 Mon., December 21.

Information and Volunteer News



A Message from Volunteer Coordinator Peggy York

The year 2020 has been the strangest and most unpredictable in my lifetime, but one constant has been the SAIL Volunteer Program! These dedicated men and women started the year, as any other, driving, flipping mattresses, doing household tasks and sharing ideas. Just three months in, the pandemic dictated that all must change. The need for volunteers grew stronger and they certainly stepped up.

Door-to-door deliveries provided holiday meals, groceries, medication, container gardens, and post office needs. Seamstresses shared their talent and supplies to provide hundreds of face masks to keep members safe. Our caring Friendly Callers spent hours each week making calls and writing inspirational notes to members living alone. SAIL group leaders found ways to host physically distanced events and assisted members with technology so they could gather via Zoom. Committee members inspired us all as they kept members engaged from afar.

This year, SAIL volunteers have already dedicated over 1,200 hours of service to our members. We are so proud of our volunteers and we thank each and every one from the bottom of our hearts!

Members Steer SAIL Forward *(continued from page 1)*

Finance Team: Recommends plans for diversified revenue streams, ensures we follow best business practices, reviews financial reports, and assists in developing SAIL's annual budget. Team Members: Barbara Gessner (leader), Dave Bohlman, Ernie Hanson, and Kathy Poi.

SAILing into the future! Team: Oversees the delivery and content of a unique collection of workshops addressing the financial, emotional, physical, and social aspects of aging.

Team Members: Don Haasl (leader), Tom Evans, Dianne Hopkins, Lucy Lasseter, Ken Martin, Galen Metz, and Fred Ross.

To learn more or to join one of our teams, contact Nicole at 230-4321.

One Neighborhood at a Time *by Sarah Kruse, SAIL Communications Assistant*



For years, neighbors have shared referrals for services such as tree trimming and plumbers in driveway conversations or across the fence. We tend to trust our neighbors to have our best interests at heart and we appreciate their recommendations. For SAIL, personal referrals have always been the best way to attract new members. As we continue to work to raise awareness in a year when community presentations, senior fairs, and face-to-face visits are an impossibility, it is time to get creative about remaining visible and growing our membership.

In the past few months, the Communications Team, along with SAIL staff, has been discussing an awareness and membership development approach for SAIL. Using data that helps to identify Dane County areas with the most and the fewest SAIL members, plans include seeking member testimonials to assist us in telling the story of SAIL through neighborhood newsletters.

Our thanks to those who have already shared neighborhood or association newsletter contact information. Do you have ideas for generating interest in SAIL in your neighborhood? Would you be willing to share your experiences as a SAIL member and how they complement the benefits of your physical neighborhood? It takes a village to make a Village! Please contact Nicole or Sarah by calling SAIL at 230-4321 or email info@sailtoday.org.

Program News and Updates



A Message from Membership Services Assistant Becky Rogers

In this season of giving, I'd like to encourage everyone to give themselves a gift this year. It's been a year like no other, and this gift that I'm suggesting doesn't cost a thing... Please, please, give yourselves a break. A break from feeling the "pull" to do everything that you've always done during the holidays; a break from having to purchase gifts for people that may simply enjoy a personal phone call or card; a break from the constant push from TV/Media that has commercial after commercial about the "newest" gadgets; a break from whatever it is that you need! Instead, this year take some time to just "BE". Enjoy your favorite holiday music, movie or book; consider reaching out to an old friend with a phone call; go for an early evening walk to look at your neighbor's lights; consider giving your family/friends a new kind of gift this year—a little bit of your time to share a conversation. Need some more suggestions? Don't hesitate to ask. Fellow members have shared some great suggestions! Please, just take some time for yourself this season—you deserve it!

Membership Matters Meeting Recap

Membership Matters met via Zoom on Monday, November 9. Topics discussed by the group attending included:

- An update from the Ethnic Diversity Committee on the member survey and ideas for moving forward. (see next month's issue of *The Messenger* for more detail)
- A presentation given by SAIL Program Director Nicole Schaefer that reminded and updated members on the many benefits of SAIL, including partnerships in the community and our relationship with the Village to Village Network.
- An open conversation regarding the status of the AgeBetter affordable housing project.
- Ideas for potential speakers for virtual winter programming. (*Still welcoming suggestions if you have one! Email Nicole at nicole@sailtoday.org or call 230-4321.*)

Attending Membership Matters is a great way to engage and participate in SAIL. Our next meeting will be Mon., January 11 at 1:30 p.m. Please consider joining the conversation. An agenda for the meeting will be shared in the January issue of *The Messenger*.

Avoiding the Holiday Blues (via Zoom)

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

The holidays can be a difficult time for many, and 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 online at sailtoday.org.



Winter: Are You Ready?

**Date/Time: Thurs.,
December 3 at 10:00 a.m.**

Stay informed and stay safe! Triad of Wisconsin will be offering this program with presenters Jim Jenkins and Ed Ruckriegel (Fire Marshall and Emergency Operations Coordinator with the Madison Fire Department).

**To register and receive the Zoom link, please email
TriadEvents@rsvpdane.org.**

Program News and Updates

Zoom Q&A

Reserve a 30-minute spot to work with Tech Tutor Dave Friedman by calling SAIL at 230-4321. **Dates/Times: Wednesdays, December 9 and 23, 1:00-2:30pm**

Men's Roundtable (via Zoom)

by Member Fred Ross

The camaraderie and conversation continues on **Tues., December 8 at 10:00 a.m.** again from the comfort of your own home. Good, intelligent, unheated conversation. These sessions provide a much needed opportunity for human connection. We look forward to having you join this growing group of SAIL men. Register for the Zoom link by calling SAIL at 230-4321 or online at sailtoday.org.



Book Club (via Zoom)

The SAIL Book Club will meet on **Wed., December 16 at 1:30 p.m.** to discuss *Brooklyn* by Colm Toibin. The acclaimed book is the story of an Irish immigrant in 1950. Member Joan

McCarthy will guide the discussion. New members are welcome to join us. Please register to join the group conversation by calling SAIL at 230-4321 or online at sailtoday.org.

If you would like assistance with getting the book, contact the SAIL office.

Sharing Memories (via Zoom)

by Member Ethel Dunn

Wed., December 23 at 11:00 a.m.

Topic: We all have something that's bugged us this year. To close out the year, share what's bothered you this year and leave it in 2020. Let's enter 2021 together with a fresh mindset.

SAIL Social Hour (via Zoom)

Our first Social Hour was a hit! Bring your favorite beverage and join SAIL staff and members for an informal chat on **Fri., December 18 at 4:00 p.m.** Call SAIL to register at 230-4321.

Lunch Bunch (via Zoom)

This month, alongside our monthly Lunch Bunch program, Member Galen Metz is performing a **holiday-themed virtual magic show!** Galen is a local magician and has entertained thousands of people of all ages across the U.S., including a recent performance at the Verona Senior Center. You won't want to miss this! Prepare to be amazed and have fun while in your own home! Bring your sandwich to the table and sign on for lunch and a show with fellow SAIL members on

Thurs., December 17 at 11:30 a.m.

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



Medication Reviews

This month Pharmacy Society of Wisconsin continues to offer free virtual medication reviews to SAIL members. Currently, two spots remain for **Thurs., December 10 at 10:00 a.m. or 2:30 p.m.** These reviews are very helpful with assessing your risk of a negative drug reaction, which could lead to a fall or hospitalization. Participants will also receive a \$20 gift card for participating. Please call SAIL at 230-4321 or register online at sailtoday.org.



Dancing with Joni (via Zoom)

by Member Joni

Join us **Tues., December 15 at 11:00 a.m.** as Member Joni leads us through some simple dance moves to get us up and moving. Whether you're a beginner or avid dancer, these moves will work for everyone. Contact SAIL at 230-4321 to register or online at sailtoday.org.

Calendar of Events — December 2020

		1	2	3	4	5
 December 1, 2020		Avoiding the Holiday Blues (via Zoom) 10:00 a.m.	Are you decorating your home for the holidays? Take a picture and share it with SAIL!	Winter: Are You Ready? 10:00 a.m. (Triad Program)	Movement Tip: While waiting for the microwave to finish, do some arm circles.	Nature Watch What creatures do you see out your window today?
6	7	8	9	10	11	12
Movement Tip: When watching TV, stand up and stretch during each commercial.	Anagram Day! How many words can be made with the letters from Monday?	Men's Roundtable (via Zoom) 10:00 a.m.	Zoom Q&A 1:00 - 2:30 p.m.	Medication Reviews (via Zoom) Hanukkah Begins 	Choose Your Own Adventure Day!	Gingerbread House Day 
13	14	15	16	17	18	19
Remember predicting when the first snowfall would take place? Was your prediction correct?	Time Traveler Day. What time period would you choose? Forward or back in time?	Dancing with Joni (via Zoom) 11:00 a.m.	Book Club (via Zoom) 1:30 p.m.	Lunch Bunch and Virtual Magic Show (via Zoom) 11:30 a.m.	SAIL Social Hour with Staff (via Zoom) 4:00 p.m.	Movement Tip: Cans or water bottles make good hand weights.
20	21	22	23	24	25	26
National Games Day Solitaire or Online Bridge? Games keep minds active and engaged.	Winter Solstice Celebrate with some easy stretches throughout the day.	Today's a great day to make a paper snowflake! No special equipment required and no two are the same.	Sharing Memories (via Zoom) 11:00 a.m. Zoom Q&A 1:00 - 2:30 p.m.	SAIL Office Closed	SAIL Office Closed Christmas Day 	Boxing Day Do you know the history of this holiday?
27	28	29	30	31		
Try using your non-dominant hand today to brush your teeth. Is it a challenge for you?	Fight the post-holiday blues. Call someone today. Whether it's a friend, family, neighbor, or past classmate.	Tick Tock Day! Head into the new year with a few things ticked off your list of to-dos.	As we close out the year, what have you been grateful for this year? We sure appreciate our members!	New Year's Eve 	Welcome 2021! SAIL Office Closed	Wishing you a day of reflection on a year we never expected!

News and Updates



New Members

Judith Bradshaw Rouse and
Doug Rouse—Greentree

Do you know a friend, neighbor, or family member who may enjoy being a SAIL member? We'd be happy to send them an information packet to learn more about us. Thank you to everyone who continues to share SAIL!

Jar Openers

Member Ruth Sybers recently inquired about the best device to assist in opening jars. We shared a popular product that screws in underneath a cabinet or counter top. All you need to do is bring the jar up to it until it's secure in place and twist until the lid opens. Do you have a product that you use? Let us know!

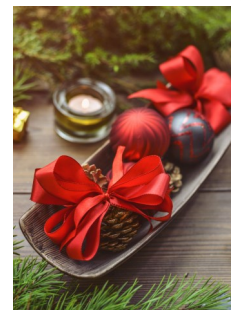


Free Access to Consumer Reports

Member Ellyn Satter shared that *Consumer Reports* is available through the South Central Library's online system. If you have a library card and internet access, log in and search for *Consumer Reports*. It is so helpful to have that information handy when buying new products for your home.

Holiday Decorating

Do you decorate your home every year for the holidays? Or is this your first time decorating due to a change in plans? Either way, we would love to see pictures! In a time when we are all celebrating non-traditionally, why not offer a way to help us all feel a bit more in the holiday spirit. You can email your photos to info@sailtoday.org. We'll share some of these pictures in our January *Messenger*.



A Message from AgeBetter Executive Director Ann Albert

I'm pleased to share that so far we are receiving a strong SAIL member response to our Annual Appeal and we are looking forward to 100% participation from the Council and staff. We invite local businesses, service providers and family members to participate and are hopeful for their support as well. Sincere thanks to all who have given and to those who are considering a gift during this especially challenging time!

More good news—our senior affordable housing project was approved by the City of Madison! The next step is an application to the Wisconsin Housing and Economic Development Authority for tax credits. Our project is unique as it will integrate SAIL as a way to help residents age-in-place. Thanks to RSVP, NewBridge, and the ADRC for their letters of support and commitment to collaboration. Kudos to our partner Gorman & Co. for their tremendous efforts on this project.

University League Candlelight Concert

by Member Kay Jarvis Sladky



Dr. Trevor Stephenson, director of the **Madison Bach Musicians**, will

perform music by Bach, Handel, Mozart, Haydn, and Beethoven on **Fri., December 4 from 7:00 p.m. to 8:30 p.m.**, via Zoom. He will also discuss how 18th-century societal and aesthetic changes were mirrored in the transformation of sound as the harpsichord gave way to the early piano. To register, visit univleague.wisc.edu/programs.

Better Sleep, Better Health (virtually)

Thurs., December 3, 1:30 p.m. - 2:30 p.m.



The Wisconsin Alumni Association is hosting this presentation by Dr. Steven Barczy, professor, UW-Madison Department of Medicine.

Science is growing increasingly conscious of the value of what happens to people while they're unconscious. Sleep is strong medicine — it enhances health, improves quality of life, and extends longevity. During this talk, you'll gain insight into what happens to people's brains and bodies while they're in the land of nod. You'll also learn the relationship between sleep and health, and strategies for optimizing time spent sawing logs.

This event is free, but [registration](#) is required.

The Gift of SAIL

In a time when most people are trying to rid themselves of possessions, experiences and services make wonderful gifts! Why not tell your family about a SAIL membership? For more information about SAIL gift certificates, call SAIL at 230-4321.



Music Theatre of Madison Production

Former SAIL Blog Coordinator Meghan Randolph directs *Beyond the Ingenue: Trailblazers*. The program runs (virtually) through December, Fridays and Saturdays at 7:00 p.m. and Sundays at 2:00 p.m. A suggested donation of at least \$10 is requested. For more information on this musical revue production and to register to receive the access information, go to the MTM [website](#).

Benefit of the Month:

Personal Emergency Response Systems

Staying safe at home is a priority for SAIL members, and SAIL members receive a discount when they sign up for monitoring services through VRI (formerly Life Assist). Different levels of service are available to meet your needs from medical and falls alert to medication dispensing, VRI is available to assist you in having immediate attention if a medical emergency arises. For more information, contact VRI at 800-860-4230 or contact SAIL at 230-4321.



Member Testimonial

I know it is hard to imagine, but I'm just getting smarter and smarter all the time — thanks to SAIL!

Member Tom Popp

Journey of Aging Copies Available



The most recent issue of *Journey of Aging* is chock full of interesting informational articles and lists of helpful resources for caregivers and aging adults in South Central Wisconsin. This issue also happens to contain a two-page spread featuring SAIL — *Providing Purpose and Community*. Our thanks to Member Christine Klotz for her willingness to be interviewed for this article and sharing her experience and involvement with SAIL.

We have copies of the publication we would be happy to mail to members who didn't receive one. Please call SAIL at 230-4321 or email us at info@sailtoday.org.