

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)
- *The Messenger*, SAIL's monthly newsletter
- Shredding services
- 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!

Stretching Into The New Year

Welcome to 2021! As we kick off the new year, we have an exciting gift for you—thanks to the support of our friends at BrightStar Care.

These past months have found many of us struggling to stay as active as we've been in the past, with our favorite gyms closed, exercise classes cancelled, or taking precautions to avoid crowds. The scientific research tells us that now, more than ever, finding ways to boost our immune system and stay fit, is critical to our ability to fight off disease and recover from illness. We also know that as we age, we naturally lose strength and flexibility, which can lead to loss of mobility and falls. With all that in mind, SAIL is offering a resource to help you keep moving this winter while in the comfort of your own home—maybe even in your own chair.



Program Director Nicole Schaefer demonstrates.

We are pleased to provide each SAIL member household a complimentary resistance (stretch) band gift set. What's in the set? You will find a stretch band and a SAIL storage pouch along with a list of both seated and standing exercises. You will also receive a video link demonstrating additional exercises created by Oakwood Village Health and Wellness staff members.



Please call or email the SAIL office to request yours; one per household.

Once you receive the set, if you are interested in additional support or instruction to get you started, please contact SAIL. We can connect you with personal trainers who are available assist you.

Let's band together to stay strong and healthy!

A special thank you to the following for contributing their expertise: Darcie Olsen, Ph.D, Occupational Therapist; SAIL Service Provider Sara Hulsether, Physical Therapist; Lori Thein Brody, Physical Therapist, PhD, SCS, ATC; Oakwood Village Health & Wellness Team.

BrightStar Care®
HOME CARE | MEDICAL STAFFING
A Higher Standard

Sincere thanks to Service Provider BrightStar Care for sponsoring this important offering to members.



AgeBetter Executive Director Ann Albert

You may notice some differences in *The Messenger* this month—what a perfect time to make a few changes with the start of a new year! Every now and then a SAIL member will inquire about AgeBetter and how it's connected with SAIL. Hence, a more visual explanation made sense. AgeBetter, Inc. is the non-profit organization that governs SAIL. While this is the official description of our relationship, SAIL is very much a member-driven, member-led organization and has evolved organically over the past 15 years. This is what distinguishes SAIL from other senior programs and agencies. It's likely our pioneering members never imagined that we, along with Beacon Hill Village in Boston and other early "villages" offering a membership model, would inspire the creation of over 250 other villages serving some 40,000 older adults nationally!

In addition to proudly celebrating SAIL's 15th year, AgeBetter submitted an application for tax credits to the Wisconsin Housing and Economic Development Authority (WHEDA) for a senior affordable housing project. We expect to hear the outcome this spring.

Finally, on behalf of our board, the amazing SAIL staff team and Council, **thank you** to all who participated in the 2020 Annual Appeal. A detailed update will be shared next month!



Program Director Nicole Schaefer

Greetings to you all as we enter a new year. I, for one, am elated to see what 2021 has in store for us.

Of special note in this issue is the report from the Ethnic Diversity Committee. This report summarizes results from the member survey and outlines plans for the future. Please take time to read about the work that has been completed in the past year. We thank them for their many contributions.

This edition of *The Messenger* emphasizes the importance of taking good care of ourselves. Throughout these winter months, finding ways to move and maintain strength will help maintain mental and physical wellness.

We are grateful for all of our volunteers who continue to assist members with their requests—running errands, tech support, finding connections to resources and services. Please ask for what you need! No task is too small for our village.

Lastly, we've set dates for our 2021 *SAILing into the future!* workshop series. This series continues to offer a way for members to generate and adapt their plan as they age. Learn more about our next workshop on p. 7.

I wish you all a healthy and prosperous new year.



Charter Video

This month's video features Charter Member Thelma Wells. Of the many things SAIL does, learning how to use a cell phone through a SAIL program was one of the most important things for Thelma. Though the process seemed overwhelming, the effort SAIL put forth to help her feel comfortable made all the difference. Thelma also shares how SAIL provides key support for those who want assistance with just about anything. Over the past 15 years, she has watched SAIL expand and become stronger and looks forward to the future. View the entire video at www.sailtoday.org.

Charter Member Videos are funded by the Madison Community Foundation.

Information and Volunteer News



A Message from Volunteer Coordinator Peggy York

As we welcome the New Year, I envision making up for lost time. I can't wait to get back to making memories at social events and sharing adventures on bus trips. If you are not already a part of the SAIL Volunteer Program, how about joining in? Do you have neighbors or younger family members that may be interested? Please have them check out the volunteer section on the SAIL website. As we look beyond the pandemic, we have opportunities for drivers, handymen, callers, event planners, mattress flippers, and general office work. Possibilities are endless with our wonderful volunteers. Please contact SAIL if you are interested in learning more about being a volunteer.

Additional needs have come to our attention over the past ten months. Door-to-door delivery of groceries and holiday meals have been greatly appreciated by several members. Friendly calls from members and staff brightened many dark days and sparked some lasting friendships. Just imagine when we can turn these calls into home visits someday! Something as simple as sitting on the porch, baking together, or playing a board game would be so meaningful to many. Let's make 2021 the best year ever for SAIL!

What's Up With Falling Down?

Wed., January 27, 10:00 a.m.



This month's Triad program features Kristine Niestrom, Director of Rehabilitation, Ageility Rehabilitation. Be sure to join Niestrom for a discussion on the importance of fall prevention, factors that increase the risk for falls, interventions that can reduce fall risk, and an exercise program demonstration that is focused on improving strength and balance to reduce your fall risk. Email TriadEvents@rsvpdane.org to register.

Member Tips

Member Linda Conlon recently reminded us of the importance of advocating for ourselves, particularly in health care settings. Having difficulty hearing your healthcare provider under that mask and because you rely on some level of lip reading? Ask them to wear a plastic clear mask so you can see their face. Thanks for sharing, Linda!

Do you have some resources, gadgets, or tips you'd like to share with other SAIL members? Please send them to SAIL and we'll be sure to pass them along.

Members to the Rescue!

When Tom Popp joined SAIL 15 years ago, he really didn't need any help at home; he saw SAIL as a way to help others and, in looking ahead, he realized someday he might need help as well. Fast forward to a month ago when Tom experienced an injury. (He now admits he should have hired a SAIL Service Provider to trim a tree branch.) Unable to do his normal holiday decorating, he decided a small artificial Christmas tree would be best and inquired at SAIL. Literally, within an hour, Volunteer and Member Ken Martin was at his door with a tree! SAIL volunteers helped with errands in the following weeks and even connected Tom to an old acquaintance that Tom and the volunteer never knew was a mutual friend. You never know how SAIL members will connect and support each other!

Phone a Friend?

Sometimes a cheerful voice at the other end of the phone can brighten an otherwise quiet or lonely day. SAIL Friendly Callers take time to connect with other members on a regular basis. Want to be a Caller, receive a call, or maybe both? Contact SAIL for more information, to volunteer, or to sign up.



Program News and Updates

Oakwood Foundation Grant

SAIL is grateful to have been awarded a \$20,000 grant by the Oakwood Foundation to support our efforts in 2021. These funds will be used to:

- support members in the use of technology, for example making available loaner tablets and providing ongoing tech support;
- support members who need sliding fee memberships;
- support members in staying fit and well via programs, classes, etc.

“We greatly appreciate the support of the Oakwood Foundation. It is important that membership is affordable and it’s also important to ensure our programs and services are the highest quality possible. Grant support for special projects is critical to our continued growth and meeting the changing needs of older adults, especially now,” says AgeBetter Executive Director Ann Albert.



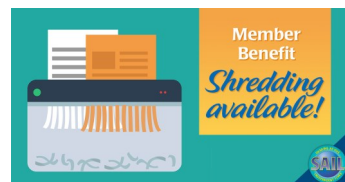
Strong Support for SAIL

The response to SAIL’s Annual Appeal was generous, especially in light of these challenging times. Thank you to all who included SAIL in their year-end giving. These contributions put us in a position to start 2021 with confidence and strength.

All 2020 fourth quarter donors will be recognized in the February issue of *The Messenger*. If you wish to be anonymous and have not alerted SAIL of that, please let us know.

Benefit of the Month: Shredding Services

The past year included a lot of sorting and cleaning for many people while staying safer at home. One of the most popular services offered to SAIL members is quick, secure access to shredding of confidential documents. While the SAIL offices remain closed to visitors, volunteers and staff members are available to pick up your shredding and deliver it directly to the shredding bins. To make arrangements for drop off at the Oakwood entrance or pick up at your home (limit one grocery bag or small box/month), please call SAIL at 230-4321.



A Message from Membership Services Assistant Becky Rogers

As we head into 2021, with help from many of you, I’ve really learned how to stretch! We’ve all had to adapt throughout this year and members have been generous in sharing what they have learned physically, mentally, and emotionally. Physically: I’ve taken to heart the tips to set a timer to go off every 30 minutes as a reminder to get up and move—walk around the house, stretch, jog in place. I encourage you to give it a try—whatever makes you MOVE. Mentally: Embracing and learning new technology and new ways to communicate. Emotionally: Finding ways to avoid letting the isolation get to us, I’ve tried to find something to laugh about every day. Many members and teammates help with that! I also take advice from SAIL members to listen to music and to NOT watch the news all day. Let’s hope that 2021 will keep us stretching—in the best ways possible. And please keep sharing your ideas!

Monthly Groups and Programs

Programs are open to all SAIL members. You are encouraged to invite your friends to programs of interest and to introduce them to SAIL. Unless otherwise noted, all programs are virtual until further notice and registering for the program will ensure the links or instructions to participate are sent to you. **Please register by calling SAIL at 230-4321 or on the SAIL website at www.sailtoday.org. Please email info@sailtoday.org with any questions.**

Membership Matters

Mon., January 11, 1:30 p.m.

This month agenda topics include:

- Is there something SAIL does not offer currently that could be beneficial to have?
- As we begin a new year, how do the members hope to be best supported?
- What do we know about the Covid-19 vaccine so far?

Membership Matters continually seeks member feedback and ideas that will help SAIL provide better services, programs, social connections, and outreach in the community.

Men's Roundtable *by Member Fred Ross*

Tues., January 12, 10:00 a.m.

The camaraderie and conversation continues 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.

Men's Roundtable is open to all of the men of SAIL and meets monthly to discuss any topic of interest.

Dancing with Joni

Join us **Tuesdays, January 12 and 26 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.

This new SAIL member group is a fun way to keep active and allows modifications for all abilities.

Zoom Q & A

Wednesdays, January 13 and 27, 1:00 p.m.—2:30 p.m.

Reserve a 30-minute spot to work with Tech Tutor Dave Friedman. Members of the SAIL staff are also available to assist with technology requests as needed.

SAIL Happy Hour

Fri., January 15, 4:00 p.m.

Join SAIL members and staff for an informal hour of conversation.

SAIL Happy Hour is a chance to meet new people, connect with old friends, and discuss topics of general interest.

Book Club

Wed., January 20, 1:30 p.m.

The SAIL Book Club will discuss *The Bookwoman of Troublesome Creek* by Kim Michelle Richardson. This book is inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930s. Member Sarellen Schuh will guide the discussion.

Book Club meets each month to discuss a book chosen the previous month. Members take turns leading book discussions.




Lunch Bunch

Thurs., January 21, 11:30 a.m.

Grab your lunch and join the first Lunch Bunch of the new year.

Lunch Bunch welcomes all members to join in lively conversation and a chance to meet new people.

Calendar of Events — January 2021

					1	2
<p>January's cold, dark days, coupled with the restrictions of a pandemic, can be discouraging. Let's join together for SAIL's Mood Boost and Movement January! What do you do to keep yourself mentally and physically healthy in the winter months? We've included some ideas on the calendar, and we'll share member ideas we receive through periodic emails and on the Facebook page. Send your thoughts to info@sailtoday.org. We can do this together!</p>					SAIL Office Closed Happy and Healthy New Year to all!	Do you make New Year's Resolutions or Set Intentions?
3	4	5	6	7	8	9
While sitting, roll your ankles in circles, switching direction after 5 rotations.	Call SAIL at 230-4321 to request your special resistance band gift set! (see article on p. 1)	Keeping a journal is one way to track your moods. Looking back over entries can help you see patterns.	The color green is said to promote happiness: write with a green pen or don a green sweater today!	Pay attention to your breathing. Many of us hold our breath without realizing it.	Check your posture. Align your spine. Stretch your head to the sky.	Turn that frown upside down! The act of smiling, even if forced, is said to improve your mood.
10	11	12	13	14	15	16
Release tension in your neck. Gently drop your head forward, back and side to side.	<u>Membership Matters</u> <u>1:30 p.m.</u>	<u>Men's Roundtable</u> <u>10:00 a.m.</u> <u>Dancing with Joni</u> <u>11:00 a.m.</u>	<u>Zoom Q&A</u> <u>1:00 p.m.</u>	Inhaling the scent of orange or lavender can reduce anxiety and improve mood.	<u>SAIL Happy Hour</u> <u>4:00 p.m.</u>	March in place for one minute. You can even do this sitting in your chair!
17	18	19	20	21	22	23
Use your right thumb to press the center of your left palm. Hold for a count of ten and breathe deeply.	Dr. Martin Luther King Jr. Day 	While holding onto a chair, rock from side to side, gently lifting one leg at a time to improve balance.	<u>Book Club</u> <u>1:30 p.m.</u>	<u>Lunch Bunch</u> <u>11:30 a.m.</u>	Soaking your feet in warm water is soothing. Some people enjoy adding fragrant bath salts.	Music soothes the soul! Sing out loud, whistle a happy tune, or turn the radio on.
24	25	26	27	28	29	30
Strengthen  Stretch  31	Strengthen your grip by squeezing a small ball or just clenching and releasing your hands.	<u>Dancing with Joni</u> <u>11:00 a.m.</u>	Triad: What's Up With Falling Down 10:00 a.m. <u>Sharing Memories</u> <u>11:00 a.m.</u> <u>Zoom Q&A</u> <u>1:00 p.m.</u>	Even on a cold day, the light shining through your windows can boost your mood. Catch some rays today!	Have you used your resistance bands this month? If you didn't get yours yet, give us a call at 230-4321.	Do you have a favorite simple mantra for meditation?

News and Updates



New Members

Barbara McNelly—Hilldale

Peg Olsen—Shorewood

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!

Thanksgiving Delivery Photos

In a great show of support for other members, seven volunteers delivered 35 meals from Liliana's restaurant to SAIL members. SAIL members received a discount from Liliana's.

Pictured in photo on left: William Mann; on right: Volunteer Coordinator Peggy York, Program Director Nicole, Duncan McNelly



Keeping Your Important Records in Order

by SAIL Professional Services Member Kathy Erickson, CPA

The start of a new year gives us a chance to begin a fresh new approach to making tax season a bit easier in the future. Here are some options for developing a recordkeeping system—electronic or paper—that keeps your important information together.

Options for Paper Documents:

- A three-folder tax filing system: Folder #1—Income from all sources; Folder #2—Expenses and deductions; Folder #3—Other important documents
- A single colorful expandable folder for all tax-related documents and documentation.
- A binder with tabs for income, expenses and deductions, and other important documents.
- The envelope your tax preparer used to send you your tax organizer.
- A shoebox. 😊

Options for Electronic Documents:

- Scan and upload your documents to a cloud-based secure storage and file transfer service such as Dropbox, Google Drive, or p-cloud.
- Scan your documents and keep them in a folder on your hard drive that is password protected.

If you need assistance with choosing the best system for you or if you have other questions, please contact Kathy at (608) 219-4096.

Save the Date!

Limitless Options: Your Personal Legacy

Wed., February 10, 10:30 a.m.

This workshop, led by Member Karen Rose Gredler, will help you ensure your beliefs and passions continue well into the future. Our workshop leader is an expert at generating personal reflection, meaningful discussion, and exploration among participants that leads to creating a legacy—a legacy that demonstrates who you are and all you've valued.

Karen Rose is a licensed marriage and family therapist. Prior to becoming a therapist, she worked for 35 years in public service and non-profit agencies.

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

SAIL
ing
into the future!

American Life in Poetry

American Life in Poetry provides newspapers and online publications with a free weekly column featuring contemporary American poems. American Life in Poetry seeks to create a vigorous presence for poetry in our culture.

Each week, a new column is posted on the website www.americanlifeinpoetry.org or you can register to receive the new columns by email. An archive of previous columns is available on their website.

Thanks to Member Pat Krueger for sharing this resource for poetry lovers.

UW Alumni Assoc. YouTube Channel

Whether or not you are a member of the UW Alumni Association, access to the programming on their YouTube Channel is free and available to all. Programs cover a wide range of topics from faculty lectures on social justice, updates on the Covid-19 vaccine from members of the UW medical staff, and weekly Badger Huddle updates on the sports teams.

Check it out at [YouTube.com](https://www.youtube.com).

If you have questions about YouTube, please contact SAIL at 230-4321 for technical support.



Ballroom Basics for Balance

New classes for this fun way to maintain and improve balance begin in January. Until further notice, these are all offered virtually. Registration fee includes a free one-on-one orientation session. More information is available at ballroombasicsforbalance.org.

Sharing Memories by Member Ethel Dunn

Wed., January 27, 11:00 a.m.

Topic: Do you have a favorite memory? Bring your memory and hear other members share their favorite memories.

Sharing Memories selects a discussion topic each month for members to connect with others while reflecting on memories together.



SAIL™ is a non-profit program of AgeBetter Inc. in collaboration with Attic Angel Association and Oakwood Village. AgeBetter, Inc. is a 501(c)(3) organization located in Madison, WI.

Supported in part by:



SAIL Operating Council:

Christine Beatty, Dorit Bergen (President), Beth Campbell (Vice President), Mary Ann Drescher (AgeBetter), Sue Goldstein, Ernie Hanson, Dianne Hopkins (Secretary), Christine Klotz, Alan Lukazewski, Galen Metz, Rick Sheridan, and Thelma Wells.

SAIL is an active member of:

Village to Village Network
Triad—a program of RSVP
Safe Communities Falls Prevention Task Force
Dane Buy Local
Continuity of Care
Monona East Side Business Alliance



SAIL Ethnic Diversity Committee Special Report

January 2021

By: SAIL Council President Dorit Bergen and SAIL Ethnic Diversity Committee Leader Dana Warren

SAIL recently created a new task force group entitled the Ethnic Diversity Committee (EDC). The committee evolved from identifying that SAIL did not currently reflect the demographics of the greater Madison area. Dana Warren, a SAIL Member, was instrumental in identifying this need. (It is important to note that there are many dimensions of diversity. The committee has chosen to focus on the ethnic dimension to begin with.) The committee wrote a statement of values around diversity approved by the SAIL Council and our parent organization AgeBetter, Inc. that reads as follows:

Diversity is a source of strength, creativity, and innovation for SAIL. We commit to create an environment that welcomes and values the contributions of each person and respects their identity, culture, background, and abilities that enrich SAIL.

We then applied for and received a grant from the Madison Community Foundation to fund the hiring of Deborah Biddle, founder and owner of The People Company. Deborah specializes in diversity, equity and inclusion (DEI) training, and was hired to consult with us as to our next steps in increasing SAIL's ethnic diversity. Together, Deborah and the EDC developed a brief survey for our membership and the start of a DEI assessment process. We received 122 responses—a 25% rate of return. According to most experts, this is considered a good rate of return.

Here is a summary of the survey* results:

- 95% of respondents feel it is important that SAIL should be racially and ethnically diverse and inclusive
- 70% are interested in being part of the effort to increase the ethnic and racial diversity of SAIL
- 20% of respondents almost never invite ethnically and racially diverse family, friends, or acquaintances to SAIL activities and events.
- 50% report they **do not have** ethnically or racially diverse people to invite at this time.
- Key suggestions from members to help SAIL cultivate a more ethnically and racially diverse membership are to increase our outreach and partnership, make changes to programs, advertise and publicize in more diverse areas, and increase subsidized membership fees.

*If you are interested in receiving a report of the full survey results, please contact SAIL.

(continued on next page)

Based on these results, Deborah proposed four goals as a next step for the committee and all of SAIL to undertake. The EDC has adopted these goals:

- Keep all members informed and aware of SAIL's efforts as we move forward with our goals,
- Continuously engage members in learning and becoming more aware of topics of race, culture, and racism,
- Diversify programming within SAIL,
- Build relationships and collaborate often with community members and organizations.

The EDC has decided that, as part of meeting our education goal, we will start in February 2021 with being responsible for one part of the monthly *The Messenger* titled "The Ethnic Diversity Corner." We will list several websites, books, and movies for people who would like more information to investigate. We very much hope other members who are not on the committee will send us suggestions for resources.

Our committee is welcoming to any other members or friends of SAIL who would like to serve and help us reach our goals. We meet virtually the second Wednesday of each month at 1:30 p.m. If you are interested, please contact Nicole Schaefer, SAIL Program Director, at (608) 230-4321.

SAIL Ethnic Diversity Committee



Top left to right: Ethel Dunn, Dorit Bergen, Kathleen Larson.

Bottom left to right: Dana Warren, Gerry Campbell, Tom Popp