

2022

# SAILing into the future!



**LIFE'S A  
DARING ADVENTURE –  
CARPE VITAM**

**YOU AND  
YOUR  
MONEY**

A unique collection  
of workshops developed  
for and by individuals  
who are aware of both  
the satisfactions and  
challenges of aging.

**EMBRACING  
CHANGE**

**AGING 101**

**LIVING WITH THE  
END IN MIND**



## INVEST IN WHAT'S NEXT!

- Get ready to write the next chapter of your life
- Learn what 'normal aging' is and how to prepare for it
- Explore your financial personality, determine what's enough, and address how to fund your plans
- Learn how to embrace the changes ahead
- Could preparing for our last chapter influence how we live now?

Attend one or all of the *SAILing into the future!* workshops offered throughout the year. These workshops are led by professionals who not only apply their own knowledge and expertise, they also recognize that learning is a two-way street. The small group work and participant discussions enrich the learning experience for all.

## REGISTRATION INFORMATION

### Schedule:

#### ***You and Your Money*** –

Thursday, Feb. 24 at 10:30 a.m.

#### ***Living with the End in Mind*** –

Tuesday, April 19 at 10:30 a.m.

#### ***Embracing Change*** –

Wednesday, June 22 at 10:30 a.m.

#### ***Aging 101*** –

Monday, Sept. 26 at 10:00 a.m.

#### ***Life's a Daring Adventure – Carpe Vitam!***

Thursdays, Nov. 3 and 10 at 10:30 a.m.

### Fees:

Workshop fees will vary depending on your membership level and whether we are virtual or in person.

To learn more, visit [sailtoday.org](http://sailtoday.org) or contact our office at (608) 230-4321. Our workshops will be featured in *The Messenger* and on our website and will include information about cost and location.

Each in-person workshop includes a light meal and materials. Workbooks and other books authored by our faculty are offered at a discounted rate.

Scholarships are available by request. Non-members can apply \$20 of their workshop fee to a SAIL membership within the calendar year.

## LIFE'S A DARING ADVENTURE – CARPE VITAM!

**W**orkshop leaders and local authors Mary Helen Conroy and Galen Metz have teamed up to give you the inspiration and a process to help you plan your life ahead. As Mary Helen says, “If you’re not dead, you’re not done!” Together, they are part inspiration, part strategies, and part magic.

This 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. The workshop will include exploring your various life dimensions, followed by planning steps, and closing with ‘why you matter.’



### MARY HELEN CONROY

Mary Helen Conroy spent her life as a teacher, salesperson, librarian, and mother before becoming a motivational speaker and author of the #1 Kindle Bestseller, *Your Itty Bitty Retirement Book: 15 Tips for the Nearly and Newly Retired*. She leads inspirational workshops all over Wisconsin.



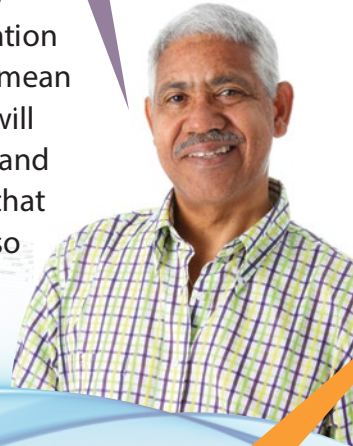
### GALEN METZ

Galen Metz is a Madison author, speaker, consultant, magician, and retired healthcare Chief Information Officer of Group Health Cooperative in Madison, WI. He has served as a strategic advisor to several startups. Concepts from Galen's recent book and workbook, *Unlock the Secrets of Retirement*, are used throughout the workshop.

## AGING 101 – WHAT IS NORMAL AND HOW DO I PROACT TO IT?

**T**his informative and enlightening workshop will begin with a lecture to help us understand the concept of homeostenosis and how it manifests in life as well as ten things we should all know about normal aging. Dr. Eastman's presentation will help us understand that aging doesn't mean disease, nor does growing older mean we will become frail. In small groups, we'll explore and dismantle some of the myths about aging that we've subscribed to over the years. We'll also work on identifying the various topics we are interested in exploring further.

I learned that aging doesn't equal frailty, I can always improve my health!



Change used to be daunting – this new way of seeing change will help.




### DR. ALEXIS EASTMAN

Dr. Alexis Eastman is an associate professor in the Division of Geriatrics and Gerontology at the University of Wisconsin – Madison School of Medicine and Public Health. She serves as Director of Clinical Operations for Primary and Specialty Care in the Division, and as Medical Director of the Badger Prairie Health Center. Dr. Eastman has been named multiple times to the "Madison's Top Doctors" list.



## EMBRACING CHANGE –ALL OF IT!

**H**ave you ever wondered...“How should I handle those future events that I don’t want to think about or that I feel unprepared for?” Downsizing, moving, physical changes, losses, making new friends, and family changes can all be tough topics to approach. “How do I handle life’s curve balls?”



In this workshop, you will reflect on what aging and independence mean to you and learn skills to help you grab opportunity, rethink challenges, and approach aging head on – a great first step if you’re feeling unprepared for what lies ahead. Key points include: learning how people often respond to common life changes, understanding how we can think about change in the context of our own lives, and applying tools and strategies to thrive.



### DR. KRISTIN LITZELMAN

Dr. Kristin Litzelman is an associate professor in the School of Human Ecology and a state specialist for the Division of Extension at the UW–Madison. She holds a PhD in Population Health Sciences from the UW–Madison. Her work centers around supporting families through transitions across their life course including health, caregiving, and aging. She is interested in helping older adults and their families adapt and thrive at every age, with a focus on older adults aging on their own terms.

## YOU AND YOUR MONEY: A DYNAMIC RELATIONSHIP

**W**orkshop leader Connie Kilmark, will walk you through the financial aspects of aging. This presentation intermixes group discussion with lecture and gets you talking about the following questions as well as others:

- How will you adapt to the challenge of spending after a lifetime of saving?
- What are your goals? How do they align with your income and spending?
- How do you inventory your assets, both financial and intangible?
- What is your financial personality?
- What really matters to you and what is mere habit?
- How do you estimate future living expenses?



### CONNIE KILMARK

Connie Kilmark founded Kilmark & Associates in 1986. Working at the intersection of money and emotions, she has developed an approach to personal money management and has helped hundreds of individuals and couples of all ages. She is a trainer and speaker on personal money management, life planning, psychologically sensitive investment, and couple dynamics related to money. Her approach balances the heart and soul of money with the financial facts to assist clients in achieving a sustainable relationship with both the material and social world.

## LIVING WITH THE END IN MIND

**T**his session is for people who want to have an honest conversation about their mortality. Brené Brown says, “You can be a character in your own story – a victim, villain, or hero, or you can be the author.” Learn to be the author of your life story with us. We’ll explore what really matters, the four things that are most important to say to those we love, and get started on your “what does ready look like?” checklist. You will leave with provocative questions, meaningful practices, helpful resources, and next steps for how you can live with the end in mind...now.

There are many ways to live well with the end in mind and I can start now.

We now see how our life goals will drive our financial decisions.



### JULIE SWANSON

Julie Swanson is an end of life doula who brings an emergent learning approach to her work, which includes story coaching, hosting workshops, and providing a co-creative guide for learning journeys. She has 30+ years of experience in adult learning, communications, public health, and systems change. Julie is a lifelong learner who is currently exploring these questions:

- What does it mean to be an elder?
- What if endings are places of possibility, beauty, and meaning?
- What’s possible now?

"I would recommend this program to others, especially if people are looking for ways to go about their third chapter in life."



"Please keep offering these workshops. I learned so much more than I thought I would."



"The presenter shared great information. Also, having peers to discuss ideas and concerns with during the workshop is an excellent idea."



### ABOUT SHARING ACTIVE INDEPENDENT LIVES (SAIL)

We are a non-profit membership program of people ages 55+ living in the greater Madison area. We help one another live meaningful, happy, secure lives on our own terms. SAIL provides services and resources we can draw from, as well as educational and social opportunities that help us stay connected.



*SAIL is a non-profit program of AgeBetter Inc., in collaboration with Attic Angel Association and Oakwood Lutheran Senior Ministries.*

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