



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

APRIL 2018

SAIL Membership Benefits

- At Your Service Information and Assistance
- Access to:
 - ◆ Pre-screened Service Providers
 - ◆ SAIL's Tech Tutoring 4 You Program
 - ◆ 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
 - ◆ EZ SMARTPHONE
- Rise & Shine Check-in
- In-home Technical Help
- Transportation and Other Volunteer Services
- Medication Reviews
- House Checks
- Mattress Flipping & Perks

SAIL offers two membership levels. Call or email us for more information!

A Message from Council President Pat Kallsen



Pat and Jim Kallsen

Everyone likely remembers the old saying that “April showers bring May flowers” and for SAIL Members, we will enjoy seeing the budding flowers on the way to our **Spring Luncheon and Annual Meeting on May 15.**

Yes, it is that time of year, when we say “goodbye” to cold weather and “hello” to friends at Blackhawk Country Club (additional details on page 2). We will be electing three SAIL Members for a three-year term on the Operating Council followed by a talk by local author Jerry Apps.

As we say goodbye to a productive year, we set sail for an exciting future! Following a 2017 Strategic Planning Meeting of our parent organizations Oakwood Village and Attic Angel Association that included key leadership (including members from the SAIL Council and SAIL staff), a plan has emerged! It includes expanded services and programs to further enhance the lives of older adults in our community.

Acknowledging SAIL’s experience in program development and its success as a community-based aging-in place model (the “Village” model), the SAIL Executive Director role has broadened to include leadership in developing expanded services and programs. *(Continued on page 2)*

Special Presentation: My Two Elaines *by Member Pat Kallsen*



Please join me and my husband, Jim, for an afternoon with former Governor Martin Schreiber as he shares lessons from his decade-plus journey as a caregiver for his wife, Elaine, who lives with Alzheimer’s disease.

On April 17 at 2 p.m. in the Oakwood Village Arts Center, 6209 Mineral Point Road, Martin will take us back to the Elaine, his wife, that I remember as we worked together on children’s issues around the dining room table at the Governor’s Mansion.

(Continued on page 4)



Office Hours

M-F: 8:00 a.m.–4:30 p.m.
Closed holidays

Sharing Active Independent Lives (SAIL) is a program of the Madison Area Continuing Care Consortium, Inc., a non-profit organization whose members include Attic Angel Association and Oakwood Village.



Supported in part by:



SAIL Operating Council: Christine Beatty, Dorit Bergen (Vice President), Mary Ann Drescher (MACCC), Tom Evans, Ernie Hanson, Don Haasl (Secretary), Patricia Kallsen (President), Chris Klotz, Kathleen Larson, and Bob Topel

From the Office



A Message from Executive Director Ann Albert

This spring season is filled with opportunities to learn, to connect, and to enhance our lives and the lives of others thanks to you, our vendors, volunteers, donors, and our founding organizations! As your leader, I am excited about the many ways our team can grow resources and skills to keep improving SAIL offerings and to continue maintaining the high quality service we provide.

Member Joan Box recently summed it up nicely, “I want to celebrate SAIL for making me feel so good!” She shared that a member Beth, drove her to an Oakwood movie where they happened to meet up with other members. After the movie, they got together and had a wonderful time. Perhaps not always considered “newsworthy,” the indirect benefits of SAIL are meaningful and critical to our well-being.

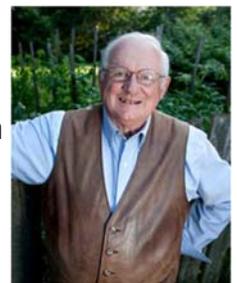
A Message from Pat Kallsen *(Continued from page 1)*

Thus, over the next several months and with additional funding provided by our parent organizations, SAIL will be adding a part-time position which will allow Ann Albert the opportunity to move forward with the newly developed strategic plan while continuing to lead SAIL. Always on the “cutting edge” of providing enhanced community-based services and senior living communities, MACCC continues to support SAIL and yet recognizes the fact that there is more to be done to meet the needs of older adults in our community.

Please join me in congratulating our SAIL team as they add to their skills and expertise in continuing to support healthy and successful aging!

Save the Date! SAIL Spring Luncheon and Annual Meeting

Join us on **May 15 at 11:30 a.m. at Blackhawk Country Club** for a memorable luncheon featuring great food and conversation, beautiful views, an informative meeting, an election of new Council members, and a talk by award-winning Wisconsin author Jerry Apps, who has authored more than 40 non-fiction and fiction books.



Author Jerry Apps

As a SAIL member, you will soon receive your invitation to this event along with the bios for the SAIL Council nominees. At this time, we have three nominees for three open positions. Nominations are accepted until April 20—to submit a nomination, please contact Council President Pat Kallsen at 345-0359 or Executive Director Ann Albert at 230-4321.

Volunteer News and Upcoming Events

Thank You to Our Volunteers! *by Volunteer Coordinator Peggy York*

This month is national Volunteer Month and we will not let this pass without recognizing our wonderful volunteers! **On April 20, we will be serving coffee, juice, donuts, and fruit in the Oakleaf Café from 9:30 a.m. to 11:00 a.m. to honor our volunteers.** The Oakleaf Café is located on the 2nd floor of the Oakwood Apartment Tower Building at 6209 Mineral Point Road, a few doors down from the SAIL office. If you have not met Nicole Schaefer, Member Services Manager, this reception would be a great opportunity to do so!



Mattress Flip Volunteers
Ken Martin and Bob Topel

Volunteer Activity

In March, volunteer drivers provided 22 rides to members who were very grateful to get friendly and reliable transportation to medical, social, and business appointments. Office volunteers spent over 14 hours keeping SAIL running smoothly along with volunteers who reached out to members with phone calls and greeting cards. One home volunteer provided mail drop during a time of need, and volunteer handymen flipped mattresses at the homes of eight SAIL members. They also fixed window blinds and door locks, moved a bed, and changed light bulbs.

Others participated in member groups such as Membership Matters, Connections, Product Team, Communications, and more!

SAIL 90's

Breakfast

If you are age 90 or better (or close to 90!), please join us for a gathering to socialize and enjoy a continental breakfast at beautiful Blackhawk Country Club—courtesy of a fellow SAIL member!

When: Wednesday, April 11, 10 a.m.

Where: Blackhawk Country Club, 3606 Blackhawk Drive

RSVP: Call SAIL at (608) 230-4321 or email info@sailtoday.org by April 9; transportation available upon request. Please feel free to invite a friend or family member.



Tech Tutoring *by Membership Support Assistant Sue Stenzel*

These are individual 30-minute appointments. You have the full attention of our tutor Dave Friedman for that time. Be sure to bring your phone, tablet, or laptop along with a list of questions. Here are some examples of questions to ask:

- How do I use my phone for GPS navigation?
- How can I take pictures and send them to friends?
- Can I video chat with my friends and family?

Upcoming Tutoring Sessions:

Wednesday, April 18, 10:00 a.m. to 12:00 p.m.,
Ashman Library, 733 N. High Point Rd., Madison

Wednesday, May 2, 1:00 p.m. to 3:00 p.m., Monona
Library, 1000 Nichols Road, Monona

Call SAIL at 230-4321 to sign up for your reserved 30-minute appointment. Please have your device charged and passwords handy. This valuable service is free for Full members; Associate members pay \$20 (we can bill you or it can be paid at the time of the appointment).

SAIL Shred Event

Friday, April 6, 12:00 p.m. to 2:00 p.m.
at Oakwood Heritage Oaks parking lot.

Creating Your Advanced Directives Sponsored by SAIL's On Our Own Group—All Members are Invited!

Advanced directives provide information to medical providers and loved ones in the event you cannot speak for yourself. Following lunch, we will explore “having the conversation” and creating a Power of Attorney for Health Care using state approved forms.



Debby Deutsch,
SAIL Professional
Services Member

About Our Speaker: Debby Deutsch, co-founder of Patient Care Partners and Principal Advocate holds a certificate in Health Care Consumer Patient Advocacy from the Center for Patient Partnerships-UW Madison and a BS in Advertising and Marketing from The Ohio State University. She has also served as a hospital chaplain and hospice worker. These experiences, plus

advocating for her younger sister and father at end of life provided a unique perspective on how private patient advocates can uniquely support patients and families within our current health-care system.

Program Title: Creating Your Advanced Directives

Date/Time: Friday, April 13, from 11:30 a.m. to 1:30 p.m.

Place: Egg and I Restaurant, 2501 W Beltline Hwy, Madison

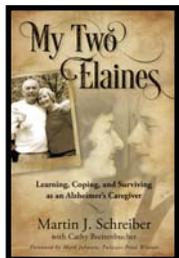
Speaker: Debby Deutsch

Contact the SAIL office if you would like transportation or info on a non-beltline route.

Registration is required. Program is free of charge; lunch is on your own and can be ordered off the menu.

My Two Elaines

(Continued from page 1)



Elaine had a vision that Wisconsin should enhance its commitment to their children—as they are our future. As we planned activities, I never thought that our paths would cross again as they now have—I read her husband’s book and also find myself planning for future supports for family members. I look forward to visiting with Elaine’s husband, known to us as Marty, who as Governor, was also guiding future initiatives for Wisconsin that were ahead of their time. For example, as a working Mom, I was pleased to see plans for funding for better child care for working parents. Our state leadership was aware of unmet needs including welfare reform! Now, again the Governor has identified our community need by writing a book about a very personal experience and sharing his lessons learned with us! Be sure to attend this program!

No More Spring Breaks! Falls Prevention Screening Day

Join us for this fun and informative falls prevention screening event on **Tuesday, April 24, 12:30 p.m. at Oakwood University Woods Arts Center.** Students and faculty from the University of Wisconsin—Madison will be there to provide individual screenings for fall risk: balance, strength, gait, vision, blood pressure, medications, cognition, home safety, etc. **Refreshments provided. Please register by calling SAIL at 230-4321 or email info@sailtoday.org.**



Joy Knox and UW student Justin Schwarz at last year’s *No More Spring Breaks*

RSVP Triad: Assistive Devices for a More Mobile Life *(by Member Sharanne Stitgen)*

Andrew Lopez, Living Specialist at Access to Independence, will present information about various assistive devices that can help you maintain your independence. **Date/Time:** Wednesday, April 25, 10:30 a.m. **Location:** Good Shepherd Lutheran Church 5701 Raymond Rd, Madison.

Monthly Programs and Member Groups

Attic Angel Lecture Series

The lectures are held in the Community Room at Attic Angel Place, 8301 Old Sauk Road. Coffee at 10:00 a.m. and lectures at 10:30 a.m.

Monday, April 2—No Program

Monday, April 9

“Why the Sisters at Holy Wisdom Monastery Are Caring for the Earth.”

Greg Armstrong, Emeritus Director, UW Arboretum and Director of Land Management & Environmental Education, Holy Wisdom Monastery

Monday, April 16

“Madison Police K9’s and Their Contribution to Law Enforcement.”

Sarah Boesflug, Madison Police Officer, K9 Handler and *Falco*, the K9

Monday, April 23—No Program, Attic Angel Association Annual Meeting

Monday, April 30

“All About Living Through the Eyes and Ears of the Media.” Carol Koby, Executive Producer/Host *All About Living*, HANK AM 1550 & 97.7FM

Lunch Bunch *Leaders: Winnie Shea, Lois Curtiss, and Deb Hall*

East Side Lunch Bunch

Join us on Tuesday, April 10 at 11:30 a.m. at the Avenue Bar, 1128 E Washington Avenue for lunch and fun conversation!

West Side Lunch Bunch

We will meet on Thursday, April 26, 11:45 a.m. at North and South Restaurant, 6604 Mineral Point Road, Madison.



Sunday Movie: *The Post*

Sunday, April 29 at 2:00 p.m., Oakwood University Woods Arts Center

Men’s Roundtable *by Member Fred Ross*

When and Where: Tuesday, April 10 at 10:00 a.m. in the Oakwood Village Heritage Oaks Social Room.

Topic: We’ll continue the open-ended format that has been working well this year. Participants choose discussion topics: sports, politics, history, current events, foreign affairs, whatever the interest may be. The tone of these discussions varies: some serious, some partly-serious, some decidedly unserious. But it is a generally “civilized” exchange of ideas, and everyone goes home wiser rather than sadder.

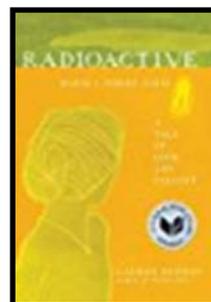
Transportation: Need a lift? Call SAIL!

Book Club News *by Member Alice Punwar*

Last month’s meeting was eventful as we discussed *The Handmaid’s Tale* by Margaret Atwood, and Alice announced that she is stepping down as book club leader.

We are looking for another volunteer to lead the group or looking for ideas on members taking turns with book club planning. If you are interested in contributing to the oldest SAIL small group, please contact SAIL.

Our next meeting is scheduled for **April 18, 1:30 p.m. at Sequoia Library**. We are reading *Radioactive: Marie and Pierre Curie*



by Lauren Redniss. This unusual book is part biography, part graphic non-fiction, and part art book, with full-page illustrations. It discusses the personal as well as the scientific life of this renowned pair of scientists and follows the lives of their descendants as well. We welcome new members!

Calendar of Events — April 2018

Need a ride to any of these events? Want to register? Call us at 230-4321.

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
	No Attic Angel Program				Shred Day! 12:00 p.m. to 2:00 p.m. Oakwood University Woods	
8	9	10	11	12	13	14
	Attic Angel Program 10:00 a.m. "Why the Sisters at Holy Wisdom Monastery Are Caring for the Earth."	Men's Roundtable 10:00 a.m. Heritage Oaks East Side Lunch Bunch 11:30 a.m. Avenue Bar	90's Breakfast 10:00 a.m. Blackhawk Country Club		Creating Advanced Directives 11:30 a.m. Egg and I Restaurant	
15	16	17	18	19	20	21
	Attic Angel Program 10:00 a.m. "Madison Police K9's and Their Contribution to Law Enforcement."	My Two Elaines 2:00 p.m. Oakwood Village Arts Center	Tech Tutoring 10 a.m. to 12 p.m. Ashman Library Book Club 1:30 p.m. Sequoia Library		Volunteer Reception 9:30-11:00 a.m. Oakleaf Café	
22	23	24	25	26	27	28
	No Attic Angel Program	No More Spring Breaks 12:30 p.m. Oakwood Arts Center	Triad Program: Assistive Devices 10:30 a.m. Good Shepherd Lutheran	West Side Lunch Bunch 11:45 a.m. North and South Restaurant		
29	30		SAVE THE DATE(S): Membership Matters Meeting Monday, May 14 at 1:30 p.m./Oakwood Heritage Oaks SAIL Spring Luncheon and Annual Meeting Tuesday, May 15 at 11:30 a.m./ Blackhawk County Club Bus Trip to Wisconsin Veterans Museum and Lunch Downtown Thursday, May 24			
Movie Matinee: <i>The Post</i> 2:00 p.m. Oakwood Arts Center	Attic Angel Program 10:00 a.m. Annual Meeting "All About Living Through the Eyes and Ears of the Media."					

Membership News and Updates



New SAIL Members

Bette Duff - Verona

Lou and Shirley Chosey - Hill Farms

A Message from Membership Services Manager Nicole Schaefer

This month marks my eighth week at SAIL, and it hasn't taken me long to realize what an amazing organization this is—each day we help members connect with needed vendors, connect with one another, learn new information, and so much more!

Growing membership and our vendor program are important; and I'm wondering if you're enjoying your SAIL membership, why not recommend us to a friend? If you let us know, we'll be happy to send information or contact him/her by phone. If you know of a potential vendor who has a proven track record, why not share his/her name with us?

If someone you refer joins SAIL, you will receive not only a **\$25 gift card** as a thank you, but also a super excited phone call from me! Thank you for sharing SAIL!

SAIL Member and/or Vendor Referral (please send to SAIL)

The person below may be interested in learning more about SAIL:

Name: _____ Phone: _____

Address: _____

May we use your name? yes no Your name: _____

Spring is finally upon us! As the last of the snow melts away, it's time to start thinking about any gardening and landscaping services you may need. Let us know if you'd like an updated Service Provider Directory - paper or electronic - to get you started with these services.

Quick Trick: If you are accessing the Service Provider Directory online, here's a trick to help you scroll through faster to get to your desired vendor—when looking at the Table of Contents, click on the name of the vendor you want, and it will take you directly to the page.

New Vendors

We have two new SAIL vendors: a home nurse adviser and home companion. Both Connie and Susan come highly recommended based on their thoroughness, as well as their loving and caring approach when working with clients. If you'd like to learn more about Connie or Susan, please call me or login to sailtoday.org to view their profile in the Service Provider Directory.

Membership Matters

by Member Dorit Bergen

Thank you to the 25 members who have participated so far in the new Membership Matters meetings held in January and March. We look forward to our next meeting in May (pg. 6) along with your input on and your help with upcoming projects! New participants welcome! Questions? Please give me a call at 279-4414 or call the SAIL office at 230-4321.



MADISON AREA CONTINUING CARE CONSORTIUM

Sharing Active Independent Lives

6209 Mineral Point Road, Suite 210

Madison, Wisconsin 53705

PHONE 608-230-4321

EMAIL info@sailtoday.org

FAX 608-230-4322

WEB www.sailtoday.org

Visit sailtoday.org or give us a call!

2018 SAIL Golf Outing

Join us for SAIL's 4th Annual golf fundraiser on Wednesday, **June 13 at 11:00 a.m.** at the Pleasant View Golf Course!



Proceeds help support SAIL programs and sliding fee memberships. Sign up before May 1 and receive a FREE practice round!

To sign up, visit sailtoday.org or call the SAIL office at (608) 231-4321.

Thank you to our Title Sponsor



A Message from this Month's Sponsor:



One common point of confusion when planning to receive help in the home is the difference between Home HEALTH and Home CARE. Home HEALTH services can include things like assistance with showers, wound care, and physical therapy; but because these services are covered by Medicare there are specific qualifications that must be met and the services will only be temporary. That is why home CARE services are often needed in addition to home HEALTH. Home CARE services can include assistance with laundry, transportation, medication reminders, and companionship in addition to many of the services home HEALTH provides. Home CARE services are typically paid for privately, though Long Term Care Insurance usually covers all or most of the cost. If you have questions about the differences between Home CARE and Home HEALTH, we are happy to answer them. **Please call Wendy at (608) 441-8620.**

March Highlights



Above: On Our Own Group enjoyed lunch at the Nitty Gritty and board games at I'm Board in Middleton.



Left: West Side Lunch Bunch at R. P. Adler's Bar and Grill.