



The MESSSENGER

...keeping you connected!

A MONTHLY PUBLICATION

MARCH 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
- 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!



Life After 60: An Innovative Retreat Offered by SAIL

Join us **April 14-15** at the Bishop Rader Conference Center at Pine Lake Camp in Westfield for a memora-

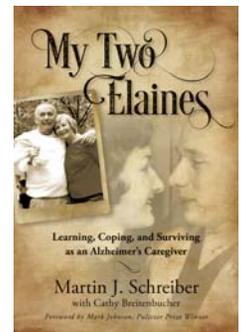
ble, life-changing, experience. It's a chance to get away, find friends, have "ah-ha" moments, and get excited about the rest of your life! Discover options you didn't know were possible! **For information call SAIL or visit our website at sailtoday.org. Registration deadline is March 12.**

Huge thanks to the SAIL Volunteer Product Team, SAIL Beta Group, and Facilitators for your work in organizing the *Life After 60* retreat!



Special Presentation Featuring Former Wisconsin Governor Martin J. Schreiber

Join former Wisconsin Governor Martin J. Schreiber (left) as he shares lessons from his decade-plus journey as a caregiver for his wife, Elaine, who lives with Alzheimer's disease. Gov. Schreiber will candidly describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person with dementia. His raw honesty and practical advice will inspire other caregivers to find patience, courage and love as they climb the Alzheimer's mountain. Schreiber's book, *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*, will be available for purchase for \$15. Proceeds are used to promote Alzheimer's caregiver support.



Date/Time: April 17 at 2:00 p.m.

Location: Oakwood Arts Center



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 Lutheran Senior Ministries.



Supported in part by:

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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

Happy 13th Anniversary to SAIL! In the spirit of celebrating this milestone and helping to make SAIL even better through outreach, social events, and improved services and offerings, we hope you'll attend our second **Membership Matters** meeting! It's on **March 12 at 1:30 p.m.** in the Attic Angel Place Community Room, 8301 Old Sauk Road. Please sign up in advance. Thank you!

You may notice my picture has changed slightly. Yes, those are crutches... yes, I fell... and no, it wasn't while skiing and doing backflips at Tyrol. I tripped on some brush while out walking and injured my knee cap—it's healing quickly though! Member and life-long naturalist Harriet Irwin suggested I consider using a walking stick for any future hikes on the farm—good idea.

I share this news with you as a segue to a "Save the Date" request of you—our **"No More Spring Breaks"** falls prevention screening event is coming up on April 24, 12:30 p.m. at Oakwood University Woods. 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. Oakwood staff will be there to demonstrate Tai Chi and other exercises available on campus to residents and SAIL members. The screening is a good idea of all of us. More details to come in the April Messenger!

Do You Have Old Photos, Slides, or Home Videos Collecting Dust? *By Staff Member Sue Stenzel*



Darla Perry (pictured at L) has been a Preservation Specialist with Any & All Media located in Monona, WI since 2010. Her specialties are photo/slide restoration and preserving old home videos since the 1940s. Perry will be discussing how her company can take any of your precious memories and convert them onto a DVD or digital media that you can share with your loved ones for generations to come.

We'll also share creative ideas on what to do with these once you have them formatted and restored!

Date/Time: Thursday, March 29 from 1:00 p.m. to 2:00 p.m.

Location: Westmorland Room, Oakwood Heritage Oaks, 6205 Mineral Point Road, Madison

To Register: Call SAIL at 230-4321 or email us at info@sailtoday.org

News and Happenings

Volunteer News *by Volunteer Coordinator Peggy York*

SAIL's Spring Mattress Flip is scheduled for Tuesday, March 20 from 9:00 a.m. to 1:00 p.m. If you would like to add your name to the list, please call the SAIL Office at 230-4321. Please let us know the size of your mattress when you call. We have two teams of volunteers to share the route and are looking forward to a great flip!



Will, Joy, and Ken—what a team! Moving a desk is an easy job with the help of two SAIL volunteer handymen!

February was a short month, but a very busy one for our volunteer drivers. Volunteer Ride Coordinator Julia O'Reilly and backup helper Chuck Hoornstra were able to arrange rides on an average of one each day. Members appreciate rides to banks, medical appointments, the Motor Vehicle Department, and even SAIL. Our office was a busy place, too. Office volunteers spent almost twenty hours keeping SAIL running smoothly. Our talented volunteer handymen stepped up to move a sewing table, fix a showerhead, put a door back on track, and fix a stubborn lock.

Let us know if you have a job requiring an hour or less of work and/or if you need a ride, and we will arrange it for you!



Volunteer driver Bill Ehlert and Member Karen Norris braved the cold as they dropped off shredding at SAIL.

SAIL Member Yard Sales—A Great Way to Get Rid of Stuff and Have Fun at the Same Time!

By Council Member Kathleen Larson



Thinking about Spring, or downsizing a bit? Do you see a few items that you are finally ready to part with?

Try us! We are two fellow "SAILers" and experienced yard "salers." Rita Bloomfield is providing the ideal setting—a friendly quaint neighborhood, an adequately shaded selling area, and an opportunity to socialize while enjoying a lovely lake view.

Last summer we shared lunch, snacks, and had a whole lot of fun. I will be the contact person who can help you select and price

items at your home, arrange for pickup and disposition as needed. Or, you can arrange to bring your own items and/or help with the sale!

We are hoping to have several sales this summer and fall and folks might decide to donate some of their profits to SAIL—what a neat way to make a donation!

Because this is our first attempt at this endeavor, we are setting some parameters. For example, we may limit the number of participants, the number of sale items, and/or help determine which sale items are appropriate. We will know more after we get started!

Now you know so start planning! More information will be forthcoming. In the meantime, feel free to contact Kathleen Larson via email: Kathleenlodz@gmail.com or by phone: (608) 238-7024 with any questions or suggestions.

Member Groups

To register, call 230-4321 or email info@sailtoday.org. Need a lift? Give the SAIL office a call!

Attic Angel Lecture Series

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

Monday, March 5

"Hunger in Southwest Wisconsin – Realities and Solutions."

Dan Stein, President and CEO Second Harvest Food Bank of Southern Wisconsin

Monday, March 12

"Sex Trafficking in Rural America"

Julie Pfluger, Assistant US Attorney/Federal Prosecutor, Western District of Wisconsin

Monday, March 19

"My Work with Moral Development, Especially of Forgiveness."

Dr. Bob Enright, Professor of Educational Psychology at UW-Madison

Monday, March 26

"Growing Up With a Developing Nation – Our Lives in the Marshall Islands."

Jim Plasman, US Judge, and Kathy Stratte, Elementary School Teacher

Lunch Bunch by Leaders Winnie Shea, Lois Curtiss, and Deb Hall

West Side: Thursday, March 22, 11:45 a.m. at Adler's at 8202 Watts Road.

East Side: Tuesday, March 13, 11:30 at The Bridges at 2702 Shopko Drive. It's *Taco Tuesday* in addition to their regular lunch menu.

Connections by Carol Brown

March 20, 1:30 p.m. at Oakwood Heritage Oaks, 6205 Mineral Point Road

Men's Roundtable by Member Fred Ross

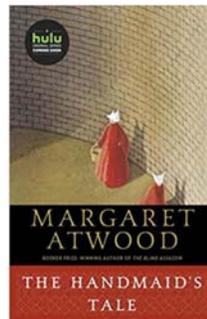
We'll continue with the open-ended format that has been working so well this year.

Participants choose discussion topics: sports, politics, history, current events, foreign affairs, whatever the interest may be. The tone of these discussions varies: some is serious, some partly-serious, some decidedly unserious. But it is a generally "civilized" exchange of ideas, and everyone goes home wiser rather than sadder.

When and Where: Tuesday, March 13 at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Book Club News by Leader Alice Punwar

The SAIL Book Club will meet at Sequoya Library on Wednesday, March 21, from 1:30 p.m. to 3:00 p.m. and will be discussing *The Handmaid's Tale* by Margaret Atwood. Some of you may have seen this drama on TV so here's a chance to read the original version. New members are always welcome.



For more information please call Alice Punwar at (608) 274-0428.



Sunday Movie: Darkest Hour

Sunday, March 25 at 2:00 p.m., Oakwood University Woods Arts Center

This is an account of Winston Churchill's early days as Prime Minister, as Nazi Germany swept across Western Europe, threatening to defeat the United Kingdom during World War II, leading to friction at the highest levels of government between those who would make a peace treaty with Hitler and Churchill who refused. *Rated PG-13.*

Upcoming Events and News

On Our Own *By Co-leaders Janice Gary & Karen Peterson*

Last month, Janice Gary led a discussion on growing and nurturing support systems for ourselves, gathering needed information for our support system, and ideas for 2018 programs as well as the new SAIL Life After 60 retreat offering. We agreed to host a program this year for all members on the topic of what happens when you call 911 and the paramedics arrive at your home and a program on advance care directives/support systems/ assigning an agent with Patient Care Partner owner Debby Deutsch.



I'M BOARD! This month we'll get together for a social event: **GAMES & FAMILY FUN** Date/Time: Thursday, March 15 from 1:00 p.m. to 3:00 p.m.

Those who wish will meet at a local restaurant for lunch prior to heading over to I'm Board located at 6917 University Ave. We have the backroom reserved to play board games of our choice—sounds like fun! **To register, call SAIL at 230-4321 or email us at info@sailtoday.org.**

Tech Tutoring 4 You Sessions

by Membership Services Assistant Sue Stenzel

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

Example questions:

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

Wednesday, March 14: 10:00 a.m. to 1:00 p.m. at Alicia Ashman Library, 733 N. High Point Road

Monday, March 26: 1:00 p.m. to 3:00 p.m. at Monona Public Library, 1000 Nichols Road

Please call SAIL at 230-4321 to sign up for your reserved half hour-time. You can bring any device. Please be sure that the device is fully charged and that you have the passwords to access your device. This valuable service is free for Full members; Associate members pay \$20, and we can bill you or it can be paid at the time of the appointment.

December 25, 2017

By Member Rita Bloomfield



Christmas Dinner at Lilianna's was a mixed blessing, literally and figuratively, for six members of the On Our Own group. It was filled with holiday tales and a delicious buffet. Every dish was superbly prepared, as well as the conversation that was passed along the table. Our group is inviting those who, for whatever reason, would not be able to connect with family or friends to join us for **Easter Dinner**. Please feel free to contact me at 251-0232 or poetryrita@gmail.com.

Article from *Consumer Reports*

Thank you to member Arden Trine for alerting us to the article "**Home Care: How to Give Your Parents the Help They Need**" in the October 2017 issue of *Consumer Reports*. It includes strategies for caregivers, tips on hiring home care agencies, and information regarding costs of assisted living and home care. If you'd like the article, call the SAIL office!

Calendar of Events — March 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	8	9	10
	Attic Angel Program 10:00 a.m. Hunger in South-west WI-Realities and Solutions					
11	12	13	14	15	16	17
	Attic Angel Program 10:00 a.m. Sex Trafficking <hr/> Membership Matters Meeting 1:30 p.m.	Men's Roundtable 10:00 a.m. Heritage Oaks <hr/> East Side Lunch Bunch 11:30 a.m.	Tech Tutoring 10:00 a.m. Alicia Ashman Library	Scams and Frauds (Triad) 10:30 a.m. at the RSVP Office <hr/> On Our Own I'm Board 1:00 p.m.		
18	19	20	21	22	23	34
	Attic Angel Program 10:00 a.m. My Work With Moral Development-Especially of Forgiveness	Mattress Flip Starting at 9:00 a.m. Call SAIL to get on the list! <hr/> Connections 1:30 p.m.	Book Club 1:30 p.m. Sequoia Library	Lunch Bunch 11:45 a.m. Adler's Restaurant	SHRED DAY 1:00-3:00 p.m. Oakwood Prairie Ridge Campus	
25	26	27	28	29	30	31
Movie Matinee Darkest Hour 2:00 p.m. Oakwood Village University Woods	Attic Angel Program 10:00 a.m. <hr/> Tech Tutoring 1:00 p.m.			Old Photos, Slides and Videos Program 1:00-2:00 p.m.		

Membership News and Updates



Patricia Arnold (Downtown)

If you know people who... believe in independence through connections...could use a little help at home... need a “safety net” as they age...and/or would like to volunteer... please let us know. We’re happy to reach out to them and provide information about SAIL!



A Message from Membership Services Manager Nicole Schaefer

These past few weeks have been nothing less than enjoyable as I’ve gotten to know the ins and outs of SAIL and even Madison. One of my favorite things about Madison so far is exploring the various food options throughout the city!

The SAIL team has been incredible in helping me feel at home while I learn the ropes. I’m looking forward to continuing to get know each of our members and vendors. Please feel free to reach out if you need anything—whether in-person, phone, or email.

Vendor News: We’ve added two new vendors this month! We have a new organizer, Jill, who specializes in decluttering papers, kitchens, and closets for over 15 years. Our other vendor is a brand new company in the Madison area. Carol and her team can help you remove junk from your home when cleaning or downsizing. The company strives to employ veterans and provide efficient work in which they plan to recycle/donate whenever possible. Feel free to give us a call if you’re interested in more information or are in need of a vendor!

Looking for suggestions: If you know of a Roofing and/or Concrete company that you’d recommend we add to our Pre-screened Service Provider program, we’d love to hear from you! These two categories are seeing a great amount of need from our members, and we’d love to add some 5-star recommendations to balance out these needs. Please contact me at 230-4321 or email Nicole@sailtoday.org with any suggestions.

Wellness Classes Available at Attic Angel Community

Great news! Attic Angel is opening up wellness opportunities to all SAIL members. Fit Circuit, Strength Circuit, Balance, Tai Chi, and Personal Training are all open to SAIL members at discounted rates as a benefit of SAIL membership! Some classes are free of charge. These include: Brain fitness, Chair exercise, Kickboxing, Meditation & Relaxation, Qi Gong (Seated Tai Chi), and Walking Group.

If you’d like information about how to register, class schedules and/or fees, please contact the SAIL office or call Wellness Coordinator Adam Alexander at 608-662-8804. Note that prior to your first class, you’ll need to sign a waiver which is available at the front desk at Attic Angel Place, 8301 Old Sauk Road. You can also sample a class that has a fee attached to it to see if it is something you would like to sign up for. Please call or email Adam Alexander, Wellness Coordinator at Attic Angel to ask about class availability and specific questions. 608-662-8804 or adam.alexander@atticangel.org.

Scams and Frauds

Seniors are often targeted by scammers via telemarketing or other means. Triad is sponsoring a program on **Thursday, March 15, 10:30 a.m.** at the RSVP office located at 517 N. Segoe Road, Suite 300, Madison. The speaker will talk about current scams and how to avoid being a victim.

Triad is a national program that promotes safety and crime prevention for seniors. SAIL is a member of the Triad group which is led by RSVP and includes the Madison Police Department, Madison Fire Department, and the West Madison Senior Coalition. Thank you to member Mary Stamstad for leading this local group!

SAIL Professional Service Members

If you need some help with professional services, give SAIL a call! We have contact information for accountants, attorneys, a patient advocate, financial planner, etc.—all of them have been recommended by at least one member of SAIL.



Introducing Tech Tip

...a new SAIL offering which you will receive monthly via email on or near the 15th of each month.

Your suggestions and questions for Tech Tips are welcome—please send them at any time! Everything is fair game—smartphones, tablets, computers, websites, and other issues that interest you and that you may have questions about. We'll do our best to research and answer those questions.

Send them to sue@sailtoday.org.

Aging is not lost youth but a new stage of opportunity and strength.

Betty Friedan (1921-2006)

A Message from the SAIL Member Development Team

A member recently shared that she donated her Thrivent Choice dollars to SAIL! If you have an account at Thrivent Financial, please remember us with Choice Dollars.

SAIL is an approved beneficiary! We deeply appreciate the generosity of the member and Thrivent Financial!



SAIL Shred Events

Friday, March 23 from 1:00 p.m. to 3:00 p.m. Oakwood Prairie Ridge Campus

Friday, April 6 from 12:00 p.m. to 2:00 p.m. Oakwood University Woods—Heritage Oaks Circle

Identity theft and other types of fraudulent crimes are on the rise. Our monthly shredding benefit at SAIL and our annual "Shred Day" offerings can help you protect yourself from these crimes. As you are sorting your mail and cleaning out files, consider participating in a **SAIL SHRED DAY** sponsored by Access! Bring up to five grocery bags/boxes of shredding. You can shred paper clips, staples, rubber bands, and notebooks (no 3-ring binders). If you have questions about retention of items, please consult with your CPA.



SPREAD THE WORD! SAIL GOLF OUTING

JUNE 13 AT 11:00 a.m. at PLEASANT VIEW GOLF COURSE

