



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

June 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!

SAIL 4th Annual Golf Outing Fundraiser



Join us on June 13 for SAIL's 4th Annual Golf Fundraiser at 11:00 a.m. at Pleasant View Golf Course in Middleton! Proceeds from this event help support SAIL programs, services and sliding-fee memberships for seniors with low incomes. To sign up, visit sailtoday.org or call SAIL at (608) 230-4321. Not a golfer? There are two other ways to participate:

- Join us for festivities at approximately 4:30 p.m., which includes a cook-out. Cost: \$15
- Make a contribution to SAIL via check, charge, or cash

We are grateful to our generous sponsors—please visit sailtoday.org to view the complete listing. Special thanks to planning volunteers: Rick Conroy, Bob Barker, Mike Albert, and chairperson Donna Ploc.

Emergency Services: What happens when I call 911?



The SAIL On Our Own group invites you to a special program designed to help you understand the many services and practices of emergency medical personnel when they are dispatched to a person's home. Our presenter is the Madison Fire Department Community Education Officer, Bernadette Galvez.

Some of the questions she will answer include: What exactly happens after I call 911? What can I expect when the fire department or EMS arrive? What is the difference between a Paramedic and an Emergency Medical Technician (EMT)? What is the general response time? How will they enter my home if the door is locked? What sort of information should I have available and where will they look for it? How will they know what medications I take? What happens if I have a pet? Do the police automatically respond? What happens if there are no family contacts to give? If I need to be transported, how do they select a hospital?

(Continued on page 2)



From the Office

A Message from Executive Director Ann Albert



We had a stellar turnout at this year's Spring Luncheon and Annual Meeting—over 130 people! We had an opportunity to socialize, thank our amazing outgoing president, Pat Kallsen, and elect Chris Klotz, Dianne Hopkins, and Sue Goldstein to the Operating Council! We also recognized member, Alice Punwar for founding the SAIL Book Club and

her leadership of the Club for most of the past 12 years. And, of course, we thanked you, our members, and our founders Attic Angel Association and Oakwood Village—we wouldn't be here without you!

Our Operating Council is also pleased to announce the appointment of a new community member. Alan Lukazewski, long-time SAIL supporter, pharmacist and patient educator, looks forward serving in this role. He is passionate about preventing adverse drug events and seeking non-drug solutions to chronic health conditions. Welcome, Alan!

Speaking of medications, Wisconsin made the news in a recent AARP Bulletin. Thanks to the work of the nonprofit Wisconsin Health Literacy (WHL), major pharmacies such as CVS and Walgreens, will be using re-designed bottle labels to help prevent unclear and difficult to read instructions. According to a study by WHL, nearly half the people taking medication report they've been confused by a label and 23% said this problem caused them to take the drugs incorrectly. Soon we'll see larger bottles, larger print, dosage times and key info (side effects), etc.

Another way to prevent adverse drug events (mistakes) is to have your medications reviewed regularly—SAIL offers this benefit. Call us if you are interested!

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 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

Emergency Services *(Continued from page 1)*

Who contacts my family? What happens when they leave the premise? What if I refuse to go to the hospital? Is there a charge for this service?

You may have additional questions, and we invite you to share them with the SAIL On Our Own group's co-leader Janice Gary at 231-9014, and she will add them to the list for Officer Galvez in advance.

As always, there will be time to socialize following the program, and refreshments will be available.

Staff will be available to share information on Life Assist Personal Emergency systems, SAIL Rise and Shine, lock boxes, and emergency information sheets to consider.

Emergency Services Program

Date: Wednesday, June 27

Time: 1:00 p.m.-2:00 p.m. Presentation with Q & A; 2:00 p.m.-2:30 p.m. Social time and visits to resource tables

Location: Oakwood University Woods Westmorland Room

To register: call SAIL at 230-4321 or email info@sailtoday.org

Volunteer News and Member Messages



A Message from Volunteer Coordinator Peggy

It was another busy month for SAIL volunteers! We had a nice turnout at the Membership Matters Team meeting on May 14 along with several member and community volunteers stepping up to make this year's Spring Luncheon and Annual Meeting one of our best! Our drivers provided 21 rides to fellow members this month!

Interestingly, I noticed a "theme" in the types of requests we received this month. Volunteer drivers and handymen picked up and delivered a variety of adaptive equipment to members. Wheelchairs, walkers, bedrails, and toilet risers were delivered and set up for members just completing in-patient rehab or those anticipating an upcoming need.

We helped arrange loans of medical equipment from such places as The Middleton Senior Center and The West Madison Senior Coalition. Both organizations have a stock of adaptive equipment that can be loaned at no cost. We are happy to make the arrangements or to share contact information for these organizations with our members. Requirements and lending periods differ from one agency to another. We always suggest that you ask for a physician's order for a physical therapy evaluation to ensure proper use of equipment. We also have vendors that are very experienced in adaptive remodeling. When special needs arise, SAIL is always here to help you sort through the options.

A Message from Member Claire Box

(Continued from the May issue of the *Messenger*)

How do I live each day with dementia? It's easy to pull away, to withdraw, or be afraid to do things. I challenge myself to go to church, to meditation groups, to volunteer, and to continue to practice kindness. This means embracing the times when I cannot do what I might have been able to do last year or even last month. While I do still have feelings of negative self-judgment, fear, sadness, and sometimes shame, I am learning to recognize them and not run away. Humor also really helps. Perhaps, most importantly, I welcome joy and beauty—for joy can be ever present, even in the most difficult times.

With dementia, it's important to do some realistic planning—to get legal stuff in order, to check that I'm driving safely, and to know options if I can no longer live alone. What is not helpful is perseverating about what will happen to me. This is not planning, it's fear. Recognizing and facing fear day by day is not always easy, but sharing it with others is a gift. There are an abundance of resources in Dane County for both caregivers and those with dementia. It only takes the willingness to admit and make that first phone call. You are not alone.

For more information on resources, give SAIL a call.

SAIL and Legacy Giving

by SAIL Development Team
volunteer Tom Popp

Are you thinking about planned giving as part of your estate plan? Would you like to make a lasting positive impact on the work that SAIL does? Have you considered making a legacy gift to SAIL, and have you wondered just how to do it? SAIL and its partner, the Madison Community Foundation (MCF), can help.

Planned giving is philanthropy combined with smart financial planning. It helps you make the most of your assets during your lifetime and helps you make future charitable gifts that are often much larger than you may have thought possible.

(Continued on page 4)

Upcoming Events and Information (continued)



Tech Tutoring by Membership Support Assistant Sue Stenzel

Need help with a tablet you received as a gift? Smartphone not acting so smart these days? Wondering what the technological world is going to come up with next? SAIL has help for all—or most—of your technology woes. With our *Tech Tutoring 4 You* benefit, you can sign up for 30 minutes with SAIL's technology tutor Dave Friedman.

Upcoming dates:

- **Wednesday, June 6, 10:00 a.m. to noon at Monona Public Library, 1001 Nichols Rd.**
- **Monday, June 25, 12:30 p.m. to 2:30 p.m. at Alicia Ashman Public Library, 733 N. High Point Rd.**

Tip: Be sure that any devices you are bringing to your session are fully charged or bring your charging device with you. Also, be sure that you know any and all necessary passwords. To register for a session, call SAIL at 608-230-4321 or email info@sailtoday.org

This service is free for Full SAIL members up to four sessions in the calendar year; the fee for Associate members or beyond four sessions for Full members is \$20 per session. This is payable at the session or you may charge it to your SAIL account.

SAIL and Legacy Giving (Continued from page 4)

Planned gifts use financial, estate, and tax-planning techniques that can lower your income and estate taxes and reduce capital gains taxes. Some planned gifts give you a stream of income during your lifetime, while others enable you to continue enjoying the use of an asset even after you have given it away to charity. SAIL and the Madison Community Foundation can help you make a wonderful, very significant impact on SAIL and its work, while at the same time you are making the most advantageous financial decisions for you and your family. The Madison Community Foundation has helped hundreds of individuals and couples to make planned gifts, and it is partnering with SAIL to assist members in these matters. If making a planned gift is something you are considering, contact Ann Albert. She can help you get the advice and assistance you need so that you can have the good feeling of knowing that you have made a long term impact on the great work that SAIL is doing.

“It’s important to me to know the ‘90’s Coffee’ will continue throughout the future. It’s a wonderful way for those over age 90 to connect with one another!”

Lois Curtiss, “90’s Coffee” founder and recent donor to the SAIL Endowment Fund at Madison Community Foundation.

Palliative Care: Coping Better during Treatment for a Serious Illness



Oakwood Village invites you to attend a program on the topic of Palliative Care on Tuesday, June 12, from 3 p.m. to 4 p.m.

in the Oakwood University Woods Art Center. When you have a serious illness, every day can be an uphill battle. Symptoms like pain, shortness of breath, and anxiety—plus the side effects of treatments and medications—can leave you struggling. Dr. Tony Braus (pictured above), Palliative Physician at Agrace in Madison, will share how “palliative care” can help you feel and cope better with the medical issues and emotional toll of a serious illness. Learn how you can benefit, who pays and how to find out if you are eligible for palliative care.

Monthly Programs and Member Groups

The Attic Angel Lectures and Men's Roundtable are on summer break and will resume in September.

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

East Side Lunch Bunch

Come join us for good food and even better conversation. This month we'll meet at the Breakwater, on Wednesday, June 6, at 12:30 p.m. The Breakwater is located off Bridge Road at 6308 Metropolitan Ln. in Monona. If the weather is nice, we'll sit outside on the deck and watch the boats go down the channel from Lake Monona to the Yahara River while we enjoy lunch. Join us!

West Side Lunch Bunch

Join us at 11:30 a.m. on Thursday, June 28 at a local favorite—the Copper Top Restaurant—located at 5501 Schroeder Rd. in Madison. *Simple, "unfussy" but tasty food!* Hope to see you there!

To register, call the SAIL office at 230-4321 or email info@sailtoday.org

Connections by Leader Carol Brown

We'll be meeting on June 19 at 1:30 p.m. at the Oakwood Heritage Oaks Conference Room. Our group works on program planning—join us and bring your ideas for topics and speakers! To register, contact SAIL at 230-4321.

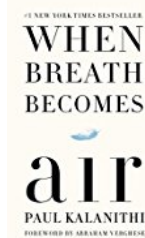


Summer Bike Rides

Now that the weather has improved, we'll soon be sending out emails inviting members and friends to join fellow member Fred Ross on some fun summer bike rides on the wonderful trails here in Madison. Fred assures us that the rides are always "civilized" and include a stop along the way for coffee and conversation! If you would like to be included in this member interest group, please call the SAIL office at 230-4321 or email info@sailtoday.org

Book Club News

by Member Alice Punwar



We met at Sequoya Library on May 16 and discussed two books as well as possible arrangements for the club following Alice's retirement. Our next meeting is June 20. We will be discussing *When*

Breath Becomes Air by Paul Kalamithi. This is an account of Dr. Kalamithi's personal experiences when he was diagnosed with a terminal illness at the age of 36 while a neurosurgical resident in his final year of training. As he faces his own mortality he wrestles with the questions we all have about life and death and the book is a life-affirming testament to his commitment to living life fully until it ends. New members are always welcome to attend.

Sunday Movie: I Can Only Imagine

June 24, 2:00 p.m. at the Oakwood Village Arts Center, 6209 Mineral Point Rd. Madison

Growing up in Texas, Bart Millard suffers abuse at the hands of his father. His relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band, MercyMe.

Upcoming Program—Save the Date!

By Product Team Leader Don Haasl

On behalf of the Product Team volunteers, I am pleased to announce a special program on July 31 at 10:00 a.m. titled "Embracing Change—All of It!"

This is a new workshop and part of the "aging plan" series SAIL offered last year. Our presenter is Dr. Kristin Litzelman, Assistant Professor, Human Development and Family Studies, at UW-Madison. We will explore ways we respond to changes as we age, how we can deal with life's curve balls, and more. More details will follow.

Calendar of Events — June 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
<p>SAVE the Date! SAIL's Midsummer Gathering on August 21, 5:30 p.m. to 7:30 p.m. at Attic Angel Place. Look forward to socializing and chocolate tasting program by chocolatier, Gail Ambrosius.</p>					<p>Attic Sale 11:00 a.m. to 4:00 p.m. Keva Sports Center</p>	<p>Attic Sale 9:00 a.m. to 1:00 p.m. Keva Sports Center</p>
3	4	5	6	7	8	9
			<p>Tech Tutoring 10:00 a.m. to 12:00 p.m. Monona Library</p> <hr/> <p>East Side Lunch Bunch 12:30 p.m. The Breakwater</p>			
10	11	12	13	14	15	16
	<p>SAIL Council 4:00 p.m.</p>	<p>Palliative Care 3:00 p.m. to 4:00 p.m. Oakwood Village Arts Center</p>	<p>SAIL Golf Outing 11:00 a.m. Pleasant View Golf Course</p>			
17	18	19	20	21	22	23
		<p>Connections 1:30 p.m.</p>	<p>Book Club 1:30 p.m. Sequoia Library</p>			
24	25	26	27	28	29	30
<p>Movie Matinee 2:00 p.m. Oakwood Arts Center</p>	<p>Tech Tutoring 12:30 p.m. to 2:30 p.m. Ashman Library</p>		<p>Emergency Services Program 1:00 p.m. Oakwood Village Westmorland Room</p>	<p>West Side Lunch Bunch 11:30 a.m. The Copper Top Restaurant</p>		

Membership News and Updates



New SAIL Members

Werner & Jean Frank, Sauk Creek
Lee & Arlys Kempf, Seminole Glen
Linda Neu Kraemer, Middleton
Margaret Smith, Prairie Point
Alice Spencer, Maple Bluff

June Spencer, Prairie Point
Ruth Sybers, Summit Woods
David Zimmerman, Nakoma
Mike and Diane Wilcox, Faircrest

A Message from Membership Services Manager

Nicole Schaefer

As you can see from this month's "Welcome" section, we had another fantastic month for membership growth! This led me to take some time and really think about SAIL's mission and the impact it has had on Madison and our members over the years. The willingness for you, our members, and our vendors, to share SAIL with your family and friends has helped SAIL grow into this wonderful community. I feel lucky to be part of it all!

To help us continue to provide the best support for you, Council Member and Retention Team Leader Kathleen Larson has helped us create a member survey to get feedback about SAIL programs and benefits. We will be sending it out to you this month. Please participate, as the results will help us continue to shape SAIL into an organization that best fits what you're looking for in this chapter of your life.

Pre-screened Services Update

Since January, we have logged over 400 service requests! This doesn't include the daily Rise and Shine service used by nearly 50 members as well as the many services arranged by members directly. (If you do arrange a service directly, please remember to email or call me with your feedback!) It's great to see that the pre-screened vendor program is helpful to so many of you.

We have a new handyman joining the SAIL family! Gary comes highly recommended by some of our other vendors and is looking forward to getting to know each of you. He has a great knack for helping to fix things up around the house or even just helping you clean out some things from a room. If you're in need of a handyman and would like to learn more about Gary or any of our other providers, please call or email me or login to Sailtoday.org to view their profiles in the Service Provider Directory.



Membership Matters

by Council Member Dorit Bergen

We had our third Membership Matters meeting on May 14—thank you to those of you who attended! We worked on the three grants that SAIL has recently been awarded: outreach to professionals, how to prevent loneliness, and how to be better prepared for emergencies. We split into groups and had lively discussions resulting in moving projects forward and new ones being proposed. Several of the members who attended volunteered to help implement the plans!

All members of SAIL are welcome at these meetings. **Our next Membership Matters meeting is July 9, 1:30 p.m. to 3:00 p.m. at the Oakwood Heritage Oaks.**

SAIL Library

We have a nice selection of books available—*Being Mortal*, *My Two Elaines*, *The Gift of Years*, *Get the Most Out of Retirement*, *How to Age in Place*, *The Other Talk—How to talk to your children about the rest of your life*, *Final Gifts*, *This Chair Rocks*, etc. Feel free to borrow them!

Please let us know if you'd like us to share SAIL information with a friend or high quality service provider. If the person joins/becomes a SAIL vendor, you'll receive a \$25 gift card!

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

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

Name: _____

Phone: _____/Email: _____

Address: _____

May we use your name? Yes or No

Your name: _____

April and May Highlights

