



# The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

MAY 2018



## 2018 SAIL Golf Outing Fundraiser

Please help us spread the word! SAIL's 4th Annual Golf Fundraiser is on Wednesday, June 13 at 11:00 a.m. at Pleasant View Golf Course!

Proceeds help to support SAIL programs and sliding-fee memberships.

Sign up on or before May 1 and receive a FREE practice round!

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

Thank you to our Title Sponsor Life Assist USA!

## SAIL Spring Luncheon and Annual Meeting



Author Jerry Apps

Join us on May 15 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.

While most of us do not have Jerry's story-telling abilities, each of us does have a story to tell. We'll learn some tips from Jerry taken from his book *Telling Your Story* along with messages from his newest book due out on May 11, *Once a Professor: A Memoir of Teaching in Turbulent Times*.

**Date/Time:** Tuesday, May 15; Doors open at 11:30 a.m. Lunch will be served at 12:00 p.m. followed by the annual meeting and program.

**Place:** Blackhawk Country Club, 3606 Blackhawk Drive, Madison

**Menu:** Portabella-Parmesan Stuffed Ravioli with Tomato and Mushroom Chardonnay Cream Sauce, Chicken Veronique with Riesling Wine Sauce and Toasted Almonds, or Vegetarian Salad with Grilled Shrimp

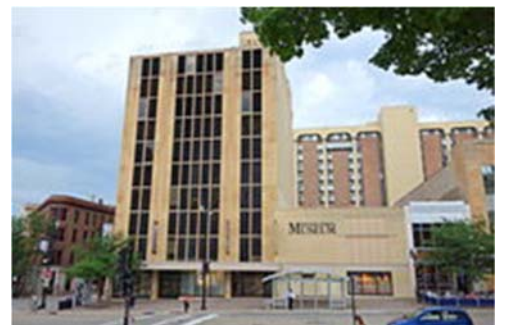
**Cost:** \$20/pp (Sliding fee available upon request); Non-members: \$22/pp

If you need transportation and/or a sliding fee, please let us know!

**To Register:** Call 230-4321 or email SAIL by May 10 to reserve your spot!

## SAIL Explorers Bus Trip

Memorial Day is just around the corner and it's a perfect time to visit the Wisconsin Veterans Museum! We have scheduled a private tour of the Museum starting at 10:30 a.m. on May 24. The museum is located at 30 W. Mifflin Street and admission is free. Following the tour, we'll take a ride over to the Rockhound Brewing Company at 444 South Park Street for lunch! (Continued on page 3)





### 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

## From the Office

### A Message from Executive Director Ann Albert



L to R: Ann Albert, Sue Stenzel, Peggy York, and Nicole Schaefer

We hope you like our SAIL Team picture! Members often tell us it's nice to put a face with a name.

As our Council President Pat Kallsen shared last month, we're working on transitioning some of my responsibilities to SAIL team members and hiring a part-time communications person to help us grow SAIL. I'm thrilled to share that my role has expanded to Executive Director of the Madison Area Continuing Care Consortium (MACCC), our parent organization. The purpose of this is to work on some wonderful new programs that will complement the many offerings at SAIL, Oakwood Village, and Attic Angel Community and continue to enhance the lives of older adults. As it turns out, May is *Older American's Month*. This year's theme, "Engage at Every Age," celebrates the many ways older adults are contributing to our communities. At SAIL, we appreciate the many ways you, our members, engage in supporting "independence through connections." Thank you!

### On Our Own Updates *by Co-leaders Janice Gary and Karen Peterson*

We're pleased to share some plans for future gatherings of this evolving group! Note that events are open to all members.

We have the SAIL Spring Luncheon coming up on May 15—this will be considered our May gathering—please be sure to sign up!

On Wednesday, June 27, we'll learn about emergency medical services—what to expect if you call 911 and request help.

On Monday, July 16, we'll visit the Allen Centennial Garden for a tour and end with a visit to Babcock Hall for lunch.

We encourage you to join fellow SAIL members at the SAIL Midsummer Night's Eve event on August 21.

September and October are great months for outdoor events—we'll be scheduling walks along Lake Waubesa and a visit to Vilas Zoo.

November and December will include some holiday festivities.



At last month's program, professional advocate Debby Deutsch shared the inside scoop on the role of a patient advocate and how to properly create your Advanced Directives. Thank you, Debby!

# Volunteer News and Upcoming Events

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## A Message from Volunteer Coordinator Peggy

SAIL celebrated National Volunteer Month with a “Thank You” gathering on April 20. SAIL’s generous volunteers make life so much richer for all of us!



Over the past month, SAIL office volunteers worked over 40 hours keeping us up to date. Volunteer drivers gave 10 rides to members that needed to get to appointments and our handymen assisted SAIL members with various needs in April.

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## SAIL YARD SALES ARE ON...PLANS ARE PROGRESSING... MEMBERS ARE RESPONDING

*by Member Kathleen Larson*

In March, member Rita Bloomfield and I announced a new SAIL offering—a series of yard sales that help you get rid of stuff and help you connect with other members. We’re pleased to share that a number of members responded and are planning to participate! The sales will be at Rita’s home; and, weather permitting, the first sale will occur mid-May. A second sale is planned for June with more dates to follow this year and in 2019.

We are looking for additional members to participate. Join us to make a little extra cash, socialize, and have a whole lot of fun. You may even want to donate your proceeds to SAIL!

Contact me at [kathleenlodz@gmail.com](mailto:kathleenlodz@gmail.com) or 608-238-7024 for further details. I can help you with anything you might need from pricing to transportation. Hope to hear from you!

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## SAIL Explorers Bus Trip *(Continued from page 1)*

If you’d like to take a look at the lunch menu (“comfort food with a bit of a twist”) visit <http://rockhoundbrewing.com/food>. Our bus will depart from Oakwood Village Heritage Oaks at 10:00 a.m. and drop off in front of the Museum. Following lunch at the Rockhound Brewing Company we’ll head back to Oakwood arriving at approximately 1:30 p.m.

Bus Fee: \$5 per person. To register, call SAIL at 230-4321 or email [info@sailtoday.org](mailto:info@sailtoday.org) by May 20.

*Thank you to the following donors for your generous contributions to SAIL during the 1st quarter of 2018.*



**January 1—March 31, 2018 (Includes Endowment Fund Donors)**

**Member Donations**

Lorraine Bradley	Betty Scott
Evonna Cheetham	Fredrick and Ann Seybold
Caroline Clark	Daphne Stassin
Lois Curtiss	Barbara Whitlock
Diane de Vos	Ann Jarvella and David Wilson
Carroll Heideman	
Janice Kaplan	
Patricia Krueger	
Carolyn Moynihan-Bradt	
Mary Mueller	
Max and Betty Rosenbaum	

**In-kind Donor**

Attorney John Mitby

**Corporate Donors**

Attic Angel Community  
BrightStar Care  
JDog Junk Removal  
Oakwood Village

**SAIL Supporter**

Gregory Hoveland

*Upcoming Events (continued)*

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

**Tuesday, May 22, 1:00 p.m. to 3:00 p.m., Ashman Library, 733 N High Point Road, Madison**

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).

**Food As Medicine—Life Changing Foods That Can Help**

Join us and learn about how certain foods boost the immune system and help improve auto-immune conditions! Food samples and recipes will be provided. Cost: \$10 per person

**Details:** Thursday, May 31 at 2 p.m. at Hy-Vee Foods at 675 S. Whitney Way

**Speaker:** SAIL Service Provider Jesi Hirsch, RN President, RN Patient Advocates of Madison

Jesi is a Medical Advocate, Health Coach, and Geriatric Care Manager. She applies a Functional Medicine approach. **To register:** call SAIL at 230-4321 or email [info@sailtoday.org](mailto:info@sailtoday.org) by May 29.

# 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, May 7

“Restorative Justice: Changing the Approach to Criminal Justice”

Jonathan Scharrer, Clinical Instructor, Restorative Justice Project; Director Frank J. Remington Center, UW Law School

### Monday, May 14

“Structural Art in New York’s Suspension Bridges and Chicago’s Tall Buildings”

David Corr, Clinical Professor, Director of Graduate Studies Department of Civil Engineering and Environmental Engineering, Northwestern University

### Monday, May 21

“Why Contemporary Art Matters”

Leah Kolb, Curator of Exhibitions - MMoCA

### Monday, May 28

No program: Memorial Day Holiday

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

### East Side Lunch Bunch

Join us on May 8 at 11:30 a.m. at The Jet Room, 3606 Corben Ct., Madison

### West Side Lunch Bunch

This month we’ll combine our lunch with a bus trip to the Wisconsin Veterans Museum. Please see front page for more information!

## Sunday Movie: COCO

Sunday, May 27 at 2:00 p.m.,  
Oakwood University Woods  
Art Center. 2017 Rated PG



## Men’s Roundtable *by Member Fred Ross*

When and Where: Tuesday, May 8 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*

Unfortunately, the April 18 snowstorm forced us to cancel Book Club. We do plan to meet on May 16 and hope that winter will finally be over. We’ll be discussing the the April selection, *Radioactive*, by Lauren Redniss along with our book for May which is *A Discovery of Witches* by Deborah Harkness. It’s a mixture of history, mythology, and magic as a young scholar discovers a long-lost manuscript and it leads her to a fantastic underworld. Join us on May 16 at Sequoia Library from 1:30 to 3 p.m.!

## Membership Matters

*by Member Dorit Bergen*

The second meeting of Membership Matters gathered on March 12 at Attic Angel Community to continue working on SAIL’s programs and services. So far, 25 members have participated in Membership Matters—a great start, let’s keep the momentum going!

We completed our brainstorming list of ideas; and we then divided into three small groups, each representing one of the 2018 SAIL grants. *(Continued on page 7)*

# Calendar of Events — May 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
			Tech Tutoring 1:00 p.m. to 3:00 p.m. Monona Library			
6	7	8	9	10	11	12
	Attic Angel Program 10:00 a.m. "Restorative Justice: Changing the Approach to Criminal Justice"	Men's Roundtable 10:00 a.m. Heritage Oaks  East Side Lunch Bunch 11:30 a.m. The Jet Room				
13	14	15	16	17	18	19
	Attic Angel Program 10:00 a.m. "Structural Art in Suspension Bridges & Tall Buildings."  Membership Matters 1:30 p.m.	Spring Luncheon and Annual Meeting 11:30 a.m. Blackhawk Country Club	Book Club 1:30 p.m. Sequoia Library			
20	21	22	23	24	25	26
	Attic Angel Program 10:00 a.m. "Why Contemporary Art Matters"	Tech Tutoring 1:00 p.m. to 3:00 p.m. Ashman Library	Triad "Travel Safety" 10:30 a.m. Burkhalter Travel	Trip to WI Veterans Museum 10:30 a.m. Transportation available		
27	28	29	30	31	<b>SAVE THE DATE!</b> SAIL'S 4th Annual Golf Outing—June 13 at 11:00 a.m. at Pleasant View Golf Course in Middleton. 	
	No Attic Angel Program  			Food as Medicine 2:00 p.m. Hy-Vee Foods		

# Membership News and Updates

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## New SAIL Members

Barbara Martin, Middleton

Ray and Janine Matulionis, Arbor Hills

Carolyn & Morris Waxler, University Heights

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## A Message from Membership Services Manager Nicole Schaefer

I recently completed a course at the Aging and Disability Resource Center (ADRC) and am now certified as a Dementia Friendly Trainer. With this knowledge, I can help spread awareness on dementia while also helping others understand how to best assist someone who lives with dementia. As we continue to expand our vendor list, the orientations we provide will now include material from this training and will have an added focus on helping our vendors gain a greater understanding of the different types of dementia and how to work well with someone who has a debilitating cognitive impairment. I'm also developing a program to share with you, our members, as I believe the information can help anyone, whether it's for you or for a loved one.

### New Vendor

We've welcomed a new cleaning vendor this month! Jake's housecleaning services comes highly recommended, along with his personable approach and willingness to go above and beyond your requests. If you're in need of a cleaning service and would like to learn more about Jake or our other housecleaning providers, please call me or login to [Sailtoday.org](http://Sailtoday.org) to view their profile in the Service Provider Directory.

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## Membership Matters *(Continued from page 5)*

The grant projects are aimed at combating loneliness, creating an emergency contact file and support system, and outreach to professionals who work with older adults.

Our next meeting is on Monday, May 14, 1:30 p.m. to 3:00 p.m. at the Oakwood Heritage Oaks Westmorland Room. New members are always welcome to attend! We will continue to develop the ideas generated at the first two meetings. We aim for a mix of long-term planning and more immediate end products. Continuing members please note, you are welcome to join a different small group for the May meeting. We want you to work on what interests you! There will be time to socialize and enjoy refreshments! **Please join us!**

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## A Message from Member Claire Box

I was diagnosed with Alzheimer's a couple of years ago, and it has been a journey of acceptance, learning, and joy. It is a diagnosis that is one of the most dreaded fears for people, and it is not something that we openly talk about. When I first noticed some difficulties, given my family history of dementia, I asked for an evaluation, surprising my "dd" - my fond nickname for my dementia doctor, since most folks wait until someone else brings them in when things are quite progressed. But, early diagnosis is important for treatment and prognosis.

Next month I'll share how I live each day and what helps.

**If you or someone you care about has dementia, there are some great resources available. Give SAIL a call for more information!**

**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: \_\_\_\_\_

Address: \_\_\_\_\_

May we use your name?  yes  no Your name: \_\_\_\_\_

**Interested in learning how to use the member pages on the SAIL website?**

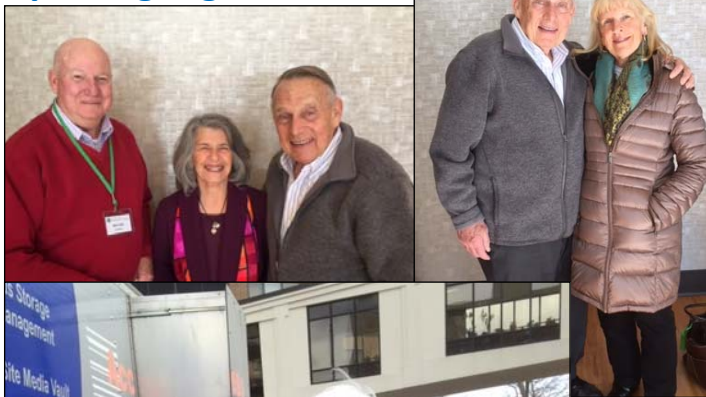
Just give us a call at 230-4321! We can help you over the phone or we can schedule a personal visit!

Logging-in provides access to the most updated vendor and member information. It also allows you to create your personal profile which includes your interests. And, you can search for other members who share the same interests!

**Traveling this summer?**

Triad is hosting a special program titled "Travel Safety" on May 23 at 10:30 a.m. at Burkhalter Travel located at 6501 Mineral Point Road, Madison. Speaker Ed Mani will share information about domestic and foreign travel, travel/tour scams, staying healthy and safe while traveling, travel insurance and other topics. To register, call SAIL at 230-4321.

**April Highlights**



*My Two Elaines presentation, the SAIL Annual Shred Day, and an Easter Dinner organized by member Rita Bloomfield*

