

The SAIL Messenger

A Monthly Publication: November 2015

Madison Beltline Study Presentation



Join us on November 17 at 3:00 p.m. in the Oakwood Village Arts Center for a presentation from the Wisconsin Department of Transportation (WisDOT) about the future of the beltline. The WisDOT is nearing the end of a comprehensive Planning and Environment Linkages (PEL) study for the Madison Beltline

from US 14 in Middleton to County N in Cottage Grove.

Speakers Robert Knorr from the WisDOT and Jeff Held with Strand Associates, Inc., will discuss the study, which was conducted for nearly three years through evaluation of a variety of improvements for all modes of travel. This information was combined into strategy packages with the potential to address long-term transportation needs for the Beltline. Robert and Jeff will allow ample time to answer questions from attendees.

To register, visit sailtoday.org, email info@sailtoday.org, or call 230-4321. Thank you, Member Bob Topel, for suggesting this program!

Navigating the SAIL Website

Did you know that you can sign up for SAIL programs, look up members' phone numbers, and find other members with similar interests as yours with your own individual log-in through our SAIL website? Join us! We want to show you how.

Join us on November 16 at 10:00 a.m. in the Merrill Lynch Room at the Goodman Center, 149 Waubesa Street, or on December 10 at 10:00 a.m. in the Westmorland/Nakoma Rooms at Oakwood Village, 6205 Mineral Point Road.

Charlene Malueg, SAIL volunteer and outreach manager, will share information on how to log into the website, edit your individual profile, search for other members, request services, and share as much or as little information with others as you would like!

Please reserve your spot by emailing us at info@sailtoday.org or by calling SAIL at 230-4321.

Join SAIL and Enjoy These Benefits!

Associate Members receive:

- Access to Pre-screened Service Providers
- Invitations to Social and Educational Events
- Information and Referrals
- Discounts on:
 - Life Assist Personal Emergency Systems
 - MSCR Programs
 - Home Health United Medical Equipment
- Monthly Newsletter
- Shredding at SAIL
- Volunteer Opportunities

Full Members receive all of the benefits above, plus:

- Rise and Shine Daily Check-in
- In-home Technical Help
- Transportation
- Comprehensive Medication Reviews
- House Checks While You Are Away
- Mattress Flipping and Other Monthly Perks
- Notary Services

Holiday Letter Writing

SAIL will help you with this year's holiday letter. Bring a few pictures and your written message. We'll scan the pictures and help you format your letter content so it's all ready to print. Surprise your loved ones with a special greeting this year! Call SAIL to sign up at 230-4321.



SAIL Supporting
Active
Independent
Lives



6209 Mineral Point Road
Suite #210
Madison, WI 53705

SAIL is a program of the Madison Area Continuing Care Consortium, Inc. in collaboration with Attic Angel Association and Oakwood Lutheran Senior Ministries, Inc.

Office Hours

M-F 8:00 a.m.- 4:30 p.m.
Closed holidays
Phone: 230-4321
Fax: 230-4322
info@sailtoday.org
www.sailtoday.org

SAIL Staff

Ann Albert
Laura Adell
Charlene Malueg



SAIL Operating

Council: Christine Beatty, Carol Brown, Martha Christensen, Mary Ann Drescher, Jane Earl, Barb Gessner, Don Haasl, Patricia Kallsen, Joy Knox, Fred Ross, and John Schmidt (president).

A Message from John Schmidt, Council President



You are a member of a remarkable organization! In 2014, over 22% of you, our members, made a contribution during SAIL's Annual Appeal. The 2015 Annual Appeal begins shortly. Any size donation is worthwhile and appreciated—and will count toward increasing the percentage of members who give. Among the budget items supported by the donors fund are membership fee subsidies. This makes it possible for those with a lower income to join SAIL and receive helpful services and resources. These funds are also a source of "risk capital" for development of new and innovative efforts by SAIL.

Raising funds from external sources is an important activity for all nonprofits and requires a set of special skills. In September, four SAIL Council members attended a local seminar titled "Delve Into the Dance of Fundraising" to update their skills. To foster improved financial planning for our near and long-term future and ongoing accountability, the Council approved the formation of SAIL's first Finance Team. In addition to operational fundraising, a new Development Team has formed and will have a long-range arm focused on planned giving.

Finally, the Council approved three additional teams (five total) for 2016—Marketing and Community Outreach, Vendors, and Products—to move SAIL successfully into its next decade of service and growth. More about those teams appears in a separate article. If you wish to put your skills and interests to work for the benefit of SAIL on any of these teams, please contact me. We welcome your becoming involved!

Annual Appeal Off to a Great Start—A Time of Giving and Receiving

We just learned that two grateful and enthusiastic members are willing to help us kick-off our annual appeal with combined contributions of \$2,000 in the spirit of SAIL's 10th anniversary. You will soon receive your appeal letter inviting you to participate in any way you can. Your support is greatly appreciated!

The Gift That Lives On by Member Jane Earl

There are many ways to live a life that matters. And now is the perfect time to design the life you've always wanted...filled with passion, fun, connections, generosity...

Take Cliff, for instance. At 92 years young, he is volunteering in SAIL's office on a regular basis, doing data entry, charming the ladies, flashing a broad smile with a twinkle in his eyes as he does one more good thing...He exudes joy that is contagious! How can office work be so much fun?

Cliff also feels good about the Charitable Gift Annuity he has set up for SAIL. He gets a quarterly check; and when he is gone, SAIL gets a gift that lives on.

Many people like to leave a gift to the charities that they feel passionate about. We hope that SAIL is among those causes that have a special place in your heart. As you think about your estate plans, please consider a gift to SAIL in your will or trust. This type of gift enables you to help SAIL continue to build a vibrant community of members helping each other thrive. (continued on page 7)

SAIL Volunteer News

This month we want to recognize all of our volunteers who make so many good things happen each and every day. This year alone (with many hours yet to be recorded), volunteers have provided nearly 500 hours of time to fellow members! Thank you all for giving of your time and talents to SAIL! Your efforts are greatly appreciated and it could not happen without you.

Albert, Ryan	Christensen, Martha	Hoornstra, Charles	Nelson, John	Schmidt, John
Albert, Steph	Chun, Memee	Hutchison, Carol	Nowak, Joni	Schultz, Patricia
Andrews, Cathy	Clark, Caroline	Indalecio, Pepe	Nusbaum, Jeannine	Schur, Jan
Barnes, Bette	Conlon, Linda	Kallsen, Pat	Orr, Elayne	Scott, Betty
Basha, Jan	Curtiss, Lois	Kanetzke, Howard	Peterson, Jeanne	Shea, Winnie
Batt, Dorothy	Drescher, Mary Ann	Kanetzke, Lucetta	Ploc, Donna	Siegel, Peggy
Batt, Jim	Dumas, Bobbi	Kelm, Gerry	Poe, Janette	Stewart, Lyn
Beatty, Christine	Earl, Jane	Klehr, Kristina	Poi, Kathy	Suchanek, Lori
Bergen, Dorit	Ehlert, Bill	Kness, Lu	Popkewitz, Sara	Taylor, Judy
Bergen, Shirley	Faust, Sue	Knox, Linda (Joy)	Popp, Tom	Voegeli, Cliff
Berven, Barbara	Firkus, RJ	Lasseter, Lucy	Rademaekers, Frances	Wegner, Dave
Bjorklund, Mary	Gary, Janice	Martin, Ken	Reffner, Rita	Winton, Nancy
Block, Miriam	Gessner, Barbara	McClintock, Deb	Reisdorf, Phyllis	York, Peggy
Bloomfield, Rita	Ghei, Johanna	McDermott, Nancy	Roehrl, Jill	
Bogart, Ruth	Golay, Janice	McGown, Hildy	Rom, Jan	
Bollant, Dorothy	Goldstein, Sue	McGuire, Carole	Ross, Fred	
Bova, Rick	Haasl, Don	McNelly, Duncan	Ross, Mary	
Box, Joan	Hafner, Jack	Micklitz, Lorelle	Rueckert, Roland	
Brown, Carol	Hellen, Herb	Miracle, Faith	Russell, Joyce	
Cheetham, Evonna	Hlavacek, Jean Ann	Mulligan, Elinor	Schaefer, Larry	

Our apologies if any names were inadvertently left off of the list.



Nearly 50 volunteers joined in the Volunteer Recognition in September. The fun started with a “get to know your neighbor” bingo ice breaker recommended by SAIL member and volunteer Lois Curtiss.



Upcoming Events Information

Need a ride to any of these events? Call us! 230-4321

Items in gray are open to SAIL members only.

SAIL Members' "Birthday Boys and Girls Club"

By Member Jim Batt



The Sound of November Just Might Be "Happy Birthday to You." Check It Out. *Where are the songs of Spring? Ay, where are they?* So wrote John Keats in *Ode to Autumn*. OK, so it's autumn and it's November and, well, sometimes cold and gloomy. But of those spring days past Keats wrote, in *Ode to Autumn*, "Think not of them, thou (autumn) hast thy music too..." Listen closely and that music might sound like, "Happy Birthday To You," especially if November is your birth month.

SAIL members who first arrived in the 11th month should join the chorus of members of like origin for an informal social gathering at Panera's Restaurant at 2:30 p.m. on Tuesday, November 10, for some casual conversation and congratulations.

You wouldn't believe all the stars in your birthday firmament, but none brighter than you, so come shine with us on November 10, why don't you? November is more than Thanksgiving Day. Maybe it's birthday time for you? As always, we'll leave the light on.

SAIL Men's Roundtable

When and Where: Tuesday, November 10, 2015 at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Discussion Leader: Fred Ross

Kickoff Topic: The U.S. has become the world's "incarceration nation," with a far higher incarceration rate than any other developed country. With only 5 percent of the world's population we have 25 percent of its prisoners. There are almost 800 prisoners for each 100,000 citizens, and the rate is far higher for African and Hispanic Americans. The reasons for this startling situation are many and varied, but what *are* the reasons? Are we on the right or the wrong track here? Do these statistics say something about us as a people and nation?

Need a lift? Give the SAIL office a call.

Attic Angel Programs

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

Monday, November 2, "Frank Lloyd Wright's Wyoming Valley: A Legacy of Nature and Man." Ryan Hewson, Collection and Preservation Manager for Taliesin.

Monday, November 9, "Today's Dane County Youth: Challenges and Solutions." Gregory Markle, Executive Director, Operation Fresh Start.

Monday, November 16, "Building Community, Creating Opportunity, Enriching Education." Paul Terranova, Executive Director, Lussier Community Education Center.

Monday, November 23, "Tribal Histories and American Indian Education in Wisconsin." Aaron Bird Bear, American Indian Curriculum Service Coordinator, University of Wisconsin - Madison; Mik Derks, Producer of Tribal Histories, Wisconsin Public Television; Jon Miskowski, Director of Television, Wisconsin Public Television.

Book Club

By Member Joan Box

The Book Club will be meeting November 17 at 1:30 p.m. at Sequoya Library. This month's book: "Orange is the New Black" by Piper Kerman. This memoir describes in detail and with empathy the life of a prisoner in a federal women's prison and the wonderful affection and compassion developed among the women there. Next month, we'll be exploring "Elephant Company" by Vicki Constantine Croke. Call SAIL for information on joining the book club!

Lunch Bunch

The Lunch Bunch group will not be meeting in November and December. See you in January!

Movie Matinee: Monkey Kingdom (2015) Sunday, November 22, 2:00 p.m., Arts Center, Oakwood Village

This all-ages nature documentary follows the perilous lives of a monkey and her newborn daughter in the jungles of southern Asia. As part of a larger group, mom and baby risk starvation if they fail to abide by the stringent social rules.

November SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Time Ends (Fall Back One Hour)	2 Attic Angel Program, 10:00 a.m. “Frank Lloyd Wright’s Wyoming Valley: A Legacy of Nature and Man.”	3	4 Connections, 1:00 p.m., Oakwood Village Living Well With Dementia, 5:00 p.m., Middleton	5	6	7
8	9 Attic Angel Program, 10:00 a.m. “Today’s Dane County Youth: Challenges and Solutions.”	10 Men’s Roundtable, 9:30 a.m. Oakwood Village Birthday Club 2:30 p.m. Panera Bread Quaker Steak Fundraiser	11 Veterans Day—we thank all veterans for their service. 	12	13 Vendor Fair 11 a.m.-1 p.m. Good Shepherd Church <div>Attic Angel Holidays Galore & More Sale</div>	14
15	16 Attic Angel Program, 10:00 a.m. “Building Community, Creating Opportunity, Enriching Education.” <div>Website Training 10:00 a.m. Goodman Center</div>	17 WisDOT Presentation 3:00 p.m. Arts Center, Oakwood Village <div>Book Club 1:30 p.m. Sequoia Library</div>	18 Grief During the Holidays 10:30 a.m. Attic Angel	19	20	21
22 Movie Matinee 2:00 p.m. Arts Center at Oakwood University Woods	23 Attic Angel Program, 10:00 a.m. “Tribal Histories and American Indian Education in Wisconsin.”	24	25	26 SAIL Office is closed for Thanksgiving Holiday	27	28
29	30	SAVE THE DATE! Stamping Up—Creating Personal Cards by Member Nancy Winton On Saturday, December 12 from 10:00 a.m. until 1:00 p.m. in the Westmorland Room at Oakwood Village, stamping leader, Laura, will be hosting a Stamping Up event. Members can pay \$15 and leave with 10 personally handmade cards to give to friends or family. Laura will bring all of the supplies and paper. A great way to enjoy some social time and laugh with new and old friends alike! This event is limited to 15 people.				

Information, News, and Updates

Welcome to Our New Members!

Donn D'Alessio and Julie Hayward (Tamarack), Neal Deunk (Dudgeon-Monroe), Mike and Jean Graff (Arbor Hills), Margaret and Gerald Greeno (Middleton), Alan and Sally Larson (Hill Farms), Helen McDermid (Arbor Hills), Esther McIntosh (Midvale Heights), Mary Owens (Elvehjem), Jay and Dana Russell (Greentree), Sharynn Schloemer (Allied), Beverly Schrag (Hill Farms), Rita Stafford (Richmond Hills)

Remember to share SAIL with friends! If you do and the person joins, you'll get a \$25 gift card!

A Message from Member Services Manager Laura Adell

I hope you will join us for our second annual SAIL Vendor Fair on Friday, November 13 from 11:00 a.m.-1:00 p.m. at Good Shepherd Lutheran Church, 5701 Raymond Road. Meet vendors and learn about their services, enjoy a tasty lunch, get acquainted with other SAIL members, and enter the drawing for some very nice prizes! To make a reservation, call us at 230-4321 or email info@sailtoday.org by November 10. Transportation provided upon request.



Laura Adell

Auto Clinic Tip by Member Rita Bloomfield

Are you looking for a family owned, reliable, experienced car repair and maintenance mechanic? I have used Tom's Auto Clinic, located at 2652 E. Washington Avenue (Across from the East Side Shopping Center) for years. They are very reasonable and Steve, the owner, is the best mechanic I've ever known.

Living Well With Dementia



You're invited to the Wisconsin Alzheimer's Disease Research Center

(ADRC) for the 14th Annual Wisconsin ADRC November Lecture. Several experts will share the latest Alzheimer's disease research information and look at how research findings are interpreted through our changing media channels.

Join us on Wednesday, November 4, at 5:00 p.m. for the resource fair and 6 p.m. for the presentations. This event is being held at the Middleton Performing Arts Center, 2100 Bristol Street. No RSVP is necessary.

Coping With Grief During the Holidays

The holidays can be a very happy time for some, but it also can be a very emotional time for others. On November 18, Cheri Milton from Agrace HospiceCare will speak on How to Cope with Grief During the Holidays. Join us at 10:30 a.m. in the Community Room at Attic Angel Place, 8301 Old Sauk Road for this discussion. This program is co-sponsored with the SW-Triad, of which SAIL is an active member.

Gently Used Décor Sale at Attic Angel Holidays Galore

Shoppers looking for holiday decorating bargains will find new and gently used merchandise at this amazing sale! Proceeds from this event and others help fund local nonprofits like SAIL in our community! Hours are: 10:00 a.m.- 4:00 p.m. on Friday, November 13; 9:00 a.m.- 1:00 p.m. on Saturday, November 14 at the Attic Angel Association, 640 Junction Road.

Love to Read? Try BookBub! Suggested by Member Lu Kness

BookBub.com is a free service that helps millions of readers discover great deals on acclaimed ebooks. Members receive a personalized daily email alerting them to the best free and deeply discounted titles matching their interests. BookBub works with all major ebook retailers and devices, and is simple to use!

The Best Gifts in Life Aren't "Things"

by SAIL Service Provider Ann Nelson

Your memories, wishes for the future, and reasons for important decisions you have made are priceless gifts to your family and future generations. Through guided interviews and professionally produced video recordings, Life Messages Media, LLC, helps you tell your story and give voice to your personal wishes.

Life Message Media's two-person production team conducts the interview in the comfort of your home or other location you choose. Then, they edit the recording to include the best "takes," add in photographs from your past, music, and titles. The finished product is an archival quality DVD that you and your family will treasure for years to come.

Give your family the gift of your story, your values, your dreams—you! Visit www.lifemessagesmedia.com to view examples of the company's work and read about its services. Contact Ann Nelson at 608-695-1603 or ann@lifemessagesmedia.com to learn more. SAIL members receive a discount.

The Gift That Lives On (continued from page 2)

Many people like to leave a gift to the charities that they feel passionate about. We hope that SAIL is among those causes that have a special place in your heart. As you think about your estate plans, please consider a gift to SAIL in your will or trust. This type of gift enables you to help SAIL continue to build a vibrant community of members helping each other thrive.

To do this, SAIL has set up an Endowment Fund with Madison Community Foundation. Our goal is \$1.5 million by 2025. We want to retain the principal and use only the interest from that endowment to cover 20% or more of our costs. That will go a long way to help keep SAIL affordable for members.

It is easy to arrange a gift that keeps giving and it:

- Will not alter your current lifestyle in any way.
- Can minimize estate and other taxes.
- Is easily modified to address your changing needs.

We will set up a "Planned Giving" tab on SAIL's website to help make it even easier. In the meantime, call Charlene at 608-230-4321 for guidelines.

Be a Savvy Patient

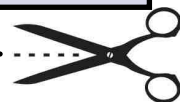
Thank you, Member Kato Perlman, for sharing an article from the Mayo Clinic Health Letter urging us to keep our personal health records handy, accurate, and up-to-date. It includes a list of items to include and provides suggestions as to where to keep the record for easy access. If you'd like this article, please call SAIL at 230-4321 or email us at info@sailtoday.org

Dine 4 A Cause

All day, November 10, Quaker Steak and Lube in Middleton will donate 20% of all food sales to SAIL. Diners must present a flyer for the donation to be counted. Flyers can be emailed or picked up at the SAIL office.



Hear Ye! Hear Ye!



It's time to update your files with the SAIL 2015-16 Member and Service Provider Directories and 2014 Annual Report! This week we will be emailing all members with a link to a "Google Doc" in which you can request any or all of the items below; or you can log on to the SAIL website and download these items directly. This new process helps us accommodate members who prefer to receive materials electronically.

If you do not use email, please complete this form and mail it to us. Or, feel free to call us at 230-4321 with your request!

I, _____

SAIL member, would like to receive a hard copy of the following documents delivered via the postal service:

- ☐ 2014 Annual Report
- ☐ Member Directory
- ☐ Service Provider Directory

Please mail this request form to SAIL at 6209 Mineral Point Road, Suite 210, Madison, WI 53705 by November 15.

October Highlights and More



Members and guests gather to discuss plans for the expansion of SAIL to the north and east sides of town.



SAIL volunteer Peggy York and member Priscilla Thain join in the fun on a bus trip to Paoli! It was a beautiful day bursting with fall colors.



SAIL member Janice Gary works with a UW- Madison Physical Therapy student at the “Celebrating Healthy and Purposeful Aging” event on October 10.

Teaming Up For a Fulfilling Future by Executive Director Ann Albert

As we celebrate our 10th year of helping Dane County’s 55-year olds get the most out of life, live independently, and stay in their own homes if they choose, let’s think about our next 10 years and where we go from here.

Baby Boomers are retiring and wanting more out of life than ever. How can we help support these newest members in their exploring for a meaningful, happy life beyond the world of work? To answer this question, our SAIL Council is establishing five new teams to help carve out a fulfilling future for SAIL and its members.

We are now looking for members with the right skills and passion to join those teams. Are you one of them? The teams are listed below. If you have an interest in helping SAIL foster a fulfilling future for yourself and others, give me a call at 608-230-4321 or email me at ann@sailtoday.org.

- **MARKETING & OUTREACH TEAM**—Build public/community awareness of SAIL as a valued resource.
- **VENDOR TEAM**—Assist in recruiting and vetting new vendors; obtain feedback from members and vendors.
- **PRODUCT TEAM**—Develop new products and services that respond to the needs of current and new members.
- **DEVELOPMENT TEAM**—Create ways to increase income through fundraising and charitable giving. Develop and implement a plan for long-range sustainability of SAIL, starting with a planned giving program.
- **FINANCE TEAM**—Assist with cost analysis of programs, operations and fundraising. Review monthly financials.