

The SAIL Messenger

A Monthly Publication: February 2016

Elder Tree—The Wisconsin Idea in Action!



Come join us on Monday, February 22, at 2:00 p.m. and learn all about an exciting website geared toward older adults here in Wisconsin! Scott Gatzke, a team member with the University of Wisconsin-Madison's

Center for Health Enhancement Systems Studies (CHESS), will share the story of Elder Tree. He will demonstrate how the website helps people connect with one another, learn about local events and community resources, track their health and personal to-do's, and learn about preventing falls, safe driving, medication management, caregiving, and wellness.

As a prevention-based organization, SAIL has a lot in common with Elder

Tree! Helping people stay connected and preventing loneliness are key objectives with both organizations. A recent study cited by EurekAlert!, a global news service, affirms the importance of this—it links loneliness to cellular changes that cause illness and a shortened lifespan. Thank you to member Janice Gary for sharing this! She recommends visiting eurekalbert.org for more information.

Elder Tree Demonstration

Monday, February 22

Time: 2:00 p.m. to 3:00 p.m.

Place: Attic Angel Place

Presenter: Scott Gatzke

Refreshments and WiFi provided.

Downsizing Made Easier

Downsizing is a step many of us take as we attempt to make life simpler and more enjoyable. If you've decided it's time to downsize, we're glad to help you with this wonderful task starting with an informative presentation on March 16 sponsored by Rounds TLC. Owner Kathy Rounds and her assistant Deb have helped many SAIL members downsize to a smaller home or apartment, organize personal space and items, stage their homes, and more. Our speaker Deb will also share information on donating unwanted items, disposing of items, and shredding guidelines. Mark your calendar for this upcoming program on Wednesday, March 16 at 2:00 p.m. in the Oakwood Heritage Oaks Westmorland Room.

Benefit of the Month: Rise and Shine

A common concern for those living alone is a daily check-in to make sure everything is all right. If you live alone, you may want to consider this simple and reliable automated daily check-in service! To learn more, call us at 230-4321. Included with the Full SAIL membership.

About SAIL

SAIL is a non-profit membership organization made up of individuals 55+ in the Madison area.

SAIL is the second oldest "village" in the country and a charter member of the Village to Village Network. We are proud to participate in a national exchange of ideas and support that is aimed to help people live life to its fullest as they age.

In addition to helping one another age successfully, SAIL members can access a magnitude of benefits such as:

- Access to pre-screened service providers and volunteer support
- Invitations to social and educational events
- Information and referral services
- Monthly newsletter
- Volunteer opportunities
- House checks
- Transportation assistance
- Many more!

Two membership levels are available.

SAIL Supporting
Active
Independent
Lives



6209 Mineral Point Road
Suite #210
Madison, WI 53705

Office Hours

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

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).

Supporting 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.



A Message from Executive Director Ann Albert

Thanks to all of you who attended our Annual Winter Luncheon last month! We had a healthy turnout of 135 members and guests and over 80 evaluations were turned in. Almost all who completed the evaluations rated it either as very good or excellent. We also received suggested topics for future luncheons. And, we have a hunch a few of you will be helping us plan a fun pontoon boat trip with our speaker, Captain Don, this summer!

As you likely know, we'll soon begin a new decade at SAIL! We'll be sailing into uncharted waters this year as we dive into the development of a planning tool for aging, grow our vendor and business sponsorship programs, expand to new neighborhoods on Madison's east side, and seek to learn more ways we can help members who do not have a family support system. None of these exciting developments can be accomplished without your support and expertise. Thank you in advance to our volunteer team members, Council, and individual members providing services to fellow members!

By the way, if you are single and do not have a family support system, consider joining members Karen Peterson and Janice Gary at an informal gathering to discuss challenges and any concerns you may have related to aging and not having a family support system. Our hope is to work together and create connections to ensure single people have access to specific information and resources for their situations as well as someone to count on when they are hospitalized or have other emergencies. We plan to meet Monday, February 15 at Oakwood Heritage Oaks in the Westmorland Room at 2:00 p.m. If you would like to attend, please sign up in advance by calling the SAIL office at 230-4321 or emailing info@sailtoday.org.



It's Not Too Early (or Late) to Create a Legacy *by Member Jane Earl*

Many people like to leave a gift to charity in their will. A planned gift is a way to recognize those nonprofit organizations and charities that have meant something special to you or your family. It may be a way to give back for "gifts" you have received. As you think about your estate plans, please consider a gift to SAIL in your will or trust. This type of gift, a bequest, enables you to help us build financial strength for future generations.

Why a bequest? It is easy to arrange. It will not alter your current lifestyle in any way. It can minimize estate and other taxes. It is easily modified to address your changing needs. And, it is a way to help an organization continue doing good—even in tough financial times!

In order to tailor the gift to fit your financial and estate plans and maintain financial security, you'll want to talk with your legal counsel or financial adviser before planning your gifts. Finance and tax experts can help you make the largest possible gift to your favorite organizations, such as SAIL, at the least possible net expense.

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Volunteer Opportunities

With SAIL growing to over 500 members, we are seeking support in a number of areas:

- **Volunteer Drivers**—both east and west sides of Madison. Volunteer drivers choose his/her availability and number of rides a week/month. Dates/times are flexible. Members request rides to both medical and non-medical appointments.
- **Golf Committee Members**—You do not have to be a golfer to be on this committee! We need your help to brainstorm, research, and find ways to host a successful event. If you know how to have fun and “roll up your sleeves” to get the job done, join us!
- **MAC/Apple Computer Support:** Do you know how to work with Apple computers? We have a number of members looking for basic instruction from individuals who speak “normal language” when it comes to their Apple computers and iPhones. No formal training necessary—sometimes “hands-on” experience is the best kind!

If you are interested in any of these opportunities or have another area of interest, please contact Charlene at SAIL by emailing charlene@sailtoday.org or calling (608) 230-4321!

Want to Get To Know Your SAIL Neighbors?

If you are interested in getting to know your SAIL neighbors a little better, please let us know and we can help you.

We can provide a list of SAIL members in your neighborhood and in some cases help you coordinate a simple get together!

Good Neighbor Update

Several months ago SAIL implemented a new initiative called the Good Neighbor Program. The goal of this program is to find a member in each neighborhood to be a SAIL liaison to welcome new members when they join.

We are proud to report that five SAIL members have signed up to be Good Neighbors!

In addition to welcoming new members to SAIL, this group of Good Neighbors will focus on the retention of current members—an area that’s very important to us. We want to ensure that each member has a rewarding experience.

In an effort to reach out to members, the Good Neighbor team, led by SAIL member and volunteer Sandy Christensen, met in January and made over 90 phone calls to both new and existing members.



Evonna Cheetham (pictured left), Nancy Winton (end), Charlene Malueg (far right) and Sandy Christensen (front right).
Not pictured: Hildy McGown and Carole McGuire.

REMINDER: Volunteer Drivers Training

All SAIL drivers, please join us on February 3 at 9 a.m. in the Westmorland Room at Oakwood Village, 6205 Mineral Point Road, for a short driver training.

Is Your Address Book in Order?

Why wait until the holidays to get your addresses in order? We have a volunteer interested in helping you organize your address book! Yes, she will type up your addresses, alphabetize them, and print a nice booklet so all of your information is organized and in one place. No more little bits of paper addresses stuck in envelopes. If this sounds like something you could use, just call us and we’ll arrange the rest.

Upcoming Events Information

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

SAIL Members' "Birthday Boys and Girls Club" *by Member Jim Batt*



Let's hear it for February! Is that silence I'm hearing? Yes, I think it is. OK, so we're all so terribly weary of winter. The first snowfall was wonderful—and then the cold, the cold. Did I say the cold?

Look, a lot of nice things are associated with February. Maybe even your birthday? If so, come and celebrate it with other SAIL members born that month. We'll gather for coffee and chat at Panera's, 6637 Mineral Point Road, at 2:30 p.m. on Tuesday, February 9. These things are fun. Be there!

There are so many other good folks who share your birthday month, but I don't think they can make our get together. Some of them include Lincoln and Washington, Dinah Shore, Steve Jobs, John Travolta, Drew Barrymore, Michael Jordan, Johnny Cash—others too numerous to mention! Nice people—like you.

Interesting February fact: The Anglo Saxons called February "Solmonath" Cake month, because cakes were offered to the gods during that month. Well, Panera's has some tasty cakes of one kind or another. Come, sample, and celebrate.

SAIL Men's Roundtable

When and Where: Tuesday, February 16, at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Kickoff Topic: The initial 2016 Presidential caucus and primary election will be in the rearview mirror by the time of our February Roundtable. What do the results portend for the 2016 Presidential and Congressional elections? Anything? Is the past prologue for the future? Is it in reality simply grist for the political talking heads? Or is it perhaps just a lot of sound and fury, signifying nothing? These questions, and likely others equally speculative, will be discussed during the February Roundtable.

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 programs begin at 10:30 a.m.

Monday, Feb. 1: "Bone Attacks: What are they and can they be prevented?" Neil Binkley, M.D. Professor of Medicine, Director, UW Osteoporosis Clinical Research Program, UW-Madison School of Medicine & Public Health

Monday, Feb. 8: "The Origins of Music," Charles Snowdon, Hillebrand Professor Emeritus, UW-Madison Department of Psychology

Monday, Feb. 15: "2016 Primaries and Elections: Who Will Win?" Charles Franklin, Professor, Marquette University Law School; Director, Marquette Law School Poll

Monday, Feb. 22: "Aldo Leopold's Land Ethic and Monarch Butterflies," Stanley Temple, Professor Emeritus in Conservation, UW-Madison; Senior Fellow, Leopold Foundation

Monday, Feb. 29: "A Geologic Romp Through the Driftless Area of Wisconsin," Richard Slaughter, Director, Geology Museum, UW-Madison

Lunch Bunch

Join us at Freshi's, 422 Gammon Place, Madison, on Thursday, February 25 at 11:30 a.m.

All members are welcome—an informal social gathering and opportunity to try new restaurants around Madison. Please RSVP by calling SAIL at 230-4321.

SAIL Member's Book Club *by Joan Box*

The February meeting will be held at Book Club Leader Joan Box's home! For directions to Joan's house, please call SAIL. The February reading, *Orphan Train*, is available through Book Kits or contact Joan for more information.

February SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Attic Angel Program 10:00 a.m. Bone Attacks— What Are They and Can They be Prevented?		3 Connections 1:00 p.m. Oakwood Village Heritage Oaks	4	5	6
7	8 Attic Angel Program 10:00 a.m. The Origins of Music <hr/> SAIL Council Meeting	9 Men's Roundtable 9:30 a.m. Oakwood Heritage Oaks <hr/> Birthday Club 2:30 p.m. Panera Bread	10 "Two Men Without a Truck Day" Call SAIL for more info!	11	12	13
14	15 Attic Angel Program 10:00 a.m. 2016 Primaries and Elections, Who Will Win?	16 Book Club 1:30 p.m. Sequoia Library	17	18 Ten Things You Should Know About Aging 2:00 p.m. Oakwood University Woods	19	20
21	22 Attic Angel Program 10:00 a.m. Aldo Leopold's Land Ethic and Monarch Butterflies <hr/> Eldertree, 2 p.m. Attic Angel	23	24	25 Lunch Bunch 11:30 a.m. Freshi's	26	27
28 Movie: "Bridge of Spies" 2:00 p.m. Oakwood Village Arts	29 Attic Angel Program 10:00 a.m. A Geologic Romp Through the Driftless Area of WI	Upcoming Events and Programs: March 16: Downsizing Made Easier March 18: Shred Day April 7: Patsy Cline Bus Trip June 8: 2nd Annual Golf Outing				

Information, News, and Updates

Welcome to Our New Members!

Claire Box (Faircrest), Mary Holm (Greentree), Alan Kosak (Sunset Village), John and Judy Krueger (Middleton), Lorraine Moore (Tamarack), and Julia O'Reilly (Madison)

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



Laura Adell

A Message from Member Services Manager Laura Adell

Spring is just around the corner! It's not too early to start thinking about spring clean-up for your yard or making sure you have someone to take care of the lawn this summer. Do you have any landscaping projects you're thinking about? Let us know and we can help you make arrangements!

Do you still have some new tech toys from the holidays you haven't had the time to figure out yet? A few of our members have enthusiastically recommended The Technology Tutor to help out. SAIL members get a very nice discount and you can also sign up for his monthly newsletter. To sign up, go to <http://eepurl.com/bb> or you can email Dave at dave@davetutors.com.

Better With Age 2016

You are invited to a series of seminars on healthy aging presented by Oakwood Village University Woods in partnership with the UW Health Division of Geriatrics and the UW School of Medicine and Public Health. Please register in advance by calling SAIL at 230-4321 or email us at info@sailtoday.org. All programs are held from 2:00-3:00 p.m. at Oakwood Village, 6205 Mineral Point Road.

Ten Things You Should Know About Aging

Thursday, February 18

Presented by: Alexis Eastman, M.D.

Assistant Professor, Geriatrics, UW Health

Cataracts

Thursday, May 19

Presented by: Stephen Sauer, M.D.

Assistant Professor, Ophthalmology, UW Health

Mind Over Matter: Brain Over Bladder

Thursday, July 21

Presented by: Heidi Brown, M.D.

Assistant Professor, Urogynecology, UW Health

Sleep

Thursday, September 15

Presented by: Steven Barczi, M.D.

Associate Professor, Geriatrics, UW Health

"ALWAYS..... PATSY CLINE"

Our friends at Oakwood Prairie Ridge invite you to come along on a trip to the Palace Dinner Theatre in Wisconsin Dells. More than just a tribute to the legendary country singer, this musical, "Always...Patsy Cline," is based on a true story. It recounts Cline's friendship with a fan from Houston. The two became friends at a Texas honky tonk and remained pen pals until Patsy's untimely death at the age of 30 in a plane crash in 1963. The title comes from the closing of all Patsy's letters to her friend—"Always...Patsy Cline."

Date: Thursday, April 7

Cost: \$50/person which includes a delicious lunch, ticket, gratuity, and bus

Departure from Oakwood Prairie Ridge at 5565 Tancho Drive, Madison

To learn more, call SAIL at 230-4321. To sign-up, call Liz Gade Schara at 230-4550.



What is a Daily Money Manager? By SAIL Vendor Barbara Boustead

It's possible you haven't heard of a growing service called Daily Money Management. Helping my mother, Mary, for several years inspired me to become a certified Daily Money Manager (DMM) and launch my business, Mary's Daughter LLC. And, *I'm proud to say I've been a SAIL provider (vendor) since 2013.* I really enjoy helping SAIL members with their financial organization!



What Does a Daily Money Manager Do?

I assist clients with check writing and getting bills paid on time. Sometimes people need help because of problems with poor eyesight or difficulty with writing. At times, it becomes harder to do financial tasks due to stress, illness, or other concerns.

Another job I do for clients is to sort and organize incoming mail and collect all tax documents to take to the CPA or accountant. I check bank statements and other financial documents each month to make sure there are no fraudulent charges or errors.

I usually meet with clients once or twice a month to open and sort mail and pay bills. Some clients ask me to help on a weekly basis. It's not uncommon for clients to have adult children who are either too busy or they live far away.

I charge by the hour or by the project, and this is discussed during the free consultation. *If you are interested in a FREE one hour consultation, please contact me at 608-515-4083 or email me @ marysdaughter.com.*

Online Account Password

A member recently shared that when she logged on to her bank account, her password appeared on the screen—in text format. She was shocked and alarmed that this could occur. She immediately changed banks because of this security concern. She hopes this message will remind fellow members that passwords of this type should never appear in text format!

SAVE THE DATE!



SAIL will be hosting its 2nd Annual Golf Outing on Wednesday, June 8, at the Meadows of Sixmile Creek in Waunakee.

Due to feedback we received last year, we will be offering a 9-hole option this year along with the standard 18-hole game! It's not too early to sign up—those who do so will also receive a free practice round this spring prior to the event! And, thinking of a nice warm sunny day sounds pretty good right now. Get your team together and sign up or sign up individually and we can match you up with a team! A big thank you to SAIL member Donna Ploc for chairing this event again this year.

Shred Day

In keeping with the theme of downsizing, feel free to bring up to five grocery sacks of shredding to our free Shred Day on Friday, March 18 from 2:00 p.m. to 4:00 p.m. If you'd like to learn more about recommended shredding guidelines, please give us a call! Or, attend our upcoming "Downsizing Made Easier" program on March 16 (see front page). The Shred-it truck will be parked in front of Oakwood Village Heritage Oaks in the parking circle.



Building SAIL's Endowment

(Continued from page 2)

There are several different ways to help ensure SAIL's future. One of the best ways is to help build a large endowment fund for SAIL (a fund at the Madison Community Foundation). What do we mean by "large endowment"? It's 1.5 million dollars or more, that is wisely invested to continue to grow well beyond our lifetime and of those we love.

Why so big? So that the interest from the fund is large enough to help support SAIL's operating expenses on an annual basis. That's what ensures the long-term future of this unique and vibrant organization.



Why is this so important? Not only will it sustain SAIL, it will help us focus more time on member benefits and less time on fundraising, and still keep membership fees affordable for everyone who wants to join.

If you're interested in creating a legacy, contact Ann Albert or Charlene Malueg at SAIL.

Tips from SAIL's "What You Should Know About Medicare" Event:

- Even though Social Security's full retirement age is no longer 65, you should sign up for Medicare three months before your 65th birthday. You can apply on the website: www.socialsecurity.gov.
- Staying overnight in a hospital doesn't always mean you are confirmed inpatient. Be sure to clarify if you are being admitted as inpatient or "under observation," as this can affect coverage of skilled nursing home care if needed.
- Many individuals qualify for home health services under the Medicare benefit if they meet certain criteria. Janet Bollig, our speaker, is very happy to answer any questions you might have —contact SAIL and we can connect you!
- Always ask questions from the hospital social worker or an outside agency that specializes in Medicare as criteria. Requirements vary greatly and change often.



Janet Bollig, Home Health United Community Health Manager