



The SAIL Messenger

A Monthly Publication: May 2016

Did Someone Say Golf?



SAIL is hosting its second annual golf outing on Wednesday, June 8!

Thank you to Life Assist USA for agreeing to be the event Title Sponsor and to all other sponsors and donors including American Printing, Attic Angel Association, Cost Cutters, Cress Funeral Homes, Oakwood Village, and RSM US LLP! And, a big thank you to SAIL member, Donna Ploc, for chairing the event again this year.

Last year, we raised over \$6,000 to help SAIL meet the increased needs of individuals who cannot afford membership. Please help us double this amount by sharing sponsorship and/or golf opportunities for this FUNdraiser with local businesses and friends!

We listened to attendees suggestions from last year's event and are offering a 9-hole option this year. Sign Up Be...FORE it's too late! As a bonus, sign up before May 6 and receive a free round! Contact SAIL to register or learn more! You can also visit sailtoday.org.

Outing Details

When: Wednesday, June 8
Shotgun start at Noon and dinner at 5:30 p.m.

Where: The Meadows of Sixmile Creek in Waunakee

Cost: 18-hole: \$95 / 9-hole: \$60

Explorers Bus Trip

Want to learn about the Norwegian culture? Join volunteer Peggy York and SAIL friends on May 19 when we take a trip to Stoughton's Livsreise Heritage Center. Livsreise (*lifs-rye-sa*) translates to "Life's Journey," and includes interpretations of the journey from Norway, features the cultural heritage brought to Stoughton, and shares stories of individual immigrants. Also featured are changing exhibits and displays highlighting Norwegian heritage and arts organizations including the Vesterheim National Norwegian American Museum. (Continued on page 2)



Benefit of the Month: Testing, replacement (if needed), and instruction on smoke alarms will be offered on Friday, June 3. This is a free and collaborative service sponsored by SAIL and the Red Cross. Please contact SAIL if you'd like to sign up for this in-home service. Thanks to SAIL member Carole McGuire for making this connection for us.

Supporting Active Independent Lives:

A nonprofit membership organization whose members help one another age successfully and have access to vetted services, educational programs, and social opportunities.

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

Member Benefits:

- Access to pre-screened service providers and volunteer support
- Invitations to social and educational events
- Information and referral services
- Auto Daily Check-In
- Volunteer opportunities
- Discounted wellness classes and products
- House checks
- Transportation
- Many more!

Two membership levels are available. Contact SAIL for information.



Office Hours

M-F 8:00 a.m. to 4:30 p.m.
Closed holidays

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.



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 Executive Director Ann Albert



Spring is in full swing and we hope you are enjoying some outdoor recreation and a reasonable amount of yard and garden chores. We've had a steady stream of vendor requests for deck repairs, yard clean-up, garden tilling and more—over 300 requests during the first quarter of the year. Laura, who celebrated her 9th anniversary at SAIL on April 20, continues to screen new vendors and respond to service requests with enthusiasm. Member volunteers have also provided amazing services to fellow members! Remember—any request is okay by us—if the service you need isn't on our list, we'll gladly connect you to someone who can help!

As you know, April 1 marked the membership fee increase of \$3.25 and \$4.00 per month—depending on your membership level. While we welcome new members each month at SAIL (see page 6), we also experience the heartache of losing members throughout the year—whether it is because of death, a transition to nursing care, re-location, or because our member didn't participate in or use services and decided to discontinue. While we have no control over the first three situations, we do have some control over the fourth one! Our goal is for you, our members, to truly benefit from this organization and to maintain our overall retention rate of 85-90%!

If it's time to renew your membership and if you are having second thoughts, I ask you to reach out to us and explore the various offerings and opportunities SAIL offers, as well as learn more about our future plans and core values. We find that over time, it's easy to lose track of the services SAIL provides, discounts you receive, or volunteer support that is now available thanks to fellow members and community volunteers. Sometimes it helps to reacquaint oneself with why SAIL exists and most importantly to know we are here to help one another in times of need. Being a member puts you in a much better position, because when a need arises your relationship with SAIL ensures you will receive personalized services and connections when they are most needed. That's hard to convey or put a price on—but this sort of assurance means a lot to our members!

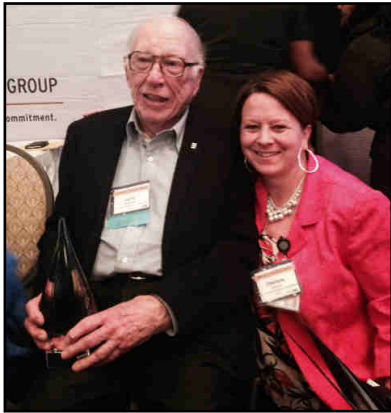
On another note, we had a fantastic turnout of UW-Madison students (and participants) at this year's *No More Spring Breaks* event last month and we thank professors Beth Martin (Pharmacy), Judy Dwayne (Physical Therapy), Deb Bebeau (Occupational Therapy), and Paula Jarzemsky (Nursing) for making this happen!

Explorer Bus Trip (Continued from page 1)

The bus will leave Oakwood Village Heritage Oaks at 11:00 a.m. and upon arriving in Stoughton we will stop for lunch at the Main Street Kitchen (at your own cost) before heading to the Livsreise Heritage Center for a tour. The bus will return to Oakwood no later than 3 p.m. Cost is \$5. Please call or email SAIL by May 15 to save your spot on the bus. If you prefer not to ride the bus, give us a call for information on car pooling or on meeting at the Main Street Kitchen.

Congratulations, Larry Schaefer!

On April 20, SAIL volunteer driver Larry Schaefer received the Dane County United Way Community Volunteer Award for Lifetime Achievement for his dedication to Supporting Active Independent Lives (SAIL).



Larry has been volunteering his time for more than 18 years to help others! Larry provides rides as a SAIL volunteer driver and also for RSVP and the Middleton Senior Center. Combining

all of his volunteer work, Larry has spent 7,500 hours driving people to appointments since 1997!

Betty Scott, SAIL transportation coordinator says Larry's commitment is amazing. He is always available and willing to give a ride to those who need it. As an award winner, Larry received \$1,000, which will be donated to the nonprofit Larry serves. Congratulations, Larry, and from all of us, thank you!

We would also like to extend our congratulations to the other award recipients.

Volunteer Opportunities

We are looking for members to help assist on June 8 at the 2nd annual golf outing in Waunakee. Roles include registration support, working a hole game, selling raffle tickets, and more. If you would like to work a shift and have some fun, please give Charlene a call!

SAIL is Teaming with the Red Cross

Seven times a day, someone in this country dies in a home fire. To help respond, the American Red Cross has launched a nationwide campaign to reduce this number and educate volunteers how they can help save lives and prevent injuries.

Therefore, we will team with the Red Cross and ask SAIL volunteers to help test, replace (if needed), and teach members how to maintain their smoke alarms on Friday, June 3. The equipment and training is provided by the Red Cross—and training takes less than one hour.

This will be a fun and meaningful offering for our members and could ultimately help save a life. If you are interested in helping with this event, please contact Charlene at SAIL!

What Do SAIL Volunteers Do, You Ask? I say a little bit of everything. Here are a few highlights:

- Coordinating and giving rides—nearly 25 a month!
- Helping move light furniture
- Providing leadership, sharing expertise, and leading social and educational programs
- Fixing answering machines and printers
- Hauling away unwanted items for recycling
- Providing office support/phone calls
- Welcoming members to SAIL
- Helping a member prepare for driving exam
- Picking up groceries and delivering them
- And MUCH more—wish we had more room!

Want to join this remarkable team of volunteers? Call or email Charlene—we would love to hear from you!

Thank you to all of our volunteers!

Welcome to New Volunteers

Ethel Dunn—SAIL member volunteering to help with educating, office support, and special event support.

Chuck Hoornstra—SAIL member volunteering his time providing transportation assistance.

Carol Graham—SAIL member offering to provide transportation assistance.

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*



Born in the month of May, were you? Well, first we hope you can join with other members born then to celebrate the event together with a bit of socializing at 2:30 p.m. on Tuesday, May 10, at Panera's Restaurant, off Mineral Point Road.

But how in the world did your mother manage to bring you into the world in May (as though she had much of a choice)? What we mean is that May is a month chock full of famous birthdays, as well as notorious events.

For May birthdays, take for example Kate Smith (sure you remember: "God Bless America"), Glenn Ford, Jack Paar, Empress Catherine II of Russia, Pete Seeger, Audrey Hepburn, Roberta Peters, Willie Mays...and so many more!

And month-of-May events? Well, there's Alan Shepard as the first American in space, the Renaissance ending with the sacking of Rome, Soviet Russia lifting its blockade of Berlin, Amelia Earhart becoming the first woman to solo (by plane of course) across the Atlantic...and so much more, like the Grand Opening of the Golden Gate Bridge in 1937.

Come make some personal history with us at Panera's.

SAIL Men's Roundtable *by Member Fred Ross*

When and Where: Tuesday, May 10, 2016 at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Kickoff Topic: For some folks today, including certain political figures, Wall Street is seen as the root of all evil in the U.S. Exactly who or what constitutes "Wall Street" is one question, but there are others: if Wall Street is somehow bad for the country, precisely in what sense. Is there perhaps some goodness to offset this badness. In either case are there reforms that might be enacted to render Wall Street if not a positive force at least less of a negative force. And, finally, if in fact there are such reforms, why are they not in place? These questions and others will be the basis for discussion at the May Roundtable.

Attic Angel Lecture Series

The lectures 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 lectures begin at 10:30 a.m.

Monday, May 2. "The Story of Hope." Meghan Walsh, Founder and Board Chair, Roots Ethiopia, Jennifer Ridders, Middleton.

Monday, May 9. "Livsreise (Life's Journey, Norwegian Immigration 1825-1920." Jerry Gryttenholm, CFO Bryant Foundation/Norwegian Heritage Center.

Monday, May 16. "Madison Museum of Contemporary Art: Transformative Experiences for Participants." Annik Dupaty, Director of Events and Volunteers, Madison Museum of Contemporary Art, Madison

Monday, May 23. Perkinstown, WI: A North Woods Pictorial History. Diane Peters, Photographer, Madison

SAIL Book Club *by Member Joan Box*

The SAIL Book Club will meet at 1:30 p.m. on May 17 at Sequoya Library, Room B. We will be discussing the book *The Hobbit* by R. R. Tolkien.

The book for June is *The Hare with Amber Eyes* by Edmund de Waal. For more information about the Book Club, please call SAIL.

Lunch Bunch

Join us at 11:45 a.m., May 26, at The Nile, 6119 Odana Road. All members are welcome—an informal social gathering. Please RSVP for the luncheon by contacting SAIL by phone or email.

MOVIE MATINEE ~ "Joy" (2015)

Sunday, May 29 at 2:00 pm, Oakwood Arts Center.

After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes golf with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle.

Rated PG-13.

May SAIL Event Calendar

Items in gray are open to the public.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Attic Angel Program, 10 a.m. “The Story of Hope”	3 Considering Your Options 10:00 a.m. Oakwood Village Prairie Ridge	4 Connections Meeting 1:00 p.m.	5	6	7
8	9 Attic Angel Program, 10 a.m. “Livsreise Norwegian Immigration 1825-1920”	10 Men’s Roundtable 9:30 a.m. Oakwood Heritage Oaks <hr/> Birthday Club 2:30 p.m. Panera Bread	11 Attic Angel Health Fair Attic Angel 10 a.m.-1 p.m.	12	13 Spring Luncheon and Annual Meeting 11:30 a.m. UW Arboretum <i>Reservations required</i>	14
15	16 Attic Angel Program, 10 a.m. “Madison Museum of Contemporary Art <hr/> On Our Own 2:30 p.m.	17 Book Club 1:30 p.m. Sequoia Library	18 Medicare Program 10:00 a.m. Attic Angel <hr/> Hoarding –What it is and how we can help 1:00 p.m.	19 Explorers Trip to Norwegian Heritage Center 11:00 a.m. <hr/> Cataracts 2:00 p.m. Oakwood Village	20	21
22	23 Attic Angel Program, 10 a.m. “Perkinstown, WI: A North Woods Pictorial History”	24	25 Prevent Burglaries 6:30-8:30 p.m. Good Shephard Church	26 Lunch Bunch 11:45 a.m. The Nile	27	28
29 Movie Matinee: “Joy” 2:00 p.m. Oakwood Village Arts Center	30 	31 Home Care- A Visit with Author Yvonne Mart Fox 1:00 p.m. Oakwood Heritage Oaks	Upcoming Event—Mark your calendar! Luncheon program with Dr. David Canon , a professor and chair of the political science department at the University of Wisconsin, Madison will share his insights and analysis regarding the presidential election. Date: June 28. Time: 11:45. Location: Coliseum Bar Banquet Room.			

Information, News, and Updates

Welcome to Our New Members! Sue Coats-Darwin (Verona), Hirochika and Lois Komai (Midvale Heights), Vivian Littlefield (Monona), Iris Peterson (Prairie Point), Bob and Betty Schmidt (Cherokee), Betty Thomas (Prairie Point), John and Barbara Tolch (Hill Farms), Gordon and Karen Tuffli (Sunset Hills).



A Message from Member Services Manager Laura Adell

We added three new SAIL vendors in May. Jesi provides advocacy and geriatric care management as a medical advocate for you or a loved one. Her special emphasis is on nutrition as it relates to overall health and wellness. A SAIL member who has used her help in the past said “I could not recommend her more highly.”

We’ve also added a new remodeling company that provides all aspects of home remodeling and repair. The owner Phurbu was recommended independently by two separate SAIL members. One said “Phurbu painted the outside of my house and I couldn’t be more pleased.”



What You Should Know About Medicare

Most SAIL members are enrolled in Medicare and many of you may not be aware of the benefits you are entitled to and changes in this program. On May 18, our trusted, long-time colleague Janet Bollig, M.S.S.W. at Home Health United will answer some common

questions raised by older adults in our community: the meaning of an “observation stay” at the hospital, how Medicaid is different from Medicare, what services at home are covered under Medicare and which ones aren’t, outpatient and home health care (PT, OT, Nursing) for prevention and rehabilitation, a new policy paying doctors to help patients plan for what kind of care they want at the end of life, and more!

Date: Wednesday, May 18 from 10:00 a.m. to 11:30 a.m.

Location: Attic Angel Place, 8301 Old Sauk Road, Middleton

To register: Call or email SAIL by Monday, May 16

NESCO Multicultural Senior Health Fair

Attend the fair to participate in free health screenings and attend informational booths, 9:00 a.m.-11:30 a.m. on Friday, May 13. Also included are presentations from Agrace HospiceCare and Madison Gas and Electric Company, and feel free to enjoy a healthy lunch at 11:30. To sign up for lunch, call 243-5252.

Welcome Sue!

We’re delighted to welcome a new staff member: Sue Stenzel. Sue accepted the position of LTE Member Services Assistant, funded by a grant from the Madison Community Foundation, to help us expand to downtown and east-side neighborhoods. Welcome Sue!

SAIL Benefit: Access to Clinic

As a SAIL member, you have access to the Oakwood Health Clinic at Hebron Oaks. Kristina Krueger, Women’s Health Nurse Practitioner with 16 years of experience in women’s health, uro-gynecology and gynecology, is available to see patients for vaginal complaints, urinary incontinence, Overactive Bladder, recurrent urinary tract infections, postmenopausal bleeding as well as other general gynecological concerns on the 2nd Wednesday of every month. Kristina, a provider at UW Health and Hospital Clinics, specializes in non-drug approaches to incontinence. To schedule an appointment, call 263-6240.

Forgiveness Tips



Several SAIL members attended last month's presentation by Dr. Robert Enright, the world's foremost expert on the power of forgiveness. Dr. Enright, an Educational Psychology professor at UW-Madison who recently authored the book, *The Forgiving Life: A Pathway to Overcoming Resentment and Creating a Legacy*

of Love, says that forgiveness is both a choice and a trainable skill that anyone can learn. He shared a few strategies for tapping into that capacity, whether you're trying to forgive others, forgive yourself, or seek forgiveness from someone else:

- View forgiveness as something for **you**.
- Articulate your emotions: If you want to forgive or be forgiven, be willing to express how you're feeling to others and to yourself. Ruminating on negative feelings is both unhealthy and unproductive.
- Look for the silver lining: research suggests that after someone hurts you, you can forgive more easily by reflecting on the personal benefits you may have gained through the transgression.
- Make an effective apology and cultivate empathy.
- Seek peace, not justice: In his forgiveness program, Robert Enright emphasizes that forgiveness is separate from justice. The people who hurt you may never get their just desserts, but that shouldn't prevent you from moving on with your life.

If you missed this presentation, you can find the audio version on our website at sailtoday.org under the links tab. Thank you to Kelly Warren, WMUU radio, for recording this interesting presentation.

Hoarding—What it is and how we can help

Join us for a discussion about a growing problem—hoarding. Panelists include representatives from the Dane County Sheriff's Office, Madison & Dane County Public Health Department, a Clinical Psychologist, Case Manager from Colonial Club Senior Activity Center, Cottage Grove Fire & Village Police Departments, Deer Grove EMS, and a Restoration Specialist. This program is sponsored by the TRIAD and will be held at New Life Church, 7564 Hwy. BB (Cottage Grove Rd.), from 1 p.m. to 3 p.m. on May 18. Please call SAIL to register.

On Our Own

On Our Own is a group of members who do not have family support systems and are interested in education, support, and resources that are geared towards single people. This month the group, led by members Karen Peterson and Janice Gary, will meet on Monday, May 16 at 2:30 p.m. at Oakwood Heritage Oaks. The meeting will include discussion to explore interest in the idea of helping one another in times of need and a talk by Shannon Wall, Geriatric Care Manager, about the role of a care manager beyond healthcare advocacy. If you'd like to attend or have questions about this group, give us a call at SAIL!

Home Care Discussion with Yvonne Fox

Suffering from a series of serious illnesses, then recovering at home for two years with the aid of family, friends, and professional caregivers, plus a previous bout of major illnesses fourteen years earlier, made Yvonne Mart Fox eminently qualified to write about her experiences and those shared by many others. And that's exactly what she did! The result? A unique book, *Family Guide to Home Care*. Yvonne has offered to visit with SAIL members on May 31 from 1:00 p.m. to 2:00 p.m. at Oakwood Heritage Oaks to share tips from her book that will help caregivers who are thrust into taking care of an injured, ill or elderly loved ones. Yvonne's own experiences helped her learn about solutions for what to do, why, when, where, and how to find help. Register by calling or emailing SAIL by May 24.





Pelliteri employee shows participants how the shredding truck works at the *SAIL Downsizing and Shredding Event* at Oakwood Prairie Ridge.



Connections Group Charter Created

Members of the Connections Group created a charter last month in order to help other members learn about the group and attract additional member volunteers. The group meets the first Wednesday each month at 1:00 p.m. at Oakwood Heritage Oaks and is led by Council Member Carol Brown.

The charter includes the following: assist staff in program and event planning, advise on membership issues or suggestions, support formation of new member interest groups, help develop community partnerships and ambassador opportunities to spread the word about SAIL, assist in developing support groups addressing needs of older adults, and supporting leaders of current SAIL member groups. These groups are: Men's Roundtable, Lunch Bunch, Book Club, Birthday Club, Biking Group, and the newest groups, On Our Own and Writers Writing. Interested in joining Connections and/or an interest group? Call or email the SAIL office!



Members and students working together at *No More Spring Breaks!*



**Yesterday is ashes
Tomorrow is wood
Only today does the fire burn brightly**

Shared by Member Lois Curtiss

SAIL Spring Luncheon and Annual Meeting

Date and Time: Friday, May 13, Registration 11:30 a.m., Lunch 12:00 p.m.

Location: UW Arboretum at 1207 Seminole Hwy, Madison

Guest Speaker: Author and Arboretum Volunteer Frank Court

Menu: Grilled Chicken Kabobs with vegetables over rice or Portobello Mushroom and Romano Cheese Ravioli, Italian salad, and dessert.

Cost: \$16 per person

Please feel free to invite a friend!

Thank you to BrightStar Care for sponsoring this event!