



The SAIL Messenger

A Monthly Publication: July 2016

“Ya Gotta Have Friends”—How to Make Friends When You’re Over 50

We all want to have friends. We each want to be a friend. Someone to talk to and maybe go to a show with this weekend. But it gets hard after 50 to meet someone you can do things with and talk to.

So, let’s talk about loneliness and happiness during our time together! Let’s look at seven tips on finding a new buddy. Maybe you’ll even find one here!

Mary Helen Conroy is a reinvention life coach for mid-life and the newly retired. She believes that life is a daring adventure and she’s not done yet. She knows you’re not, either. She’s also the co-founder of RetireeRebels.com, a podcast for building an inspired retirement. At 61 she started three new businesses and challenged herself to make new friends. “Ya gotta have friends!”

Dates/Times/Locations:

August 4, 1-3 p.m. at
Oakwood Prairie Ridge,
5565 Tancho Drive

August 23, 1-3 p.m. at
Oakwood Village University
Woods, 6205 Mineral Point
Road

To Register: Call 230-4321
or info@sailtoday.org

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 is aimed at helping people live life to its fullest as they age.

Explorers Bus Trip

This month volunteer Peggy York will lead us on a trip to nearby New Glarus! Depart from Oakwood Village University Woods Campus (6205 Mineral Point Road) for a self-guided tour of the New Glarus Brewery followed by lunch at the New Glarus Hotel!



Home of Spotted Cow, Two Women, and Moon Man (among other beers), the brewery offers a self-guided tour as well as a tasting room and a gift shop. You can walk through the tour at your own pace; and if you see a brewmeister, stop him or her for a chat. What could be better?

Date/Time: July 14, 2016—bus departs at 9:30 a.m. and arrives back at Oakwood at approximately 3:00 p.m. **Cost:** \$5 without lunch and \$20 with lunch (you will be contacted with choices)

Benefit of the Month: Mattress Flip

If you are interested in having your mattress flipped or rotated, sign up by calling or emailing SAIL. Our Volunteer Flippers will be out the afternoon of Wednesday, July 20. Flips are free for Full members and \$15 for Associate members.

Member Benefits:

- Access to pre-screened service providers and volunteer support
- Invitations to social and educational events
- Information and referral services
- Automated 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, Dorit Bergen, Martha Christensen, Mary Ann Drescher, Jane Earl, Tom Evans, Barb Gessner, Don Haasl, Patricia Kallsen, Joy Knox, and Bob Topel

A Message from Executive Director Ann Albert



During these past several weeks, staff and volunteer leaders here at SAIL were delighted to meet some people dedicated to healthy community living as we age. We look forward to exploring ways we might work together with new friends from the Town of Dunn and with Carol and Mary Helen of the new group, Retiree Rebels. The common thread amongst all of us? It's passion—passion for supporting one another and living safe, healthy, and **interesting** lives. I hadn't thought of that word "passion" in a long time until member Martha Christensen reminisced recently about our "new member" visit 11 years ago. She said that during our conversation I asked her what her passions were—she hadn't thought much about it prior to that day. So, she sat down and made a list of her seven passions: Trees, Bees, the Great Outdoors, Travel, Classical Music, Solar Panels, and Aldo Leopold's Essays. She soon realized that the visit was an opportunity for us to get to know her, **and**, it resulted in a chance for her to get to know herself! Can you name your passions? What gets you up in the morning and fuels your spirit? How does SAIL fit in? If you look at our upcoming events and special member groups, do you see anything that feeds your passions? Incidentally, our SAIL tag line, *Independence Through Connections*, is very fitting—especially this month as we celebrate the ultimate form of independence! Hundreds of "new member visits" and day-to-day conversations with many of you has taught us that by and large, SAIL members are passionate about their independence and that they understand this passion can only thrive with real, genuine connections—trustworthy and caring service providers, our founding organizations, volunteers, devoted educators and SAIL colleagues, lunch friends, biking partners, birthday celebrants, good neighbor members, mentors, devoted staff members, volunteer leaders, and the list goes on! When you have some time, make your list of passions and share them with us—it's likely there's a connection to be made within SAIL!

SAIL Operating Council Starts New Year

Thank you to outgoing Council Members for six years of dedicated leadership: Carol Brown, Fred Ross (Vice President), and John Schmidt (President). And welcome to newly elected members Dorit Bergen, Tom Evans, and Bob Topel!



Pictured at Right: New members of SAIL Operating Council. L to R: Tom Evans, Dorit Bergen, and Bob Topel. Their three-year terms begin on July 1.

L to R, Front Row: Jane Earl, Barbara Gessner and Don Haasl. Back Row: Mary Ann Drescher (Attic Angel), Fred Ross, Joy Knox, Martha Christensen, Pat Kallsen, Rick Bova (Oakwood Village). Not pictured: John Schmidt, Christine Beatty, and Carol Brown.

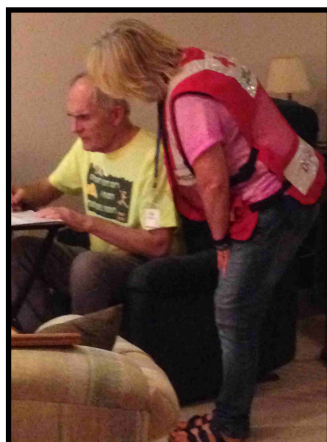


Smoke Detector Program A Success

Thank you to the SAIL volunteers who teamed up with the American Red Cross volunteers on June 3 to test and install needed smoke alarms in more than a dozen SAIL members' homes.



From L to R: Kenzie Abraham, Betty Meyers, Jim Jenkins, Haya Khateeb and SAIL volunteers: Deb McClintock, Ken Martin, Lucy Lasseter, and RJ Firkus



"Another great benefit from SAIL. Five smoke detectors checked out and three free new batteries installed. I feel more secure thanks to SAIL."
Betty Stern, SAIL member.

Birthdays Are Special At SAIL And So Are You!



SAIL has grown in both membership size and program activity since its founding a decade ago, and this growth

has made keeping in contact with members a challenge. But the feeling of member connectedness is very important at SAIL and we are always on the lookout for ways to make this happen.

With this in mind, we had a chat with SAIL member and volunteer Mary Ross who, like many others, values personal connections. Mary enthusiastically agreed to help launch a new initiative, the "Happy Birthday" telephone call to all members on or close to their birthday. She calls members to wish them a happy birthday and to ask "how goes it?" Nothing fancy, nothing particularly innovative, just another way of letting our members know that SAIL is a member's organization and that we care for one another.

So next time your telephone rings, while it may not be someone calling to say you've won the lottery, it may nevertheless be a happy voice, the voice of SAIL volunteer, Mary, calling to wish you Happy Birthday!

In addition to these wonderful calls, members Dorothy Batt and Sue Goldstein continue to coordinate the monthly **Birthday Club** which meets the second Tuesday of the month at Panera Bread off of Mineral Point Road. It's a time to get together and celebrate your special day along with other SAIL members!

Get to Know Your Neighbors

Remember hearing about a neighborhood group that formed last year: The Wildthings? Well, on July 21 at 6:00 p.m., Sandi and Pepe (two of the Wildthings) would like to invite you to their home to learn more about the group, what they learned in setting it up, and then spend some social time getting to know you and other SAIL members. For a sneak peek on how Sandi sees her time with the group, see page 8. Interested? Call SAIL and we will share the details of the event!



Upcoming Events Information

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

Birthday Club



Born in July or just like to celebrate birthdays? If so, attend a gathering on Tuesday, July 12, at 2:30 p.m. at Panera's Restaurant, corner of Mineral Point Road and Grand Canyon Drive, for some loose talk, socializing, and a beverage...that sort of thing. Feel free to bring a guest or two!

Come and share birthday greetings with your fellow SAIL members who were born this month!

How About Another SAIL Bicycle Ride?

The next SAIL bike ride is scheduled for Thursday, July 14, 2016. Meet at 9:00 a.m. at the rear of the parking lot at Covenant Presbyterian Church (corner of Mineral Point and Segoe Roads). On this "civilized" 12-mile group ride we'll bike through Madison's west side neighborhoods to Shorewood, then on the University's lakeshore path and the East Campus Mall to Coffee Bytes for coffee and conversation. Heading home, we'll take the Southwest Commuter Path to Odana Golf Course and back to Covenant Church.

No need to pre-register; just show up with your bicycles on Thursday, July 14 at 9:00 a.m. at the Covenant Presbyterian Church parking lot.

For additional information, contact the ride leader, Fred Ross, at 833-8315 or rossfm@chorus.net.

Connections will resume in August.

Book Club will resume in September.

Mind Over Matter, Brain Over Bladder

Presented by Dr. Heidi Brown on Thursday, July 21 at 2:00 p.m. at Oakwood Village Arts Center

Lunch Bunch

Get acquainted (or reacquainted) with fellow members, enjoy stimulating conversation and, of course, wonderful food. Two Lunch Bunch opportunities are available:

Wednesday, July 20 at 11:30 a.m. at the Daisy Café and Cupcakery at 2827 Atwood Avenue
and

Thursday, July 28 at 11:45 a.m. at the Olive Garden at 7017 Mineral Point Road

All members are welcome—an informal social gathering coordinated by members Dorothy Bollant and Deb Hall. Register in advance by calling or emailing SAIL. We hope you'll consider joining us!

Movie Matinee: Eddie the Eagle (2016)

Forever enduring himself to the British Public, Eddie "the Eagle" Edwards becomes the first Englishman to compete in the Winter Olympics ski jump, relying on valor to make up for his lack of experience and bad eyesight. Starring Taron Egerton and Hugh Jackman.

Sunday, July 31, 2:00 p.m. in the Arts Center at the Oakwood Village University Woods Campus

On Our Own Group

This month we will meet on Friday, July 15 at Denny's Restaurant to learn about Wills and Trusts. We'll start at 10:00 with socializing, and our program will begin at 10:30 a.m. Those who wish to stay for lunch after the program are welcome to do so! Attorney Melissa Warner will tailor her presentation to single people who do not have family support systems. Melissa is an elderlaw and tax attorney and is a partner with Axley in Madison. If you are not single and interested in estate planning, please note we will offer another similar to this program later this summer/fall! To register and/or to learn more about our newest SAIL member group, On Our Own, please call or email the SAIL office.



Attorney Warner

July SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 SAIL Office Closed in Observance of Independence Day	5	6	7	8	9
10	11	12 Birthday Club 2:30 p.m. Panera Bread	13	14 Explorers Trip: New Glarus Brewery 9:30 a.m. Departure <hr/> Bike Ride	15 On Our Own Meeting 10:00 a.m. Denny's Restaurant	16
17	18	19	20 Mattress Flip 1-4 p.m. <hr/> Lunch Bunch 11:30 a.m. Daisy Café	21 Mind Over Bladder 2:00 p.m. Oakwood Village <hr/> Get to Know Your Neigh- bors 6:00 p.m.	22	23
24 <hr/> July 31 Movie Matinee 2:00 p.m. Oakwood Arts Center	25	26	27 Mid-Summer Celebration Attic Angel 6:00 p.m.	28 Lunch Bunch Olive Garden – Mineral Point Road 11:45 a.m.	29	30

Information, News, and Updates

Welcome to our New Members!

Lois and Loren Yearous (Glendale Neighborhood), Sue Stenzel (McFarland).



Laura Adell

A Message from Member Services Manager Laura Adell

I'm happy to announce that SAIL's vendor Chefs For Seniors will provide fantastic menu planning, grocery shopping, and meal preparation service for two chef visits at NO COST!

They will provide free chef service to new clients; the individual using the service just needs to pay for groceries. If you are interested in having one of their professional chefs prepare customized meals, call SAIL or call Chefs for Seniors directly at **(844) 237-2433**.

Or, feel free to use their online coupon code **FREECHEF2016** at www.chefsforseiors.com/order-now. Act now if you are interested as this offer expires July 15th and there is limited availability!

Please note we have a new vendor, Sheryl Castillo, a private geriatric care manager who provides advocacy and assistance in navigating care for older adults. An RN since 1979, Sheryl has experience working in a hospital, clinic, and hospice environment. If you are interested in learning more about her, please call the SAIL office at 230-4321 or email me at laura@sailtoday.org.

Advanced Directives—Get The Facts

By Attorney John Mitby, Attorney Thomas Vercauteren, & Law Clerk Elizabeth Spencer of Hurley, Burish, and Stanton S.C.

Did you know that an estimated 80 percent of Wisconsin residents, including 50 percent of those with severe or terminal illnesses, do not have advance directives indicating preferences for end-of-life decisions? Documenting your desires by completing simple forms will help ease the burden of decision-making by your loved ones in the event that you lose the ability to make decisions for yourself.



Attorney John Mitby

We recently created and shared a document with SAIL that summarizes the different advance directives individuals should have completed for peace of mind. You may also be interested in a link containing Wisconsin specific forms for Healthcare Power of Attorney, Living Wills and Organ Donation: <http://www.wisbar.org/forPublic/INeedInformation/Documents/A-Gift-to-Your-Family.pdf>

If you'd like a copy of the summary described above or the "A Gift to Your Family" document, please call or e-mail SAIL. You can also access this information on the reference page of the SAIL member website at sailtoday.org.

Mid-Summer's Eve Celebration!



This year's event will feature talented jazz artist Jan Wheaton. Join us on Wednesday, **July 27 at 6 p.m. at Attic Angel Place at 8301 Old Sauk Road in the Community Room**. Wheaton is a perennial favorite in the local jazz scene and is known for her sultry renditions of jazz standards and torch songs.

Cost: \$10/person, includes delicious hors d'oeuvres, bars, coffee, wine, and sparkling water.

Register by calling or emailing SAIL by July 22. Transportation available.



Thank You!

Donor Acknowledgement Thank you to the following donors for your generous contributions to SAIL for the period of March 18 through June 17, 2016. We deeply appreciate your support!

Member Donors

Edith Ann Anderson
David Bohlman
Carol Briscoe
Evonna Cheetham
Martha Christensen in honor of Barb Gessner
Tony and Jane Earl in thanks to Duncan McNelly
Tom and Rebecca Evans
Barbara Gessner in memory of John Albert
John Kaiser
Alan and Linda Knox
Kathleen Knox
Patricia Krueger
Ken Martin
Marge and Gene Miller
Faith Miracle
Kato Perlman
Karen Peterson
Leigh and Ellen Roberts
Max and Betty Rosenbaum
Betty Scott
Elizabeth Sullivan
Bob and Jeanne Topel
Craig and Kathleen Wehrle
Gwilym Williams
Nancy Winton

Corporate and Foundation

Advance Security, Inc.
American Printing
Attic Angel Association
Cost Cutters

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Nordson Corporation Employee Giving
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Waunakee Rotary

SAIL Supporter

Alan Lukazewski
Donald Sanford
Angela Strander
Clifford Voegeli
Melissa Warner

In-Kind

Attorney John Mitby
Ann Albert
Jane Earl
Pat Kallsen

Note: We very much appreciate your gift and try hard not to make mistakes. We apologize in advance if your name was accidentally omitted. Please notify us of any corrections needed.

SAIL Position Great Fit!

By Sue Stenzel

"Helping SAIL expand SAIL to downtown, north, and east sides of Madison is a perfect fit for me—I love the SAIL model and I've met such amazing people these past two months!"

I enjoyed my career as an educator and IT manager, and am finding semi-retirement just as fulfilling. I also love time with family and friends, reading, entertaining, playing Bocce ball, and volunteering at the Henry Vilas Zoo. My Golden-Doodle, Maisie, and two young grandsons add to the fun!"

Congrats, Charlene!

It's hard to believe it has been three years since Volunteer and Outreach Manager Charlene Malueg came aboard SAIL! A self-starter and extremely talented person, Charlene swiftly grew her role from administrative support to developing an active, vibrant volunteer program at SAIL. She also helps us with our charitable giving program and our community outreach along with member services! Charlene, we appreciate all you do for SAIL!

"I joined SAIL because I was new to Madison and needed a new roof. I wanted a referral to a reliable roofer but then my membership became so many other things. It has been about developing friendships—both with members and with vendors—but my greatest joy is being a volunteer driver. I started it because I thought it would help me learn how to get around in Madison but it has become a delightful exercise in meeting people and discovering how they are involved in the city. Now, when a person gets in my Volt, I ask, 'How are we going to get to where you are going?' I love this adventure."

~Martha Christensen, Charter Member

June Highlights



Members RJ Firkus, Gail Bliss, Don Haasl, and Fred Ross take to the trails on a beautiful morning.



SAIL 2nd Annual Golf Fundraiser A Success!

Over 70 golfers and volunteers spent a day on the course on June 8 at the Meadows of SixMile Creek in Waunakee. We raised nearly \$10,000 dollars and received very positive feedback from the participants. These dollars are used to help support programs and members with limited incomes. Thank you to our member leader Donna Ploc, our sponsors, golfers, and volunteers!

“Wildthings” (continued from Page 3)

Today, on a rainy cloud filled day, Bob and Lucy hosted Wildthings in their lovely home for a wonderful lunch. We all contributed something to the meal. We had a hard time removing ourselves from their kitchen, snacking at their island. Bob kept hinting at moving to the dining room—we all kept talking, talking, talking. Finally, much to Bob’s satisfaction we moved. Frank, Jennie, and Diane joined in on the fun. My goodness, we were all full of energy—listening and sometimes talking at the same time, raising the crescendo. Lots of wonderful things to talk about—trips, our Madison community, politics, future get-togethers, etc. Fun times! ~Sandi