



The SAIL Messenger

A Monthly Publication: August 2016



90's Breakfast at Blackhawk!

No, we're not celebrating the 1990's! We are celebrating members who have reached their 90th birthday—and beyond! If that includes

you, (one might refer to you as a “super-ager!”), please join member and super-ager Lois Curtiss at Blackhawk Country Club for a delicious

continental breakfast and lively conversation. Lois is hosting this event to provide a fun way for SAIL's oldest, most life-wise members to connect and socialize.

Date/Time/Location:

Wednesday, August 17,
10:00 a.m. to 11:15 a.m.
Blackhawk Country Club
No charge

Transportation available

To register: call 230-4321 by
August 13

New at SAIL: Professional Services Membership

A special SAIL member team led by Barbara Gessner is proud to announce a new membership option for professionals in our community! This new membership is being made available to professionals (realtors, attorneys, accountants, healthcare providers, and more) referred by SAIL members. This new membership program will help us expand community awareness about SAIL. Each Professional Service Member's name and contact information will be listed on the SAIL website.

Professional Service Members will receive education and consultation by SAIL on best practices in working with older adults, thereby supporting an age-friendly community. SAIL can also be a resource for the Professional Services Member's clients who are in need of supportive services. The annual fee for this membership is \$275 or \$500 for a two-year membership. As a member of SAIL, please help grow this program. Contact us with the names of professionals you have had a positive experience with and who would support our mission: To enable members over 55 to live secure, engaged lives on their own terms. We'll send the individual a letter of invitation and a description of the membership program for their consideration. Questions? Contact Ann Albert at 230-4321.

Team Members: Ernie Hanson, Dave Bohlman, and Pat Kallsen.

Benefit of the Month: Personal Emergency Response System

A personal emergency response system provides the ultimate in peace-of-mind! In the event of an in-home accident, it's your personal “silent sentinel” ready to call your designated relatives, or emergency services when you can't. Members get discounted rates on this service. Call SAIL for more information.

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.

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, Barbara Gessner (President), Don Haasl (Secretary), Patricia Kallsen (Vice President), Joy Knox, and Bob Topel

A Message from Executive Director Ann Albert

Congratulations to our newly elected Operating Council President, Barbara Gessner! Barbara is a charter member, has served on SAIL's governing board, the Madison Area Continuing Care Consortium since 2008, and has served on our Operating Council for the past six years. As a former geriatric nurse educator, she believes SAIL is just good policy. "As more people live longer, I believe 'neighbors helping neighbors' is crucial to effectively caring for older adults in our community. Personalized, vetted services help us stay independent in our homes, too!" commented Barbara.



Barbara Gessner

Elected president at the July meeting, Barbara shares this message with you:

First, I want to thank you for being a member of SAIL. I am proud of SAIL and am passionate because I've witnessed growth in membership, a significant increase in member volunteerism, and a stabilization of a once fledgling program. I'm also very excited about the strategic planning initiatives we are working on and our future!

As your new president, I am asking for your help in recruiting members. Our 2016 budget was built on past membership growth rates, and during recent months our membership growth was slower than anticipated. Because we know that personal contact is the most effective advertising we have, I'm asking you to help! Here's how:

- *Tell friends and neighbors about why you joined SAIL or about a program or service you were pleased with.*
- *Give information: share a SAIL brochure, the Messenger, or our website*
- *Invite your friends to an upcoming SAIL program or event*
- *Send contact info of interested people to the SAIL office for follow up.*

Please help us with this membership drive. Thank you in advance for your help and support of our wonderful organization!

Open Communication Appreciated!

As a rather young organization, we continue to evolve, and periodically questions are raised that are important to our most important stakeholders—members, volunteers, donors, and our vendors. We've kept track of them and thought we'd share one each month in the Messenger. Please keep 'em coming—SAIL is YOUR organization!

Q: Is SAIL for me? I am not able to volunteer, and I know that "members helping members" is a big focus of SAIL.

A: SAIL is for any person in the Madison area who is age 55 and older who believes in our mission and wants to live life on his or her own terms. People who join SAIL do so for a variety of reasons. They join to:

- meet new people
- help others

(continued on page 8)



Mattress Flippers were out in full force flipping about two dozen mattresses last month. Thank you to RJ Firkus, Cletus Schwoer-

er, Bob Topel, and Deb McClintock for sharing your time and your muscle to provide this service to members! We will be having another flip in October. Watch the *Messenger* for more information about signing up.

This wasn't the only awesome volunteer service provided to members this month. Volunteers helped with handyman tasks, computer support, phone and personal visits, check-in calls, pharmacy pick-up and delivery, committees, planned events, rides, and essentially "being there for each other" more than ever before in our history—what a special time to be a part of SAIL!

Contact SAIL for Volunteer Support

Please remember to contact the SAIL office if you need volunteer assistance. Requests should never be organized directly between volunteers and members.

There are a number of reasons for this. First, requesting services directly from a volunteer sometimes makes him/her feel uncomfortable, especially if the volunteer feels an obligation to say yes to a request that he/she would rather not accommodate.

Secondly, as an organization, SAIL tracks volunteer hours. This reporting is necessary when it comes to grant applications and other possible funding opportunities. In addition, we like to track hours so we can adequately thank volunteers for their generous donation of time and energy.

Thirdly, we like to follow up on volunteer requests to ensure the job was completed and that the member was happy with the support received, just as we do when members request service providers. Ensuring members are getting great service is very important to us—and although the feedback is almost always **extremely** favorable—we like to know how we are doing.

If you have any questions about this, please contact Charlene at 230-4321 or charlene@sailtoday.org. If you have a request for volunteer support, call us—we have wonderful volunteers with numerous talents looking to offer support. No request is too big or too small. If we don't have a volunteer who can help, chances are we have another resource to offer.

Yes, indeed It Takes a Village—and what a Village we have!

You Are Invited!

Thursday, August 11, all volunteers are invited to come and listen to the music of the Capital City Band, Wisconsin's finest professional concert band, at 7:00-8:15 p.m. in the shelter area of the Rennebohm Park,



115 N. Eau Claire Avenue, Madison. Nothing fancy, just bring your lawn chair and your favorite drink and meet and enjoy the company of fellow volunteers and the talented musicians. SAIL will provide light snacks. If you need a ride, call SAIL and we'll arrange it! Let us know if you plan to attend by calling 230-4321 or emailing charlene@sailtoday.org so we know how much space to reserve.

Upcoming Events Information

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

Birthday Club



If you have a birthday in August, or if you'd just like to congratulate those who do, join us on August 9 at 2:30 p.m. at Panera Bread (off Mineral Point Road). Members Dorothy Batt and Sue Goldstein invite you to join them for an hour or so as an opportunity to meet other SAIL members and simply celebrate the joy of birth!

How About a Little Zentangle?

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Join us on August 9, from 4:00 to 6:00 p.m. at the Goodman Community Center, 149 Waubesa Street, to learn about this new art form! Call SAIL to register.

How About a Bicycle Ride?

Join your fellow SAIL members on Wednesday, August 17 at 9:00 a.m. for another bicycle ride. Weather cooperating, we'll enjoy a congenial 15-mile group ride around the shore of Lake Monona, starting and ending at the parking lot at Olin Park, just off John Nolan Drive. As usual, we'll stop for coffee and conversation along the way.

No need to pre-register; just show up with your ready-to-ride bicycles at Olin Park.

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

Triad Program: Active Shooter Situations—Are You Prepared?

Unfortunately in today's world this is becoming a too familiar topic. Join us on Wednesday, August 24 at 10:00 a.m. for a *How to Be Prepared in an Active Shooter Situation* presented by Officer Rodney Wilson, Crime Prevention Coordinator of the Madison Police Department. The meeting will be held at the West District Police Station, 1710 McKenna Blvd. in Madison. This event is free and open to the public.

Connections Group will be meeting on Wednesday, August 3 at 1:00 at the Heritage Oaks Westmorland Room at Oakwood University Woods. Interested? Please give us a call to learn more about the group and its charter! Leader: Member Carol Brown.

SAIL Book Club and Men's Roundtable will resume in September.

Lunch Bunch

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

Thursday, August 25 at 11:45 a.m. at Longhorn Steakhouse at 7017 Mineral Point Road (West Towne).

Wednesday, August 31 at 11:30 a.m. at Cranberry Creek Restaurant at 1501 Lake Point Drive in Madison (at the corner of Broadway and Bridge 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: The Dark Horse (2016)

Sunday, August 28 at 2:00 p.m. in the Arts Center at the Oakwood Village University Woods campus

Genesis Potini is a forgotten man, locked away for years battling bipolar disorder. Finally free and hoping to help others, the imposing Maori hulk and chess genius inspires tens of thousands of troubled youth to embrace the game of kings.

Better With Age Series—Sleep

As part of the ongoing Better With Age series at Oakwood Village University Woods, join us from 2:00 to 3:00 p.m., on Thursday, **September 15** for a presentation by Dr. Steve Barczi, Associate Professor at UW Health Geriatrics. Register by calling 230-4266.

August SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Connections, 1:00 p.m., Westmorland, Oakwood Univ. Woods	4 How to Make Friends Over 50 1:00 p.m. to 3:00 p.m. Oakwood Prairie Ridge	5	6
7	8 Operating Council Meeting (call SAIL for details)	9 Birthday Club 2:30 p.m. <u>Panera Bread</u> Zentangle 4-6 p.m. Goodman Community Center	10	11 Volunteer Social and Concert 7 p.m. Rennebohm Park	12	13
14	15 On Our Own Picnic at Janice Gary's 4:00 p.m. (call SAIL for details)	16	17 90's Breakfast 10:00 a.m. Blackhawk Country Club <u>Bike Ride</u> 9:00 a.m.	18	19	20
21	22	23 How to Make Friends Over 50 1:00 to 3:00 p.m. Oakwood University Woods	24 Active Shooter Presentation 10:00 a.m. West District Police Station	25 Lunch Bunch 11:45 a.m. Longhorn Steak House	26	27
28 Movie Matinee 2:00 p.m. Oakwood Village Arts Center	29	30	31 Lunch Bunch 11:30 a.m. Cranberry Creek Restaurant	Save the Date: Falls are Dane County's number one cause of injury-related hospitalization. The good news is that falls are not a normal part of aging! Join us for <i>Only Leaves Should Fall</i> workshop on Tuesday, September 20 from 10:30 a.m.– 2:00 p.m. at the Boys and Girls Club of Dane County. Call SAIL for details.		

Information, News, and Updates

Welcome to our New Members!

Catherine Johnson (Hill Farms); Marjorie Kreilick (Regent); Linda Rasmussen (Green Tree); Luann Stibb (Middleton); Dana Warren (Faircrest).



Laura Adell

A Message from Member Services Manager Laura Adell

I am pleased to welcome two new vendors:

- Suzanne, owner of a local landscape business that can help you maintain the landscape outside your home including planting and maintaining annual and perennial gardens, spring and fall clean-ups, edging, mulching, and winter and holiday decorations.
- A new housecleaning business that has been highly recommended by two current SAIL members. With over 20 years of experience, this new vendor provides professional cleaning of businesses and homes in the Madison area. Their mission is to provide a quality cleaning experience done with a “heart.” If you’d like information on service providers, please give us a call.

Cooler weather will be here before we know it! Schedule your fireplace cleaning early—and save \$50! Our vendor, Steve, is once again offering SAIL members a \$50 discount if you call and schedule your fireplace cleaning by August 31. Many members took advantage of this offer last year and were very satisfied. Call or email us if you would like more information.

Do You Know sailtoday.org?

Our website, sailtoday.org, contains a great deal of information! We’d like to encourage you to take a look and see what it has to offer.

For example, did you know that the SAIL activity calendar is right there on site –and you can register for programs just by clicking on the program title? Members can log-in to see member-only events too.

Here’s how it works: To log-in, click on the “member log-in” on the main page of the website in the far upper-right corner. (If you do not remember your log-in information, call us and we can give it to you.)

To find the calendar, rest your cursor on the orange tab labeled “News and Events.” When the menu drops down, click on the Calendar option. Locate the event you want to attend, click on the name of the event, and you’ll be taken to another page with program information. On the right side of the page, you will see a button which says Register Now. Click on that button and follow the prompts to complete your registration—there are only two simple steps to finish your registration. Questions? Please give us a call or email us!



How to Make Friends Over 50 with Mary Helen Conroy of RetireeRebels.com

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.

Mary Helen Conroy, a reinvention life coach for mid-life and the newly retired will present information on this topic on Thursday, August 4, 1:00-3:00 p.m. at Oakwood Prairie Ridge Chapel, 5565 Tancho Drive, Madison and Tuesday, August 23, 1:00-3:00 p.m., Oakwood University Woods Nakoma Room, 6205 Mineral Point Road, Madison. Registrations encouraged. Please call 230-4321 or email info@sailtoday.org.

On Our Own *by Co-Leaders Karen Peterson and Janice Gary*

Wills, Trusts, and Advance Directives

Attorney Melissa Warner with Axley law firm met with members last month at Denny's Restaurant to discuss Wills, Trusts, and Advance Directives. The information she presented paired well with the advance directives article by Attorneys John Mitby and Thomas Vercauten with Hurley, Burish, and Stanton. (If you would like copies of the handouts and/or the article, please contact the SAIL office).

On Our Own Picnic

On August 15, at 4:00 p.m., Janice Gary, SAIL member and On Our Own Group's co-leader, is hosting a potluck picnic for group members at her home (rain or shine). This will be a great time to learn about each other, discuss resources, network, and connect—all while enjoying good food and Janice's beautiful blooms in 14 unique flower beds.

Contact SAIL to get directions and specific information and to RSVP. Thank you, Janice, for opening your home for this wonderful opportunity!

Next Month: Tax Planning for the Single Person

September 15, at 10:30 a.m. to 11:30 a.m., Mennenga Tax & Financial in Monona

Have You Ever Wondered if a Smartphone is Right for You?

by Team Leader Don Haasl

If so, you have probably asked yourself "what can I do with a smartphone that is worth the cost and the pain of climbing the learning curve?" Well, SAIL's Product Team would like to help you answer that question for yourself.

We envision holding a meeting to lay out the considerations and to help you cut through some of the mystery. Then, for those members who decide they are interested, we would offer a smartphone package in partnership with a major cellphone company. The phone would be tailored to the needs of older adults and come with tons of support exclusively for SAIL members, all at a modest discount.

However, before we go down that path, we want to gauge the level of interest. Within a few days, a survey will be distributed via email. It is quite short and, whether you currently use a smartphone or not, your response will be helpful. If you don't use email, you can get a paper copy at the SAIL office. Thank you for your help!

National Study of Villages-- We Need Your Help!

As you likely know, SAIL is a charter member of the national Village to Village Network. We are, in fact, the second oldest "village" in the nation—today there are 200 organizations (villages) similar to SAIL! You may not know, however, that throughout our eleven-year history, we've helped other villages get started and we've participated in national research studies on the Village Movement.

Currently, the RAND Corporation, in partnership with AARP, the Village to Village Network, and the Centers for Disease Control and Prevention, is conducting a study of older adults living in villages like SAIL. They are interested in learning how villages help older adults to be healthy and resilient. Your input as a member is valuable to help them learn about the important supports that villages provide. They will be setting up phone appointments to interview village members like you. In appreciation, they will provide a \$20 gift card to each interviewee. **If you are willing to participate in the phone interview, please call SAIL or email us at info@sailtoday.org by August 15. Our goal: 50 member interviewees. Thank you!**



Beware: Scams On The Rise

Thanks to those of you who alerted us of scam attempts last month! We heard about callers impersonating staff from the IRS and "investigating" a member, a caller saying he's from Microsoft and needs to fix a problem over the internet for a fee, a young person impersonating a member's grandchild and needing money wired due to an arrest or other emergency, and more! Bottom line—do not give your information out and end the call!

June/July Highlights



Warm thanks to Professor David Canon, (left) Chair of the UW- Madison Political Science Department, our speaker on June 27 at the Coliseum Bar.



Chefs for Seniors Demo at Pat and Peg Luby's home.



SAIL members enjoyed a beautiful sunny day in New Glarus along with a tour of the famed New Glarus Brewery. The trip included a traditional Swiss lunch at the New Glarus Hotel. Thank you to Volunteer Tour Guide Peggy York and staff member, Sue, for a fun day!

Open Communication Appreciated! *(Continued from Page 2)*

- use resources and services
- enjoy peace of mind knowing we are here
- receive volunteer help
- learn about healthy aging and how to best protect independence
- support the organization
- appease family or others who care
- many other reasons we haven't listed

Remember, it takes a Village! All of us—including members, volunteers, non-member volunteers, donors, vendors, community agencies, government agencies, professional services, educators, clinicians, and more—together—can enhance aging!

Many thanks to BrightStar for sponsoring this issue of the SAIL Messenger!

As an approved SAIL service provider, BrightStar provides care and assistance delivered by certified nursing assistants working under RN oversight. Their compassionate care professionals are among the most trusted in the industry.

