



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

OCTOBER 2016

Highlights in this issue:

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- Message from Executive Director Ann Albert and Farewell to Charlene (Page 2)
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Together We Can Do What We Can Never Do Alone

This year's volunteer recognition theme says it all! Whether it's a ride to the doctor, changing a light bulb, flipping a mattress, pulling weeds, sitting together to enjoy each other's company, or leading a team, SAIL members help each other do what alone would be a struggle. Community volunteers help fortify our mission, too, and we so appreciate these kind individuals!



If you are a SAIL volunteer, you've likely received your invitation to join us on October 13, 4:30 p.m. at Oakwood University Woods—Westmorland Room. Enjoy socializing, a short program, and good food.

With over 100 active volunteers, we are living our vision: A community of members who serve one another as they pursue successful aging. Thank you for all you have done for SAIL and its members. Be sure to mark your calendar and RSVP! Also, let us know if you would like transportation.



Join us on Wednesday, October 5, from 10:00 a.m. to 11:30 a.m. in the Oakwood Village University Woods Westmorland Room. US Cellular* representative Doug Fischer, and technicians Adam and Eric, will present information about Smartphones, including the features and applications the phones provide. The

event is designed to help you determine if a Smartphone is right for you. Our speakers will also share details of a special offering exclusive to SAIL members that includes discounted pricing and technical support. If you decide a Smartphone isn't right for you, you may want to join us for "How to Choose a Basic Cellular Phone and Plan" on October 12, 1:00 p.m. to 2:30 p.m., with SAIL vendor Dave Freidman at Attic Angel Place in the Community Room. Call for more information or sign up by email!

Benefit of the Month: One Number to Call

Do you need a plumber? Handyman? Window washer? Would you like a free home safety check? Need the number of your local senior center? Regardless of what benefit or service you are looking for, SAIL can help! We have an amazing network of service providers and resources—and, what we don't know, we'll find out! Call us at 230-4321.



Office Hours

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

Sharing 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.



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Barb Gessner, Don Haasl,
Patricia Kallsen, and Bob Topel

A Message from Executive Director Ann Albert



Fall greetings! We are starting the new season with a facelift to the SAIL Messenger. If you receive a paper copy, know that a full-color newsletter would be extremely expensive however the pre-printed color shell just adds a little flair!

Members and staff thanking SAIL volunteers happens daily; however, we are very excited to host a special recognition honoring these special people on October 13. Helping one another occurs informally, too—a lift to a meeting, sharing a new recipe, hosting a small coffee for old friends, suggesting a new vendor, sharing a tip in the Messenger, and more! Thank you!

This month we kick-off our Annual Appeal and we have exciting news! A long-time member has decided to lead this year's appeal with a large gift! You will soon receive a personal letter about this gift and our appeal goal. Please help if you can—we receive no government funding—donations help keep us afloat and keep member rates low.

We have some very interesting topics featured in our October event calendar—relationships (love and aging); ageism and dementia (Age of Disruption); the role of a personal trust officer; pelvic wellness; Smartphones; basic cell phones; and more.

Below you will see news about Charlene Malueg. Determined to see SAIL stay strong into the future, Charlene has enthusiastically offered to volunteer to lead the development of the SAIL Legacy Giving program. Thank you, Charlene!

Farewell to Charlene Malueg

After three years at SAIL, Charlene has set sail to another port. Starting October 17, she will be working as an Executive Staff Assistant with the State of Wisconsin in the Department of Tourism. Charlene accomplished a great deal at SAIL—she was instrumental in expanding our members-helping-members program and implementing a solid fundraising arm of SAIL.

“Leaving SAIL was a very difficult decision, but I am very excited to start a new adventure. I have met some incredible people these past three years, and I want to thank Ann, Laura, Peggy, and Sue for making SAIL a super enjoyable place to work along with all of the volunteers I had the pleasure of getting to know. To see the selfless acts performed each day warms my heart. I also want to say thank you to all the members who make SAIL what it is—a one-of-a-kind organization. I’m sure our paths will cross again in the future. Until then, thank you so much. It was an absolute pleasure!”

Come and say farewell to Charlene on Monday, October 10, from 2:00 p.m. to 3:30 p.m. at Oakwood Heritage Oaks. Thank you, Member Betty Scott, for hosting our farewell and thank-you celebration for Charlene!

Thank you to all of you who contributed to the success of SAIL this past year!

Mike Albert	Janice Gary	Joan (Joni) Nowak	Clifford Voegeli
Stephanie Albert	Judy Genin	Jeannine Nusbaum	David Wegner
Anna Albert	Barbara Gessner	Jeanne Peterson	James Wehn, Jr.
Cathy Andrews	Johanna Ghei	Karen Peterson	Susan Weiss
Jane Ayer	Janice Golay	Donna Ploc	Nancy Winton
Bette Barnes	Sue Goldstein	Kathleen Poi	Charlotte Woolf
Jan Basha	Donald Haasl	Sara Popkewitz	Peggy York
Dorothy Batt	Ernie Hanson	Tom Popp	
Christine Beatty	Herb Hellen	Diane Price	
Joanne Berg	Jean Anne Hlavacek	Steven Price	
Dorit Bergen	Mary Holm	Rita Reffner	
Shirley Bergen	Charles Hoornstra	Jill Roehrl	
Barbara Berven	Carol Hutchison	Jan Rom	
Rita Bloomfield	Pepe Indalecio	Fred Ross	
Ruth Bogart	Pat Kallsen	Mary Ross	
Dorothy Bollant	Howard Kanetzke	Roland Rueckert	
Rick Bova	Lucetta Kanetzke	Joyce Russell	
Joan Box	Gerald Kelm	Joan Schaefer	
Carol Brown	Kristina Klehr	Larry Schaefer	
Evonna Cheetham	Lucille Kness	John Schmidt	
Martha Christensen	Linda (Joy) Knox	Cynthia Schott	
Sandra Christensen	Lucy Lasseter	Patricia Schultz	
Memee Chun	Donna Lotzer	Jan Schur	
Caroline Clark	Jonathan Malueg	Cletus Schwoerer	
Linda Conlon	Kayla Malueg	Betty Scott	
Lois Curtiss	Ken Martin	Winnie Shea	
Lois DePiesse	Deb McClintock	Peggy Siegel	
MaryAnn Drescher	Nancy McDermott	Gail Skwarek	
Ethel Dunn	Hildy McGown	Sue Stenzel	
Jane Earl	Carole McGuire	Lyn Stewart	
Mike Edlinger	Duncan McNelly	Lori Suchanek	
Bill Ehlert	Lorelle Micklitz	Judy Taylor	
Kathryn Erickson	Faith Miracle	Bob Topel	
Sue Faust	John Mitby		
Robert Firkus	Elinor Mulligan		

Our apologies if your name was accidentally omitted from this list.

Writing Group

By Member Corrine Stoddard

Will you tell me your story? If you can tell me, put those words on paper. It's fun to see your own words telling your story.

In the big picture, all life is a story, but that will take another lifetime to tell. It's easier to start with one that really stands out as memorable.

How about the scariest storm(s) you've ever seen in your life? Then we can put all those little stories together. Let's tell our stories to one another.

Let me hear from you by telephone, 238-3265. If I don't answer, please leave a message. Or if you prefer email, use this: cardstodd@gmail.com

Welcome New Volunteers!

James When, Jr., has joined the SAIL volunteer corps as a handyman. Judy Genin has offered to be a volunteer driver, and Gail Jobelius is willing to help with office support functions. Let's join together to welcome them!



Upcoming Events Information

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

Connections Group

Join us on Wednesday, October 5, at 1:00 p.m. at Oakwood Village-Heritage Oaks Westmorland Room. Interested? Please give us a call to learn more about the group and its charter!

SAIL Men's Roundtable

A new season of friendly group discussions among SAIL men will begin on Tuesday, October 11 at **10:00 a.m.** (*note this new starting time!*) at Oakwood Village-Heritage Oaks Social Room.

Kickoff Topic: No matter how the presidential election plays out, the immigration issue will not disappear. There are many imponderables in this issue, but the big one, arguably, is creation of a process by which (select?) undocumented immigrants now in the country have a path to citizenship. What might the path be, what are the political obstacles to creating it, are these obstacles surmountable, to what degree does this depend on election results, and in any case, what might be the "public mind" for action? These questions, augmented certainly by others, will form the basis for our discussion.

Need a lift? Give SAIL a call!

Birthday Club

Have a birthday in October? Or, are you just looking for a reason to celebrate? Either way, join us October 11 at 2:30 p.m. at Panera Bread (off Mineral Point Rd). Members Dorothy Batt and Sue Goldstein invite you to join them and meet other SAIL members. Celebrate the joy of birth!

Book Club *By Member Jane Ayer*

We'll meet on Tuesday, October 18, 1:30 p.m. in Room B at the Sequoya Library. The book this month is *Six Mitford Sisters* (members are to obtain own copies). Our selection for November is *Tribe* by Sebastian Junger. Call SAIL if you have any questions, or if you are interested in joining the Book Club.

Attic Angel Programs

The Monday 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. There is no charge, and you do not need to register in advance.

October 3: "ZIKA Virus," unraveling the history of an emerging infectious disease. Mariel Mohns, Research Specialist, University of Wisconsin-Madison.

October 10: "All About Cacao," Gail Ambrosius Chocolatier, Owner of Ambrosius Chocolatier-Madison.

October 17: "A Visit from Henry and David Thoreau," Robert Booth Fowler, Lecturer, UW-Madison Continuing Studies and Herbert and Evelyn Howe, Bascom Professor of Integrated Liberal Studies and Professor of Political Science UW-Madison, Emeritus.

October 24: "A Capitol Idea! 100 Years of History," Ted Blazel, Senate Sergeant of Arms (Wisconsin).

October 31: "Tales from the ER: What We See, What We Do and What We Hope For," Dr. Kyle Martin, St. Mary's Emergency Department.

Lunch Bunch

Join us on Wednesday, October 26, 11:30 a.m. at Maharana Restaurant (1707 Theirer Road) and/or on Thursday, October 27, 11:45 a.m. at Chili's Grill & Bar (7301 Mineral Point Road). Thank you to Dorothy Bollant and Deb Hall for coordinating the lunches! Sign up in advance by calling or emailing SAIL.

On Our Own *By Janice Gary and Karen Peterson*

We'll meet on October 14 at 10:30 a.m. at Dennys, 433 S. Gammon. Our speaker, Molly J. McCarragher, J.D. from Associated Bank will discuss how and when to hire a Personal Trust Officer. Call or email SAIL to sign up.

Movie Matinee: Please call SAIL for information on this month's movie.

October SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Attic Angel Program: “ZIKA Virus” 10:00 a.m.	4	5 Is a Smartphone Right for Me? 10:00 a.m.-11:30 <hr/> The Benefits of Relationships As We Age	6	7 14th Annual Triad Crime Prevention and Safety Confer- ence and Expo	8
9	10 Attic Angel Program: “All About Cacao” 10:00 a.m. <hr/> Charlene’s Farewell, 2:00 p.m. Heritage Oaks	11 Men’s Roundtable 10:00 a.m. Social Room <hr/> Birthday Club 2:30 p.m. Panera Bread	12 How to Choose a Basic Cellular Phone and Plan 1:00 p.m. to 2:30 p.m. Attic Angel	13 Catholic Charities Positive Healthy Aging Fair <hr/> Volunteer Recognition	14 On Our Own Group: Presentation on Personal Trust Officers 10:30 a.m.	15
16	17 Attic Angel Program: “A Visit from Henry and David Thoreau” 10:00 a.m. <hr/> Village Network Conference	18 Book Club 1:30 p.m. Sequoia Library <hr/> Village Network Conference	19	20	21 “Age of Disruption” Barrymore Theater 2:30 p.m. and 7:00 p.m.	22
23	24 Attic Angel Program: “A Capitol Idea! 100 Years of History” 10:00 a.m.	25 Alzheimer’s Research Fair	26 Lunch Bunch 11:30 a.m. Maharana Restaurant	27 Lunch Bunch 11:45 a.m. Chilis <hr/> Macular Sym- posium Fair	28	29
30	31 Attic Angel Program: “Tales from the ER” 10:00 a.m.	SAVE THE DATE: November 17 Join us for a luncheon program, “Make Your Home the Best it Can Be— Successful Aging” presented by SAIL vendor Larry Taff, MCR, UDCR, CAPS, GCP, President of TZ of Madison, at 11:00 a.m. at the Coliseum Bar.				

Information, News, and Updates

Welcome to our New Members!

Bernard and Julie Brazen (Hidden Valley Condominiums); Mary Haycock (Greentree); Bob and Jean Hastings, (Shorewood); Gail Jobelius (Walnut Grove); Genevieve Lewis (Greentree); John & Helena McGevna (Middleton); Helaine Muehlmeier (Schenk-Atwood); Norma R. Standling (Yorktown Estates); Don and Jenny Walker (Midvale Heights)

A Message from Member Services Manager Laura Adell



Laura Adell

New Vendor: Never be without filtered, fresh drinking water again – have it delivered! Our new vendor offers home delivery of great-tasting water in convenient bottles. Brands include Chippewa Spring Water, Glacier Clear, Nicolet and others. Interested? Give us a call!

Recall tip: Are you still using your dehumidifier in this damp weather? SAIL Member Lois Curtiss' son told her about a recall on humidifiers that have caught on fire. They checked her dehumidifier, and sure enough, it was on the recall list. She contacted the company, and they are replacing her dehumidifier. To check to see if your dehumidifier is on the recall list, visit

<http://www.greedehumidifierrecall.com/ProductEntry.aspx> or call us and we'll check for you! Thanks, Lois!

Service Provider Directory: If you'd like a directory mailed to you, please let us know! Or, you can access the directory online at www.sailtoday.org. This is the most up-to-date directory at any given time. To do this, you must be logged in. If you need your name or password, let us know, and we can reset it for you and/or assist you further!

Total Control: Pelvic Wellness Series Offered

Looking to improve your posture and balance? Want to sleep through the night without rushing to the bathroom? Would you like to learn tips on achieving optimal bladder and pelvic health?

SAIL vendor Stephanie Ehle is now offering this medically-based fitness and educational program proven to flatten tummies and improve bladder control.

Two class options begin this month—one is chair-based exercises and the other involves floor-based exercises.

To get information on class schedules, fees (**discounted fees for SAIL Members**), or directions to Studio Dansu, please call or email SAIL. Thank you, Stephanie, for offering this unique program!

“Age of Disruption” Tour

Don't miss this inspiring, theatrical, and educational event coming up on Friday, October 21 at the Barrymore Theater. There are two main shows—*Disrupt Dementia* from 2:30 p.m. to 4:30 p.m. and an evening performance at 7:00 p.m. that is nationally acclaimed geriatrician Bill Thomas' signature show, *Aging: Life's Most Dangerous Game* with musician Nate Silas Richardson. To order tickets and/or get more information, visit <https://drbillthomas.org/local/madison-wi/>. Tickets are \$20 for each show. If, however, you enter the code “sailtoday” the ticket price is discounted to \$15 each! Give SAIL a call if you have questions or need help registering!

Age of Love Series — The Benefits of Relationships As We Age (Love and Aging)

Free presentation by U.W. Madison Professor John DeLamater, from 12 noon to 1:00 p.m. at the Monona Terrace Lecture Hall. Sponsored by the Madison Senior Center and SAIL.



Thank You!

Donor Acknowledgement Thank you to the following donors for your generous contributions to SAIL for the period of June 17–September 25, 2016. We deeply appreciate your support!

Member Donors

Martha Christensen
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Angela Miles
Faith Miracle
Denise Morchand-Erwin
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Betty Scott

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Attic Angel Association
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TLC
TZ of Madison
Tumbledown Golf Course (Thursday Night Men's Golf League)

Upcoming Fairs and Expos



Fun of a Fair

By Member Jane Earl

Who knew that sitting behind a table of SAIL wares could be so much fun! I recently joined Ann Albert, SAIL's Executive Director, at the UW-Madison's Institute on Aging 28th Annual Colloquium on Aging. From behind a table laden with the latest in SAIL literature, we visited with SAIL members attending the fair, saw old friends and met new ones, talked with numerous other vendors, and learned a thing or two about Madison's abundance of resources. It was a day filled with optimism about how lucky we are to have a resource like SAIL of which to be a part!

October 7: 14th Annual Triad Crime Prevention and Safety Conference and Expo, American Family Training Center, 6000 American Parkway.

October 13: Catholic Charities Positive Healthy Aging Fair at All Saints Neighborhood Main Street, 503 Commerce Dr.

October 25: "Exploring the Genetics of Alzheimer's Disease" will be held at the Monona Terrace, 1 John Nolen Drive. Speaker: Lindsay Farrer, PhD, Chief of Biomedical Genetics and Professor of Medicine, Boston University Schools of Medicine & Public Health.

October 27: Macular Symposium: Learn about latest advances in and treatments for macular degeneration. Learn about current research as well as important issues, tools, and solutions for those facing vision loss from this eye disease. Alliant Energy Center, 1919 Alliant Energy Center Way.

Contact us if you'd like us to mail you a flyer, if you'd like to sign up for any of these fairs, if you need a ride, and/or if you'd like to help at the SAIL table!

"Better With Age" Lecture Series

Did you miss last month's talk on "Sleep" or any of the other talks by UW Health experts? If so, you can find the video-taped lectures online at <http://wpt.org/programs/university-place>.

In the Spotlight: Kudos to members Nancy Winton and Duncan McNelly on the great job you did sharing SAIL on Channel 15 last month! Missed it? Catch the interview by visiting our home page at sailtoday.org. Thank you to Nancy, Duncan, reporter Hannah Flood, and our "PR" friend Jerry Huffman!



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Please accept my/our gift of ☐ \$1000 ☐ \$500 ☐ \$250 ☐ \$125 ☐ \$75 ☐ \$35 ☐ Other \$ _____

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