



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

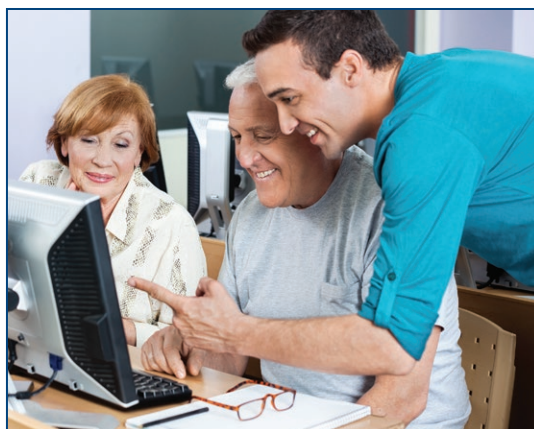
DECEMBER 2016

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Technology Support – A Growing Need

We've been receiving more and more feedback from members about the need for tech support. We're off to a good start with adding the EZ Smartphone opportunity provided by U.S. Cellular along with small group help-sessions and educational programs on basic topics of interest. During 2017, you will see additional



workshops and small group sessions offered by SAIL Staff Member Sue Stenzel and Vendors Cris Carpenter and Dave Friedman.

This month, on Tuesday, December 13, from 10:15 a.m. until 12:15 p.m. at the Hawthorne Library, 2707 East Washington Ave., we're offering a "Technology Twofer"! We'll be tackling two topics during the same session — a repeat of the Cell Phone vs. Smartphone presentation offered on November 9 and a presentation by SAIL vendor Cris

Carpenter of Housecall Computer Services on the topic of Internet Security.

Here's a brief synopsis of what we'll cover in each session:

Cell Phone Vs. Smartphone — what's the difference between the two, what can you do with each, why would you want one or the other?

Internet Security — a brief overview of what kinds of security are available and what you should consider in making a selection. We plan to follow this session with an opportunity for you to bring devices for Cris to review — that will be scheduled soon.

To register, call or email the SAIL office. Transportation will be provided upon request.

90's Breakfast

Join us for another "90's Breakfast." If you are 90 years of age or better, feel free to bring a friend and join us for another delightful social gathering on Tuesday, December 6, at 10:00a.m. at Blackhawk Country Club. Fresh fruit, delicious rolls or muffins, and beverages will be served. Cost: \$8 per person. Call SAIL to make a reservation and to request transportation if needed.





Office Hours

M-F: 8:00 a.m. - 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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SAIL Operating Council:

Christine Beatty,
Dorit Bergen, Martha Christensen, Mary Ann Drescher, Jane Earl, Tom Evans, Barb Gessner, Don Haas, Patricia Kallsen, Chris Klotz, and Bob Topel

From the Office



A Message from Executive Director Ann Albert

Holiday Greetings!

Wishing you a lovely holiday season rich with good health, good times, and, of course, good food! Remember to call SAIL if you'd like any help with shopping, meal preparation, chores, etc. We have fantastic volunteers and service providers who can give you a hand! Be sure to take a look at

Laura Adell's message this month to get a glimpse of what members are sharing about our SAIL vendors.

For many, this is a season of gratitude, love, and anticipation. It's a perfect time to let you know how much we appreciate you for being a part of SAIL this past year and how much we look forward to the new year ahead. Thanks to what you, our membership, has shared with us we know 2017 is already shaping into a meaningful, action-packed year at SAIL!

First though, let's live in the moment. Take a close look at this month's events. Also, consider the many services and resources available to you and your fellow members. The holiday season isn't always a joyous time — it can be stressful, lonely, or difficult for some. If you could use some support socially or with services, especially during this season, please let us know!

In closing, by now you've received your Annual Appeal mailing. We hope you will help us make our inspiration goal. If you are able, we ask you to remember SAIL as you make your end-of-year gifts to charitable organizations. Consider making a gift in honor of someone dear to you — past or present. And, perhaps you have family members or friends struggling with selecting the right gift for you — how about a gift to SAIL in YOUR honor? Many may appreciate this way to honor you!



Aging In Place

Edie Anderson and Maria Schnos off to the "Make Your Home the Best It Can Be — Successful Aging In Place" held last month at the Coliseum Bar. Presenter and SAIL Vendor Larry Taft discussed the advantages of setting goals and being pro-active (not reactive) to changing needs as we age. He explained the concept of Universal Design and how making

modifications can prevent costly and life-changing injuries and can result in more value to your home as our population ages. Larry also discussed levels of needs people often have, general remodeling considerations, identifying a decision-maker, and important family discussions to consider. Thank you, Larry, for an excellent presentation!

Volunteer News

Welcome to the SAIL Team Peggy!

We warmly welcome Peggy York to our SAIL Team! Peggy stepped into her role as Volunteer and Membership Coordinator already connected with SAIL — she is the daughter of a member of SAIL, the Explorer Trip leader volunteer, and a past SAIL Team member. We look forward to our work together! Peggy's role is to welcome and orient new members and volunteers to SAIL, to provide support and resources to volunteers that will help ensure positive experiences for themselves and the person or program they are helping, and to build overall stronger relationships among our volunteers and overall membership throughout the year. Currently, Peggy is also helping with updating and maintaining records for the volunteer program while we are seeking an administrative support person.



Welcome to Alice Punwar and Maria Schnos – new co-leaders of the SAIL Book Club

Welcome and thank you to Alice and Maria for volunteering to co-lead the SAIL Book Club. Both Alice and Maria are charter members of SAIL and the Book Club. In fact, Alice was the founder and leader for the first eight years of the Club. Thank you!

Welcome Chris!

By SAIL Council President Barbara Gessner

Member Chris Klotz was recently elected to the SAIL Operating Council and will be starting her term this month. Chris is a retired healthcare and senior services professional who worked as a Program Advisor and Consultant for the Health Foundation of Western and Central New York. She and her husband, Charles, live in Waunakee. Chris has a special interest in helping to expand SAIL's work in creating satellite models in nearby communities. She has been aware of the Village movement for years and was happy to learn about SAIL here in Madison — the second oldest "village" in the country. Chris learned about SAIL through her work as a board member of the Wisconsin Institute for Healthy Aging in Madison.



Seated: Pat Kallsen (Team Leader), Barbara Gessner;
Standing: Dave Bohlman, Ernie Hanson

Volunteer Member Finance Team!

This talented group meets monthly to review SAIL's operating budget and performance. They also played a key role in developing SAIL's new Professional Services Membership. Their current work involves finalizing the 2017 budget and helping staff with the business plans and fees for special or new individualized services offered by SAIL in the upcoming year.

Thank You!



SAIL Messenger Volunteer Helpers!

Faith Miracle, Dorit Bergen, Lois Curtiss, and Winnie Shea

December Events

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 speaker begins at 10:30 a.m.. There is no charge and you do not need to register in advance.

Monday, December 5:

"A Cultural Encounter in Guatemala"

Sally Lorenz and Deb Cohn, Attic Angel Volunteers

Monday, December 12:

"Celebrate the Season" The Attic Angel Choir

This concludes the fall semester programs for 2016. Programs will resume Monday, January 9, 2017.

Stem Cells and Osteoarthritis Treatment

WHEN: Friday, December 9, 10:30 a.m.

WHERE: Arts Center — Oakwood University Woods

PRESENTER: Wan-Ju Li, Ph.D.



*Principal Investigator,
Musculoskeletal Biology &
Regenerative Medicine Laboratory,
Department of Orthopedics and
Rehabilitation, University of
Wisconsin-Madison*

Learn how emerging stem cell-based therapies are providing a biological solution for the treatment of osteoarthritis and are considered advantageous compared to existing pharmacological or surgical approaches.

Wan-Ju Li's research team in UW-Madison focuses on developing new treatments based on stem cells and regenerative medicine for cartilage repair. They have successfully demonstrated the potential of stem cells for regeneration of cartilage in their laboratory. These proof-of-concept studies provide insights into the feasibility of patient-specific stem cells for orthopedic applications.

Join us to learn more about these exciting therapies.

Connections Group

Join us on Wednesday, December 7, 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!

Book Club

By Members Alice Punwar and Maria Schnos

Please remember that we do not meet in December. Our next meeting will be January 17 at the Sequoya Library at 1:30 p.m.. The book for the January meeting is: **H is for Hawk by Helen Macdonald**. She writes about adopting and raising one of nature's most vicious predators. It is an encounter between human and animal. As always newcomers are welcome. If you need a book please call Alice at 274-0428.

Birthday Club

Have a birthday in December? Or, are you just looking for a reason to celebrate? Either way, join us Tuesday, December 13 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!

SAIL Men's "Roundtable"

WHEN: Tuesday, December 13 at **10:00 a.m.**
(note this new starting time!)

WHERE: Oakwood Heritage Oaks Social Room

KICKOFF TOPIC: The 2016 Presidential election was by all odds a stunner, resulting in an unprecedented roiling of two political parties. One party is now searching anxiously for new leadership and a hopeful path forward; the other is questioning whether or how it will follow a politically problematic new leader. What do we make of this situation? How will the two parties re-form? Or will they? Might a third party emerge? Or perhaps the country's future political landscape is now simply a great unknown?

These questions, augmented certainly by others, will form the basis for our discussion.

Transportation: Need a lift? Give the SAIL office a call.

On Our Own “Holiday High Tea”

By Members Janice Gary and Karen Peterson



This month we'll be gathering on December 15 at the Sauk Creek Condo Clubhouse to enjoy a special “Holiday High Tea” with Lady Forward. Thank you to our member leader Karen Peterson for coordinating this lovely social event! The tea will begin at 2:00 p.m. and the cost is \$20 per person payable prior to the event. If you would like to attend, please call or e-mail the SAIL office. If the cost is prohibitive for you, please register anyway — member donations are available. If you are not a member of the On Our Own group but would like to learn more about the group and/or this event, please let us know!

Lunch Bunch

The Westside and Eastside Lunch Bunch groups will not be meeting in December. Thank you, Dorothy Bollant and Deb Hall, for coordinating our monthly lunch gatherings!

Discount on Personal Emergency Response System for SAIL Members

A personal emergency response system provides the ultimate in peace-of-mind! In the event of an unfortunate accident or illness related emergency, your personal “silent sentinel” is ready to call your designated relatives, friends or emergency services when you can't. One touch of the button on the lightweight pendant and your emergency contacts are notified. As a SAIL member, you can receive this service for \$20 per month by Life Assist USA located in Middleton. Mobile units are available at a discounted rate of \$30.95 per month. Interested? Contact Life Assist at 608- 831-1688 and mention you are a SAIL member.

Thank you to Attic Angel Association and Oakwood Village

A huge thank you to our founders who have enthusiastically supported the creation and evolution of SAIL these past 11 years! Our funding requests of \$15,000



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and \$10,000 were approved by the Oakwood Foundation and the Attic Angel Association for 2017. In addition, we appreciate the ongoing leadership of the Madison Area Continuing Care Consortium, the extensive network of staff and partnering organizations provided to SAIL, office space and computer/human resource support, and of course the opportunities to hold programs and events at their lovely facilities. Their continued

support demonstrates a strong and genuine commitment to the well-being of older adults! Thank you!



VOLUNTEER HELP WANTED

Are You An Investigator?

Do you like to do research? Are you the one that your friends call to find the perfect store, restaurant, cause...? Then call SAIL for an opportunity to make a difference on a small research project that could have big impact.

Event Driver

We're looking to create a more efficient system ensuring our non-driving members have transportation to SAIL events. The idea is that you would review the upcoming events in our calendar and sign up in advance to provide transportation for those who request a ride there and back. If you are not a current SAIL driver, we would provide the appropriate screening and orientation.

Calendar of Events - December

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

SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2 	3 
4	5 Attic Angel Program 10:00 a.m.- "A Cultural Encounter in Guatemala"	6 90's Breakfast 10:00 a.m.- Blackhawk Country Club	7 Connections Group 1:00 p.m.- Heritage Oaks - Westmorland Room	8 Mattress Flip During the afternoon	9 Stem Cells and Osteoarthritis Treatment 10:30 a.m. Arts Center – Oakwood University Woods	10
11	12 Attic Angel Program 10:00 a.m.- "Celebrate the Season"	13 Mens' Round-Table- 10:00 a.m. Social Room Birthday Club 2:30 p.m.- Panera Technology Twofer 10:15 a.m. Hawthorne Library	14	15 On Our Own– Holiday High Tea- 2:00 p.m. Sauk Creek Condos Club House	16	17
18	19 NO Attic Angel Program	20 No Book Club	21 No Lunch Bunch	22	23  	24 CHRISTMAS EVE HANUKKAH BEGINS
25 CHRISTMAS DAY	26 NO Attic Angel Program SAIL office closed for the day  	27  	28 	29	30	31 NEW YEAR'S EVE

Members' Corner



Welcome to our New Members!

Russell and Sue Gardner *Rocky Bluff*
Art and Pat McClure *Arbor Hills*
Barbara Pillinger *Regent*
Sandra Plisch *Glen Oak Hills*
Mary Sanford *Midvale Heights*
Kathryn Simmons *Stone Meadows*



A Message from Member Services Manager Laura Adell

As we near year end I wanted to remind all members that if you use a SAIL vendor and contact them directly, please let me know. It is fine to do this, but we like to keep records of what services are being used. Just give me a call with an update.

Recent member comments about some of the vendors:

Appliance Repair: They did very well. I was very favorably impressed by the technician. He did a good and efficient job and soon had the machine working again. Thank you for the reference.

Carpet Cleaning: Ryan did a great job. Thanks for connecting us.

Handyman: I have nothing but high praise for Phurbu. First, he was VERY accommodating to my schedule since I am still working full time. His work was excellent and we would definitely hire him again. We thought his labor charge was VERY reasonable too.

House Cleaning: I've just used Cristina and her people for the first time last Thursday to clean my house and they were great! I am going to have them back on a regular basis.

Meal Preparation: We did contact them and have had the chef here for a first cooking session. Good food. By the way, the quantity of one meal is enough for us to share for two of us.

Personal Attendant Service: Val did great! I would ask her again if I needed her help as she appears capable to help in several areas.

Technology: Dave is really an excellent teacher. He recognized what level I was at, and was able to bring me forward with as much information as I could absorb at the time. He was understated and gentle in his approach.



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 Thursday, December 8. Flips are free for Full members and \$15 for Associate members.



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Charitable IRA Gifts – A Great Way to Give

By Member Jane Earl

For those age 70½ and older, it is possible to make tax-free charitable gifts directly from Individual Retirement Accounts (IRAs). If you have a traditional IRA, you can make gifts directly to SAIL via the Madison Area Continuing Care Consortium, Inc. (MACCC) using funds that might otherwise be taxed when withdrawn. You may choose to make charitable gifts directly from an IRA up to a total of \$100,000 per person, per year.

The advantages of giving directly from your IRA:

- Your adjusted gross income won't increase nor will you subject your Social Security to a higher level of taxation.
- Your gift will be considered as your Required Minimum Distribution.

The Madison Area Continuing Care Consortium is the parent organization of SAIL, and the address is 6209 Mineral Point Road, #210, Madison, WI 53705. Contributions to SAIL's operating fund are definitely appreciated as are gifts to our new endowment fund "SAIL Fund" at the Madison Community Foundation located at 2 Science Court, Suite #3, Madison, Wisconsin 53711. Please give SAIL a call if you have any questions or if you'd like additional information. Thank you!



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call us to purchase.



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of gourmet
chocolates
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purchase!

