



# The MESSENGER

*...keeping you connected!*

A MONTHLY PUBLICATION

SEPTEMBER 2017

## SAIL Full and Associate Membership Benefits:

- Access to:
  - ♦ Pre-screened Service Providers
  - ♦ SAIL's *Tech Tutoring 4 You* Program
  - ♦ Information and/or Referrals to Community Resources & Professional Service Members
  - ♦ Selected Programs at Attic Angel Community and Oakwood Village
- Invitations to Interest Groups, Social, and Educational Events
- SAIL Monthly Messenger
- Shredding at SAIL
- Volunteer Opportunities
- Discounts on:
  - ♦ Life Assist Personal Emergency System
  - ♦ Madison School and Community Recreation Programs
  - ♦ EZ SMARTPHONE

## Additional Benefits of Full Membership:

- Rise & Shine Check-in
- In-home Technical Help
- Transportation and Other Volunteer Services
- Medication Reviews
- House Checks
- Mattress Flipping & Perks

Interested in membership and/or volunteering? Give us a call or email us!

## Understanding Stroke: Prevention, Symptoms, and Actions

Did you know that stroke is the leading cause of disability in the U.S., but is also a leading preventable cause of disability?

SAIL and Oakwood Village invite you to attend a presentation by



Dr. E. Luke Bradbury, from the UW Health Stroke Clinic. Dr. Bradbury is a neurologist specializing in rapid evaluation and treatment of patients with acute strokes and stroke-like symptoms. He treats patients during the sub-acute and chronic periods after stroke when they are undergoing rehabilitation and adjusting to life with stroke deficits.

Dr. Bradbury will discuss prevention, warning signs, and how to help someone experiencing stroke symptoms. There will be time for questions and answers. This event is free and open to the public.

**Date and Time:** Tuesday, October 3, at 2:00 p.m.

**Location:** Arts Center, Oakwood Village University Woods  
6209 Mineral Point Road

To register or receive more information, call (608) 230-4321 or email [info@sailtoday.org](mailto:info@sailtoday.org).

## Cruise Lake Mendota

Well, it's not sailing...but come join us for a fun Lake Mendota boat trip on a Madison School & Community Recreation (MSCR) pontoon boat! We have two boats (walker and wheelchair accessible) reserved and can accommodate 30 people!



**Where:** Depart from Tenney Park

**When:** Wednesday, September 13, 1:00 p.m. to 2:30 p.m.

**Cost:** \$10 per person

Refreshments included. Transportation to Tenney Park provided upon request. To register, call or email SAIL **before** September 6.



### 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.



Supported in part by:



SAIL Operating Council: Christine Beatty, Dorit Bergen (Vice President), Mary Ann Drescher (MACCC), Tom Evans, Ernie Hanson, Don Haas (Secretary), Patricia Kallsen (President), Chris Klotz, Kathleen Larson, and Bob Topel

## From the Office



### A Message From Executive Director Ann Albert

Last month's Midsummer Celebration was a true testament for the positive spirit you all bring to one another and to the work we do. Special thanks to Gilda's Glee Club, members and singers Charlotte Woolf and Sarellen Schuh, sponsor BrightStar Care, volunteers John Porto and Sue Goldstein, and staff member Sue Stenzel for organizing our celebration!

September is filled with a multitude of excellent events, member group meetings, and good news from SAIL—YOUR organization! We have so much to be grateful for! I wish you could all be peaking in our windows or listening to our many phone calls—each day we witness people helping people, people connecting, people learning, and people solving problems so they and others can live the best life possible. The saying "It takes a Village" is true at SAIL, and we are so proud to be a Village, one of over 200 in the nation!

I ask you to help us keep our Village strong and thriving so we can continue to make a difference. You can help in many ways: give suggestions, share ideas, volunteer, call on us for help, share SAIL with friends, and, if possible, give a gift to SAIL's operational and/or endowment fund. Our Annual Appeal will begin in another month. Your help isn't taken for granted and is critical to SAIL's sustainability and growth.

### 15-Year "Village Anniversary"

#### Webcast Special With Atul Gawande

To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village in Boston invites Villages around the country to participate "virtually" in an event featuring Dr. Atul Gawande, MD, MPH, author of the seminal book *Being Mortal*. The event will be live-streamed across the U.S.; and SAIL, the second oldest "village" in the nation, will broadcast the live event followed with a discussion.

**Date:** Monday, September 25

**Time:** 3:30 p.m. to 5:30 p.m.

**Place:** TBA

To register, email [info@sailtoday.org](mailto:info@sailtoday.org) or call us at 608-230-4321.



### Donation News

We're thrilled to announce an \$8,000 gift to the SAIL Endowment Fund held at the Madison Community Foundation! The donor, a long-time SAIL member, made this anonymous contribution in gratitude of SAIL.

Do you want to learn more about donating to the SAIL endowment fund? If so, contact Ann Albert at 608-230-4453 or [ann@sailtoday.org](mailto:ann@sailtoday.org).

# Member and Volunteer News

## SAIL Volunteer Handymen *By Peggy York*

It was a busy month for SAIL's volunteer handymen—these are the gentlemen we call on for hanging shelves, moving small furniture pieces, flipping a mattress, and other light carpentry and maintenance work. “Delighted” is how one member felt about the handyman visit. And we know the feeling was mutual!

We recently met with the handyman volunteers at the Oakcrest Tavern to socialize and talk about the services they provide. They all agreed that one of the best things about volunteering is the opportunity to visit with the members. As a reminder, volunteer projects should take an hour or less, and those of a more challenging nature will be referred out to a well-qualified vendor.



L to R: Don, Bob, William, Peggy (Volunteer Coordinator), Duncan, Jim, and Ken.

**Members:** If you need help at home and are interested in either hiring a handyman vendor or requesting a volunteer handyman, please call the SAIL office. We can help!

## Members Share Good Food and Friendship

Last month, two SAIL Members hosted fellow members at their homes for a picnic supper—thank you Janice Gary and Ginny Nachreiner for your hospitality!

The picnic at Janice Gary's home featured her flower gardens, which were a lovely backdrop to the discussion on her recent hip surgery and recovery experiences. Janice shared how friends, neighbors, and others (including On Our Own members and SAIL staff) helped her during this time. She also shared her personal info card and contact sheet that she carries in case of an emergency.

Ginny hosted a picnic at her home—the very first SAIL Waunakee group social gathering. It was a beautiful evening in every way!



L to R: Janice, Barb, JoAnn, Karen, Janice, Waclaw, Kathy, and Ruth.

## Volunteer Drivers Needed

We are looking for additional volunteer drivers. If you are interested, please call Peggy York at 230-4457. There is no required number of rides per month, and you decide which rides work for you based on your schedule. This service means so much to our non-driving members!



## Attic Angel Lecture Series

The lectures are held in the Community Room at Attic Angel Place, 8301 Old Sauk Road. Coffee starts at 10:00 a.m. and the lectures begin at 10:30 a.m.

**Monday, September 4:** No lecture

**Monday, September 11:** "Black Bear: Dispelling Myths for Peaceful Co-existence." Sheryl Erickson, Bear Educator for the North American Bear Center of Ely, Minnesota

**Monday, September 18:** "Public Art of Madison." Karin Wolf, Arts Program Administrator at City of Madison

**Monday, September 25:** "Wisconsin River Trip." An 18-day paddle from the river's source to the Mississippi. Ruth Oppendahl, Executive Director of the Natural Resources Foundation of Wisconsin

## Men's Roundtable

**When and Where:** Tuesday, September 12, at 10:00 a.m., Oakwood Heritage Oaks Social Rm., 6205 Mineral Point Road.

**Kickoff Topic:** Many years ago Mahatma Gandhi observed how the moral saying "hate the sin, love the sinner" is easy to understand but hard to practice. In today's cankered and polarized political environment Gandhi's observation seems especially germane. Is this saying now just a consoling cliché? Given a country rife with passionate intensity, is it actually possible to put it into practice? If so, how? And if how, should we do so with absolutely no limits? These questions will form the basis for our discussion. **Need a lift? Call SAIL!**

## Birthday Club

Do you have a birthday in September? Or, are you just looking for a reason to meet some new friends? Either way, join us on Tuesday, September 12, 2:30 p.m. at Panera Bread, off Mineral Point Road. Come meet other members and bring a guest!



## Lunch Bunch—East and West Offerings!

*by Members Deb Hall, Lois Curtiss, and Winnie Shea*

**East Side Fall Kick-off:** Mark your calendars and join fellow SAIL members on Thursday, September 14, at 11:45 a.m. at Elie's Restaurant, 4102 Monona Drive.

It's hard to believe we're coming onto a year since adding an East Side Lunch Bunch. We hope you'll venture out for this or for the West Side Lunch Bunch! We try a different restaurant each month and enjoy food as well as conversation.

**West Side:** Join us at Denny's at 433 S. Gammon Road on Thursday, September 28 at 11:45 a.m.

**Please call or email the office to sign up.**



July West Side Lunch Bunch at Olive Garden

## Sunday Movie: "PARIS CAN WAIT" (2017)

Sunday, September 24 at 2:00 p.m., Oakwood Village University Woods, Arts Center.



## More Upcoming Events

### Separating the Fake From the Facts: Understanding Today's News *By Member Chris Klotz*

In an era of “fake news” learn how to separate fact from fiction and how to tell the difference. If you’re tired of being bombarded by the 24-hour news cycle, join Emmy award-winning journalists Carol Larson and Jerry Huffman on September 12 at 7:00 p.m. at the Waunakee Library.

We’ll have a lively discussion on today's news, the roles and responsibilities of journalists, and audiences to combat the growing attack on truth. **This event is co-sponsored by the Waunakee Library and SAIL Waunakee. It is open to all, and registration is recommended. For more information or to register, call or email SAIL.**

### SAIL Waunakee Roundtable

On Thursday, September 28 at 7:00 p.m. at the Waunakee Public Library, we will discuss approaches to finding truth in the news and share opinions on the September 12 program.

### 90's Breakfast at Blackhawk!

We’re having another “90’s Breakfast at Blackhawk” for members who are age 90 or better—or just shy of their 90th birthday. This event is a special way for our oldest, most life-wise members to gather together for some good old-fashioned socializing!

**Date:** Wednesday, September 20

**Time:** 10:00 a.m. to 11:15 a.m.

**Place:** Blackhawk Country Club

**Menu:** Fresh fruit, rolls/muffins, and beverages served family-style.

**To Register:** Call SAIL at 230-4321 and let us know if you need a ride.

**\*Thanks to a generous SAIL member, this event is once again free of charge!\***

### Is a SmartPhone Right for You?

Have you considered a smartphone but just not certain if you want or need one?

If so, join us on Monday, September 25, from 1:00 p.m. to 2:30 p.m. at First Business Bank, 401 Charmany Drive, Suite 100 (off of Mineral Point Road).

We’ll discuss what smartphones do and why you might want one. We’ll also talk with Adam Williams of US Cellular about the EZ SMARTPHONE plan. Beginning this fall, an iPhone option will be available in addition to the current Samsung.

**Space is limited, so call SAIL to reserve your spot!**

### Concerned About Falling? Attend “Only Leaves Should Fall”

Join us on September 26 from 10:30 a.m. to 2:30 p.m. at the Boys and Girls Club, 4619 Jenewein Road, Fitchburg! You’ll receive a free lunch and personal screenings related to your balance, gait, strength, vision, blood pressure, medications, etc. Information about community resources, local falls prevention classes, home safety assessments, etc., will be provided as well.

This intergenerational event includes screenings by students and professors from the University of Wisconsin-Madison Schools of Pharmacy, Nursing, Occupational Therapy, and Physical Therapy. It’s a great opportunity to learn about your risks for falls and what you can do to avoid them! **Call SAIL to register. Transportation and/or carpooling provided.**

**On Our Own Group** This month’s program is the Triad Conference on September 22 (see back page of the Messenger) and call SAIL for more information!

# Calendar of Events — September

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

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Mark Your Calendar: October Mattress Flip</b> Our volunteer flippers will be out the week of October 17. Be sure to call for more information or to sign up! Full Members: Free; Associate:\$15					1	2
						
3	4	5	6	7	8	9
	Labor Day (SAIL Office Closed)			Quilt Expo Alliant Center (call SAIL if you'd like to go!)		
10	11	12	13	14	15	16
	Attic Angel Program 10:00 a.m.	Men's Roundtable 10:00 a.m. Birthday Club 2:30 p.m. Fake from the Facts 7:00 p.m.	Pontoon Boat Trip 1:00 p.m.	Lunch Bunch-East 11:45 a.m. Elie's Restaurant		
17	18	19	20	21	22	23
	Attic Angel Program 10:00 a.m.	Connections 1:30 p.m. Oakwood Heritage Oaks	90's Breakfast 10:00 a.m. Book Club 1:30 p.m.		Triad Conference: Learning to Stay Safe  First day of Autumn	
24	25	26	27	28	29	30
Sunday Movie 2:00 p.m. Oakwood Arts Center	Attic Angel Program 10:00 a.m. SmartPhone 1:00 p.m. Atul Gawande Program 3:30 p.m.	Only Leaves Should Fall 10:30 a.m. Boys and Girls Club		Lunch Bunch-West 11:45 a.m. Waunakee Roundtable 7:00 p.m.		

# Membership News and Updates



## New Members

Shulamit Elkayam, Parkwood Hills / Stephen & Susan Hawk, Shorewood /  
Ulis Dean & Barbara Hekel, Parkwood Hills / Joyce Sexton, Midvale Heights



## A Message From Member Services Manager Laura Adell

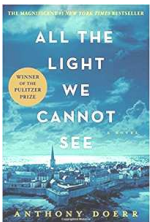
Cooler weather will be here before we know it! So now is a perfect time to decide if you need help shoveling and clearing your driveway this winter. If you don't have snow removal services set up, please call us for vendor names as soon as possible!

You can access the complete vendor directory online anytime at [www.sailtoday.org](http://www.sailtoday.org). This is the best place to find the most up-to-date information. To view it online, you must be logged in. If you need a reminder of your username or password, let us know. Or, if you'd like a vendor directory mailed to you, just give us a call!

A couple of nice comments from two members I received recently: "The two men did an excellent job and Dan's price was quite reasonable. It doesn't get much better than that." "Most grateful for the volunteer help and vendor handyman Rick did an outstanding job!"

## Portable Looping System Considered

Member Chris Klotz recently shared information from a recent conference on a topic near and (not so) dear to 1/3 of people over the age of 65: **hearing loss**. Imagine attending a program or going on a tour only to find you can't even hear the speaker—even when the person uses a microphone! Fortunately, a portable "looping" system can help, and we may have an opportunity to purchase one! This system could travel to SAIL events and includes a transmitter, receiver, and "ear buds" or headsets for people with low hearing. **If you are interested in this technology, or the possibility of purchasing your own earbuds/headset, please call Ann Albert at SAIL.** Many thanks to Chris, and to member Pat Krueger for her help in researching this product!



## Book Club: New Meeting Time!

by Alice Punwar and Maria Schnos

We're back! Starting this month, we'll be meeting on the **3rd Wednesday** of each month at 1:30 p.m. at Sequoya Library. We're hoping this new day/time will fit better with members' schedules.

If you enjoy reading, reflecting, and socializing, be sure to come to the monthly SAIL Book Club meetings. Join us on September 20. We will discuss the book *All The Light We Cannot See* by Anthony Doerr and select books for this upcoming season.

## Free Winterization Car Check

On October 4, from 9:00 a.m. to 3:00 p.m., the Firestone Complete Auto Care Clinic at 7105 Mineral Point Road, is offering a pre-winter assessment of your car's belts, tires, antifreeze, lights, turn signals, etc. This assessment is sponsored by the West Madison Triad Program (SAIL is a member of Triad) and RSVP. The event is **free** for anyone aged 50+. Call SAIL to register.

**Three volunteers are needed to contribute snack items for event volunteers. Please call Peggy at SAIL if you are able to help.**



MADISON AREA CONTINUING CARE CONSORTIUM

### Sharing Active Independent Lives

6209 Mineral Point Road, Suite 210  
Madison, Wisconsin 53705

**PHONE** 608-230-4321

**EMAIL** [info@sailtoday.org](mailto:info@sailtoday.org)

**FAX** 608-230-4322

**WEB** [www.sailtoday.org](http://www.sailtoday.org)

*Visit [sailtoday.org](http://sailtoday.org) or give us a call!*

---

## Staying Safe in Uncertain Times and Maintaining Optimal Brain Health

Two great events are coming up: The 15th Annual Triad Conference, "Taking Positive Steps in Uncertain Times: Learning to Stay Safe," on September 22 at American Family Insurance, and a special Brain Health Workshop Series starting in October at MSCR-East.

**Call or email SAIL if you'd like information on these educational events or any other events mentioned in this month's Messenger!**

---

## A Message from this Month's Messenger Sponsor!

Did you know a majority of accident-related injuries occur in the home? One thing you can do to reduce your risk of falls is to remove unstable or lightweight furniture such as bar stools or rolling chairs that could tip over or move when someone leans against them.



BrightStar Care is your trusted resource for high-quality, flexible home-care services, offering visits as short as one hour up to 24 hours of care per day. And, part of setting up home care services with BrightStar Care includes a personalized plan of care with a Registered Nurse who will look for potential hazards in your home.

**You can reach the BrightStar team day or night to set up care for yourself or a loved one by calling (608) 441-8620. Learn more at [www.brightstarcare.com/madison](http://www.brightstarcare.com/madison).**