



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

July 2018

SAIL Membership Benefits

- At Your Service Information and Assistance
- 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 (rides provided)
- SAIL Monthly Messenger
- Shredding at SAIL
- Volunteer Opportunities
- Discounts on:
 - ◆ Life Assist Personal Emergency System
 - ◆ Madison School and Community Recreation Programs
 - ◆ EZ SMARTPHONE
- Rise & Shine Check-in
- In-home Technical Help
- Transportation and Other Volunteer Services
- Medication Reviews
- House Checks
- Mattress Flipping & Perks

SAIL offers two membership levels. Call or email us for more information!



Dr. Kristin Litzelman, Asst. Professor, Human Development and Family Studies at UW Madison

Embracing Change... All of It!

Have you ever wondered “how should I handle those things that are ahead of me that I don’t want to think about or that I feel unprepared for?” Downsizing, moving, physical changes, losses, making new friends, and family changes can all be tough topics to approach. This workshop is a great first step if you’re feeling unprepared for what lies ahead or are looking to learn more about how to effectively plan for change. Key points include: learning how people often respond to common life changes, describing your own idea of independence, and applying tools and strategies to thrive. A variety of activities will include a presentation, small group discussion, self-assessments

and readings.

Dr. Kristin Litzelman holds a Ph.D. in Population Health Sciences from the University of Wisconsin-Madison. She serves as a resource for county and state colleagues on issues related to aging and collaborates on projects that enhance family and community well-being in aging. Dr. Litzelman is a faculty member of UW Extension.

Date: Tuesday, July 31

Time: 10:00 a.m. to 1:00 p.m.

Place: Bethany Methodist Church
3910 Mineral Point Rd

Cost (includes lunch & materials):

- Full members—\$10
- Associate members—\$30
- Non-members—\$50

SAIL Explorers Bus Trip

Join us for a fun trip on Tuesday, July 24 at 10:00 a.m. as we explore the Wollersheim Winery near Prairie du Sac and enjoy lunch at the new Vintage Brewing Company restaurant located right on the banks of the Wisconsin River in Sauk City.

The Wollersheim Winery sits on a scenic hillside overlooking the Wisconsin River, just across from Prairie du Sac. It is a National Historic Site that is home to one of the leading wineries in the Midwest, as well as a new distillery. (Continued on page 4)





Office Hours

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

6209 Mineral Point Rd.
Madison, WI
(608) 230-4321
info@sailtoday.org
www.sailtoday.org

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 Village.

Supported in part by:



SAIL Operating Council: Christine Beatty, Dorit Bergen (President), Mary Ann Drescher (MACCC), Tom Evans, Sue Goldstein, Ernie Hanson, Don Haasl (Secretary), Dianne Hopkins, Chris Klotz, Kathleen Larson, Alan Lukazewski, and Bob Topel (Vice President).

From the Office



A Message from SAIL Operating Council President Dorit Bergen

My thanks to Pat Kallsen, outgoing Council president, for all of her hard work and skillful leadership. She has made it easy for me to start my term on a high note.

I am also grateful for all the expertise of long term Council members and staff who are joining me in this enterprise. And I want to welcome our new Council members, Sue Goldstein and Dianne Hopkins! We look forward to hearing what you see with your fresh eyes.

I became a SAIL member 7 years ago for a number of reasons. I wanted to meet and work with others engaged in the exciting business of experiencing this stage of life. I wanted to explore the options for both maintaining and enhancing my independent life, and I wanted access to the services SAIL offers, as and when, I need them.

What I didn't anticipate when I joined was that SAIL would offer me the opportunity to learn and grow in directions that were different from those I had encountered during my career. It's gratifying to discover that, contrary to popular myth, my brain is perfectly capable of learning new things, such as how to read financials, for example.

I spent 35 years teaching middle school math, and sometimes science or social studies, in the Madison Metropolitan School District. I count myself very fortunate to have had a career I loved from start to finish. I have a small family of origin, my brother, my nephew and my 9 month old great nephew, who is adorable if I do say so myself—all live in California. I have a large family of choice in and near Madison and I count a number of SAIL members among them.

As a member, I encourage you to remember that SAIL is here for you. If you need help, please ask. If you want to help others, please call Peggy at SAIL and/or come to a Membership Matters meeting. And, if you haven't yet, please join us at events and member groups!



Edgewood College Nursing Students Need You!

First semester Edgewood College Nursing Students would like to visit with you as part of their nursing education and training.

If you would like to participate in this program, you will be asked to meet with one or more students for 30 minutes to 1 hour at least 5 times during the fall semester (dates to be arranged individually) at a public setting e.g. coffee shop, library, or other location that is convenient and mutually agreed upon by you and the student. (Continued on page 5)

Membership News and Updates



New SAIL Members

Harold and Mary Stitgen—Seminole Forest

Dianne Greenley—McFarland

Jackie Harris—North Lake Mendota

Reese Kump—Maple Woods



A Message from Membership Services Manager Nicole Schaefer

Wow, what an exciting month we had in June with the number of SAIL events that took place! Even more exciting, is seeing so many members, volunteers, and supporters come together to help where it's needed. As a member of the Village network, SAIL truly believes in the concept 'it takes a village' and we are grateful that we continue to see this within the SAIL community.

Vendor News

I'd like to extend a big thank you to all of our wonderful vendors and all of the work they've done to help each of you, our members, continue to live comfortably and independently in your home.

Please note, our handyman, Gary with Gman's Handyman Service, will be out of town for the month of July and will continue with his services upon his return. Be sure to let us know if you need help while he is away!

Sunday Ride Anyone?

Thank you to volunteer, Bob Topel, for setting up a pilot for what may be a new offering for members—the Sunday Ride. On June 24, volunteers Bob Topel, Cathy Andrews, and Sue Stenzel teamed up with Sharanne Stitgen, Ruth Topel, Lois Curtiss, and Shirley Bergen to try out the Sunday Ride.

The idea is to offer a Sunday Ride to members who may enjoy travelling to an old homestead, a favorite park, favorite places in Madison, etc. and would need a driver to do so. Please let us know if you'd be interest in participating in future Sunday Drives!



Sunday Drive pilot participants (L to R): Sharanne Stitgen, Ruth Topel, and Cathy Andrews as they wait for the Merrimac Ferry.

Membership Matters

by Council Member Dorit Bergen

Our first gathering on how to implement our "Outreach to Professionals" grant went well. We talked about who in our lives should receive the SAIL cards and what personal anecdote we could share on how SAIL has benefitted us. When we say professionals, we are casting a wide net that includes anyone whose work may bring them into regular contact with people who may enjoy and benefit from SAIL, such as health care providers, massage therapists, hair stylists, lawyers, and social workers.

Our next **Membership Matters meeting is Monday, July 9 at 1:30 p.m.** at Oakwood Village and we will continue to talk about this grant, as well as two of the other grants that we're working on.

Message from SAIL

Planning on dropping off some shredding at the SAIL office? Or, perhaps you'd like to meet with one of the SAIL team members? Whatever the reason, know that we welcome you! **If you do plan to stop by, please call us in advance 230-4321 as there are times we are away from the office for member visits, events or meetings.**

Calendar of Events — July 2018

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

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
	Membership Matters 1:30 p.m.			Tech Tutoring 12:00 p.m. to 2:00 p.m. Monona Library		
15	16	17	18	19	20	21
	Centennial Garden Visit 10:00 a.m.			West Side Lunch Bunch 11:30 a.m.		
22	23	24	25	26	27	28
		Trip to Wollersheim Winery 10:00 a.m.				
29	30	31				
Movie Matinee 2:00 p.m. Oakwood Arts Center	Tech Tutoring 10:00 a.m. to 12:00 p.m. Ashman Library	Embracing Change 10:00 a.m. to 1 p.m. Bethany Methodist Church	SAVE the Date! SAIL's Midsummer Gathering on August 21, 5:30 p.m. to 7:30 p.m. at Attic Angel Place. Look forward to socializing and a chocolate tasting program by chocolatier, Gail Ambrosius.			

Volunteer News and Member Messages



A Message from Volunteer Coordinator Peggy

Thank You to all of the volunteers that rallied around the SAIL team to make our annual golf outing a success once again. This annual fundraising event benefits our members and your efforts are appreciated by all. Some volunteers have been working for months to procure donations and sponsors for the event. Others spent hours in planning meetings or joined us in the office to prepare gifts for the big day. And there was no shortage of willing volunteers once the event was underway!

Our volunteer drivers have been pretty busy this month! In the past 30 days, volunteer drivers have made sure that SAIL members made it to 28 appointments. Some of them helped pilot a new "Sunday Ride" program, initiated by members attending Membership Matters in May.

Home visits continue to prove beneficial to members in need by bringing an extra layer of companionship to our members. Some of our home and handyman volunteers have also helped transport and set-up equipment, e.g. walkers, exercise bike, etc., to members' homes on three separate occasions this past month. Thank you!

Top Travel Safety Tips ...From 'My Point of View'

by SAIL Member Jan Lanaville



What an informative, interesting and fun presentation last month by Ed Mani, President of **Burkhalter Travel**! The program was sponsored by the Triad.

I am happy to share Top 5 Travel Safety Tips:

1. Use **COMMON SENSE**. This is the most important and most beneficial tip that I can share. E.g. if you would not walk in downtown Madison after dark, then it would not be a good idea to do this in any city—in the states or abroad.
2. Put all **VALUABLES & MEDICATIONS** in your carry-on bag when flying. Theft can occur, as well as the a possible luggage snafu resulting in your luggage not arriving at your destination. Sometimes, however, the flight attendant may insist you allow your carry-on bag to be stowed in the luggage compartment and will present it to you as you leave the plane.
3. Put **IDENTIFICATION** (on the outside **AND** on the inside) of your luggage. The outside tag may get destroyed or fall off.
4. Get a copy of each of your **PRESCRIPTONS** indicating 'Information only' or take a picture of each with your phone. What if one or more of them are lost or damaged?
5. Buy **TRAVEL INSURANCE**. A good rule of thumb is to purchase it if your U.S. trip cost is about \$1,000 to \$1,500 or more. For international trips, always consider purchasing it. Read the fine print as there are restrictions for refunds with various policies.

I hope these tips are helpful! Learning at any age is fun and exciting!

Be Your Own Flower Girl

by SAIL
Member
Sue Coats



Buy yourself some flowers. Whatever your budget allows. While you're at it, maybe buy some for a friend or family member. Or, if you have a garden, take time and pick some for you or someone else. You'll see how the beauty of nature, no matter how small, can make a **difference** in a person's life. Isn't that what life is all about—making a difference? And by the way, thank you to the SAIL staff and organization for being the difference in all of our lives. Now, go out and treat yourself (or someone else) to some flowers!

Upcoming Events and Information (continued)



Tech Tutoring by Membership Support Assistant Sue Stenzel

Need help with a tablet you received as a gift? Smartphone not acting so smart these days? Wondering what the technological world is going to come up with next? SAIL has help for all—or most—of your technology woes. With our *Tech Tutoring 4 You* benefit, you can sign up for 30 minutes with SAIL's technology tutor Dave Friedman. Upcoming dates:

- **Thursday, July 12, noon to 2:00 p.m. at Monona Public Library, 1001 Nichols Rd.**
- **Monday, July 30, 10:00 a.m. to noon at Alicia Ashman Public Library, 733 N. High Point Rd.**

Tip: Be sure that any devices you are bringing to your session are fully charged or bring your charging device with you. Also, be sure that you know any and all necessary passwords. To register for a session, call SAIL at 608-230-4321 or email info@sailtoday.org

This service is free for Full SAIL members up to four sessions in the calendar year; the fee for Associate members or beyond four sessions for Full members is \$20 per session. This is payable at the session or you may charge it to your SAIL account.

SAVE the Date!



SAIL Pontoon Ride on Lake Mendota on August 9 at 1:00 p.m. departing from Tenney Park.

Cost: \$10/person: Transportation to Tenney Park provided upon

request. (Thank you, member Jan Lanaville, for setting this up!)

SAIL's Midsummer Gathering on August 21, 5:30 p.m. to 7:30 p.m. at Attic Angel Place. We'll have an opportunity to socialize while enjoying wine, sparkling water, and light hors d'oeuvres. A chocolate tasting program presented by Gail Ambrosius will follow. Invites will be mailed this month! To sign up, call SAIL at 230-4321 or email us at info@sailtoday.org

Donor Education Event on Thursday, September 13, 2:00 p.m. at Oakwood Village featuring a panel of experienced professionals, which will include David Koehler, VP of Donor Engagement at the Madison Community Foundation. The program will help you learn about creative and easy ways to leave your legacy, evaluating charities, legal and financial/tax considerations, and more. Charitable giving is crucial to an organization like SAIL!

Trip to Wollersheim

(Continued from page 1)

The Vintage Brewing Company advertises their chef-inspired food menu of "Elevated Americana" cuisine that was creatively designed to please any appetite. Their atmosphere boasts vintage charm and inspired design with custom work and touches around every corner!

Bus fee: \$10 per person; food and other purchases are not included. To sign up, call 230-4321 by July 19.



Maria Christina Martinez and Barbara Shaw enjoying the Explorer's trip to the Veterans Museum in May.

Monthly Member Groups and Events

The Attic Angel Lectures, SAIL Book Club, and Men's Roundtable are on summer break and will resume in September.

Membership Matters *by Dorit Bergen*

We'll meet on Monday, July 9 at 1:30 p.m. to 3:00 p.m. at Oakwood Village Heritage Oaks. See page 7 for an update!

On Our Own: Visit to the Allen Centennial Garden and Babcock Hall

by Janice Gary and Karen Peterson

This month's event is a social gathering. We'll be visiting the UW Madison Allen Centennial Garden on Monday, July 16 at 10:00 a.m. and enjoy a walk around the garden. We'll then walk over to Babcock Hall for lunch. (Babcock Hall is known for its ice cream.)

You don't need to be an On Our Own member to join us— all are welcome! To learn more or to sign up, call the SAIL office at 230-4321.

Lunch Bunch *Leaders: Winnie Shea, Lois Curtiss, and Deb Hall*

East Side Lunch Bunch: Taking a summer break this month and will resume In August.

West Side Lunch Bunch

Join us at 11:30 a.m. on Thursday, July 19 at Oliva Italian Mediterranean Cuisine, 751 N High Point Rd.

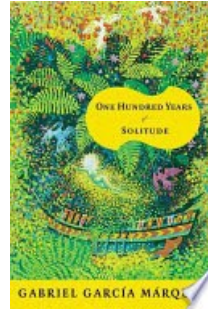


Summer Bike Rides

Join fellow SAIL members on Thursday, July 19 at 9:00 a.m. for a congenial 15-mile group ride along several of

Madison's wonderful bike paths. We'll start and end at Odana Hills Golf Course parking lot. This is a 'civilized' ride and we'll stop along the way for coffee and conversation. Please meet at Odana with your bicycles, ready for a good time. For additional information, contact Fred Ross at 833-8315 or rossfm@chorus.net.

Book Club News *by Member Alice Punwar*



At our June meeting, Club members selected *100 Years of Solitude* as our "summer read."

We'll resume in September to discuss this book and set up a calendar of leadership for the remainder of the year. Those present at our June meeting decided we would take turns to facilitate and lead the monthly discussions. Those who lead will be asked to select the next month's book.

Sunday Movie: Chappaquiddick

July 29, 2:00 p.m. at the Oakwood Village Arts Center, 6209 Mineral Point Rd. Madison

In 1969, Sen. Ted Kennedy drove his car off of a bridge on Massachusetts' Chappaquiddick Island resulting in the death of his campaign strategist. This true story shows the investigation into this mysterious and scandalous event that forever alters his political legacy—and ultimately changes the course of presidential history.

Edgewood College Nursing Students

(Continued from page 2)

The visits are designed to help the students with communication skills and health education/health promotion skills. Discussion topics include healthy eating, how to keep your mind and body healthy, fall prevention, etc.

To sign up, give SAIL a call at 230-4321 and we will connect you with Edgewood College Nursing Clinical coordinator, Ruth Baier.

Upcoming Community Events and News

Keeping Seniors Safe from Fraud

Our friends at Oakwood Village invite you to attend this program on Thursday, July 5, at 10:30 a.m. in the Arts Center. The program focuses on how to detect, protect against and report the financial exploitation of seniors. This program is set to assist individuals in making sound money management decisions in their everyday lives and will be presented by a representative from Old National Bank.

Triad Programs

Our local Triad (of which SAIL is a member!) is sponsoring two programs this month and you are invited to attend. If you would like additional information, please call RSVP at 441-7897

“Prescription Drugs: Signs of Abuse” on July 10, 10:30-11:30 a.m., Greentree Glen Apartments, 732 Struck St, Madison

“Gangs” on Wednesday, July 25, 11:30 am Good Shepherd Lutheran Church
5701 Raymond Road, Madison

Attic Angel Community

You are welcome to register for wellness classes and/or personal training sessions at Attic Angel Community. Several classes are offered such as balance, fit circuit, strength circuit, and tai chi. If you are interested in learning more, please contact the SAIL office.

SAIL 4th Annual Golf Outing a Huge Success!

We're so grateful for the 68 golfers, including some of our members, vendors, volunteers, and colleagues, who were able to support us. A special thanks to chairperson, Donna Ploc. Through sponsorships, golfers, and generous prize donations, we raised \$17,200! These proceeds will help support SAIL programs, services, and memberships for seniors with low incomes.

Thank you again to our major sponsors: Life Assist USA, Oakwood Village, Vogel Brothers Building Co., Attic Angel Community, Forward Development Group, and RSM.

Please see our website to view our entire sponsor list at www.sailtoday.org.

