



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

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

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

SAIL Vendor Fair

Date/Time: Friday, November 9, 11:00 a.m.

Location: Good Shepherd Lutheran Church, 5701 Raymond Rd.

Cost: Please bring one canned good as a donation to Good Shepherd's Food Pantry.

SAIL vendors are a key part of our organization. Having access to pre-screened services is our most utilized member benefit! At our annual Vendor Fair, you'll have the opportunity to meet many of our vendors personally and learn about the services they offer. Enjoy socializing with fellow members over lunch. Door prizes included!

To register for this event, please call the SAIL office at 608-230-4321 or e-mail info@sailtoday.org by November 5.



Steve Topper of Mr. T's Fireplace Services and Member Carol Graham



AARP Driver Safety Course

Date/Time: Wed., November 14, 11:30 a.m. to 3:30 p.m.

Location: Oakwood Heritage Oaks Westmorland Room, 6205 Mineral Point Rd.

Cost: \$15 for AARP members, \$20 for Non-AARP members. Light lunch is included. And, thanks to the generosity of a SAIL donor, SAIL Volunteer Drivers can attend at no charge!

To Register: Call SAIL at 230-4321 by November 11.

Instructor: SAIL Member Volunteer Dorit Bergen (Thank you, Dorit!)

Note that many auto-insurance companies offer a discounted premium for completing this course.

Staying safe on the road, particularly with the upcoming winter weather, is extremely important! SAIL is proud to be hosting this special course, developed by AARP, to help ensure the safety of our members while driving. The AARP Smart Driver Course is the nation's largest driver safety course and is designed especially for drivers age 50 and older.



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 AgeBetter, Inc., a non-profit organization whose members include Attic Angel Association and Oakwood Village.



OAKWOOD
VILLAGE



ATTIC ANGEL
COMMUNITY

Supported in part by:



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

From the Office



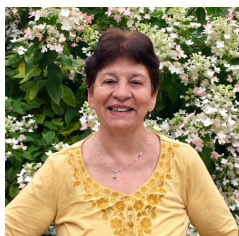
A Message from Executive Director Ann Albert

Happy Thanksgiving! As you will see by reading this Messenger, we have much to be thankful for—your membership, support, and your spirit are on the top of the list!

We have news! SAIL's parent organization, founded by Oakwood Village and Attic Angel Association, has a new name—AgeBetter, Inc. This name fits much better with the mission and the work we do through SAIL and the additional future programs of AgeBetter.

You will soon receive an important letter from us asking you to participate in the SAIL Annual Appeal. The funds raised each year significantly impact the lives of older adults in our community. The services, programs, volunteer coordination, and the ability to help those with low incomes rely heavily on dues and donations to SAIL. Please help if you can!

Finally, "giving" as you know takes on many forms—sharing time, talents, and treasure. We thank member Pat Kallsen for remembering SAIL as she celebrated her birthday this past summer. She asked family and friends to donate to SAIL in lieu of birthday gifts and in memory of SAIL member volunteer Susan Weiss. We thank member Lois Curtiss for sponsoring the recent "90's Coffee" for people aged 90 and better. And to member Pat Krueger, who made it possible for us to purchase equipment to help people hear the speaker better at a program or on a bus trip. We are grateful for the many ways people help SAIL!



Maria Cristina

Member's Family Helps SAIL

Sandra Keil, daughter of SAIL member Maria Cristina, was kind enough to raise money for SAIL through her employer's (GE Healthcare) annual grilling event. Sandra's mother, Maria Cristina, moved to Madison from Bogota, Columbia in 2011. A retired Language and Hispanic Literature Professor, she is very social and loves the offerings from SAIL!

To read more about Maria and see photos, visit our new blog at www.sailmadison.wordpress.com!

Membership Matters Meeting by Dorit Bergen

Date/Time: November 12, 1:30 p.m. to 3:30 p.m.

Location: Oakwood Heritage Oaks, 6205 Mineral Point Rd.

Member, retired social worker, and former family caregiver Marcie Bradley will lead a discussion about a new caregiver support offering through SAIL. This idea was born at a previous Membership Matters meeting, and its time has come!

We'll also review, discuss, and refine a listing of program topics/speakers to help us plan 2019 social and educational events. Connections members will help with this discussion.

All members are welcome!

Volunteer News and Information



A Message from Volunteer Coordinator Peggy York

SAIL's new "Sunday Drive" benefit was enjoyed greatly by riders and volunteer drivers last month. The day turned out to be a perfect opportunity to check out the fall colors in Wisconsin and enjoy the sunshine! This new ride program, an outcome of the Membership Matters group and led by Bob Topel, provides members with an opportunity to connect with one another, to visit a location that's difficult to get to, and to enjoy a trip that **isn't** to the doctor's office!

In addition, volunteers provided over twenty rides to members who needed to get to medical appointments, hair appointments, social events, grocery store, and the bank. So many SAIL members are served by this wonderful group of drivers!

As always, our volunteer handymen were kept very busy last month. They tacked down cable cords, changed water filters, moved storage boxes, hung a coat rack, changed out toilet seats, and more. Volunteers also provided technical support to members who needed help hooking up their WiFi and installing a new surge protector. Office and committee volunteers were helpful with a variety of projects and program activities.

"Wow, Wow, Wow! He came today at 1 p.m. (right on time) and fixed everything I'd asked for plus put a bottom sweep on my door. He was fast, very efficient and personable. Thank you so much for arranging to send him! I've already told one of my neighbors about SAIL and I will be telling more. Thank you so much!"
—SAIL Member

On October 17 we hosted a "Hats Off to You" party to thank and celebrate all of the special people that dedicate their time and talent to make life better for all of us. It was wonderful to see so many member and community volunteers turn out for this special time together. Good food, good conversation, and great memories! Check out some of the pictures on page 8!

National Caregiver's Month

This month is National Caregiver's Month and we are delighted that part of this month's Membership Matters meeting will focus on the topic of creating a SAIL caregiver support group (see page 2!). Also, member Chris Klotz's new book *All in Caregiving* is available at SAIL or through Amazon. It's a great resource with practical tips and information for anyone (especially an adult child) who is a caregiver. And, whether you are a caregiver or not, SAIL services are very helpful, too. Just give us a call!



Mattress Flipping

The SAIL Flippers are available on **Monday, November 5**, starting at 9:00 a.m. Please call the SAIL office at 608-

230-4321 to sign up and provide the size of your mattress. *This service is free to Full Members. We suggest a donation of \$20 from Associate Members.*

Thank you to the volunteers that make this service possible!



SAIL Membership—A Great Gift

Let's face it...we all have enough knick-knacks! A SAIL membership is a holiday gift that gives all year round—a great gift idea for yourself or someone else! To purchase a SAIL membership, call the SAIL office at 230-4321!

Upcoming Events and News



Tech Tutoring *by Membership Support Assistant Sue Stenzel*

Due to scheduling, Tech Tutoring sessions will not be held this month.

December dates are listed below:

Thursday, December 6 from 10:00 a.m. to noon at the Monona library

Monday, December 17 from 1:00 p.m. to 3:00 p.m. at the Alicia Ashman Library

Call the SAIL office for more information and/or to register for a 30-minute session.

Member Perk: Help with Holiday Letters

It's time to start thinking about those ever-popular holiday letters! It's easy to get started.

- Write the letter. It can be handwritten (legibly), typed, printed, or emailed.
- If you plan to include photos, send them to the SAIL office (email, mail, or deliver them).
- Call SAIL and make an appointment with me to have your letter reviewed, edited, finalized, and copied. Letters and photos need to be delivered to SAIL one week prior to your appointment so there's time to create a draft for you.

Discover the Possibilities with Digital Photos

Thursday, November 30, 1:30 p.m., Oakwood Village Heritage Oaks Westmorland Room

In this program, our tech tutor Dave Friedman will help you learn techniques for finding the needle in your haystack of photos, different options for organizing your photos, and easy ways to share your photos with friends and family. There will also be an opportunity to ask questions. This presentation is intended to offer general information rather than step-by-step instructions. To register, call the SAIL office by November 28.

Check Out Our New Blog!

Can't wait for the newsletter each month? Visit the new SAIL blog anytime to read interesting articles, tips from members, in-depth details about upcoming programs, and more! It's a great way to stay connected and learn lots of new things. You can find the blog at

www.sailmadison.wordpress.com.

A key part of this blog will be providing updates from our members! If you have something you'd like featured, e-mail meghan@sailtoday.org or call the SAIL office at 608-230-4321!



SAIL Book Club News

We're pleased to announce the new leaders for SAIL's Book Club: Margaret and Jerry Greeno. The Greenos joined SAIL three years ago and have

been active members of the SAIL Book Club for the past year. They enjoy the variety of the books the Club chooses to read and the stimulating discussions that follow. If you are interested in attending the Club in December, please contact the SAIL office!

Holidays Galore and More

Attic Angel Association is holding a holiday sale to benefit children and older adults in Dane County! Get some festive décor without spending a bundle and support a great cause!

When: Friday, Nov. 9, 9 a.m. to 4 p.m.

Saturday, Nov. 10, 9 a.m. to 2 p.m.

Where:

Attic Angel Association, 640 Junction Road

What:

New and gently-used holiday decorating items, tableware, women's festive holiday clothing, and treats, including baked goods and candies.



Monthly Member Groups and Events

Attic Angel Lecture Series

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

Monday, November 5

"Make-A-Wish Wisconsin: How You Can Help Make Wishes Come True"

Rebecca Hildebrandt, Madison Regional Director

Monday, November 12

"From Interior Design To Ministry"

Chaplain Beverly Davis, Community Chaplain, Attic Angel Community

Monday, November 19

"It's Never The Same—Wisconsin's Ever Changing Insect Issues"

Dr. Phillip Pellitteri, Emeritus, Department of Entomology; UW-Madison

Monday, November 26

No program—Thanksgiving Break

Lunch Bunch *Leaders: Lois Curtiss and Deb Hall*

Lunch Bunch groups will not meet this month. Enjoy the Thanksgiving Holiday!



Sunday Movie: Christopher Robin

Sunday, November 18 at 2:00 p.m. in the Oakwood Arts Center

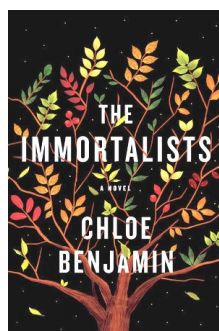
Long after growing up in the Hundred Acre Wood with his devoted friend Winnie the Pooh, an older and more somber Christopher Robin returns to his youthful playground and looks to his furry companion for help in restoring his imagination. Rated PG

Men's Roundtable *by Member Fred Ross*

When and Where: Tuesday, November 13 at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Topic: Once a month, a varied group of SAIL members get together over coffee and rolls to discuss current topics: sports, politics, history, domestic and foreign affairs, you name it. This month, the election results will surely be on the agenda. We're sometimes serious, sometimes not. But we invite any and all SAIL men to join us for a good chat.

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



Book Club

Book Club will be taking a break this month due to the Thanksgiving Holiday. We'll meet again on December 19 at Sequoya Library. You can get a head start in reading the December book, *The*

Immortalists, by Madison author Chloe Benjamin. Call SAIL for more information!

On Our Own *by Janice*

Gary and Karen Peterson

Our group warmly invites you to join fellow members and enjoy a delicious turkey buffet at 3:00 p.m. on Thursday, November 22 (Thanksgiving Day) at the Great Dane Pub and Grill, 357 Price Place (Hilldale). The cost, with tax, is \$26/per person. To register, contact the SAIL office at 608-230-4321 or info@sailtoday.org by Thursday, November 15.

Thank you to member Rita Bloomfield for organizing this second annual Thanksgiving Day dinner for SAIL members!



Calendar of Events — November 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
 <p>HAPPY THANKSGIVING</p>	<p>SAIL Book Club and SAIL Lunch Bunch Groups are on holiday break this month!</p>					
4	5	6	7	8	9	10
	<p>Attic Angel Lecture 10:30 a.m.</p> <p>Mattress Flip 9:00 a.m. to noon</p>				<p>SAIL Vendor Fair 11:00 a.m. Good Shepherd Lutheran Church</p>	<p>Living Well with Dementia Community Resource Fair Call SAIL for information</p>
11	12	13	14	15	16	17
<p>Veterans Day</p> 	<p>Attic Angel Lecture 10:30 a.m.</p> <p>Membership Matters Meeting 1:30 p.m. Oakwood</p>	<p>Men's Roundtable 10:00 a.m. Oakwood</p>	<p>AARP Driver Safety Course 11:30 a.m. Oakwood</p>			
18	19	20	21	22	23	24
<p>Movie Matinee 2:00 p.m. Oakwood Arts Center</p>	<p>Attic Angel Lecture 10:30 a.m.</p>			<p>Thanksgiving Dinner 3:00 p.m. Great Dane Pub & Grill</p> <p>SAIL Office Closed</p>	<p>SAIL Office Closed</p>	
25	26	27	28	29	30	
	<p>No Attic Angel Lecture</p>				<p>Digital Photos Program 1:30 p.m. Oakwood</p>	

Membership News and Information



New SAIL Members

Mary Geppert—Tamarack Trails
Mary Helen Conroy—Westport
Connie Kilmark—Downtown

Judy Bogue—Blackhawk
Karen Rose Gredler—Regent



A Message from Membership Services Manager Nicole Schaefer

What a wonderful opportunity I had to recently attend the Village to Village Conference in San Diego! With over 240 “villages” nationwide, the conference was filled to the brim with activities, workshops, and socializing. Being the second oldest in the country, SAIL offers a great amount of experience to developing villages. The focus of this year’s conference was geared towards the growth of technology and how to help members utilize it easily. In-home devices, such as Alexa, can help to remind individuals to take their medicine or, perhaps for a SAIL member, to call Rise and Shine each day, while also providing a way to connect to the calendar and hear about the upcoming events! Incidentally, I recently talked to a member who was going out of town and programmed her Alexa to automatically turn on music for an hour every day while she’s gone—how neat!

Upon returning, I had the chance to attend SAIL’s Book Club for the first time, and what a joy it was to see such strong enthusiasm from the members attending! Their open dialogue about the book was easy to follow, and each person had their own thoughts and questions to share. As a new “attendee” that day, they helped me to feel part of the group immediately. Let us know at the office if you’re interested in joining the meeting in December!

Our vendor Rafael has added a new service to his company. In addition to their cleaning services, they are now offering carpet cleaning. With the holidays approaching, if you are in need of carpet cleaning (or regular cleaning), give us a call at the office!

Staying Safe With Pets in the Home



We love our pets, but sometimes they can be a safety hazard! SAIL member Dana Schreiber compiled this list of tips:

- Put a bell on a dog or cat’s neck so you can hear them coming.
- Squat to clean up after your pet, rather than bending over, which is bad for joints and compromises breathing.
- If you will be up and active, consider putting the animal in a kennel or separate room to avoid tripping on them.
- Put excitable animals in a separate room when company arrives, particularly animals that can knock people down.

Read more about Dana’s research on our new blog at www.sailmadison.wordpress.com!

Save on UPS Store Mailboxes!

This November, save \$50 on any new mailbox agreement with The UPS Store! If you’re a snowbird, consider a UPS Store mailbox! They’ll keep your mail safe and secure and you can check your mailbox at any time with just a phone call. You’ll also be able to forward your mail to any address. The UPS Store accepts mail from all carriers!

This offer is valid at the two family-owned UPS Stores below. Please call the stores for any restrictions:

The UPS Store of Middleton

6907 University Ave. 608-831-4090

The UPS Store of Shorewood Hills

2858 University Ave. 608-819-8415

Packing, printing, and shipping (by air) discounts provided to SAIL Members.

Share the benefits of SAIL with friends and family

...and when they join, we will send you a \$25 gift card in appreciation

Actual gift card will differ in appearance

With Our Appreciation

\$25 Gift Card



Can you think of a friend, colleague, or loved one who would benefit from all of the wonderful things SAIL has to offer? Referrals are still our number one way of getting new members! Refer your friends to SAIL and make sure they mention your name when they join. We'll send you a \$25 gift card to thank you for helping us grow!

Low Vision Support Group

Friday, November 16

1:00 p.m.

Member Barb Winter has been kind enough to offer up her apartment at Attic Angel Place, 8301 Old Sauk Road, for this month's Low Vision Support Group. Join Barb as she shares gadgets and tips she has found useful in dealing with low vision.

If you would like to attend, please call the SAIL office at 608-230-



October Highlights

90's Coffee (left and above), Fun at the Zoo (below), and Volunteer Recognition Party (right).

