

The SAIL Messenger

A Monthly Publication: March 2015



March 1 marks a very special day for SAIL. Ten years ago we welcomed our first members—our charter members. As you know from last month's newsletter, we have some fantastic anniversary events planned this year, including the celebration on March 19 that you won't want to miss!

The beginning of SAIL's endowment fund, called an Acorn Fund at Madison Community Center, is another very significant way we are marking this important anniversary! Why? Because it symbolizes permanency—the funds it generates each year will continue forever. If you are able and interested in helping our Acorn Fund grow, please contact Darcy Kobinsky at the Madison Community Foundation or contact the SAIL staff!

And, it's not too early to shine up those golf clubs! SAIL is sponsoring its first-ever community-wide golf event fundraiser on June 16, led by SAIL member and volunteer Donna Ploc. Watch for more information on this event coming very soon!

No More Spring Breaks!

Come join us on March 20 at 11:30 a.m. for *No More Spring Breaks!* In collaboration with the University of Wisconsin-Madison and Oakwood Village, we have organized an action-packed day of education and personal screenings that will give you a leg-up on falls prevention. Many people don't realize that over 40% of older adults who experience a serious fall find themselves spending the remainder of their lives in a long-term care facility. Wisconsin ranks second in the nation in deaths from falls. The GOOD NEWS is that most falls are preventable. You CAN take steps to lower your risk, and attending *No More Spring Breaks!* may be just the ticket for you!

Judy Dewayne, Associate Professor of Physical Therapy, will lead off the day with an informative talk about falls prevention immediately following lunch served in the Village Inn. Then, you will be invited to individual screenings related to medications, balance, gait, strength, cognition, home safety, and more. The screenings will be conducted by UW Madison students. Our thanks to Pharmacy professor and organizer Beth Martin and her fellow colleagues from the UW for taking time to share their expertise with SAIL members and Oakwood residents. The cost is \$10, and registration is necessary. Please call the SAIL office to reserve your spot!

Benefit of the Month:

If you live alone or if the person you live with isn't able to call for help in an emergency, you may want to consider signing up for a personal emergency response service. As a member of SAIL, you can have this monthly service for a discounted rate of \$20 per month through Life Assist USA. To learn more, call 831-1688.



Join SAIL and enjoy these benefits!

Associate Members receive:

- Access to Pre-screened Service Providers
- Invitations to Social and Educational Events
- Information and Referrals
- Discounts on:
 - Life Assist Personal Emergency Systems
 - MSCR Programs
 - Home Health United Medical Equipment
- Monthly Newsletter
- Shredding at SAIL
- Volunteer Opportunities

Full Members receive all of the benefits above, plus:

- Rise and Shine Daily Check-in
- In-home Technical Help
- Transportation
- Comprehensive Medication Reviews
- House Checks While You Are Away
- Mattress Flipping and Other Monthly Perks
- Notary Services

SAIL Supporting Active Independent Lives



6209 Mineral Point Road #210 Madison, WI 53705

SAIL is a program of the Madison Area Continuing Care Consortium, Inc. in collaboration with Attic Angel Association and Oakwood Lutheran Senior Ministries, Inc.

Office Hours

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

Phone: 230-4321 Fax: 230-4322 info@sailtoday.org www.sailtoday.org

SAIL Staff

Ann Albert Laura Adell Charlene Malueg

SAIL Operating Council:

Christine Beatty, Rick Bova, Carol Brown, Martha Christensen, Mary Ann Drescher, Barb Gessner, Don Haasl, Patricia Kallsen, Fred Ross, John Schmidt, and Tom Popp (president).



A Message from Executive Director Ann Albert

I'm truly honored and humbled to share this month's message of gratitude to all of you who have helped SAIL reach the milestone of ten years! I remember vividly the conversation in 2004 with John Noreika, now retired CEO of Oakwood Village, as he enthusiastically shared the "concept paper" that resulted in an Administration on Aging appropriation for a 17-month Naturally Occurring Retirement Community demonstration, now called SAIL. Starting a non-profit, fee-based membership organization—one that actually blends a social service and business model focused on proactively meeting future challenges facing our society—was truly a paradigm shift in senior services. Our founders, Oakwood Village and Attic Angel, have remained supportive and engaged. Early funders, the Madison Community Foundation and the Cooper Family Foundation, kept the ship afloat in spite of a slow-growing membership. The Cooper Family Foundation grant allowed us to create SAIL S.O.S., which helped us keep older adults safer at home and sustained us for seven years. Many have said we were "before our time." Now, our time has come! We thank our engaged members, vendors, donors, and volunteers who have shaped the spirit of SAIL—one that is positive and giving. Attorney John Mitby's pro bono legal services to SAIL throughout the past ten years has been invaluable. Attorney Melissa Warner has volunteered her services as well. She'll soon be contributing bi-monthly "Ask the Attorney" articles to our Messenger starting this spring. There are many, many more people to thank, and we'll be sharing our gratitude each month!

Visitors from Bardstown, Kentucky

You never know who will stop in for a visit! On February 16, we had the pleasure of meeting fellow "villagers" from Bardstown Kentucky! Lynn Hammack, founder of Bardstown at Home, and her husband Dennie stopped at SAIL on their way to Minnesota. We enjoyed exchanging information and sharing stories. Interestingly, Bardstown was ranked "the best of the best" in Fodor's Second Annual List of "America's Best Small Towns." We shared the fact that Madison was recently ranked the number one place to age in the United States by the Milken Research Institute. Perhaps the work of our "villages" has had some direct or indirect positive impact on these ratings!



Consider Making SAIL Your Choice!

Just a reminder that SAIL is an approved designation for Thrivent members to designate their Choice Dollars[®].

The Thrivent Choice program is an easy way for eligible Thrivent members to recommend how they want to distribute a portion of its charitable outreach funds!

More on Falls Prevention: Stepping On Class—If you can't make the workshop on March 20, or if you prefer a more in-depth approach to identifying and addressing your falls risk, consider attending "Stepping On." This evidence-based 7-week, 2-hour per class series for older adults with balance concerns or fear of falling is co-sponsored by SAIL and Attic Angel Community. Class is on Wednesdays, April 8 – May 20, 1:00 – 3:00 p.m. at Attic Angel Community, 8301 Old Sauk Rd. Led by trained medical professionals, examine medications, home safety, balance, vision and more. Learn simple and fun balance- and strength-training exercises.

(continued on page 6)

A heartfelt thanks to all of the SAIL volunteers—we couldn't do it without you! So many talents are shared with SAIL every day, from our office volunteers, volunteer drivers, ambassadors, advocates, companions, handymen, member-led group leaders, council members, and committee group members—and the list goes on! It takes a special kind of heart to share your time helping others, and we appreciate everything you do every day to support each other! Thank you!

There are a number of volunteer opportunities available this month along with the ongoing need for volunteer drivers and committee help. If you are interested in learning more about any of these opportunities, call Charlene at SAIL, 230-4321, or email charlene@sailtoday.org.



Come out and conquer your hunger and raise money at the same time! On March 24, a number of SAIL volunteers will be working at HuHot Mongolian Grill from 4:00 p.m. to 8:00 p.m. clearing tables and handing out information to those that dine that evening. In return, HuHot will donate 10% of all of the proceeds to SAIL. Bring your friends and family and support your village, just by dining out!

Bratfest Volunteers Wanted!



Looking for volunteers to work a 2 to 3-hour shift at the World Largest

Bratfest on Memorial Day weekend. In return for donating your time, you will be guaranteed some fun and laughs with other SAIL volunteers, a t-shirt, and a free brat! And additionally, SAIL will receive \$8 for every volunteer hour you work. (This opportunity requires long periods of standing and walking.) Come join us, have fun, and be part of the SAIL volunteer team this year!

Midwest Village Symposium



The Midwest Village Symposium—Create, Connect and Thrive—will be held at the Crowne Plaza in Lansing, MI on April 20 & 21, 2015.

Presenters include Judy Willett, former Director of the Village to Village Network and Founding Director of the Beacon Hill Village; Dianne Campbell, Founding Executive Director of Chicago's Lincoln Park Village; Karen Kafentaris, Associate State Director of AARP Michigan; and Sherii Sherban, Publisher of *Senior Times*.

If you are interested in attending this seminar as a SAIL representative, please talk with Ann Albert at SAIL.

Parking Volunteers Needed

On March 19, SAIL will be hosting a celebration in honor of its 10th anniversary at CUNA Mutual on Mineral Point Road. We are looking for 2-3 individuals to help guide attendees to available parking on the CUNA campus between 5:00 p.m. and 5:45 p.m. No parking enforcement experience necessary!

Spreading News About SAIL —Looking for SAIL Ambassadors to hand out material and answer questions about SAIL at two upcoming events:

Wisconsin Alzheimer's Disease Research Center's and Parkinson's Research Day Community Discussion Thursday, March 5, from 5:00 p.m. to 8:30 p.m. at the Wisconsin Institutes for Discovery, 330 N. Orchard Street, in Madison.

Healthy Living Expo held on Sunday on March 15 at the Madison Marriott West, 1313 John Q Hammons Drive in Middleton.

See more information on page 8!

Upcoming Events Information

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

You Don't Have to be a Baseball Star, Recognition Awaits March Birthdays: **SAIL Birthday Club** By Jim Batt, Member and Volunteer



Can you believe it? Wee Willie Keeler, born in March, just like some of you SAILers, hit 432 in 1897 with the Baltimore Orioles. Remarkable, you say (or don't say)?

Well, not nearly as remarkable as those SAIL members who, like Wee Willie, breathed their first breaths of life in March. After all, Gloria Steinem was born in the third month, like you. Same for Shaquille O'Neal, Robert Frost, Reba McEntire, Harry Houdini, Queen Latifah, Carrie Underwood, and a panoply of other "remarkables" like you. It's also a month for so many amazingly wonderful happenings, too numerous to mention.

For some while now SAIL has been inviting members born in a particular month for an informal...well, a kind of "social," just a slice of time to have a coffee or cold drink and chat and congratulate one another. On March 10, this will take place from 2:30 to 3:30 p.m. at Panera's, corner of Yellowstone and Odana.

SAIL Men's Roundtable Group

When and Where: Tuesday, March 10, 2015 at 9:30AM in the Heritage Oaks Social Room at Oakwood Village University Woods. **Group Leader:** Fred Ross

Kickoff Topic: We're recycling last month's topic in hopes of generating further discussion. The planned topic is: America grew to greatness in the 21st century as a "melting pot," gradually integrating diverse immigrant languages and cultures into a common "American" culture. Is the melting pot phenomena continuing in the 21st century? If not, why not? If so, should it?"

SAIL Book Club by Joan Box

The book club will meet on Tuesday, March 17, 2015 at 1:30 p.m. in the Sunroom at Oakwood Heritage Oaks, University Woods Campus. Feel free to use the Heritage Oaks underground parking!

Lunch Bunch

The old Basie's is now "The Twist Bar & Grill." Join us on March 26 at 11:45 a.m., 517 Grand Canyon Drive. Call SAIL to sign up or schedule a ride.

Continuing Education Series

Programs are held each Monday morning at Attic Angel Place, 8301 Old Sauk Road. Coffee is served at 10 a.m., and the program begins at 10:30 a.m. No charge or reservations required.

March 2: "The Power of Encouragement." Bill Schultz, Executive Recruiter and Local Author.

March 9: "Badger Futures? Imagining a UW-Madison Branch Campus in Singapore." Kris Olds, Professor and Chair, UW-Madison Department of Geography.

March 16: "American Regional English: Then and Now." Joan H. Hall, Senior Editor, Dictionary of Regional American English.

March 23: "The Benefits, Bees and Beekeeping, and Why We Need to Protect Our Pollinators." Nathan Clark, Urban Beekeeper and Founder of Mad Urban Bees.

March 30: "The Anatomy of An Exhibition Program." Stephen Fleischmann, Director, Madison Museum of Contemporary Art.

Take a Time Warp with the SAIL Members' Small Group Discussion—and Explore Subjects' Past & Present by Jim Batt

When and Where: March 18, 2015, 1:30 p.m., Westmorland Room, Oakwood Village University Woods Campus.

Topic: "Change"

The SAIL Study Group, by its own consensus, sometimes runs a tad long, its members caught up in firing off ideas and turning thoughts inside-out. The March meeting, led by Jan McDonald, for example, explored in intriguing manner how certain themes of English literature at its earliest persisted into later years.

"Change" is the continuing theme of the Group's current discussion series. J.D. Salinger in *The Catcher in the Rye* has a line asserting that things should stay the way there are; that is, "You ought to be able to stick them in one of those big glass cases and just leave them alone."

Life doesn't work that way. Come and examine the evidence. Contact Jim Batt at 230-3064 for more information about this discussion!

March Event Calendar

Sun Mon Tue Wed Thu Fri Sat

1	2 Attic Angel Program: The Power of Encouragement. 10:30 a.m.	3	4	5 Wisconsin Alzheimer's Disease Research Center Community Discussion 5:00-8:30 p.m.	6 SAIL Charter Member Breakfast (invitation only), 8:30 a.m. Tea Room Oakwood Village	7
8	9 Attic Angel Program: Badger Futures? Imagining a UW-Madison Branch Campus in Singapore. 10:30 a.m.	10 Men's Roundtable, 9:30 a.m. Social Room <hr/> Birthday Club 2:30 p.m. Panera Bread	11	12	13	14
15 Healthy Living Expo, 10 a.m. -4:00 p.m., Madison Marriott West	16 Attic Angel Program: American Regional English: Then and Now. 10:30 a.m.	17 Book Club Sunroom Oakwood Village 1:30 p.m.	18 Small Group Discussion, 1:30 p.m., Westmorland Room Oakwood Village	19 SAIL 10-Year Celebration, 5:30-7:00 p.m. CUNA Mutual	20 No More Spring Breaks, 11:30 a.m., Oakwood Village (requires RSVP)	21
22 Movie Matinee, 2 p.m. Oakwood Village Arts Center	23 The Benefits, Bees and Beekeeping, and Why We Need to Protect Our Pollinators. 10:30 a.m.	24 HuHot Mongolian Grill Helping Hands night. (see Page 3)	25	26 Lunch Bunch 11:45 a.m. The Twist Bar & Grill	27	28
29	30 Attic Angel Program: The Anatomy of An Exhibition Program. 10:30 a.m.	31	 <p>Mark your calendar for the June 16 golf event being held at The Meadows of Six Mile Creek, Waunakee.</p> <p>Don't golf? That's OK, join us for dinner and silent auction. More details coming soon!</p>			

Information, News, and Updates

A Big Welcome to Our New Members! If you live nearby, please take a few minutes to meet your new SAIL neighbors!

Eunice Bethke (Crestwood), Bill and Barbara Jordan (Greentree), Bruce Edmonson & Kathy Massoth (Woodland Hills), Connie McCabe (Hill Farms), and Dan & Patricia Schultz (Monona).



A Big Welcome to Our New Service Providers!

by Laura Adell, SAIL Member Services and Business Manager

Need help picking out paint colors? Hanging draperies? Painting? Picking out carpet? Unlimited Decorating provides all aspects of interior design including furniture and accessories, paint, carpet, blinds and window treatments, and room arrangements.

Laura Adell

Need Computer Assistance? **Pamela Egan** provides personal training assisting in the use of Apple computers, iPads, phones and other personal computer and android products. Pamela has many years of design experience, and she is now providing personal computer training. The majority of her clients are over 50 with little or no experience with technology.

Nina Goldberger provides personal assistance to her clients, including grocery shopping, taking clients to appointments, running errands, organizing, help with yard work, etc. Nina has a great deal of experience working with older adults and has worked with SAIL members in the past. It is important to Nina to help people as much as possible so they are able to stay in their homes as long as they are able to do so.

Transitions of Care Emergency Form and SAIL Membership Card

You may remember previous articles in the *Messenger* about the Dane County Transitions of Care Coalition and a recent *Wisconsin State Journal* article about this local group of providers striving to remove barriers to successful transitions from medical facilities to home. (SAIL is a member of the coalition.) In this newsletter mailing, you will find your SAIL membership card—a tool for you to use when you are admitted to the hospital or entering a rehab facility and when purchasing items at SAIL discounted venues.

We ask you to place your card in your wallet so it's handy if and when you need it! Sharing your card with the medical staff upon admission will help connect them with SAIL and, with your permission, it will allow us to work together with you to assure your transition to home goes well!

We have an additional form created by the Transitions of Care Coalition that you can complete and provide to emergency personnel. This form includes detailed information about you, your diagnosis, medications, if you use adaptive devices, your primary doctor or nurse practitioner, etc. If you would like to use this form, please call or email us at SAIL and we will send one out to you!

Welcome New MACCC

Member Patty Schultz! Patty represents the Attic Angel Association and is looking forward to helping on the MACCC board.

Thank you to Betty Brunner for your service on the board!

Stepping On (continued from page 2)

The program, supported by Safe Communities and Dane County, builds confidence, reduces falls, and prevents hospital stays. Participation includes instruction, guest expert presentations, materials, snacks. Call **230-4321** to register. Space is limited. In a 2004 study, seniors who completed "Stepping On" had a 31% reduction in falls; in Dane County, recent data supports 50%.

Information, News, and Updates (Continued)

Driving—A Good Topic for Discussion!

by SAIL Member Pat Krueger

With apologies to Lewis Carroll—

“You are old, Madam Patricia,” my doctor said. “And your hair has become very white. And yet, you insist on driving your automobile. Do you think, at your age, it is right?”

And in much this fashion began the conversation that no older driver wants to have.

Mine occurred after a lengthy stay in the hospital and rehab. In order to be released from rehab I had to agree to take tests of my ability to drive. I took tests which measured my response times and my reaction to complex situations. I passed those tests and went on to take a road test, which I also passed.

Yet, my doctor continued to insist that I was too old to drive. I found a new doctor.

I believe that driving is a privilege; it is not a right. My former doctor’s point is well taken. The changes brought by the years come so slowly that they are not always recognized. There are changes in our bodies, in the way our roads are constructed, in the laws governing driving, in the cars we drive. Traffic in Madison has increased greatly in the 30-some years I have lived here.

It behooves us, if we are to continue to drive safely, to stop and think about what we must do to ensure our safety and that of others on the road. We also are required to consider whether it is time to give up our driver’s license.

There are resources available to help us in this difficult task. I picked up a copy of the most recent Wisconsin driver’s manual. This was instructive! How long has it been since you have read this manual? From the Wisconsin DOT website I printed out the Older Driver Workbook entitled “Be Safe, Not Sorry.” This workbook helps us to assess whether physical changes are affecting our driving skills.

If you are interested in further conversations or resources with respect to driving or the decision to stop driving, please call SAIL at 230-4321. We are hoping to garner more interest and follow up with a program or discussion group, in addition to community resources!

Better With Age Series

You are invited to attend a series on healthy aging programs presented by Oakwood Village University Woods in partnership with the UW Health Division of Geriatrics and the UW School of Medicine and Public Health.

Top Ten Ways to Prevent Falling is scheduled for Thursday, May 21, 2015, presented by Kathleen Walsh, DO, Clinical Assistant Professor, Geriatrics, UW Health.

Register for these programs by calling Oakwood Village at 230-4266 or register online at www.oakwoodvillage.net.healthcare.

Watch the Messenger for information on upcoming programs scheduled for August and December.

Gardening with Vision Impairment

The Wisconsin Council of the Blind & Visually Impaired is offering a “Gardening with Vision Impairment,” **webinar** on Thursday, April 2, 10:00 a.m.-11:00 a.m. The guest speaker, Barbara Kreski, the Director of Horticultural Therapy Services at the Chicago Botanic Garden, will be speaking about outdoor gardening with a focus on enjoying the gardening experience through touch and smell when the gardener has vision loss. She will address safety tips, stress reduction, and tools to ease the work. SAIL will broadcast this webinar for those that would like to attend. Please call SAIL if you are interested in this program. Transportation is available.

SAIL members enjoy mingling with fellow members at the Birthday Club gathering! The Birthday Club is one of several member-led groups open to all SAIL members. Please see the calendar of events inside the newsletter for information on other member social opportunities!



Huge thanks to our vendor Two Men and a Truck for their generous donation of a day's labor to help SAIL members like Rita Bloomfield (pictured in middle) move furniture, water softeners, etc.! What a tremendous partnership. This story was featured on channel 3 news!



Tip of the Month

If you use an emergency response pendant at home, be sure to wear your pendant when you are in your garage or outside in the yard. While not designed for outdoor use, the traditional systems have a good signal range and, if you need to press your pendant or wristband button, it will likely transmit successfully.

That means the response operator get your alarm and will summons help for you! This isn't a guarantee across all systems and if you aren't sure of the "reach" of your system, ask a friend or relative to help you "test" it in locations you may be concerned about. Any questions about your service or equipment? Contact your provider for assistance!

Thanks to SAIL member, Joan Beckett for sharing this tip!

This Month's Movie Matinee: "The Theory of Everything" (2014)



SAIL members Jean Sweet and Evonna Cheetham didn't let the cold stop them from venturing out to watch the Sunday movie matinee last month at Oakwood Village.

This month's movie, "The Theory of Everything," is scheduled for Sunday,

March 29 at 2:00 p.m., in the Oakwood Village University Woods Campus Arts Center.

In this movie, world-famous physicist Stephen Hawking, with his body progressively ravaged by ALS, must rely on his wife, Jane, to continue his life's work as he faces various challenges. Rated PG-13. No reservation necessary.

SAIL Outreach and Education—SAIL will be displaying information at the following events in March:

The **Wisconsin Alzheimer's Disease Research Center's and Parkinson's Research Day Community Discussion on Thursday, March 5**, from 5:00 p.m. to 8:30 p.m. at the Wisconsin Institutes for Discovery, 330 N. Orchard Street, in Madison. The featured speaker will be Marina Emborg, MD, PhD, Associate Professor of Medical Physics, UW School of Medicine & Public Health and Director of the Preclinical Parkinson's Research Program. She will speak on the advances in neurodegeneration research and the power of collaboration. For more information regarding attending the event, visit adrc.wisc.edu/adpd-research-day. Open to the public!

The second is the **Healthy Living Expo held on Sunday on March 15** at the Madison Marriott West, 1313 John Q Hammons Drive in Middleton. The expo is free and open to the public from 10 a.m.-4 p.m. Numerous exhibitors will offer great advice on common health-care questions and offer health screenings as well. Stop by and see us! For more information about this event, call us or visit <http://madisonhealthexpo.com/>. Open to the public.