

The SAIL Messenger

A Monthly Publication: April 2015



Ann Albert, Mary Ann Drescher,
and Rick Bova

Attic Angel Association Surprises SAIL with Gift!

Our Ten Year Anniversary Appreciation Event led us to further appreciate the generous support of our founders, Attic Angel Association and Oakwood Village... and in a BIG way! At our March 19 event, President Mary Ann Drescher surprised us with a \$50,000 check from the Attic Angel Association in appreciation for our good work over the past ten years and to help strengthen SAIL in the future. The atmosphere was festive—perfect for receiving a generous gift like this. Our financial team and staff are discussing the many ways to leverage this gift for

our future needs, membership growth, and innovative programming. If you attend any of the upcoming Attic Angel lectures, please be sure to thank the Angel volunteers for their support of SAIL!



Get the Clubs Out and Celebrate with SAIL

We are steadily increasing our outreach efforts and welcoming more members with low incomes. Many of these people don't quite meet the criteria required for publicly funded entitlements yet they don't have disposable income. To meet the increased needs of our members who cannot afford market rates, we will hold our first-ever golf fundraiser this year. Our outing is June 16 at the Meadows of Six Mile Creek in

Waunakee. We hope you will join us for golf and/or dinner and silent auction! To learn more and/or sign up, just call us at 230-4321 or sign up online using our sailtoday.org website's event calendar!

For the Record with Neil Heinen

Huge thanks to Editorial Director Neil Heinen and his colleagues at Channel 3000 WISC-TV for hosting SAIL Executive Director Ann Albert and Council President Tom Popp on the March 15 *For the Record* show! We have received many positive comments from viewers. If you haven't seen it, we hope you will take a moment to view the show. It's a great way to learn more about our history, purpose, community affiliations, and current offerings! Visit the show's link on our website at sailtoday.org. Please share this with your friends and family!

Benefit of the Month: Shredding Day!

On April 17, you can bring up to four grocery-sized bags of materials to Oakwood Village, to be shredded free of charge! Your items can include paper clips, staples, rubber bands, and spiral note books. Three-ring binders are not allowed. Great time to clear out some of that clutter in time for spring! Just drive to the front of Heritage Oaks between 12:30 p.m. and 2:30 p.m. and you will see the Shred-it truck and staff.



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

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info@sailtoday.org
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SAIL Staff

Ann Albert
Laura Adell
Charlene Malueg



SAIL Operating

Council: Christine Beatty, Carol Brown, Martha Christensen, Mary Ann Drescher, Barb Gessner, Don Haas, Patricia Kallsen, Fred Ross, John Schmidt, and Tom Popp (president)

A Message from Executive Director Ann Albert



March sure did come in like a lion—with a huge roar—a happy roar if there is such a thing! It started with a breakfast gathering of charter members, a lovely Appreciation Event hosted by CUNA Mutual and sponsored by McGladrey, an amazing gift from the Attic Angel Association, and news that the Oakwood Foundation approved our grant request totaling \$15,000. All that and a successful falls-prevention workshop presented by the UW Madison and Oakwood Village staff! Thank you to our volunteers and members who helped make our March events so special!

What you may not see or be aware of is the dedicated day-to-day work of your SAIL staff who make us such a stellar organization—Laura Adell and Charlene Malueg. You can count on Laura to advise you on vetted service providers who will do quality work AND treat you with fairness and respect. You can imagine the data management and bookkeeping that is needed here at SAIL—Laura's organized and detail-oriented work shines! When you are away, rest assured you can count on Laura to check your home and make sure all is well. She oversees our Rise and Shine service and makes sure our board, council, and teams have accurate financial reports!

A thriving volunteer and outreach program are among many of Charlene's contributions to SAIL. She is also there to assist you with your computer-related requests. She coordinates volunteer services such as member perks, friendly visits, light handyman jobs, and more. Charlene does a fantastic job cultivating new relationships with donors, potential members, and volunteers. She represents SAIL at national "Village" conferences, serves on RSVP's Triad program committee and is secretary of the Elderly Services Network. And she coordinates SAIL member events and programs.

Also, we are extremely grateful for Peggy York's services during vacations and other busy times during the year!

"Thank you to a wonderful staff of a great organization and to many faithful volunteers! SAIL has fulfilled a promise to help seniors navigate the sometimes treacherous waters of aging." SAIL Member Fran Bicknell

Intro to Co-Housing

SAIL member Lee Maddox invites you to attend an informational program on a new co-housing model being planned for Madison's east side. He will share the basic fundamentals of co-housing—what it is, the purpose, why and how it meets the needs of the young boomer population, and what is specifically being planned here in Madison. Come join us on April 28 at 3:00 p.m. at the Madison Public Library at the Lakeview Branch at 2845 N. Sherman Avenue. Please call 230-4321 to register in advance! Free and open to the public.

Travel Safety—Avoid Trouble On Your Next Cruise, Tour, Flight or Road Trip. Come and Learn How!

Janet Fowler from AAA will be presenting a presentation on Travel Safety Tips on April 22 at 10:30 a.m., at Attic Angel Place. SAIL is co-sponsoring this program with the SW Madison Triad. Please RSVP by calling SAIL at 230-4321. Transportation is available!

A Message from Volunteer Coordinator Charlene Malueg

I want to thank all of the SAIL volunteers working to help members. SAIL wouldn't be what it is without you. You've all heard the saying "it takes a village," and at SAIL that's especially true. It takes a special kind of heart to give your time helping others—and we appreciate every minute you share with us!

Speaking of sharing, please join me in welcoming three new volunteers this month!

Linda Conlon (SAIL member) will be providing weekly organizational office and computer support.

Lucy Lasseter (SAIL member) has offered to be a volunteer driver and host for neighborhood events in addition to helping with other special projects.

Joan (Joni) Nowak is a retired nurse and is interested in being a volunteer driver and helping members with support at medical appointments.

Welcome and thank you for joining us!

Bratfest Fun



We have a very fun opportunity for volunteers this year! The World's

Largest Bratfest, happening Memorial Day weekend, is looking for a large number of volunteers to help make this year successful. SAIL has reserved eight volunteer spots.

Volunteers need to be able to stand for a shift (typically four hours). This is a very fast-paced and fun opportunity. You get a free tee shirt and brat and \$8/hour for each hour volunteered, which is donated to SAIL.

If you're interested in learning about the opportunities at Bratfest, call us!

We are Looking for SAIL Good Neighbors!

What is a SAIL Good Neighbor, you may ask? SAIL Good Neighbors are SAIL members who welcome new members in their own neighborhood when they join SAIL.

So, are you outgoing? Comfortable talking with people on the telephone and understand (or are willing to learn) about SAIL's programs and services? If so, we would love to have you as a SAIL Good Neighbor!

If getting to know your SAIL neighbors and welcoming them to the organization sounds fun, please contact Charlene Malueg by April 15. There will be a special training session scheduled in May for those interested in learning about the SAIL Good Neighbor Volunteer Role.

Upcoming Outreach Opportunity

We are looking for volunteers to work a 2-3 hour shift at the April 8 Colonial Health Fair event. We are asking members to "be the face of SAIL" and answer any questions attendees may have regarding SAIL services. No experience is necessary and all materials will be provided. Contact Charlene (230-4321) or via email (charlene@sailtoday.org) if this sounds like something you'd enjoy!

A Recommendation From the SAIL Lunch Bunch Leader!



Dorothy Bollant, SAIL Member, coordinates the SAIL Lunch Bunch. The group recently met at the Radisson Hotel's newly renovated restaurant called The Twist Bar and Grill. "I highly recommend it for the food, the service, and how QUIET it was," said Dorothy.

SAIL started the Lunch Bunch in April 2010 and it is still held every month at different restaurants on the west side of Madison on the fourth Thursday.

Come by yourself or with a friend. It is very casual. The restaurant for the upcoming month is always listed in the SAIL Messenger.

Upcoming Events Information

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

SAIL Members' "Birthday Boys and Girls" Club

By Jim Batt, SAIL Member



Born in April? Write in April 14 on your calendar and join other great SAILERS to mark the occasion!

OMG, will you look at that! Here comes April! I mean, like, check out those muddy old combat boots paired with such a lovely, frilly frock. Well, that's April for you, not knowing whether to be all cold and gray and horrid or warm and sunny and glorious.

If April is your month, then it's time to join other SAIL folks who share the same month of coming into being, all of whom are invited to come together for modest socializing on Tuesday, April 14 at 2:30 p.m. at Panera Restaurant located on the corner of Yellowstone and Mineral Point Road.

We've invited lots of other people who share your birth month. Just consider: Billie Holiday, Nikita Khrushchev, Doris Day, Rachel Maddow. Bette Davis, Sergei Rachmaninoff, Ali MacGraw. But it doesn't appear any can make it, because of previous "commitments," which is all the more reason for you to be there!

SAIL Men's Roundtable Group

When and Where: Tuesday, April 14, at 9:30 a.m., at Heritage Oaks at Oakwood Village University Woods.

Discussion Leaders: Marv Beatty and Fred Ross

Kickoff Topic: Recent fatal shootings of young African American males by local law enforcement officers, in Madison and elsewhere in the U.S., have aroused strong and sometimes conflicting emotions. Society at large, and each of us individually, must ask whether these terrible events suggest a trend and/or tendency. If so, what is that trend or tendency, why is it happening, and what can be done to change it?

SAIL Members' Small Group Discussion

Date and Time: Wednesday, April 15 at 1:30 p.m., Heritage Oaks. **Topic:** Please bring news items to discuss.

Continuing Education!

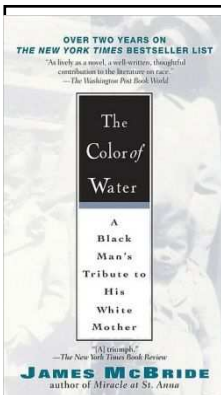
Continuing Education Programs of the Attic Angel Association are held each Monday morning at Attic Angel Place, 8301 Old Sauk Road. The programs are open to the public. Coffee is served at 10 a.m., and the program begins at 10:30 a.m. No registration necessary.

April 6: No program. Spring break.

April 13: "Stoughton Opera House: Past, Present and Future." Christina Dolhausen, Event Coordinator and Bill Brehm, Director.

April 20: "The Culver's Story." Craig Culver, co-founder and co-worker, Culver Franchising System, Inc.

April 27: No program. Annual meeting.



SAIL Members' Book Club

Join us on Tuesday, April 21, at 1:30 p.m. at Sequoya Library, Room B, for the April Book Club!

We will be discussing *The Color of Water, a Black Man's Tribute to his White Mother* by James McBride.

Lunch Bunch: Join us at on April 23 at 11:45 a.m. at Granite City, West Towne Mall. Call the SAIL office if you plan to attend.

Movie Matinee: Paddington

Sunday, April 26, 2:00 p.m., Arts Center, Oakwood Village.

This family tale chronicles the adventures of Paddington Bear, who's rescued at a train station and taken home by a young boy. Paddington adapts quickly to city life, but there's an evil taxidermist in town with her eye on the lovable bruin. Rated G.

April SAIL Event Calendar

Sun

Mon

Tue

Wed

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Fri

Sat

Highlighted programs are open to the public. Others are designed for SAIL members and their guests.			1 Connections Meeting 1-2:30 p.m. Westmorland, Heritage Oaks	2 Visually Impaired Webinar , 10 a.m. Board Room, Heritage Oaks	3	4
5	6 No Attic Angel Program	7	8 Colonial Club Health Fair, 9 a.m. Colonial Club <hr/> Stepping On (first class in weekly series)	9	10	11
12	13 Attic Angel Program: “Stoughton Opera House” 10 a.m. <hr/> SAIL Council Meeting, 4 p.m.	14 Men’s Roundtable 9:30 a.m. Social Room <hr/> Birthday Club 1:30 p.m. Panera Bread	15 Small Group Discussion 1:30 p.m. Westmorland <hr/> TAX DAY!	16	17 Shred It Day 12:30-2:30 p.m., Oakwood Village	18
19	20 Attic Angel Program: “The Culver’s Story” 10 a.m. <hr/> Midwest Village Symposium April 20-21 Lansing Michigan	21 Book Club 1:30 p.m. Sequoia Library	22 TRIAD Travel Safety Pro- gram 10:30 a.m. Attic Angel	23 Lunch Bunch 11:45 a.m. Granite City	24	25
26 Movie Matinee 2 p.m. Arts Center, Oakwood	27 No Attic Angel Program	28 Intro to Co- Housing 3 p.m., Lake- view Branch Library, Sherman Ave.	29	30	31	
<div> Save the Date! More information will be shared! May 5: “Color is Everywhere” by SAIL member Jane Earl May 14: SAIL Bike Ride (9 a.m.) led by SAIL Member, Fred Ross June 16: SAIL Golf Community Fundraising Event June 30: Boost Your Brain Health </div>						

Questions? Need a ride? Call SAIL at 230-4321.

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!

Denny and Joan Behr (Lake Waubesa), Betty Brunner (Tamarac Trails), Memee Chun (Prairie Point), Jeanne DeRose (Vilas), Carol Graham (Vilas), Pepe Indalecio and Sandi Penzkover (Westhaven Trails), Corinne Stoddard (Westmorland),

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Laura Adell

A Message from Member Services Manager Laura Adell

Welcome to Our New Lawn Care Service Provider! Brian Bruenig and his team came aboard last month with excellent recommendations from his current customers, some of whom are members and volunteers with SAIL. His company has grown over the years and is able to provide all of your lawn care, small landscaping projects, and snow removal. However, they are small enough to provide detailed and timely services.

Interested in learning more? Call us at 230-4321 or access the *SAIL Service Provider Directory* at sailtoday.org

Help us add pre-screened service providers! I'm looking for providers in the following areas: garage door repair and installation, black-top coating and maintenance, and catering.

Please note that SAIL requires its vendors to carry liability insurance. We screen potential providers by conducting interviews, criminal background, and reference checks. To help us cover expenses, we charge approved service providers a \$50 registration fee and an annual \$50 renewal fee thereafter.

Please contact me at 230-4452 if you have any recommendations for the areas listed above and/or any other services you feel would benefit SAIL members and not currently listed in our directory.

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SAIL Vendor Offers Ten Year Anniversary Discount!

Need your basement or garage cleaned out? Do your carpets need cleaning? Interested in a spring cleaning of your entire home? Do your windows need washing? Does your siding or deck need washing? Do you have furniture or other items to give away to charity, bring to a consignment store, or to dispose of? If so, consider contacting SAIL vendor Bob Weber, and he can provide you with a free estimate. Note that if you do hire Bob and if your work is scheduled to occur prior to May 15, you will receive a 10% discount in honor of SAIL's Ten Year Anniversary! Call the SAIL office for more information.

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 who would like to attend. Please call SAIL if you are interested in this program. Transportation is available.

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Join us for the Colonial Club Health Fair: Good to Go From Head to Toe, on Wednesday, April 8 from 9:00 a.m. to 1:00 p.m. at the Colonial Club Senior Activity Center, 301 Blankenheim Lane, Sun Prairie. Visit with experts from local health organizations, enjoy healthy snacks, attend informational presentations, and participate in health screenings. For more information visit www.colonialclub.org or call (608) 837-4611.

From the Desk of Attorney Melissa K. Warner, Axley Brynelson, LLP

What is a Living Trust?

A living trust (or revocable trust as it is sometimes called) acts as a Will upon your death. It contains the same type of dispositive provisions that your Will would ordinarily contain, i.e. distribute assets to family members, charities and/or a trust which will continue for the benefit of family members. To the extent that you register your assets in the name of your trust during your lifetime, those assets are not subject to a probate proceeding. For example, I generally recommend that you register your bank/brokerage accounts and out-of-state real estate in the name of your trust such that those assets do not have to pass through probate upon death.



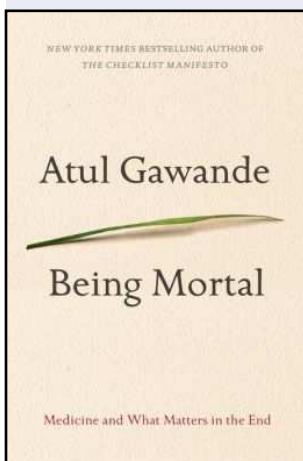
A living trust also establishes a means for management of your assets while you are alive, including payment of trust assets to take care of your needs, and provisions for payment of bills directly by the trustee, as well as the opportunity to accumulate income that is not spent. Some key items to take into account are that the trust is amendable at any time, you may add or withdraw property to the trust at any time under any circumstance, and you are generally the trustee of your trust which means you have the authority to conduct business on behalf of the trust.

A person who executes a trust also signs a Will. The Will is referred to as a pour-over Will as it provides that any assets not already titled in the name of your trust will be transferred over to the trust at your death. The Will becomes a safety net to transfer any assets that were missed during your lifetime. The assets subject to the pour-over Will may be subject to a probate proceeding so hopefully you transfer your assets to your trust during your lifetime. If you have a living trust, I recommend reviewing the trust every few years to ensure (1) that your assets are correctly titled to the trust and (2) that it continues to carry out your wishes with respect to the distribution of your estate.

If you have any questions, please call the SAIL office for more information and/or to receive contact information for Melissa. Special thanks to Attorney Warner for sharing your expertise with us!

Being Mortal... A Really Good Read!

by SAIL Member Barbara Gessner



Being Mortal with a subtitle of *Medicine and What Matters in the End*, by Atul Gawande, is on the *New York Times* bestselling list. While we all know death is inevitable, most of us do not think about being fragile prior to dying. The author, a physician, provides an explanation for why we can seem unhappy during this period of life. He does this with many stories and examples. Approaches that can make these days more meaningful for us are explored, including hospice care and the village movement. Although there are alternatives in care, they are not universally implemented. The book reads like a novel and provides much food for thought. It caused me to think about how I can be more proactive in my life and why it may be necessary for me, to be sure I have someone to advocate for me too!

Barbara has donated a copy of this book to SAIL. If you would like to check it out and read it. Just give us a call at 230-4321.

A Glimpse at our Tenth Anniversary Celebration Events



No More Spring Breaks!

Avoiding a serious fall is the best way to protect your independence. We were pleased to see over 80 people participate in last month's *No Spring Breaks!* workshop. About that same number of University students, under the supervision of their professors, helped attendees determine their own risk for falls due to problems with gait, balance, medications, strength, cognition, and home safety. Students from UW Pharmacy will follow up with each person in about 30 days to answer questions and track if he/she pursued professional help to address risks.



Tip of the Month

Interested in writing an autobiography? Sharing your life story with words, advice, pictures? Would you like to create an ethical will for your loved ones?

We have some terrific resources to help you. Contact SAIL vendor Ann Nelson at ann@lifemessagesmedia.com and she can assist you recording an ethical will. Not sure what an ethical will is? Give Ann a call or visit her website: lifemessagesmedia.com.

Or, if you are interested in writing your life story on your own, creating a bucket list, posting pictures, and more, visit the website BeRemembered.com and get started! After setting up your own account, you can log in anytime and keep adding to it. *Thank you, John Schuchart for sharing Be Remembered with us!*



Spring Luncheon and Annual Meeting

Watch your mailbox for a special invitation to our upcoming Spring Luncheon and Annual Meeting in May. We will be electing two new Council members, recognizing outgoing president Tom Popp for his dedicated leadership, distributing our 2014 Annual Report and updated member materials, and enjoying a special presentation. This Annual Meeting will commemorate our tenth anniversary!