

The SAIL Messenger

A Monthly Publication: May 2015



Chief Koval,
Madison Police Dept.

Chief Koval to Speak to SAIL Members

It has not been easy recently, to say the least. Michael Koval, Madison's Police Chief, has faced enormous challenges—especially in the past few months.

Join us for Chief Koval's talk about these challenges, what he is doing to address them, and his philosophy and leadership style in his position as chief. He'll also share some highlights on senior safety in our community. You will have ample time to ask questions.

We'll complete our SAIL Operating Council Election prior to Chief Koval's presentation. Our nominees include: Linda (Joy) Knox and Jane Earl and current Council member Pat Kallsen (re-election).

Additional highlights of the meeting include a brief president's report and a membership outreach message from volunteer and member Don Haasl. Looking forward to seeing you there!

Spring Luncheon and Annual Meeting

When: May 15, 2015 at 11:30 a.m.

Where: Blackhawk Country Club

Cost: \$16 (if this creates a hardship, please contact SAIL as we have received support from other members to cover the cost for those in need).

Lunch choice: Roasted Vegetable Quiche or Chicken St. Croix (chicken stuffed with mushroom, spinach, raisins and wild rice.)

Register online at sailtoday.org or call SAIL at 230-4321. Space is limited.

Transportation available upon request.

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 Receives Grants for Expansion, Endowment, and a Transitional Care Pilot Program

More good news in April for SAIL and our future! We are pleased to announce that the Madison Community Foundation (MCF) has approved our \$5,000 grant request for the SAIL Endowment Fund and our \$25,000 request for expansion into central and east-side Madison neighborhoods. In addition, the Oakwood Foundation contributed \$10,000 to support a pilot program aimed at helping rehab patients successfully transition home and \$5,000 in general support. Special note: The \$5,000 MCF funding requires a SAIL contribution of \$10,000 to the SAIL Endowment fund—please consider this option in your charitable giving plans and remember the upcoming golf fundraiser on June 16! *(continued on page 2)*

Benefit of the Month: Mattress Flip

If you are interested in having your mattress flipped or rotated, be sure to sign up by calling 230-4321. SAIL Volunteer Flippers (thank you, Flippers!) will be out Tuesday, May 26. Cost: Full Members, Free / Associate Members, \$15

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 Haasl, Patricia Kallsen, Fred Ross, John Schmidt, and Tom Popp (president)

A Message from Executive Director Ann Albert



Behind the scenes—there are many talented, devoted people behind the scenes at SAIL! I'll start with Pat Kallsen, an amazing senior advocate both in the community and nationally. Pat, a member of the SAIL Council and Finance Team, may be retired from long-term care, but there isn't a day that goes by that she isn't writing letters or calling policy makers urging them to make good decisions on behalf of seniors, or introducing us to leaders of other community organizations, or sharing creative strategies for fund raising and public relations, or educating us about the latest and greatest in aging services and products.

Thanks also to members Barbara Gessner and Kathy Poi. As retired nurses they know how important it is to have support when you are transitioning from rehab to home. Our transitions pilot is launching this summer thanks to their planning and expert program development!

Finally, as you can see from this and prior newsletters, we—members, volunteers, donors, staff, and other supporters—are making great things happen here at SAIL. Let's keep the momentum going! Let's keep our vision real! And, if you are a member and need support, please know we are there for you! Just call us at 230-4321 or email us at info@sailtoday.



L to R: Barbara Gessner, Kathy Poi, and Charlene Malueg.

Grants for Expansion, Endowment, and a Transitional Care Pilot Program *(continued from page 1)*

Meeting the goals of SAIL's expansion and transitional-care pilot programs will rely heavily on the work of volunteers—outreach activities, 1:1 member services, administrative help, and making daily phone calls to members discharging from rehab. These volunteers will help us minimize the amount of paid staff hours needed to provide high-quality services for members while our membership and needs of members grow. **Please consider lending a hand! Call SAIL to sign up to attend an info session on how to get involved in the transitional care program on May 27 at 2 p.m. at Oakwood Village.**



Sign Up Be...FORE It's Too Late!

SAIL is hosting its first-ever golf fundraiser on June 16 at the Meadows of Six Mile Creek in Waunakee. We hope you will join us for golf and/or dinner, raffle, and silent auction! Proceeds will help SAIL meet the increased needs of individuals who cannot afford membership. Thank you to Life Assist, USA for agreeing to be the Title Sponsor and to other sponsors and donors including Oakwood Village, First Weber Realty, and BrightStar.

If you are interested in sponsoring a hole in honor or memory of a loved one, volunteering the day of the event, or joining us on the course (or maybe just for dinner), please call us at 230-4321! Or, register online at sailtoday.org. Let's hope for nice weather!

A Message from Volunteer Coordinator Charlene Malueg

Volunteers are love in motion! ~Author Unknown

Have you heard it? Have you heard the sound of the love in motion? I have. I've heard it a lot recently. I have had the joy of sharing in some tremendous acts of kindness from neighbors helping neighbors and let me tell you, the sound is growing! If you haven't heard it, I bet you will if you listen for it.

SAIL volunteers agree to do amazing things for each other every day. Like what? Well, how about restringing a favorite lawn chair? Sure! We had a volunteer do that. Purchase and install computer and TV cords? Sure! We had a volunteer do that. Assist in the office, helping to organize, answering the telephone and doing computer work? Yep! We had volunteers do that too! Providing and coordinating rides, sharing some special time together, attending medical appointments, planning meetings and laying the groundwork for the future of SAIL, and hosting presentations for members and the community alike? Yep, you got it! We had volunteers do that too! Fixing an answering machine? No problem, we had a volunteer do that! And flipping mattresses, why of course! And so much more. Thank you to ALL of you that pitched in to make life a little more special for someone this month!

As you can see, members' needs vary greatly and so do our volunteers' talents! Many of us feel like we have nothing to give. I challenge you to think differently. Your experience and what you have to offer may be exactly what your neighbor has been looking for. If you want to get involved but are unsure how, call us and we can help find the right fit.



We are still looking for a few SAIL members to fill spots at the World's Largest Bratfest, happening Memorial Day weekend! Volunteers need to be able to stand for a shift (typically four hours). This is a fast-paced and fun opportunity. You receive a free tee shirt and brat and SAIL receives \$8/hour for each hour volunteered! If you're interested in learning about the opportunities at Bratfest, call Charlene!

We are Looking for SAIL Good Neighbors!

Does getting to know your SAIL neighbors sound like something you'd like to do? If so, we have the right volunteer role for you—becoming a SAIL Good Neighbor! SAIL Good Neighbors are SAIL members who welcome new SAIL members in their neighborhood when they join.

Let us know if you're interested! There will be a special training session scheduled in May for those who agree to join us as SAIL Good Neighbors.

Welcome to the following new volunteers:

Please join me in welcoming our new volunteers!

Lucetta Kanetzke, SAIL member. Lucetta has offered to help with editing materials/SAIL website as needed. Her name may sound familiar to some of you, as Lucetta is married to current SAIL driving volunteer Howard Kanetzke.

Dave Wegner, community volunteer. Dave is currently working as a pharmacist with the UW and will be assisting SAIL as a volunteer program assistant and volunteer driver in the future.

Joyce Russell, SAIL member. Joyce has offered to assist with mailings and other office tasks.

Nancy Winton, SAIL charter member. Nancy has agreed to assist at the Spring Luncheon and also as a SAIL Good Neighbor.

Thank you so much to all of you for agreeing to share your time and talents as SAIL volunteers!

A word of gratitude to Oakwood Village and Attic Angel Association Leaders and volunteers Mary Ann Drescher, Barbara Berven, Patty Schultz, Rick Bova, Barbara Gessner, and Jerry Kelm. They continue to provide strong support and expertise to SAIL as we move into the future.

Thank you to Attorney John Mitby who continues to guide SAIL in our legal matters and keeps us educated on elder law. He has helped us for over ten years at no charge!

A special thank you to Ryan Albert, Lois Curtiss, Faith Miracle, and Joyce Russell for their teamwork in preparing mailing for our upcoming the Spring Luncheon and Annual Meeting!

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



SAILers Born in May... A Remarkable Sort

Born in May, you say? Come brag about it with fellow fifth-month celebrants at the SAIL Birthday "social" at Panera's Restaurant & Bakery, 6637 Mineral Pt. Rd. (near Grand Canyon Dr.), from 2:30 to 3:30 p.m. on Tuesday, May 12.

It's a loose-knit popular kind of gathering, with lots of chatting, coffee or tea and such. Like, where else will you find such folks who are reported to be "extremely understanding, resolute and enthusiastic." Also said of May entrants to the human race, "These people always keep themselves occupied with something or other," and have a mental strength that "makes them absolutely irresistible."

If you were May-born, you should know that among your birthday peers are the likes of German WWI flying ace the Red Baron, Kate Smith, Pete Seeger, Tyronne Power, Tammy Wynette, Sigmund Freud, Candace Bergan, Irving Berlin, Fats Waller, Brooke Shields, Walt Whitman, Rosemary Clooney.

Oh, we could go on and on. But we already have, so here's lookin' forward to seeing you all on May 12, you amazing persons you!

SAIL Men's Roundtable Group: NOTE DATE CHANGE!

When and Where: Tuesday, May 19, 2015 at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Discussion Leader: Fred Ross

Kickoff Topic: Absorbing the news today we note that war, rebellion, terrorism, homicide, and apparent random mayhem is everywhere--in the Americas, Europe, the Far East, Middle East, and Africa. With all this chaos the world seems to be a very dangerous place indeed. But in relative terms, how dangerous is it? Is the world today more dangerous than in past times and eras? Is the danger pervasive, or is it quite localized? And in any case, is there a broad common denominator in all this violence?

SAIL Members' Small Group Discussion

See Page 7.

Continuing Education!

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

May 4: "FORWARD THEATER COMPANY-HOW WE BEGAN AND WHERE WE ARE GOING" Jennifer Uphoff Gray, Artistic Director, Forward Theater Company

May 11: "GLOBAL HEALTH AND EDUCATION IN PLASTIC SURGERY," Michael L. Bentz, M.D., Professor of Surgery, Pediatrics and Neurosurgery, University of Wisconsin School of Medicine and Public Health

May 18: "THE IMPACT OF RESEARCH IN THE UNIVERSITY OF WISCONSIN DEPARTMENT OF HORTICULTURE ON OUR STATE, USA, AND INTERNATIONALS" Warren Gabelman, Emeritus Professor, Department of Horticulture University of Wisconsin

SAIL Members' Book Club: We will meet at 1:30 p.m. on Tuesday, May 19 at Sequoya Library to enjoy a discussion of *The Color of Water* by James Mc Bride. Now's the time to spend with an extraordinary mother and a son who writes well and with humor. Be sure to pick up the new book to be ready for the last meeting of the year on June 16.

Lunch Bunch: Join us at on May 28 at 11:45 a.m. at Saigon Noodles, 6754 Odana Road. Join SAIL members and their guests for lunch! Please call SAIL to register. Need a ride? Call us!

Movie Matinee: Unbroken

Sunday, May 31, 1:00 p.m., Arts Center, Oakwood Village ***Please note new time this month!***

After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp. Rated PG 13, 137 minutes. **Popcorn will no longer be available.*

May SAIL Event Calendar

Sun Mon Tue Wed Thu Fri Sat

31 Movie Matinee 1 p.m. Arts Center, Oakwood Village			<div>Highlighted programs are open to the public. Others are designed for SAIL members and their guests.</div>			
3	4 Attic Angel Program: "Forward Theatre Company—How We Began and Where We Are Going."	5 Color is Everywhere 1:00 p.m. Madison Senior Center	6 Connections Meeting 1-2:30 p.m. Westmorland, Heritage Oaks	7	8	9
10	11 Attic Angel Program: "Global Health and Education in Plastic Surgery." Council Meeting 4:00 p.m.	12 Birthday Club 2:30 p.m. Panera Bread	13	14 SAIL Bike Ride 9 a.m. Odana Hills Golf Course	15 SAIL Luncheon and Annual Meeting, Blackhawk Country Club, 11:30 a.m.	16
17	18 Attic Angel Program: "The Impact of Research in the University of WI Dept. of Horticulture on our State, USA, and Internationals."	19 Book Club 1:30 p.m. <u>Sequoia Library</u> Men's Roundtable 9:30 a.m. Social Room	20 Small Group Discussion 9:30 a.m. Social Room, Heritage Oaks	21	22	23
24	25 No Attic Angel Program	26 Mattress Flip 1-4 p.m.	27 Safely Navigating the World on Foot <u>Transitions volunteer training</u> 2 p.m.	28 Lunch Bunch 11:45 a.m. Saigon Noodles	29	30

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! David and Deborah Hall (Lake View Hill), Clare and Nancy Hutson (Waunona), Pat Marshall (Wexford Village), Ken Martin and Beverly Priefer (Seminole), Ruth Morrison (Meadowood Heights), Nancy Sikkema (Orchard Ridge), Nancy Smith (Prairie Point), Frank and Jennie Stein (Highpoint Estates) Joyce Szurgot (Waunakee), Hank and Judy Whipple (Maple Bluff)

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A Message from Member Services Manager Laura Adell



Laura Adell

Several recent requests for lawn and garden services, along with the departure of vendors Suzie Helley and Tom Cleven, have prompted me to recruit new providers in this category. I received a very nice recommendation for a lawn and landscaping business owned by Pat Blair since 1984. Her company offers full-service landscaping and will work with you throughout the concept, design, and implementation phases of your specific project(s). Pat's company is skilled in creating and maintaining retaining walls, natural stone patios, custom pond and water features, and much more! A warm welcome to Pat and her team!

We're also getting more calls from members who are downsizing within their home and/or planning a move. A new provider, Marianne Gariti, has joined our program. Marianne is a member of the National Association of Senior Move Managers. She and her team specialize in assisting older adults and their families with the emotional and physical aspect of relocation and "aging in place." One of her recent clients said: "Marianne and her staff made a potentially stressful move totally stress free. She also made excellent suggestions to make our mother's living situation a safe environment. We recommend her without hesitation." Welcome, Marianne!

For more information or to contact these new providers, call the SAIL office at 230-4321 or visit sailtoday.org and open the Service Providers Tab.

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Mark Your Calendar For These Upcoming Programs!

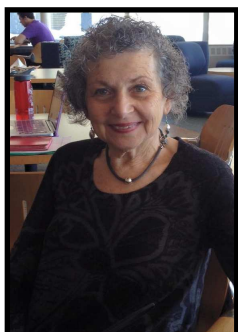
Need a ride? Call SAIL.

SAIL into Summer with Color—Co-sponsored with the Madison Senior Center

Back by popular demand! Color is everywhere. What are the colors in your closet? How do people respond to you when you wear certain colors? Jane Earl, SAIL member and international trained color expert, will discuss how and why colors influence us. Participate in a "show & tell" with live examples and see how people respond. Join Jane on **Tuesday, May 5 at 1 p.m. at the Madison Senior Center. Call 266-6581 to register.**

Safely Navigating the World on Foot—Co-sponsored with Madison Southwest Triad

Falls prevention doesn't stop at your front door! Lori Wirth from the Madison Fire Department will offer reminders on getting around the community that can help you get where you're going more safely. Join us on **May 27 at 10:30 a.m. at Oakwood Village, University Woods Campus.**



Artist's Forum by *Denny Geller, retired Oakwood Art Therapy Director*

"I am excited to present a new idea for SAIL members and friends. Join me for a conversation about opportunities for SAIL and other local artists and art appreciators. We are hopeful this first conversation can lead into future plans such as trips to art museums, lectures, demonstrations, visits to local artist studios, discussions about art and how the work changes over time, and more. Also, I've learned that some of you would like to plan an art show in the future featuring SAIL artists! If you are interested, bring your ideas to the group and let's open the dialogue. I look forward to meeting you at this first meeting of the minds! Join me on **Friday, June 5 at 1:00 p.m. at the Alicia Ashman Library.**"

The Survey was a Huge Success! *by Don Haasl, SAIL Member and Volunteer*



Don Haasl

Remember back in February when you filled out the membership survey? Well, a whopping 41 percent of you should—because you did. That is an impressive turnout for a survey of this type, and speaks volumes about how you feel toward SAIL. No one invests time filling out a survey for an organization they don't value. Incidentally, this observation tracks perfectly with the last question on the survey, to which nine out of ten respondents agreed that "Overall, I think SAIL is a good value." So to the 168 of you who did respond: THANK YOU, we owe you one.

Actually, we owe you three. Beginning with this overview, we will publish three articles providing highlights from the major sections of the survey. Next month's article will focus on the services SAIL currently provides. And the following month focuses on needs members say they have across a broad spectrum. If you want to read ahead, or simply want more information, a summary of the results can be found on our website or by asking staff member to send it to you. It's only two pages long, but it's filled with easy to read data.

"What's next?" you might ask. Well, as you might expect, Ann and her staff are pouring over the data (including twenty pages of comments!) about our current services, looking for where they can smile, as well as for where they may need to rethink some things. Meanwhile, the Membership Growth and Marketing Team is analyzing our members' needs, both in total and within selected subgroups. They'll be trying to figure out how to best fill those needs for the benefit of our current members and to attract new members.

Small Group Discussion Sets New Time and Place: New Ideas and Members Sought

by Jim Batt, SAIL Member and Volunteer

A new time and a different meeting room are in order for the May meeting of the SAIL Small Group Discussion. The Group will go about its customary exhilarating talk at 9:30 a.m. (new hour) on Wednesday, May 20, in the comfy confines of the Social Room of the Oakwood Village Heritage building. On tap will be dialog orchestrated by Group regulars Dorothy and Jim Batt on the subject, "Life Choices: Would You Do It All Over Again?"

This is a cheery and spirited gathering of women and men of SAIL, ever in the hope of attracting new voices and ideas. How about making yours one of those voices?

Discussion topics, sometimes, but not always, feature a resource leader, are wide ranging, and with suggestions always encouraged. If you come for a visit, you might well want to become a regular, but regardless, your presence would always be welcomed! The very name of the program—Discussion Group—could use some tinkering for that matter—something more perky and pertinent, maybe. Next meeting, we'll toss that idea around, too. We'll be looking, watching and listening for you on May 20!



How About a SAIL Bicycle Ride?

by Fred Ross, SAIL Member and Volunteer

Join us on Thursday, May 14, at 9:00 a.m. for a bicycle ride. We'll poke

along on an easy 10-mile group ride around Madison's west side, starting and ending at the Odana Hills Golf Course parking lot. Our route will take us east through Nakoma, the UW Arboretum and Vilas Park, and then to the famous ZuZu's cafe for a coffee break. From here we'll catch the Southwest Commuter Path back to Odana Golf Course.

This is a fun ride, not a gut-buster. Take a spin for exercise and enjoyment with your fellow SAIL members.

No need to pre-register; just show up with your bicycles on May 14 at 9:00 a.m. at the Odana Hills Golf Course. For additional information, contact the ride leader, Fred Ross, at 833-8315 or rossfm@chorus.net.

April Highlights



SAIL Birthday Club gathers to celebrate with coffee and conversation!



Thank you to those that came out and dined with us at HuHot Mongolian Grill! And, thank you to the SAIL volunteers that “worked” a shift clearing tables and welcoming diners! SAIL received \$231, thanks to you and the generosity of their organization!



Shred Day A Huge Success! We had a terrific turn-out on April 17 with over 100 people participating! Huge thanks to Lorrelle Micklitz and her team at Shred-it, Steph Burris (Oakwood Village) and to member Pharis Horton for helping staff!

Discussion on Driving Continues

by Pat Krueger, SAIL Member

Each of us is different. For some, giving up a driver's license is simply a matter of realizing that the time has come to stop driving, give one's car to a grandchild, as a friend did, and depend on others for transportation. For others, and I confess to being one of those others, giving up a driver's license is a wrenching experience, seemingly the end of freedom as one has known it.

One friend planned to sell her home and move to a retirement center when she gave up her driver's license. Such drastic action is not needed. However it comes, easily or wrenchingly, there are alternatives which ease the process. Friends and family are often willing to provide transportation. Yet, we don't want to overburden them.

Madison's excellent bus system is as close as the nearest bus stop. Kneeling buses make it easy to board and get off the bus. Schedules are posted online at [Madison Metro.com](http://MadisonMetro.com) as are tips to find out if buses are on time. The drivers I have met have been unfailingly courteous and considerate of me as an older woman.

Madison is a difficult city to navigate. One way to help a friend who has picked you up is to serve as an extra pair of eyes to search for street signs or house numbers. My experience with the taxis of Madison has been very good. SAIL and RSVP volunteers offer rides. I drove for RSVP for several years and very much enjoyed the experience of meeting people I never otherwise would have met. As a passenger my experience with rides from SAIL volunteers has been excellent. RSVP provides medical rides, and SAIL provides non-medical and medical rides.

Congrats and thank you
to Laura Adell for 8 years
of dedicated service to
SAIL!

Tip of the Month

RSVP of Dane County offers the Bus Buddy program—a group travel opportunity for people over 60 and a great way to learn how to use the Madison Metro system. Enjoy a tour of the Wisconsin State Capitol on June 10, a trip to Olbrich Gardens on August 5, or a movie at Market Square Theater on October 14.

All trips include instruction, bus fare, fees, and lunch!

Call SAIL at 230-4321 for more information!