

# The SAIL Messenger

A Monthly Publication: June 2015



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

You may have already heard that we're hosting our first-ever golf fundraiser on June 16 at the Meadows of Six Mile Creek in Waunakee. The good news is that you don't need to be a golfer to help make this first-time SAIL outing a success! You can golf 18 holes and stay for the tasty buffet dinner, a raffle, and a silent auction. Or, you can skip the golf and join us for dinner and festivities! Proceeds from this event will help us meet the increased needs of individuals who cannot afford membership and grow our endowment fund. Thank you to Life Assist USA for being our Title Sponsor and to additional sponsors McGladrey, Oakwood Village, Attic Angel, First Weber Realty, and BrightStar. And, special thanks to SAIL Member Volunteer Donna Ploc for leading the charge and organizing this fun(d)-raiser!

If you are interested in sponsoring a hole in honor or memory of a loved one or if you would like to sign up, please call us at 230-4321 or register online at [sailtoday.org](http://sailtoday.org). Let's hope for nice weather!

**Please note:** The SAIL office will be closed June 16. We will, however, check for messages while we are away and follow up as requested.

## Boost Your Brain Health

Current research indicates that lifestyle choices have significant impact on long-term health. Our friends at the Alzheimer's and Dementia Alliance of Wisconsin (ADAW) invite you to attend this special program on Tuesday, June 30, from 1:00 p.m. to 2:00 p.m. at Oakwood Village Heritage Oaks. Come and learn how the brain works, tips on improving your brain health, and ways to lower your risk of developing dementia. This program features information about current research, scientifically rooted nutritional and lifestyle advice as well as fun brain teasers and material to take home. Healthy refreshments will be provided. Please register in advance by calling SAIL at 230-4321 or register online at [sailtoday.org](http://sailtoday.org) on the event calendar.

**Presenter: Joy Schmidt,**  
Community Education Specialist



## Benefit of the Month:

Be sure to take advantage of the discounts you can receive as a SAIL member. For example, members receive a 10% discount on Madison School and Community Recreation classes. If you sign up for an emergency pendant with Life Assist USA, your monthly fee is only \$20.00 versus \$25.95! If you are purchasing non-Medicare covered medical supplies or equipment at a Home Health United store, you can receive a 35% discount. Always let the provider know in advance that you are a SAIL member!

## 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

# 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, 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



Thanks to all of you who attended our Spring Luncheon and Annual Meeting! We enjoyed a delicious lunch; a lively business meeting; and a powerful, insightful talk by Madison Police Chief Mike Koval. I'm pleased to share that of the 180+ who attended, 72% returned their evaluations with 82% rating the presentations as excellent and 13% as good. Written and verbal comments were overwhelmingly positive!

Special thanks to our outgoing SAIL Council President Tom Popp. Tom has served since September 2010 and has been an outstanding leader and a significant contributor to SAIL's success! On July 1, we will welcome our incoming president John Schmidt, re-elected council member Pat Kallsen, and newly elected members Joy Knox and Jane Earl. Thank you all for sharing your lives with SAIL!

For those who couldn't make the meeting, in addition to electing new council members, we introduced a special new campaign designed to build membership. As you know, membership is the lifeblood of SAIL—in helping one another and in keeping us on course financially! Help us with our "Members Make US Strong" campaign! We have referral packets for you that we'll send along with our upcoming mailing of the SAIL Annual Report and membership materials. If, from now until the end of July, you provide us with names of people who may be interested in SAIL, you will be eligible for some nice prizes—gift cards for local restaurants!

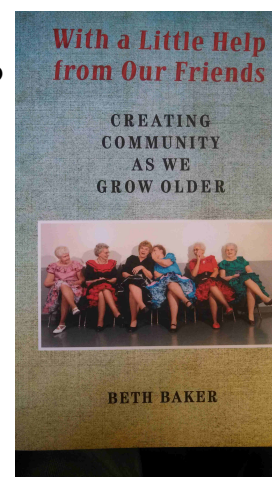
Look for your SAIL membership mailing later this month. It will arrive via bulk, non-profit mail.

## Are You Receiving the Messenger by Mail?

We learned that our postal service now sends mail to Milwaukee for processing—adding on 2-3 days from the time it's dropped off to the time it's delivered here in Madison. We apologize, especially this month with the Memorial Day holiday, if you did not receive your Messenger by the first of the month. We are re-arranging our production schedule to adjust to this change. Thank you for your patience! If by any chance you'd like to change from traditional mail to email, let us know.

## A Good Read for Members

Lois Curtiss, our SAIL Staff Development Link (yes, thanks to Lois we as staff are able to keep apprised of the newest developments and current literature in healthy, active aging), recommends this new book by Beth Baker. The book tells about people who are creating innovative ways to live as they approach retirement. It includes grass roots alternatives (the Village model is included!) as well as traditional choices. It emphasizes the importance of surrounding one's self with a circle of friends, family, and neighbors. The importance of social support to healthy aging is discussed along with encouragement to include strong connections in one's future plans.



*"Lucy and her helper (Don ) were just here. Turned the mattress really quickly and professionally. Thank you so much. They were nice to chat with, too!"*

SAIL Member Connie McCabe commented following the SAIL Mattress Flip last month.

## SAIL Volunteer News

### A Message from Volunteer Coordinator Charlene Malueg:

#### Volunteerism With a Personal Touch

“For me, getting more ‘picky’ with age has meant simply expecting more quality in my life and its affairs. That is why I joined SAIL. As a transportation volunteer, I have been on the receiving end of several quality friendships (99-year-old Nettie could be a role model for all of us!), and at the same time there is quality in what I am doing—driving the new friend to an appointment or providing a service that is not easily accomplished without me. **It is a win-win experience! And someday I might be that ‘navigator and new friend’ who now sits beside me.**” - Martha Christensen, 2006.

Martha’s expectation and commitment to quality is a big reason we felt she deserved to be nominated for the United Way Community Volunteer Award last month. She not only drives members to appointments, she ensures that their trip is safe and as enjoyable as possible by always bringing her biggest smile!

Martha has been volunteering for SAIL for nearly 10 years (almost for as long as SAIL has been around), and her volunteer roles continue to expand. Martha is still a volunteer driver but has also joined the Member Engagement Team and is an active member of the SAIL Operating Council. Thank you, Martha, for your ongoing dedication and commitment to SAIL and its members! Note: Betty Scott, SAIL member, was a 2014 United Way Community Volunteer Award recipient!



Pictured R to L: SAIL Members and Volunteers Martha Christensen and Bette Barnes share a smile at the United Way Volunteer Luncheon. Bette volunteers with the Community Action Coalition for South Central Wisconsin.

### Current Volunteer Opportunities

**Volunteer Drivers:** Drivers are needed to give rides to appointments. You can decide the quantity of rides you can give based on your own schedule. Ongoing need.

**Transitional Volunteers:** Volunteer drivers and phone callers are needed to assist with SAIL’s new transitional pilot program. Sign-up is available now.

**Golf Event Support:** Volunteers are needed to help June 16 at the SAIL golf event. Three-hour shifts are available starting at 10 a.m. and ending at 7 p.m. Positions available, including registration, silent auction set-up and management, greeters, and cleanup.

Detailed descriptions for these opportunities are available on our website or by contacting Charlene at SAIL at (608) 230-4321 or [charlene@sailtoday.org](mailto:charlene@sailtoday.org).

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How wonderful it is that nobody need wait a single moment before starting to improve the world.

— Anne Frank, *Diary of a Young Girl*

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#### Welcome to the following new volunteers:

**Hildy McGown**, Charter SAIL member, has agreed to be a SAIL Good Neighbor, welcoming new members to SAIL!

**Carole McGuire**, SAIL member, has also agreed to be a SAIL Good Neighbor!

**Sara Popkewitz** is joining the SAIL volunteer core as a volunteer driver, photography assistant at special events, and has agreed to offer assistance with light home-maintenance tasks and computer support.

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



Thank you to Kayla Malueg, Jarrod Trice, Joy Knox, Rita

Reffner, and Mark and Lori Werbeckes for volunteering at Bratfest on behalf of SAIL!



## 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



Celebrating a birthday in June? If so, join us on Tuesday, June 9 at 2:30 p.m. at Panera Bread off Mineral Point Road!

Come and we will celebrate together!

**SAIL Men's Roundtable Group on Summer Break!** Join us for our next meeting on Tuesday, September 8 at 9:30 a.m. at Oakwood Heritage Oaks in the Social Room. Facilitator: Fred Ross

### **The Discussion Group** by SAIL Member Jim Batt

The discussion group (not the men's version) is taking the summer to plan for the inauguration in September of a new program designed to explore and hold dialog on important topics and issues relevant to our times.

Current thinking is to hold the meeting in the Heritage Social Room at Oakwood which has proved so suitable for the Men's Roundtable. We're encouraging a good mix of both women and men as well as ideas and view points. We might even fly by a new name! A cadre of SAIL staff and members will give final touches to this new offering. Your own thoughts on the matter are earnestly invited. Please contact Ann Albert at 230-4321.

### **SAIL Members' Book Club**

by SAIL Member Joan Box

The next SAIL Book Club meeting will be on Tuesday, June 9 at 1:30 p.m. Note the date (the second Tuesday of the month, not the third) and will be the last before summer break. Do join us for a carefree discussion of "Love Walked In," a first novel by Marisa de Los Angeles. Also, this is your last chance to add any further title(s) to the shortlist of titles for next year (September 2015–June 2016.)

There will be no meetings in July or August. At 1.30 p.m. on September 15, we hope you join us in Room B at the Sequoia Library if you are interested in joining the Book Club for next year and discuss your summer reading adventures! Enjoy every moment!

### **Attic Angel Continuing Education**

Continuing Education Programs of the Attic Angel Association are held from September through May each year. Wishing you a great summer and looking forward to seeing you in a few months!



### **How About Another SAIL Bicycle Ride?**

We're seeking additional SAIL members to join us on Tuesday, June 23 at 9:00 a.m. for our next bicycle ride. We'll start and end at the rear of the parking lot at Covenant

Presbyterian Church (corner of Mineral Point and Segoe Roads). On this "civilized" 12-mile group ride we'll bike through Madison's west side neighborhoods to Shorewood, then on the University's lakeshore path, State Street, and the Southwest Commuter Path to the popular ZuZu's café for coffee and conversation. From here we'll continue on the Southwest Commuter Path to Odana Golf Course and back to Covenant Church. This is not gut-buster cycling. We'll be riding for exercise and enjoyment, rather than Olympic glory. No need to pre-register; just show up with your bicycles on Tuesday, June 23 at 9:00 a.m. at the Covenant Presbyterian Church parking lot. For additional information, contact the ride leader, Fred Ross, at 833-8315 or rossfm@chorus.net.

### **Lunch Bunch**

Join us on June 25 at 11:45 a.m. at Babe's restaurant located at 5614 Schroeder Rd in Madison. Please call SAIL at 230-4321 if you plan to attend.

### **Movie Matinee: Sunday, June 28 2:00 p.m. Oakwood Village Arts Center**

#### **American Sniper (2014)**

Based on his memoir of the same name, this military biography centers on legendary sniper Chris Kyle who amassed a massive number of kills on the battlefield during his 10-year career as a Navy Seal. Rated R (for strong and disturbing war violence and language throughout including some sexual references).

## June SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Connections Meeting 1-2:30 p.m. Westmorland, Heritage Oaks	4	5 Artists Forum 1:00 p.m. Alicia Ashman Library	6
7	8	9 Book Club 1:30 p.m. Sequoia Library  Birthday Club 2:30 p.m. Panera Bread	10	11	12	13
			Attic Angel Sale (June 10-12)			
14	15	16 SAIL Golf Outing  SAIL Office Closed	17	18	19	20
21	22	23 SAIL Bike Ride 9 a.m.	24	25 Lunch Bunch Babes 5614 Schroeder Rd 11:45 a.m.	26	27
28 Movie Matinee 2:00 p.m. Arts Center	29	30 Boost Your Brain Health 1:00-2:00 p.m. Oakwood Village				

**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! Gayle Bliss—Glen Oaks, Bernard and Toby Cohen—Tamarak, Leonard and Ardis Erickson—Hill Farms, and Mary Smith—Nakoma. **\*Please remember to share SAIL with friends!**

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Laura Adell

### A Message from Member Services Manager Laura Adell

Although the vast majority of interactions between SAIL members and vendors goes smoothly, sometimes there are glitches in the process. We are here to provide the best service possible to our members. In order to do that, we rely on you to let us know if a problem occurs and/or if you have any suggestions for improvement in services. Of course, we also love hearing about the success stories—so please keep in touch!

If you are planning on a significant home improvement or maintenance service, consider the following: Ask for an estimate in writing. If there is a fixed price, ask for a detailed list of what the job includes and what isn't included. If you prefer an itemized bill, ask for this in advance. Discuss and agree on start and completion dates along with your expectations for on-going communication with the vendor. Make sure you are clear about who is responsible for what. If the SAIL vendor is unable to perform all the aspects of the job, feel free to contact SAIL for recommendations of other vendors.

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## Upcoming Events and Programs

**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.**"

### Attic Angel Sale — Shop for Bargains!

On June 10-12, the Attic Angel Association volunteers will be offering shoppers ample time to look for treasures at the annual Attic Angel Sale at High Point Church, 7702 Old Sauk Road. An entrance fee of \$15 gives shoppers an opportunity to be the first to hunt for resale bargains on Wednesday, June 10. Tickets are available at the door, starting at noon or can be purchased in advance at Attic Angel Association, 640 Junction Road. Doors open at 1 p.m. and remain open until 7:30 p.m. No entrance fee is required on Thursday, June 11, from 8 a.m. to 6:30 p.m. and Friday, 8 a.m. to noon. Price reductions start Friday at 8 a.m. The sale features more than 5000 neatly arranged treasures, from furniture to necklaces.

Huge thanks to the more than 350 Attic Angel volunteers who produce the signature event, which netted more than \$101,000 last year. Proceeds fund programs that support children and older adults in Dane County. Over the last 32 years, the Attic Angel Association has contributed more than \$6.1 million to 145 nonprofits in Dane County. SAIL is a grateful grant recipient of this amazing organization!

### Long-Term Care Insurance Decoded: Ask the Right Questions and Get the Most Out of Your Policy (SAVE the DATE!)

On July 21 at 1:00 p.m. at Oakwood Heritage Oaks, we will have an opportunity to learn what questions to ask when preparing to use your long term care insurance and how to choose a qualifying home-care provider. While geared towards those who already have a long-term care insurance policy, this presentation by our vendor BrightStar could be beneficial to those still considering purchasing a policy, because it will give them an idea of what to look for when purchasing insurance.



## **The Best is Yet to Come** *by Don Haasl, SAIL Council Member*

This last of three articles about the results of the survey performed in February will focus on the future. For this part of the survey, we teamed up with John E. Nelson, co-author of *What Color is Your Parachute? For Retirement*. John's work at UW Madison has led him to organize retirees' needs into three categories: Prosperity (which includes financial matters and one's physical location) Health and Happiness (both psychological and social).

The survey asked four or five questions in each category.

The results for most questions were quite positive and relatively uniform. For twelve questions on matters ranging from one's neighborhood to medical-care access to one's social life, over 85% of respondents either strongly or somewhat agreed they were satisfied, with an average of 89%. The sole and obvious exception was health related: only 73% of respondents agreed with "I am satisfied with my current physical health."

The Membership Growth and Marketing Committee has been eagerly parsing the data. While the degree of variation from one question to the next may not be extreme; even modest differences can have significant implications for our programing. And when you add in variations from one subset of our members to another, the possibilities multiply. The Team is committed to leveraging the survey results into the strongest possible version of SAIL as it enters its second decade.

A two page summary of the results can be found on our website or by asking a staff member to send it to you!

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## **Financial Impacts of Not Driving** *by Pat Krueger, SAIL Member*

About 200 years ago Martha Washington said, "The greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances." This applies to a good many things in life, including giving up one's driver's license.

It is expensive to own and operate a car. My car is scarcely typical. I bought this car in May, 1986 and have driven it for 29 years. As such, it is long since paid for, but parts wear out and need replacement more often than even a few years ago. I added costs for insurance, maintenance, gasoline, a tow fee I elected not to charge AAA for, rental car, license plate renewal, AAA membership, parking charges, and car wash charges for the 2014 year. On average, I drive about 6,000 to 6,500 miles a year. I no longer drive on the Interstate; almost all of my driving is within Madison. If one is still paying for a car, that sum also must be considered.

While it is not a dollars and cents cost for me, still, remembering when it's time to have my car serviced is just one more thing I have to keep track of.

The total financial cost to me for operating my car in 2014 was \$3,900.00. About half of that was for work which had accumulated and had been put off because of my illness; \$3,900 a year covers quite a lot of bus rides at \$1.00 a ride, as well as more cab fares than I am likely to need. It also handily covers what I give friends for their mileage when they drive.

It's easy enough to figure this out on your own, but if you'd like, the wonderful SAIL staff is willing to sit down with you and figure the costs and the tradeoffs for you in giving up your driver's license.

Martha had it right all those years ago—how we view the events, happy and unhappy, of our lives governs our sense of happiness. We can make lemonade out of most adverse events, even to giving up our driver's license.

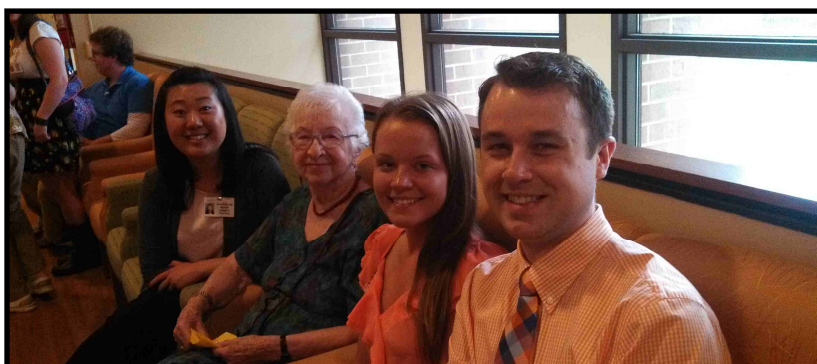


## Spring Luncheon and Annual Meeting —“One of our best luncheons ever!”



## Annual POPs Program Another Success!

On May 4, SAIL members celebrated the completion of the 2015 POPs program with students from the University of Wisconsin Pharmacy School, Associate Professor Beth Martin, and several Oakwood residents. POPs stands for Student Pharmacist-Oakwood Partners—a unique program developed by Martin in collaboration with former pharmacy director Alan Lukazewski. Oakwood’s new director, Angela Studnicka, continues to nurture this opportunity for teams of three Doctor of Pharmacy students to spend two semesters matched to an older adult—



either a SAIL member or Oakwood resident. They meet monthly at the member’s home or at another location. During their visits, the students gain a better understanding of the older adults’ perspectives on health, clinicians’ roles, and successful aging. The students assist in identifying, resolving, and often preventing a drug-related problem. And they provide support and encouragement to those wishing to make a healthy lifestyle change. Interested in becoming a POPs partner this fall? Call SAIL for details!

