

A Monthly Publication: September 2015

Join SAIL and Enjoy These Benefits!



Come and enjoy a light dinner, short program and music.
Get to know some fellow volunteers who, like you, are
giving of their time and talents to make
life better for others.

- *So wonderful! Kind, thoughtful and I really appreciated the help!*
- *Lucy and her helper were just here. Turned the mattress really quickly and professionally. Thank you so much. They were nice to chat with too.*
- *Thank you so much for sending Lorell to my house to help with my weeding. She did an absolutely terrific job. She is also a wonderful person!*
- *Ken has come and gone. He took care of the two things that were bothering me the most. He found ways to do them by spotting things he could reuse. He is an excellent and comfortable people person. Easy to work with. He is a delight.*

Note: Invitations will be mailed. Please make your reservation by September 25.

This year's member survey revealed interest in resuming our Explorer trips to nearby sites of interest. And, much to our delight, Peggy York, former SAIL Member Services Coordinator and daughter of member Winnie Shea, has volunteered to lead Explorer trips starting this fall!



So, we hope you will join Peggy and fellow members as we travel to the beautiful Ski-Hi Fruit Farm nestled in the beautiful Baraboo Bluffs on September 24. You can choose from 20 varieties of apples in their market and enjoy their fresh cider, a caramel apple, or home-baked apple pie. We'll stop for lunch at Culver's in Sauk City on the way. For more details, see page 4.

If you are interested in having your mattress flipped, sign up by calling SAIL at 230-4321. SAIL Volunteer Flippers (thank you, Flippers!) will be out the afternoon of September 17. Full Members, Free / Associate Members, \$15

- 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
Suite #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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SAIL Staff

Ann Albert
Laura Adell
Charlene Malueg



SAIL Operating

Council: Christine Beatty, Carol Brown, Martha Christensen, Mary Ann Drescher, Jane Earl, Barb Gessner, Don Haasl, Patricia Kallsen, Joy Knox, Fred Ross, and John Schmidt (president).

A Message from Executive Director Ann Albert



Aging at home can be a contentious topic. And certainly one worth discussing. Not long ago, while sharing SAIL information at a local worship center, I was approached by a complete stranger who politely told me he wanted to have a debate about the idea of SAIL and whether it's a good thing or not. He said he believes that anyone over 80 or 85 should be living in congregate senior housing to avoid what will inevitably become a reality—isolation and an unsafe living environment. He stated that, in a way, we at SAIL are enabling people to live unhealthy, unsafe lives. After he shared his views, I immediately remembered one of our earlier members of SAIL, Norman Dahl. Norman loved his ranch home, his neighbors, and his nearby church community. He loved cooking a steak for supper and enjoying time out on the porch. He had supportive family members and often reminisced about the company he built, his devoted wife, and his children. In his upper 90's and experiencing some changes in his functioning, there were many who felt he should move to assisted living—an idea he was less than fond of. His main goal was to make it to 100 and remain living at home. I remember listening to him talk about how much he wanted to stay put; and looking around his living room, I could understand completely—why would Norman, almost 100 years old want to leave his home of 70 years and move into an entirely unfamiliar setting? Thankfully, others close to him understood as well and extended many kindnesses to him over the next few years so he could stay at home. Hiring companions thru a SAIL vendor to help with daily tasks and meals also helped a lot. Having them there to talk with helped, too. Having SAIL's daily check-in system (Rise and Shine) and a personal emergency pendant gave Norman and his loving family and friends some peace of mind. And eventually having hospice services and volunteers made a huge difference. Well, needless to say, our friend Norman Dahl made it to 100—at home until his last day. In fact, he passed away just a month after his 100th birthday.

So I think back to that conversation and ask... since when is there only one way to grow old? Isn't home where you live—wherever that may be? Read on and you'll see another perspective offered by member Alice Punwar.

Jane Earl Challenge Met

We are so grateful to the generosity of members who promptly responded to this month's endowment fund challenge by member Jane Earl.

Jane promised to match dollar for dollar any member's contribution to the SAIL Endowment Fund held at the Madison Community Foundation, up to \$1,000. The challenge was met with \$1,500 in matching gifts, making a total contribution of \$2,500 to our endowment fund! Thank you, Jane, and thank you to our generous members! One of the donors, Martha Christensen, said her gift was in honor of SAIL vendor, John Porto. Porto was honored at this year's Mid-Summer Celebration with the first-ever "Spirit of SAIL Award." *Martha's message: If you've been pleased with a vendor or a volunteer, consider making a donation to SAIL in his/her honor!*



Helping good people do good

The SAIL Evolution

Charlene Malueg, SAIL Volunteer and Outreach Manager

If you have read the Messenger or attended any recent events, you know that SAIL is evolving. From a concept paper in 2005 to a vibrant organization of nearly 500 members ten years later, I can't help but compare SAIL to the fascinating Nautilus.

These seashells are spiral in shape and consist of a series of ever-larger chambers in each of which the sea creature lives for a season until it outgrows that particular space. The Nautilus then enlarges its shell by the addition of a new chamber suitable for the next stage of its life. There is no design for a "final" chamber. The creature must keep building new chambers as long as it lives. It cannot go back to the previous ones; they no longer fit. It cannot stay in its present space or it will die. It has no choice but to move on, and on.



There are so many correlations between the Nautilus and SAIL; but the biggest that I can see is that we don't have a final chamber and we continue to outgrow our current. Our member requests are increasing and, thankfully, because of **your** care and generosity, the number of requests being filled by volunteers is increasing! It means a lot to members to know that their SAIL "neighbor" is there to lend a hand or have a conversation.

So, like the Nautilus, we can't go back into our old shell—we have simply outgrown it. Thank you for all you have done and are doing to ensure SAIL doesn't limit the size of our next chamber!

It seems to me that trying to live without friends is like milking a bear to get your morning coffee. It is a whole lot of trouble, and then not worth much after you get it. —Zora Neale Hurston

Submitted by SAIL member and volunteer, Lu Kness

Thank you, Shelley

Huge thanks to member Shelley Peterman Schwartz, for sharing SAIL on Channel 3000's *Making Life Easier* August 18 segment!



SAIL Volunteer Transportation Coordinator, Betty Scott personally orientates each new volunteer driver, like Ken Martin.

Please remember to turn in your volunteer hours by the 10th of each month to Charlene!
If you need blank forms or have questions, please let us know!

Let's Ride!



Fred Ross, SAIL member and volunteer, is coordinating another a fun bike ride.

Please join Fred on **Wednesday, September 2, at 9:00 a.m.** for a bicycle ride with fellow SAIL members.

It's an easy 12-mile group ride along several of Madison's wonderful bike paths, starting and ending at **the Odana Hills Golf Course parking lot**. Along the way the group will stop at the famous ZuZu's cafe for a coffee break.

No need to pre-register; just show up with your bicycles on September 2 at 9:00 a.m. at the Odana Hills Golf Course. For additional information, contact Fred at 833-8315 or rossfm@chorus.net.

Volunteer Recognition Event is September 30.
Please mark your calendar. We are looking forward to thanking you for all you do!

Upcoming Events Information

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

Items in gray are member-only events.

Connections Group By Member Carol Brown

This group meets every first Wednesday of the month at 1:00 p.m. at Heritage Oaks to learn updates about SAIL and to provide feedback and suggestions to staff on events, programs, and member groups. Join us!

SAIL Members' "Birthday Boys and Girls Club" By Member Jim Batt

So, now it is September, the closing of those lingering and languid summer days, well, not quite all of them maybe. And anyway, just ahead is a season of burnished and golden scarlet wonder.



What a wonderful month for a birthday. Yours, maybe? Well, come let us celebrate with you those SAILers of September origin. We do this each month. This time, like all times, by an informal gathering at Panera Restaurant at 2:30 p.m. on Tuesday, September 8.

Come and see who else shares the glory of September as their month of origin: Bill O'Reilly (1949), Lily Tomlin (1939), Ann Bancroft (1931), Jesse James (1882), and Republican Presidential Nominee hopeful Carly Fiorina (1954).

SAIL Men's "Roundtable" is Back!

When and Where: Tuesday, September 15 at 9:30 a.m. in the Heritage Oaks Social Room at Oakwood Village. Fred Ross will lead the discussion.

Kickoff Topic: There is growing concern that insistence on "politically correct" speech may be having a chilling effect on legitimate public discourse. This concern has of course been raised by problematic sources such as Donald Trump, but it has also recently come from the other side of the aisle—from such sources as the *Atlantic* magazine, in a feature article no less. But what is politically correct speech, who are its questioners and defenders, and what is at stake in the debate? These questions will form the basis for our discussion.

The Attic Angel Programs are Back!

The programs are held in the Community Room at Attic Angel Place, 8301 Old Sauk Road in Middleton. Coffee starts at 10:00 a.m. and the speaker begins at 10:30 a.m.

Monday, Sept. 14

"GOT HOPE? MY JOURNEY FROM THE COURTHOUSE TO PRISON." Rev. Jerry Hancock, JD, M. Div. Director, The Prison Ministry Project

Monday, Sept. 21, AN OVERVIEW OF "BANKING; TIPS TO PROTECT YOURSELF FROM FINANCIAL FRAUD." Rose Oswald Poels, President and CEO, Wisconsin Bankers Association

Monday, Sept. 28. "THE DELICIOUS STORY OF BLOOM BAKE SHOP." Annemarie Maitri, Owner and Creator Bloom Bake Shop, Middleton, Wisconsin

Book Club By Member Joan Box

Join us at 1:30 p.m. on September 15 in Room B at the Sequoya Library if you are interested in joining the Book Club for next year and discussing your summer reading adventures! Refreshments will be served.

Movie Matinee: I'll See You in My Dreams

(2015): Sunday, September 27, 2:00 p.m., Arts Center, Oakwood Village University Woods

With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Petersen—who hasn't dated in 20 years—finds herself involved with two very different men. Starring Blythe Danner and Sam Elliot. Rated PG-13, 92 minutes

Lunch Bunch Trip to Ski Hi Fruit Farm

On September 24, we're joining up with SAIL Explorers for a bus trip to Ski-Hi Fruit Farm and a stop at Culver's in Sauk City along the way. Depart Oakwood Heritage Oaks at 11:00 a.m. and return at approximately 2:30 p.m. Cost: \$8 for bus, lunch is separate. Interested? Sign up by September 15 by calling 230-4321.

Leader: Dorothy Bollant, SAIL member and volunteer

September SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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		1	2 Bike Ride 9:00 a.m. Odana Golf Course <u>Connections</u> Open House 1:00 p.m. Heritage Oaks	3 Smart Driver Program 12:30-4:30 p.m. Heritage Oaks (pre-registration required, call SAIL asap)	4	5
6	7 Labor Day	8 Birthday Club 2:30 p.m. Panera Bread, Mineral Point Road	9	10	11 Madison Senior Center Health Fair, 8:30 a.m.-12:00 Madison Senior Center	12
13	14 Attic Angel Program 10:00 a.m. "Got Hope, My Journey From the Courthouse to Prison." <u>SAIL Council Meeting</u>	15 Men's Group 9:30 a.m. Heritage Oaks Social Room <u>Book Club</u> 1:30 p.m. Sequoia Library	16	17 Mattress Flip Afternoon (Sign up required)	18 RSVP Triad Conference 7:45 a.m.-4:00 p.m. American Family Insurance	19
20	21 Attic Angel Program 10:00 a.m. "An Overview of Banking; Tips to Protect Yourself from Financial Fraud"	22 Institute on Aging's Annual Colloquium	23 "Only Leaves Should Fall" Workshop 1:15-4:30 p.m. Fitchburg Senior Center	24 Ski-Hi Fruit Farm Bus Trip 11:00 a.m. Depart from Heritage Oaks	25	26
27 Movie Matinee 2:00 p.m. Arts Center at Oakwood University Woods	28 Attic Angel Program 10:00 a.m. "The Delicious Story of Bloom Bake Shop" <u>MACCC Board Meeting</u>	29	30 Volunteer Recognition Event 4:30-6:30 p.m. Oakwood Village Heritage Oaks			

Information, News, and Updates

Welcome to Our New Members!

We hope you will join us in warmly welcoming our new members: Melinda Bailey (Arboretum), Shirley Baum (Middleton), Mary Denig and Robert Wahlers (Middleton), Jane Eisner (Sunset Hills), Nancy Gulyas (East Bluff), Fred and Margaret Liss (Prairie Hills), Angela Miles (Midvale Heights), Diane Robbins (High Point Estates), John and Elizabeth Shireman (Sunset Hills), Jean Stewart (Nakoma) **Remember to share SAIL with friends!**

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A Message from Member Services Manager Laura Adell



Laura Adell

Welcome to our newest vendor, an organizing and personal attendant service. Its owner, Val, receives high marks from those she's worked with. Her services include organizing, in-home assistance, companionship, travel to appointments, errands, and more. Call SAIL if you are interested in contacting Val!

On another note, the cooler weather leads me to think about what's ahead—winter weather and all that comes with it! It's a perfect time to decide if you need help shoveling and clearing the driveway. If you don't have snow removal set up, call us at 230-4321 or email info@sailtoday.org for vendor names, as soon as possible!

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Advanced Funeral Planning “Take Aways”

Over 50 members and guests attended last month's program presented by Teresa Westing of Cress Funeral and Cremation Services. Taking the time to do a “Complete Funeral Plan” saves everyone time, money, and potential heartache. Many folks have children living out town, and having arrangements already made with your local funeral home allows those children to spend their time with loved ones and not making decisions during a difficult time. There's also less chance for siblings to disagree on details relating to the service and burial. And, most kids would rather avoid the conversation with their parent altogether. Selecting a funeral home and making pre-arrangements reduces family stress and helps ensure your wishes are followed. Pre-paid funerals remove the financial burden from the surviving family members. Funeral costs vary, depending upon your wishes. The Federal Trade Commission has ruled that all funeral homes maintain a general price list so one can compare “apples to apples.” Following the presentation, a member shared this link for comparing local funeral home fees: funeralhomeindex.com along with tips on reducing funeral costs. Contact us at 230-4321 if you would like additional information.

Special Fall Discount with Mr. T's Fireplace Services

Our new vendor, Mr. T's Fireplace Services is offering you a \$50 discount through the month of September. Your gas fireplace is just like your gas furnace—annual service and cleaning is recommended! Even an unused fireplace can have underlying issues. The regular rate of \$159 is reduced to \$109 during September. And, if we can round up a group of 6 or more cleanings, the rate is only \$99 each. Interested? Call SAIL and we can connect you!

Only Leaves Should Fall

Falls are a leading cause of serious injury and loss of independence among older adults. Over 40% of people who have a serious fall end their lives in a nursing home. The Safe Communities Falls Prevention Task Force, of which SAIL is a charter member, invites you to attend its annual screening workshop on Wednesday, September 23 at the Fitchburg Senior Center from 1:30 to 4:30 p.m. (arrive at 1:15 p.m.).

University of Wisconsin–Madison students will assist in providing gait, balance, strength, vision, blood pressure, cognition, and additional screenings aimed to help you identify your own risks for falls. Register by calling the SAIL office at 230-4321 by September 16.

Making the Move to an Easier Life By SAIL Member Alice Punwar



Alice and her husband, Jalam in 2008 enjoying time in their place—their screen porch.

When my husband passed away I was more than ready to be free of homeowner responsibilities. I quickly decided to look for a senior apartment and then put my house up for sale. Then I realized that I would have to get rid of 56 years of accumulated stuff, and reality set in. SAIL helped me to find a vendor that specialized in decluttering, downsizing, and helping people move to a new location. After getting cost estimates I hired a SAIL vendor to help me, and their staff was wonderful. They worked with me to clear out un-needed stuff, room by room, and gently encouraged me to throw out or donate many items. The best part was that they did all of the legwork, taking items to donor sites.

When the time came for the actual move, they came the day before and packed everything up. Then on moving day they met the moving van at the apartment and began to unpack all of the items and put them away in the appropriate rooms. By the time they left I had a working kitchen, a ready-to-sleep-in bedroom, a fully furnished living room with pictures on the walls, and closets filled with my clothes.

I am now enjoying my senior apartment, which is spacious and comfortable. The building has an elevator, so no more risky stair-climbing. The landlord has been accommodating about special needs, and bathrooms have adequate safety features. I am gradually meeting other residents and making new friendships. Yes, moving was traumatic, but it was greatly eased by the help of a SAIL vendor. I encourage other seniors to consider downsizing to make their lives easier and more care-free. If you would like to learn more, call me at 274-0428.

Farewell From Sarah By Marketing Student Intern Sarah Gang

As the summer winds down, I'm getting ready to head back to college. I thought you might be interested in the activities I helped with this summer for SAIL: managing the Facebook page, writing and submitting press releases, creating a new media contact list, designing a wall map of memberships by neighborhood, researching and recommending targeted mailing lists, evaluating additional and employing additional social media, and assisting with educational programs and events.

It's been a real pleasure getting to know you and being able to work with the wonderful women in the SAIL office. Thank you Ann, Charlene, and Laura for mentoring me this summer, and thanks also to the SAIL Membership Growth Team for engaging me in your work. Getting to know you, SAIL members, has made me realize that you are truly what make this organization so valuable. The experience I gained is immeasurable. I may come back and volunteer with SAIL when I'm home on breaks – so you might still see me around. Thank you for a great summer!

Note: Sarah's marketing internship was our first student internship experience at SAIL and funded by a local foundation. Thank you, Sarah, for a great job in expanding community awareness of SAIL

A Milestone Anniversary and Community Event

John and Tashia Morgridge will soon be celebrating their 60th wedding anniversary and are sharing this milestone by sponsoring a free special community-wide healthy aging event on October 10th at 10:00 a.m. in the building made possible through their vision and support, the Discovery Building at 330 North Orchard Street.

The afternoon session on healthy aging begins at 1:00 p.m. and takes an exploration of health, happiness, and well-being across the lifespan. Among the highlights is a conversation with renowned author Parker Palmer, whose books are on leadership, spirituality, and social change by aging. Interested in attending? Call SAIL at 230-4321.

SAIL's Tenth Anniversary and Mid-Summer Eve's Celebration Fun



Spirit of SAIL Award to John Porto

John Porto, handyman and lawn service vendor and volunteer, received a special award at our annual Mid-Summer Eve's Celebration. For the past 8 years, John has been a dedicated service provider and a true friend to SAIL members and staff. He is truly the "face" of SAIL. John received a special plaque along with a collection of members' messages—their heartfelt thanks and appreciation to John.

We also loved meeting John's wife, Judy! She and John are pictured above.

Seenager

Submitted by Member Janice Gary

I am a Seenager (Senior teenager)
 I have everything that I wanted as a teenager, only 60 years late.
 I don't have to go to school or work.
 I get an allowance (social security).
 I have my own pad.
 I don't have a curfew.
 I have a driver's license and my own car.
 I have ID that gets me into bars and the Beer Store.
 The people I hang around with are not scared of getting pregnant.
 And I don't have acne.
 Life is great.