

The SAIL Messenger

A Monthly Publication: January 2016



SAIL into 2016 with Don Sanford!

We're excited to kick off the new year with our annual winter luncheon featuring local author Don Sanford! Join fellow members and enjoy a talk by Don about his book, *On Fourth Lake: A Social History of Lake Mendota*. The book, the first of its kind, took ten years to write. Don will share slides from the book which takes you on a guided tour around Lake Mendota, looking at the lakeshore from the water. It is richly illus-

trated with more than 500 maps, newspaper articles, and photographs. It is the story of the people, places, and events that have shaped the shoreline of Lake Mendota, Madison's greatest lake, as we know it today.

About Don Sanford: Don worked for 30 years at WHA-TV and is a Captain for Betty Lou Cruises as well as a long-time member of the Mendota Yacht Club. In his free time, he enjoys racing sailboats and ice-boats. You might spot him on the lake in his "research vessel," *Sleepwalk*, recently featured in the *Wisconsin Alumni* magazine.

SAIL Winter Luncheon

Date: Wednesday, January 27

Time: 12:00 p.m. to 1:30 p.m.

Location: Blackhawk Country Club

Menu: Chicken Crepes or Vegetarian Pasta, rolls/muffins, fruit, cookies, and beverage.

Cost: \$18 per member (Lower meal cost available for income-eligible members)

Feel free to invite a friend!

To Register: Call SAIL at 230-4321 or sign-up online at our events tab at sailtoday.org

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



Benefit of the Month: SAIL members receive a 10% discount on Madison School and Recreation exercise classes. SAIL encourages members to exercise regularly to increase strength, balance, and overall cardiovascular health! Interested? Give us a call at 230-4321 or email us at info@sailtoday.org

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
Phone: 230-4321
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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

Greetings! I must begin this year's message with sincere thanks to all of you who participated in our 2015 Annual Appeal! We are close to meeting our goal in donations that support operations and, at the time of this writing, we are thrilled to have reached our \$10,000 SAIL

Endowment Fund goal. A generous \$5,000 match by the Madison Community Foundation qualifies SAIL to receive annual distributions which will be extremely helpful in future years!

The new year is starting with more good news—we received a \$20,000 grant from a local foundation for continued development of our new aging plan—a goal of the SAIL strategic plan is to provide our members access to customized tools to help educate and plan for the future. Today's complex health systems, our longer lives and increased disabilities, fewer children and/or other family nearby, and more financial stress make good planning and creating a solid support network even more critical for successful aging!

We're looking forward to welcoming a new part-time staff member to help us with programs and recruitment on Madison's east side in 2016, thanks to funding by the Madison Community Foundation. Collaborating with Edgewood College and UW-Madison nursing students is also on the calendar for 2016. How wonderful to know we can help students learn first-hand about geriatrics and aging in community. And how wonderful for us to receive education and support from the students!

It's such a privilege to work at SAIL and witness the amazing ways that together—members, staff, volunteers, students, donors, vendors, and colleagues—we are evolving effective, creative solutions to help us age successfully and on our own terms! Take some time and read this issue from front to back and you will surely see this in action. Charlene has shared some wonderful stories of members helping one another—very inspiring! You'll also learn about three new vendors, thanks to Laura's hard work. And, you'll see there are some fun and informative events coming up this month and in February. Please be sure to join us!

What You Should Know About Medicare

Various questions and concerns recently shared by members led us to sponsor a special program on Medicare. We asked our trusted, long-time colleague Janet Bollig, M.S.S.W. at Home Health United to help us understand: the meaning of an "observation stay" at the hospital, how Medicaid is different than Medicare, what services at home are covered under Medicare and which ones aren't, outpatient and home health care (PT, OT, Nursing) for prevention and rehabilitation, a new policy paying doctors to help patients plan for what kind of care they want at the end of life, and more!



Janet Bollig

Date: Wednesday, January 20 from 10:30 a.m. to 11:30 a.m.

Location: Madison Public Library- Hawthorne Branch, 2707 E Washington Ave.

To register: Call 230-4321 or email info@sailtoday.org. Transportation available.

SAIL Pays It Forward by Charlene Malueg

If you are like many, you may find it hard to describe SAIL in a few words. The best way to explain who we are is by sharing stories of how we are connecting and supporting each other. This support is happening every day in a magnitude of ways, like in the examples below:

“I heard you talking about someone that may need a little assistance. I’m happy to help if I can.” This recently came from an office volunteer who, while working a shift in the office, overheard that another member needed a little support after an accident. “I could help her run errands tonight and then my whole day tomorrow is free to help her with whatever she needs, if it’d help.” So, at the completion of her shift, she drove to the member’s home, took her to the pharmacy, ran a few other errands, and shared a few laughs along the way. Complete strangers connect. Unselfishness at its finest.

“I could use some help getting my holiday items up and a little help watering my plants for a couple weeks,” requested from a new SAIL member after surgery. Volunteers responded quickly “no, problem!” Volunteers assisted her with setting up holiday items and the plant watering schedule has been set.

Another volunteer who is sharing her time with a SAIL member recently told us “I have her birthday on my calendar and have a small gift for her. I also plan on some ice cream. She and I are developing a nice friendship that we both enjoy.”

These small acts of kindness (there are many more than the space available on this page) are literally changing people’s lives.

So as we watch the news and see all the bad stuff happening, please take a minute to remember that there is good in the world and much of it is happening at SAIL and with members and volunteers.

Groups, like the *Wild Things Neighborhood*, are growing, membership is increasing, volunteer committees are expanding, friendships are flourishing, and the “pay-it-forward” idea is in full bloom at SAIL. Thank you to each of you making this magic happen!

Welcome to Our New Volunteers

Susan Weiss—Susan has agreed to offer her time to visit with members who need a little extra support or socializing.

Judy Klingbeil—Judy enjoys hemming and sewing clothes, curtains, etc. She also likes to help with yard work and is happy to assist with basic pet needs.

Volunteer Policy

Several members have asked how to pay volunteers for rides or volunteer duties performed in their homes.

A verbal or handwritten thank you is always appreciated, but we ask that you not pay volunteers in cash or gifts and instead make a donation to SAIL in honor of the volunteer. These donations help ensure the volunteer program continues and can expand in the future. If you would like to send a thank-you note to a particular volunteer, forward it to the SAIL office and we will ensure it’s delivered to the volunteer.

If you have any questions about this policy, please contact the SAIL office.

Volunteer Drivers—Mark Your Calendar

Please mark your calendar for a volunteer training/update on February 3 at 9 a.m. in the Westmorland Room at Oakwood Village, 6205 Mineral Point Road.

Come and find out what’s new, update your information, ask questions, and meet other SAIL volunteer drivers.

If you are not currently volunteering but interested in learning more about this opportunity, please join us!

Upcoming Events Information

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

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



Recognition set for January 12. We are not making this up, the fact, we mean, that New Year's Day is not the only major event of the month.

Perhaps, just perhaps, it's the month you were born. Well, if that's the case then please accept our invitation to meet with other SAIL members born in January. We'll be gathering at 2:30 p.m. at Panera's Restaurant, 6637 Mineral Pt. Rd., for a coffee and plain old socializing.

Look at it this way: There are lots of other special days in January, like, for instance: "Run It Up the Flagpole and See if Anyone Salutes Day" (Jan. 2), followed the next day by "Festival of Sleep Day" and "Fruitcake Toss Day." And please don't forget "Cuddle Up Day" (Jan. 6), "Bubble Bath Day" (Jan. 8), "Thesaurus Day," (Jan. 18), or that all-time favorite, "National Hugging Day," (Jan. 21). You think we're making this up? No way. Same goes for the get-together event for those of you born in January. Be there, or be square.

SAIL Men's Roundtable

When and Where: Tuesday, January 12 at 9:30 a.m. in the Social Room at Oakwood Heritage Oaks.

Kickoff Topic: There has been considerable recent commentary—among politicians, economists, business interests, and the general public—about the idea of paying workers a "living wage." Although questions abound about precisely what this term means, there is substantial agreement that the current federal "minimum wage" of \$7.25/hour cannot sustain a decent standard of living. But what is meant by "livability," what minimum wage equates with this condition, to whom does it apply, and what (if any) economic rationale gives it legitimacy? These are the questions to be examined in this month's discussion.

Want to learn more about Men's Roundtable? Check out page 8!

Attic Angel Programs

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 program begins at 10:30 a.m.

Monday, January 4: "Senior Issues and the Government in 2016." Lisa Lamkins, Advocacy Director for Federal Issues—AARP.

Monday, January 11: "We Gotta Get Out of This Place: A Soundtrack of the Vietnam War." Douglas Bradley, Author and Vietnam Veteran

Monday, January 18: "America's First Great Judges." John Kaminski, Historian, UW-Madison History Department.

Monday, January 25: "The Life and Poetry of Wendell Berry: A Fresh and Hopeful Voice in a Troubled Culture." Kenneth Hindman, Retired Presbyterian Pastor and Professor.

Lunch Bunch

Join us at North and South Seafood and Smokehouse (formerly Joey's Seafood and Grill) on January 28 at 11:45 a.m.

North and South Seafood is located at 6604 Mineral Point Road. Call SAIL at 230-4321 to make a reservation!

SAIL Member's Book Club *by Joan Box*

Our current reading, *Elephant Company*, is a stirring story. The Library can still get your copy in time for you to read and join us on January 19 at 1:30 p.m. in Room B at the Sequoia Library.

At this meeting, the next book, *Orphan Train* by Christine Baker Kline, an imaginative recreation of a real episode of American history will be available. Call Joan Box at 233-3027 with questions.

January SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Save the Date: February 10 “Two Men Without a Truck Day”				1 Happy New Year!	2
3	4 Attic Angel Program 10:00 a.m. “Senior Issues and the Government in 2016”	5	6 Connections 1:00 p.m. Oakwood Village Heritage Oaks	7	8	9
10	11 Attic Angel Program 10:00 a.m. “A Soundtrack of the Vietnam War”	12 Men’s Roundtable 9:30 a.m. Oakwood Heritage Oaks <hr/> Birthday Club 2:30 p.m.	13	14	15 wellEXPO 3:00 p.m. to 8:00 pm Monona Terrace	16 wellEXPO 9:00 a.m. to 4:00 p.m. Monona Terrace
17	18 Attic Angel Program 10:00 a.m. “America’s First Great Judges.”	19 Book Club 1:30 p.m. Sequoya Library	20 “What You Should Know About Medicare” 10:30 a.m. Hawthorne Library	21	22	23
24 Movie Matinee 2:00 p.m. Oakwood Village Arts Center	25 Attic Angel Program 10:00 a.m. “The Life and Poetry of Wendell Berry”	26	27 SAIL Winter Luncheon 12:00 p.m. Blackhawk Country Club	28 Lunch Bunch 11:45 a.m. North and South Seafood and Smoke- house	29	30

Information, News, and Updates

Welcome to Our New Members!

Dave Bohlman (Oakwood Village -Prairie Ridge), Phil and Joyce Carey (Midvale Heights), Kent Kirk (Deerfield), Carol Lobes (McFarland), Marjorie Marshman (Tenney-Lapham).

Remember to share SAIL with friends! If you do and the person joins, you'll get a \$25 gift card!



Laura Adell

A Message from Member Services Manager Laura Adell

Our newest vendor Stephanie's tagline is "Improving the lives of others through awareness, education and motivation." Her services are: in-home personal training including muscular strengthening and fall prevention, pelvic wellness support including bladder health/incontinence education and pelvic floor strengthening, and nutrition education and support including grocery shopping and meal planning, and smoking cessation education and support.

We also welcomed a local company providing captioned telephones that display every word the caller says throughout the conversation. This technology allows you to both listen to the caller and also read the written captions on the bright display window. John Kinstler can help you learn more and will provide in-home set-up.

Another new vendor and Madison-based nonprofit, Wisconsin Council of the Blind, provides low vision evaluation and free in-home adaptive techniques to manage daily living. Their local store, Sharper Vision Store, offers products to make life easier for those with vision loss or impairment – such as magnifiers, kitchen aids, talking clocks, raised orange stickers, etc.

If you would like information on these or any other vendors, please call me at 230-4321 or take a look at our online vendor directory at sailtoday.org. This online directory is updated continuously and always available. Be sure to give us a call if you need assistance logging in as a SAIL member!

Women's Expo

We are looking forward to exhibiting at the "wellEXPO" on Friday, January 15 from 3:00 to 8:00 p.m. and Saturday, January 16 from 9:00 to 4:00 p.m. and invite you and your friends to attend! Enjoy two days of lectures and demonstrations geared towards health and wellness. Some of the topic areas include: reducing stress, improving your health naturally, the brain-heart connection, Chimera–self defense designed for women of all ages, dental health, looking and feeling your best, and more!

Admission: Tickets are \$5. Paid Friday attendees can return Saturday for FREE.
FREE ADMISSION both Friday and Saturday with two non-perishable food items.

Location: Monona Terrace, 1 John Nolen Drive, Madison.



2013 Stair Lift

A new member of SAIL has moved and no longer needs the stair lift chair in his former home. It works on the right of a stairway (bottom of stair looking up), is approximately 13 feet from top to bottom, and includes the owner's manual, tools, and lubricant it came with. If you are interested in this stair lift, call SAIL and we can connect you to the member!

Donor Acknowledgement Thank you to the following donors for your generous contributions to SAIL for the period of June 27 through December 23, 2015. We deeply appreciate your support!

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December Highlights



Above: Attic Angel volunteer and SAIL member Saraellen Schuh directing the annual Attic Angel Yuletide Chorus — a lively performance followed by a delicious lunch and fellowship. Top Right: Hathaway Dilba of Ale Asylum and Sara Hill of Wisconsin Milk Marketing Board demonstrating beer and cheese pairings. Right: Members and volunteers enjoying some holiday cheer at Ale Asylum and learning at the same time!

Coming in February:

Ways With Words... Here's an offer for a no-charge opportunity to make your writing "new and improved" —a chance to personally experience the best ways to get your writing started and to keep it going. SAIL member and long-time writer Jim Batt will lead a once-a-week course on Tuesday, February 2, 9, 16 and 23 from 10 to 11:30 a.m. at Oakwood University Woods. The course will include brief lectures, discussion, and participant writing experience. Class size is limited to a maximum of 10 students and registration is required by calling 230-4321.

Two Men Without a Truck Day We're always thinking prevention and are thrilled to offer members a special "perk" next month, thanks to vendor Two Men With a Truck! On February 10, they will provide two men to help move items **within** your home or out to the curb. Members who participated in last year's "Two Men Without a Truck Day" truly appreciated the help they received and the friendly attitude of the movers. Moving heavy furniture or other items can be dangerous —think SAFETY and consider signing up for this wonderful perk. They will also help with packing items for storage. For more information or to sign up, call SAIL!

About the Men's Roundtable by Member Fred Ross

For the past several years upwards of a dozen SAIL men have been meeting monthly for lively discussion and debate on selected topics—the national economy, global climate change, America's future in an uncertain world, the challenges facing today's educators, and more. Topics are announced in advance, and the discussions manage (for the most part) to stay focused on the topic. These are discussions rather than lectures, so consensus is neither expected nor sought. The goal is simply to unite intellectual stimulation with good fellowship, coffee and snacks.

These Roundtables, which last about an hour, are held the second Tuesday of each month (summer months excepted) at 9:30 a.m. in the Social Room at Oakwood Heritage Oaks. Announcement of the monthly topic is included in the SAIL Messenger, supplemented by either email or postcard notification. Members are urged to suggest issues that might make useful grist for discussion, and then to lead that discussion. Rules are few, courtesy prevails, and the guiding principle is that it's better to ask and fail than never to have asked at all—or something like that. If this sounds like it might be your cup of tea (or coffee), do plan to join us in future months.