



The SAIL Messenger

A Monthly Publication: June 2016



Professor Canon

Join us for a luncheon and interesting talk by Professor David Canon, a professor and chair of the political science department at the University of Wisconsin-Madison, on Tuesday, June 28! Professor Canon will give us the facts and poll numbers related to the upcoming presidential election. He'll discuss the potential crossover vote and the apparent polarization of the electorate. We can ponder if there's any light in the tunnel. He can also give us some insight into congressional election issues—this being a time that we have a key Senatorial contest here in Wisconsin!

Date/Time: Tuesday, June 28, 11:45 a.m. lunch followed by program

Place: Coliseum Bar, 232 E Olin Ave, Madison (call if you'd like directions)

Menu: Mixed greens with seasonal vegetables and choice of dressing, pasta salad, sliced turkey, ham and roast beef, tuna salad, sliced cheeses, tomatoes, onion, lettuce, pickles, and condiments, assorted breads and rolls, coffee, soda

Cost: \$13 per person. Transportation provided upon request.

SAIL Volunteers Partner with American Red Cross

Thanks to the efforts of member Carole McGuire, SAIL volunteers and the American Red Cross are partnering on a special project to make sure older adults have working smoke detectors in their homes. On June 3, SAIL volunteers will receive training on testing and installing smoke alarms.

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Benefit of the Month: One Phone Number to Call

Do you need a plumber? Gardener? Handyman? Window washer? Would you like help with your new iPad? Are you working on your estate plan? Need help while you recover from a medical procedure? Looking for volunteer work? Need a ride to a hair appointment? Regardless of what benefit or service you are looking for, SAIL can help! Call us at 230-4321, Monday-Friday between 8 a.m.- 4:30 p.m.

Supporting Active Independent Lives:

A nonprofit membership organization whose members help one another age successfully and have access to vetted services, educational programs, and social opportunities.

SAIL is a "village." In fact, we are the second oldest "village" in the country and a charter member of the national Village to Village Network. We are proud to participate in an ongoing exchange of ideas and support that are aimed to help people live life to its fullest as they age.

Member Benefits:

- Access to pre-screened service providers and volunteer support
- Invitations to social and educational events
- Information and referral services
- Auto Daily Check-In
- Volunteer opportunities
- Discounted wellness classes and products
- House checks
- Transportation
- Many more!

Two membership levels are available. Contact SAIL for information.



Office Hours

M-F 8:00 a.m. to 4:30 p.m.
Closed holidays

Supporting Active Independent Lives (SAIL) is a program of the Madison Area Continuing Care Consortium, Inc., a non-profit organization whose members include Attic Angel Association and Oakwood Lutheran Senior Ministries.



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

Thank you to those who attended our Spring Luncheon and Annual Meeting last month! We were delighted to see 120-some members join us as we recognized three outgoing Council members: Carol Brown, Fred Ross, and our president John Schmidt. All three are charter members of the Council and have served six years while leading SAIL

through significant organizational change! We elected three new Council members: Dorit Bergen, Tom Evans, and Bob Topel— welcome to all of you! A tasty lunch, comments by our sponsor BrightStar's staff member Wendy Sulzer, and a talk by local author Frank Court rounded out the event. Council Member Pat Kallsen presented each outgoing member with a special gift— the book *Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age* by Jo Ann Jenkins, CEO of AARP. You may want to add this to your "To Read" list. It's filled with interesting and thought-provoking themes about embracing opportunities and changing the way we look at aging. She writes about topics that are likely to touch all of our lives— caregiving, building age-friendly communities, and money. The underlying goal is to live happier, healthier, and more active lives at every age. Isn't that what we all want?

Your membership with SAIL is relevant to ways to defy ageism as described in this book. And you, our members, defy ageism! In fact, just a couple months ago, a member in her mid-nineties decided her balance and strength needed improvement so she hired SAIL vendor Stephanie as her personal trainer. She notes significant improvement following the daily exercise regimen she adhered to over the past two months. SAIL programs and events support active and independent lives, too. Be sure to check out our offerings this month: Luncheon with Professor David Canon, Chair of the UW-Madison Political Science Department; SAIL's 2nd Annual Golf Outing; Member Groups—Bicycling, On Our Own, Lunch Bunch, SAIL-American Red Cross Smoke Alarm project, and more! We hope to see you soon!

SAIL Volunteers Partner with American Red Cross

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Volunteers will proceed to visit a dozen member homes to test and, if necessary, install new alarms. The equipment and training is funded by grants to the Red Cross nationwide. SAIL is Madison's first trial run with this new program that is prevention-based versus reactionary. Most American Red Cross programs are in response to a disaster, and this is one that is actually preventative! It's designed to prevent deaths due to fire.

If you did not sign up for the June 3 event and are interested in either volunteering in future install/testing or in receiving a new smoke alarm or testing your current alarm, please call SAIL and we will add you to a follow-up list!

Another Exceptional Month of Volunteer Support! Highlights Include:

- Volunteer drivers provided more than 20 rides to appointments.
- Pick-up and removal of household electronics to the electronics recycling center.
- More than 10 hours of computer support.
- Pick-up and delivery of larger-sized painting to member's home.
- Nearly 25 hours of office and phone support in the SAIL office.
- Help to complete banking paperwork due to member having difficult time writing.
- Administrative support to a member to help type a business letter to an organization.

Have a need, call us! Have time to give, let us know! No request or offer is too big or too small. (We are seeking more volunteer drivers to assist members in getting to appointments.)

Our vision is shining brightly: SAIL is a community of members serving one another as they pursue successful aging.



It's Bicycling Time Again!

Join your fellow SAIL members on **Thursday, June 16, at 9:00 a.m.** for this year's first SAIL bicycle ride.

Weather cooperating, we'll enjoy a congenial 15-mile group ride along several of Madison's wonderful bike paths, starting and ending at **the Odana Hills Golf Course parking lot**. This will be a very "civilized" ride, so along the way we'll be certain to stop for coffee and conversation and fellowship.

No need to pre-register; just show up with your bicycles on Thursday, June 16 at 9:00 a.m. at the Odana Hills Golf Course. For additional information, contact ride leader, Fred Ross, at 833-8315 or by email at rossfm@chorus.net.

Fred is a SAIL member volunteer. He coordinates the Men's Roundtable; and because of his love of biking, he decided to start a SAIL biking group. Come join him!

Paying it Forward

By Jane Earl, SAIL Member Volunteer

SAIL volunteer services rely on the good hearts of people willing to "pay it forward" as in the examples above.

However, maybe physical activity isn't your shtick. Another really important way you can help pay it forward is to ensure that SAIL is here and healthy for the long haul through your financial gifts. If you are able, you can help by:

- Including SAIL in your will
- Making a general donation
- Honoring a friend or family member with a gift in his or her name
- Naming SAIL as a beneficiary in your insurance plan or IRA
- Share your required IRA distribution with SAIL and gain tax credit

There are so many ways to give, and SAIL is so appreciative of all of them! If you are interested in learning more about making a gift to SAIL, call Charlene Malueg or Ann Albert at 230-4321 so we can set a personal appointment with you. We appreciate all gifts, and they directly help propel SAIL into the future!

Upcoming Events Information

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

SAIL Members Born in June Are Invited to Attend the June Gathering!



SAIL members born in June share the month with so many famous people and events that you'd think calendar makers would have added extra days to it.

If you had the good fortune to be born in June, attend a gathering on Tuesday, June 14, at 2:30 p.m. Join fellow SAIL Sixth-Month birthday celebrants at Panera's Restaurant, corner of Mineral Point Rd. and Grand Canyon Dr. for some loose talk, socializing, and coffee, soft drink...that sort of thing. Feel free to bring a guest or two!

Not a June birthday celebrant? Like to celebrate birthdays? Join us! Come and share birthday greetings to your fellow SAIL members that were born this month!

Lunch Bunch: Two Options Now!

Join us to get acquainted (or reacquainted) with fellow members, enjoy stimulating conversation and, of course, wonderful food. And we now have two Lunch Bunch opportunities for members! See below:

Wednesday, June 22 at 11:45 a.m. at the Manna Café, 611 North Sherman Ave. Some of you may remember Collins House Bed and Breakfast, which was located on Gorham Street from 1985 until 2005. After that closed, owners Barb and Mike Pratzel started the Manna Cafe. Read their story on their website at www.mannacafe.com.

Thursday, June 23 at 11:45 a.m. at Biaggi's Ristorante Italiano—their new location in Greenway Station, 1611 Aspen Commons, Middleton.

All members are welcome—an informal social gathering coordinated by members Dorothy Bollant and Deb Hall. RSVP for the luncheon by contacting SAIL by phone or email. We hope you'll consider joining us!

Writers Writing

If you enjoy writing, sharing your work, and listening to the work of others, join us Tuesday, June 7, 10:00 a.m. at Oakwood Towers Party Room. Questions? Call Barbara Quirk at 238-6854.

SAIL Men's Roundtable is taking a break for the summer! Be sure to watch for the next date and discussion topic in the August Messenger.

SAIL Book Club *by Member Joan Box*

The SAIL Book Club will meet at 1:30 p.m., Tuesday, June 21. The club will meet in the Sun Room at Oakwood Village, 6205 Mineral Point Road and will discuss *The Hare With Amber Eyes* by Edmund de Wall. This will be the last meeting before summer break. We'll meet again in September!

MOVIE MATINEE — THE REVENANT (2015)

Sunday, June 26 at 2:00 p.m. in the Arts Center

Set in the 1820s American frontier, this thriller follows fur trapper Hugh Glass as he seeks retribution against the companions who left him for dead in the Missouri River's icy waters after he was mauled by a bear. *Rated R.*

A Look at CCR and AED's with Deer-Grove EMS Staff

Join us on June 28 at 10:00 a.m. at Taylor Ridge, 510 Westlawn Drive, Cottage Grove.

EMTs will discuss and demonstrate two life-saving procedures anyone can perform: chest compression resuscitation and how to use an automated external defibrillator. This is a hands-on program and is sponsored by the Cottage Grove Triad.

You can also come learn about neighborhood safety updates on June 22 at the West Madison Police District, 1710 McKenna Blvd. at 10:30 a.m., sponsored by the West Madison Triad.

June SAIL Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Red Cross Smoke Detector Checks (Advance registration required)	4
5	6	7 Writers Writing 10:00 a.m. Oakwood Village	8 SAIL 2nd Annual Golf Outing 12:00 p.m.	9	10	11
12	13 SAIL Council 4:00 p.m. Call for information	14 Birthday Club 2:30 p.m. Panera Bread	15 On Our Own 12:00 p.m. Location: TBD	16 Bike Ride 9:00 a.m. Odana Golf Course	17	18
19	20	21 Book Club 1:30 p.m. Oakwood Heritage Oaks Sun Room	22 Lunch Bunch 11:45 a.m. <u>Manna Café</u> Neighborhood Safety Program	23 Lunch Bunch 11:45 a.m. Biaggi's Ristorante Italiano	24	25
26 Movie Matinee 2:00 p.m. Oakwood Arts Center	27	28 Professor David Canon Luncheon Program, 11:45 a.m. <u>Coliseum Bar</u> Hands-on CPR training, Cottage Grove	29	30	31	

Information, News, and Updates

Welcome to Our New Members!

Frank Court (Monona); Nancy Gleboff (Hill Farms); Connie Maxwell (Capitol Neighborhood); Daniel and Ruth Siegel (Spring Harbor); Mary Teteak (Orchard Ridge); Ida Wren (Faircrest).



A Message from Member Services Manager Laura Adell

Our vendor program is growing! We now have 82 service providers, and requests for services are increasing. Since January, we have logged over 500 service requests, which is over 26 requests a week! And these are only the ones we know about! Members often request services from a vendor they have used in the past without contacting the SAIL office. That's fine; however, we then have no knowledge of the requests (500 is actually a conservative number). If you use a vendor on a continuing basis, please contact me so we can better track service usage throughout the year and check in with you to make sure your expectations are exceeded!

Our vendors receive very high accolades—here are a couple of examples:

Capitol Carpet Cleaners did a fabulous job! They were in and out in less than an hour!!! My husband was very impressed with their work and he does not give compliments easily. They arrived 5 minutes early and worked carefully and cheerfully. So glad we found them through you and SAIL.

I contacted Madison Deep Cleaning and received a call back in a matter of minutes. Cristina, who is a part owner, visited me that afternoon. We set a date. She and a crew spent a couple of hours cleaning and did a marvelous job. I have engaged MDC on a regular schedule. Cristina and her staff are terrific. They are one of the best that I have engaged, anywhere.



SAIL is Hosting its 2nd Annual Golf Outing on Wednesday, June 8!

Last year, we raised over \$6,000 to help meet the increased needs of individuals who cannot afford membership, transportation, or program costs. We are on our way to doubling this amount this year!

There are still a few days to register to golf, donate to the event, sign up to join us for dinner, or volunteer at the event. There are many ways to get involved! Thank you to those who have signed up to golf, volunteer, and/or donate items.

Thank you Life Assist USA, our Title Sponsor and other sponsors and donors including American Printing; Attic Angel Association; Attorney Melissa Warner; Cost Cutters; Cress Funeral Homes; Oakwood Village; and RSM US LLP! And, another to SAIL member Donna Ploc, for chairing the event again this year.

When: Wednesday, June 8
Shotgun start at noon and dinner at 5:30 p.m.

Where: The Meadows of Sixmile Creek in Waunakee

Cost: 18-hole: \$95
9-hole: \$60
Dinner only: \$30



On Our Own *Co-Leaders: Karen Peterson and Janice Gary*

This newly evolving group met last month and learned about private geriatric care management services. Vendor and Geriatric Care Manager Shannon Wall and her colleague Sheryl Castillo explained the various ways they assist old adults through professional assessment, development of a short and long range care plan, advocacy, and overall coordination and monitoring of services.

The group discussed how to seek out this type of service as well as publicly funded information and referral assistance, benefits counselling, and case management services offered by the local Aging and Disability Resource Center and local senior coalitions. If you'd like more information on any of these topics or the On Our Own group, call SAIL!



This month we will meet on June 15 at noon (Location TBA). We'll spend time getting to know one another and Council member Don Haasl will present an update on the Living Plan that SAIL is working on for all members. Contact SAIL if you are interested or have questions.

Taking Back Control *by SAIL Vendor Stephanie Ehle*

Have you ever been in a situation where you have coughed, laughed or sneezed and had to make a quick break for the bathroom? Do you wear a pad just in case? When was the last time you slept through the night? As we age, we often assume that these situations are a normal part of the aging process. However, research shows that we are wrong! Although common, incontinence or bladder/bowel leakage is **NOT** a normal part of aging!

FACTS ABOUT INCONTINENCE

The direct and indirect costs of pelvic floor disorders total over \$30 billion per year

Among childbearing women:

- 50% report urinary incontinence by age 40
- 65% by menopause
- 25% report fecal incontinence
- 11% of women undergo major surgery for incontinence or pelvic dysfunction

In addition to these staggering statistics, incontinence can play a major role in your quality of life. The average person waits seven years before seeking help. Avoidance of exercise and activities is very common. In addition incontinence can cause decreases mood, and relationships and increase your fall risk.

If you'd like to learn more about how to get help and/or seek a proper diagnosis, call our SAIL vendor Stephanie Ehle or contact SAIL and we can assist you. There are many available options such as changes in diet, exercise and bladder retraining. Others include specialty classes (such as Total Control), rehabilitation, medications and more. Spending some time getting educated and getting to the root of the problem can make a big impact in your quality of life and help you take control today! **Also, consider attending "Better With Age: Mind Over Matter, Brain Over Bladder" at Oakwood Village on Thursday, July 21 at 2:00 p.m.**



L to R: Kathy Poi, Ann Jarvella Wilson, Carol Graham, and Judy Taylor joined together to discuss genealogy—a new interest group at SAIL.



Explorers on their way to the Livsreise Heritage Center in Stoughton.

Members participate in the annual POPs Reception. Another amazing year partnering with UW-Madison Pharmacy Students!



Members enjoy time together at the SAIL Spring Luncheon and Annual Meeting at the UW– Madison Arboretum.