



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

FEBRUARY 2017

Highlights in this Issue:

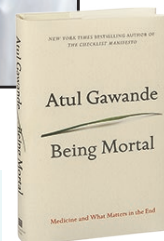
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15 Year "Village Anniversary" Event: Special Atul Gawande Webcast

To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village in Boston has invited Villages around the country to participate "virtually" in an event featuring Dr. Atul Gawande, MD, MPH, author of the seminal book *Being Mortal*. The event will be live-streamed across the United States and SAIL (the second oldest "village" in the nation) will broadcast the live event.



Dr. Atul
Gawande



WHEN: Monday, Feb. 13 from 4 pm to 6 pm

WHERE: Oakwood Heritage Oaks Westmorland Room
Refreshments will be served

RSVP: By email at info@sailtoday.org or call us at 230-4321

Dr. Gawande is a renowned surgeon, public health researcher, and writer, who will speak about the value of community and opportunities as we grow older. While Dr. Gawande's book title alludes to death, the stories in it are actually about life. He describes people's efforts to maintain autonomy as they age in the face of ingrained habits, cultural expectations, and one-size-fits-all corporate offerings. He includes Beacon Hill Village and the Village model as an option for assisting older adults in their efforts to remain independent and engaged. The Village Concept and Dr. Gawande's profound understanding of the importance of choice and community offer valuable insights and solutions for this challenging phenomenon.

Not only will Dr. Gawande share these messages with us, but he will also answer questions from Villages around the country. Our Village has an opportunity to submit a question by February to be answered during the live event. If you would like to suggest a question for our Village to submit, please contact Ann Albert at SAIL at 230-4321.

The History of the Village Movement:

In 1999, a group of friends gathered to talk about their future in central Boston. They wanted more freedom and control over their lives as they aged. They also wanted to be active, taking care of themselves and each other, rather than being taken care of.

Continued on page 5



Office Hours

M-F: 8:00 am - 4:30 pm
Closed holidays

Sharing 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.



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Klotz, and Bob Topel

From the Office



A Message from Executive Director Ann Albert

Wow, we've sure had some challenging weather conditions this winter! As a result we've had to reschedule some events which affirms why pre-registration is a good idea — kudos to our staff for the great job in notifying members of cancellations in advance!

This month's Messenger features our quarterly donor recognition and our 2016 Annual Appeal results. Know that we appreciate all you do to make SAIL grow and thrive—whether it's a gift of your time, talents, and/or treasure! And of course, your membership to SAIL! We are so fortunate that SAIL members are committed to helping themselves and others live meaningful, engaged lives. Our Atul Gawande webinar event on February 13 in honor of the beginning of the Village movement reinforces the importance of our work together!

Operationally, we are working hard to serve more people, which means increasing membership. We are excited about the development of a SAIL "satellite" in Waunakee organized by Member volunteer Chris Klotz. Last month, in spite of a winter storm, 20 Waunakee residents joined us for "Ya Gotta Have Friends" presented by life coach Mary Helen Conway to learn tips on making friends after 50. Mary Helen's new book *Ready, Set, Retire* is now available, and SAIL receives a donation for each book purchased. Check it out on page 3. Huge thanks to Chris for leading the charge on this event and the new satellite idea! And thanks to our friends at Waunakee Library for hosting us.



Membership is the lifeblood of SAIL and we ask you to share your SAIL experiences with friends. It is a great way to get the word out and encourage others to come aboard! Sue Stenzel is working on a system to capture your stories — see page 3.

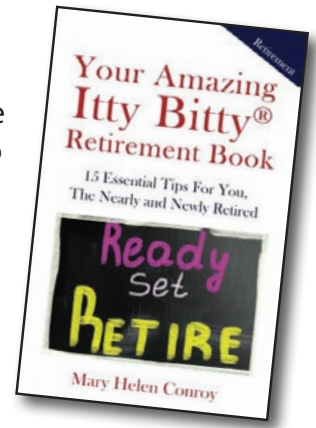
We appreciate your suggestions, feedback, and involvement in SAIL! Hope to see you at some upcoming programs!

SAIL 2016 Annual Appeal Results

We are thrilled to report that we had a very successful 2016 Year End Appeal! We exceeded our goal of \$45,000 by raising \$47,413.32! Approximately 30% of our members contributed this year and made up 80% of our total Annual Appeal gifts. We are so grateful to have the support of our members as well as SAIL Supporters and Corporate Donors to the Appeal. As you know, SAIL receives no government funding, and your gifts help us continue to provide needed services to older adults. Thank you!

Are You Nearly or Newly Retired?

If you or someone you know is nearly or newly retired, consider this wonderful little book filled with tips written by Mary Helen Conroy. Mary Helen has presented two programs sponsored by SAIL based on a chapter from her book, *Ready, Set, Retire!* Both included some helpful tips and insights. Her sense of humor and warm spirit are present in her writing and her programs. A friend of SAIL, Mary Helen has offered to make a donation to SAIL for each book sold. Thank you, Mary Helen! To order a book, contact Mary Helen directly at 608-239-7426 or maryhelenconroy@gmail.com and be sure to let her know you are a SAIL member.



Calling All iPhone Users

by Sue Stenzel

Do you love your iPhone? Are you comfortable using all its features — or are many of them still a mystery to you?

If enough people are interested, we'll try to schedule a user group for iPhones. The members attending the user group for the SAIL Samsung phone are finding it useful, and it's fun to discover all the functions available in these phones.

Call the SAIL office if you are interested, and we'll get something scheduled.

SAIL Stories

by Sue Stenzel

Everyone has a SAIL story — can you tell us yours? We'd like to collect as many stories as possible about what SAIL has meant in your life. It may be a new friend or social interest, a home repair or a vendor who makes your life easier. How about a trip you may have taken with a SAIL acquaintance or an unexpected meeting with someone who shares your passion for something?

Don't worry about putting these in edited form — we'll do that. It's the story that counts — and we want to hear yours. We hope to be able to use these as we continue on our membership drive on the east side, so be as generic as possible. No names will be used in the stories, unless you'd like us to.

So — mail, email or call in your stories — we'll look forward to reading or hearing them!

Volunteer News

It is truly gratifying to work with SAIL members and volunteers. Whatever the need, SAIL always manage to find a willing volunteer! Over the past month, volunteers have: helped in the SAIL office and on committees, assisted members discharging from rehab, given rides, packed away holiday decorations, removed large items for disposal, provided computer support, sent greeting cards to members, and more. Then there are our phone callers who continue to extend warm welcomes and birthday wishes each month.



Peggy York

Although I know many of our volunteers, I am still looking forward to meeting many of you. Also, please note I will be sending all current SAIL volunteers a questionnaire in the near future. Please fill it out to let me know what areas of volunteering would most interest you.



SAIL Messenger Volunteer Helpers

Thank you to Faith Miracle, Dorit Bergen, Lois Curtiss, and Winnie Shea!

SAIL Technology Support Program

The SAIL Product Team has created a comprehensive SAIL technology support program for members. There are four components to this program.

- **Tech Classes** (open to the public) — Classes addressing specific topics related to tablets, computers, and Smartphones.
- **Tech Tutoring 4 You** — One-on-one half-hour sessions with a tech expert on scheduled days posted in the *Messenger*. Four free sessions for Full Members; \$15 donation per session suggested for Associate Members.
- **EZ Smartphone** — A special offering for SAIL members by US Cellular and includes a user group.
- **In-Home Tech Support**
 - Basic support provided by staff, vendors or volunteers as available.
 - Access to SAIL Vendors for repairs, maintenance, and tutoring.



Tech Classes

These free classes are designed to cover general information and include time for questions and answers. Registration is required. Please register by calling the SAIL office at 230-4321.

Computer Tablets

Wednesday, Feb. 22 from 1:00 pm to 2:00 pm

Alicia Ashman Library, 733 N. High Point Rd.

Class will cover popular tablets and their functions; why you might want to consider a tablet; buying considerations, and general information about how to print from one.

Using Gmail

Thursday, March 2 from 10:00 am to 11:00 am

Oakwood University Woods Westmorland Room

Basic functions of Gmail; setting up folders and moving emails into folders; adding and managing contacts; setting up a group list.

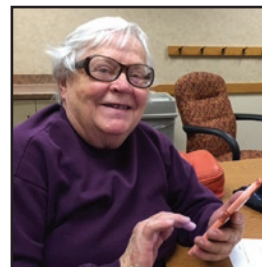
Our Product Team



L to R- Members
Tom Evans,
Ken Martin,
Lucy Lasseter,
Don Haas,
Tom Popp,
and Fred Ross.
Missing from pic:
Carole McGuire

Tech Tutoring 4 You

One-on-one half-hour sessions with a tech expert. Times are limited. Please register by calling the SAIL office at 230-4321.



Madison East –

Sessions will be held at Lake Edge Lutheran Church, 4032 Monona Drive, Madison

Thursday, Feb. 9 from 10:00 am to 12:00 Noon

Instructor – Cris Carpenter

Wednesday March 8 from 1:00 pm to 3:00 pm

Instructor – Dave Friedman

Madison West – Sessions will be held in the 2nd floor Heritage conference room, Oakwood Village University Woods.

Wednesday Feb. 8 from 1:00 pm to 3:00 pm

Instructor – Dave Friedman

Tuesday, March 7 from 10:00 am to 12:00 Noon

Instructor – Pam Eagan

I'll Drink to That: Toasting Wisconsin's Historic Taverns

Join SAIL, the North Eastside Coalition (NESCO) friends, and Architectural Historian Jim Draeger (co-author of *Bottom's Up*) as he leads you through a suds-filled romp of the evolution and changes in Wisconsin's beer and bar culture. Learn about the evolution of the tavern from stagecoach stops to sports bars. Trace the social, cultural, and technological changes brought about by liquor regulation, temperance, prohibition and its aftermath, and our postwar, media-savvy society.



WHERE: The Esquire Club, 1025 N. Sherman Ave., Madison

WHEN: Thursday, Feb. 16, 4:30 pm – 6:30 pm

COST: \$15 per person which includes appetizers – beverages are additional.

RESERVATIONS: **Must be made by Tuesday, Feb. 7.** Space is limited so call SAIL now to reserve your spot! *Transportation arrangements provided for members.*

Join Friends of Oakwood for a Fall 2017 New England & Canada Cruise!

SAIL members, as well as interested friends and family members, are invited to an informational session to learn more about a fall 2017 group travel opportunity being coordinated by long-time Oakwood volunteers Tom and Carol Rivers and Burkhalter Travel.

Scheduled for September 10 – 22nd, 2017, the group will embark on a New England & Canada cruise on Holland America's MS Zuiderdam. Travelers will sail from New York to Quebec with stops in Boston, Bar Harbor, Nova Scotia, Prince Edward Island, and Quebec via the East Coast and Gulf of St. Lawrence. Following the cruise, enjoy two days in Montréal.

Informational meetings to learn more about this trip will be held:

Thursday, February 23, 2017

Oakwood Village University Woods
Nakoma/Westmorland Room
10:00 am – 11:00 am

Tuesday, February 28, 2017

Oakwood Village Prairie Ridge
Tree of Life Chapel
2:00 pm – 3:00 pm

To RSVP for this informational session, and to learn more about this opportunity, call Shaina Krueger with Burkhalter Travel at 833-5200 x250.



The History of the Village Movement: *Continued from page 1*

The Village Movement was born by the formation of Beacon Hill Village, which enrolled its first members in February 2002 and was soon deluged with requests for help from other groups wanting to form their own Villages. Unlike other Villages, SAIL was created without knowledge of Beacon Hill Village and started out as a 17-month Naturally Occurring Retirement Community demonstration in 2005. We have been involved in what is now the Village Movement ever since.

Today, we are one of more than 200 open Villages and more than 150 in development in 45 states and the District of Columbia that serve 40,000+ members just like you. In 2010, the Village to Village Network was formed to ensure the success of individual Villages and the Village Movement through expert guidance, resources, and support.

SAVE THE
DATE!

No More Spring Breaks!

In collaboration with the University of Wisconsin-Madison and Oakwood Village, we have organized an action-packed day of education and personal screenings that will give you a leg-up on falls prevention.

Many people don't realize that over 40% of older adults who experience a serious fall find themselves spending the remainder of their lives in a long-term care facility. Wisconsin ranks second in the nation in deaths from falls. The GOOD NEWS is that most falls are preventable. You CAN take steps to lower your risk by attending *No More Spring Breaks!*

On Tuesday, March 28, we'll meet in the Oakwood Arts Center between 12:30 pm and 1:00 pm, and we'll begin with a presentation by Judy Dewayne, UW Madison professor of Physical Therapy. Then, UW-Madison students will guide you to various screening stations related to medications, balance, gait, strength, cognition, home safety, and more. At 3:00 pm, we will gather in the Arts Center where students will be available to review your results with you and answer any questions you may have. To register, call SAIL by or email us at info@sailtoday.org

FALL PREVENTION RISK ASSESSMENT

balance
strength
cognition
and more!



SAVE THE
DATE!

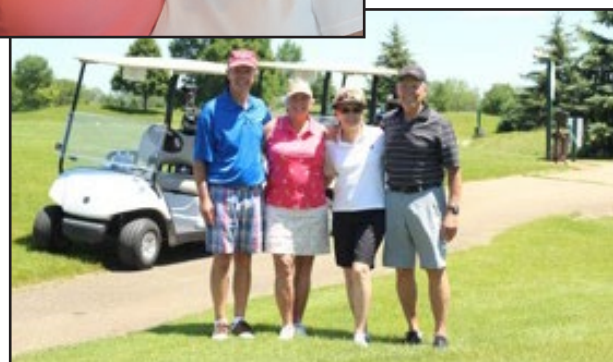
SAIL 3RD Annual Golf Outing on June 14!

By Member Donna Ploc

Join me for our Annual SAIL Golf Outing, this year at Tumbledown Trails! As your volunteer chairperson, I am asking fellow members to share this fun-filled event with friends. Last year we raised \$11,000 for SAIL — this year our goal is double! The funds help SAIL with its programming and support to members with low incomes. If you know of any organizations or businesses that would help sponsor the event in some way, please contact SAIL.



*Chairperson
Donna Ploc
and Volunteer
Sue Goldstein*



Members' Corner



Welcome to our New Members!

Renee Forrest *Hill Farms*
Lori Bradley *Faircrest*



A Message from Member Services Manager Laura Adell

SAVE THE
DATE!

Mark Your Calendar for the SAIL Vendor Fair!

WHEN: Friday, March 31

WHERE: Good Shepherd Lutheran Church.

Come and meet SAIL vendors and learn about their services. Also enjoy some good food and socializing!

"Once I started using SAIL vendors, my life became a lot less complicated. I now have more quality time to focus on the things that I enjoy instead of chores that I don't! And, I really appreciate knowing that if the vendor is on SAIL's approved vendor list, the service provided will be excellent." - Jane Earl, SAIL Member

Discount offer from Vendor Blaine Rogers at ADAPTIVE REMODELING SOLUTIONS

Some of us make resolutions for the new year and many of us do not. Things to keep in mind, however, are changes that we all could make to help stay independent and safe in our homes. That being said, here's one resolution for all of us: resolve to stay living independently for as long as it is safe to do so! Adaptive Remodeling Solutions can help with that. One of the most popular service requests we have is related to the bathroom. The majority of all falls for older adults occur in the bathroom — many result in serious injury. We have become "experts" in the area of bathroom modifications, and we work hard to find the right solutions to meet your needs. Now through March 15th we are offering SAIL members a 15% discount on labor costs for any project that Adaptive Remodeling Solutions completes for you.

Icy Walks

It's best to stay put during icy winter weather, but sometimes you may find yourself facing unexpected slippery walking conditions. Member Mary Lathrop recently mentioned she recalled a tip from SAIL last year that came in handy a couple weeks ago — take tiny steps and keep your feet about 12 inches apart for better balance. Thanks Mary!

Benefit of the Month

Rise and Shine

Peace of mind is especially important to those living alone. SAIL offers an automated daily check-in service for Full Members who live alone. If a member does not check in by 10:30 am, SAIL will follow up to make sure everything is okay. Interested? Call or email the SAIL office to arrange.

February Events

Attic Angel Programs

The programs are held in the Community Room at Attic Angel Place, 8301 Old Sauk Road in Middleton. Coffee starts at 10:00am and the speaker begins at 10:30am. There is no charge and you do not need to register in advance.

Monday, February 6:

"A Potpourri of Fish Stories from the Great Lakes and Beyond" Peter McIntyre, Associate Professor of Zoology, University of Wisconsin – Madison

Monday, February 13:

"Alexander Hamilton: From Obscurity to Greatness" John Kaminski, Historian, Department of History, University of Wisconsin – Madison

Monday, February 20:

"Sharia: Code or Process? Implications for Perceptions of Islamic Law in the U.S."

Peter Krug, Professor Emeritus,
University of Oklahoma College of Law

Monday, February 27:

"Tips and Techniques to Maintain Your PC Laptops and Desktops" Hiep Tran, Former Tech Support, Madison Area Technical College

Connections Group

Join us on Wednesday, February 1, 1:00pm at Oakwood Village Heritage Oaks Westmorland Room. Interested? Please give us a call to learn more about the group and its charter!

Writers Writing

Members share and discuss their own writings and that of others. If you are interested in attending, call Barb at 238-6854. They meet the 1st and 3rd Tuesdays (February 7 and 21) from 10:00 am to 11:30 am in the Towers Party Room.

Birthday Club

Have a birthday in February? Or, are you just looking for a reason to celebrate? Either way, join us Tuesday, February 14 at 2:30 pm at Panera Bread (off Mineral Point Rd.). Members Dorothy Batt and Sue Goldstein invite you to join them and meet other SAIL members. Celebrate the joy of birth!

SAIL Men's "Roundtable" by Fred Ross

WHEN: Tuesday, February 14 at **10:00 am**

WHERE: Oakwood Heritage Oaks Social Room

KICKOFF TOPIC: Employing a new catchphrase, our country today is sometimes branded the "Divided States of America." This divide, whether it be liberal/conservative, coastal states/middle states, male/female, young/old, college educated/blue collar, or whatever, seems to characterize the country today.

What do we make of all this? Is the divide real, or merely imagined? If real, why did it happen? And, again, if it is real, is it unhealthy? And if so, what can be done to bring us back to health? These questions and others will form the basis for our discussion.

Transportation: Need a lift? Give the SAIL office a call.

Two Men Without a Truck Day

TWO MEN AND A TRUCK® is showing SAIL some love this month! The reputable company and SAIL vendor is donating their time for a third "TWO MEN WITHOUT A TRUCK Day." On Tuesday, February 14, a team of their professional movers will donate the full day to helping SAIL members move items within the home. Registration Full!

On Our Own Group



This month's meeting will feature a talk by Attorney Brenda Haskins of Haskins Short Law Office. A native of Madison, Brenda is a graduate of UW Madison Law School who opened her law office in 2010. She specializes in elder law and estate

continued on pg. 9

planning. Our topic this month is an update on Medicare and important issues that Medicare subscribers should be aware of and when legal help is advised. She'll also answer questions related to long-term care insurance, Medicaid, and Veteran's Benefits. Join us on Wednesday, February 15 at 10:30 am at Oakwood Village Heritage Oaks in the Westmorland Room. To register, contact SAIL at 230-4321 or email us at info@sailtoday.org. **All SAIL members are welcome to attend.**

Book Club by Maria Schnos & Alice Punwar



Meets on Tuesday, February 21 from 1:30 pm to 3 pm in the Sunroom at Oakwood Heritage Oaks. We will still discuss the book from last month, *H is for Hawk*, since we were unable to discuss it in January due to canceling the meeting.

The book for March is *Can't we talk about something more pleasant?* by Roz Chast. This book is a graphic memoir by a New Yorker cartoonist telling the story of her parents' last years and her difficult relationship with them. Ten copies of the book are available to book club members and are available at SAIL.

These books are now available and can be picked up at the SAIL office at Oakwood. The office is located in the Tower Building (6209 Mineral Point Rd., Suite 210). Please call before you come to make sure someone is in the office – 230-4321. As always, new members are welcome.

Lunch Bunch By Dorothy Bollant and Deb Hall

Westside: Thursday, February 23 for lunch at 11:45 am at R.P. Adler's Pub & Grill, 8202 Watts Rd. (It is one of my favorites. Good food and service!)

Eastside: Tuesday, February 7 for lunch at 11:30 am at Pasquals, 1344 E. Washington.

American History Series

You're invited to attend A Leisurely Walk Through American History with Oakwood resident and PLATO member Norm Risjord. The series will be held Thursdays, February 23rd to April 27th, 1:00 pm -3:00 pm in the Oakwood Arts Center. We will begin with the stock market crash of 1929 and the causes of the Great Depression. We will then examine the efforts of Presidents Hoover and Franklin Roosevelt to combat the Depression. Turning to foreign policy, we will examine the chain of events and the evolution of American thought that led to American involvement in World War II. After analyzing the military strategy and reviewing the important battles of the war, the term will end with an examination of the wartime conferences and the origins of the Cold War.

Jim Erickson Jazz Trio

On Saturday, February 25 at 7:00 pm, **SAIL member Jan Wheaton** (vocals), Laurie Lang (bass), and Jim Erickson (piano) will perform together and entertain us with some jazz favorites at the Oakwood Arts Center. SAIL Members are welcome to attend!

Sunday Movie at Oakwood



Queen of Katwe

Sunday, February 26, 2:00 pm
The Arts Center

Based on a true story, *Queen of Katwe* is a 2016 American biographical sports drama film directed by Mira Nair and written by William Wheeler. Starring David Oyelowo, Lupita Nyong'o, and Madina Nalwanga, the film depicts the life of Phiona Mutesi, a Ugandan girl living in a slum in Katwe who learns to play chess and becomes a Woman Candidate Master after her performances at World Chess Olympiads.

Calendar of Events - February

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

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Connections Group 1:00 pm- Heritage Oaks - Westmorland Rm.	2 GROUNDHOG DAY	3	4
5	6 Attic Angel Program 10:00 am- "A Potpourri of Fish Stories from the Great Lakes and Beyond"	7 Writers Writing 10:00 am- Towers Party Room Eastside Lunch Bunch 11:30 am Pasquales	8 Tech Tutoring 4 You - West 1:00 pm Oakwood Village University Woods	9 Tech Tutoring 4 You - East 10:00 am Lake Edge Lutheran Church	10	11
12	13 Attic Angel Program 10:00 am- "Alexander Hamilton" Atul Gawande Webcast 4:00pm Heritage Oaks - Westmorland Rm.	14 VALENTINE'S DAY Mens' Round-Table- 10:00 am Social Room Birthday Club 2:30 pm- Panera Two Men Without a Truck	15 On Our Own 10:30 am- Atty Brenda Haskins- Update on Medicare	16 I'll Drink to That 4:30 pm The Esquire Club	17	18
19	20 PRESIDENTS' DAY Attic Angel Program 10:00 am- "Sharia: Code or Process?"	21 Writers Writing 10:00 am- Towers Party Room Book Club 1:30 pm Oakwood Village	22 Tech Class 1:00 pm Alisha Ashman Library	23 Westside Lunch Bunch 11:45 am Adler's Pub & Grill American History Series 1:00 pm Arts Center	24	25 Jim Erickson Jazz Trio 7:00 pm Arts Center
26 Sunday Movie 2:00 pm Oakwood Arts Center	27 Attic Angel Program 10:00 am- "Tips to Maintain Your PC Laptops and Desktops"	28				

*Thank you to the following donors for
your generous contributions to SAIL
during the 4th quarter of 2016.*

We deeply appreciate your support!



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In Kind

Attorney John Mitby of
Hurley, Burish and
Stanton S.C.
Gritton Design

We apologize in advance if your name was inadvertently omitted and ask you to notify us immediately. Thank you!



MADISON AREA CONTINUING CARE CONSORTIUM

Sharing Active Independent Lives

6209 Mineral Point Road, Suite 210

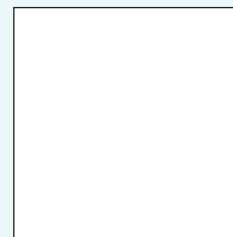
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