



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

MAY 2017

Highlights in this Issue:

- SAIL Golf Outing Fundraiser1
- If You Build It, They Will Come1
- Message from Executive Director Ann Albert.....2
- Excursion with SAIL Explorers2
- SAIL Waunakee Update.3
- Waunakee Roundtable.3
- Attic Angel Fair3
- SAIL Spring Swap3
- May Events4
- Calendar of Events5
- Member Services Message from Laura Adell6
- Book Club Wants YOU..6
- Member Connections..6
- Thank You Donors7
- Thank You First Unitarian Society of Madison.....7
- April Highlights.....8



SAIL Golf Outing Fundraiser on June 14!

If you and/or your friends like to golf, join us for our 3rd Annual SAIL Golf Outing on June 14 at Tumble-down Trails! We're excited to announce that a donor has secured **a \$20,000 hole-in-one prize** to offer at this year's event! We thank our lead sponsors, Life Assist (*Title Sponsor*), Oakwood Village (*Platinum Sponsor*), and RSM (*Golf Cart Sponsor*), as well as our hole sponsors and other donors who support SAIL through this event! Member volunteer Donna Ploc, chairperson, is once again leading the charge—thank you!

Proceeds from this event help to support our services, programs, and the memberships of people with low incomes. Please spread the word and help us recruit golfers and secure more sponsorships and prizes for this once-a-year special **fun**draiser (fun being the operative word!). If you would like information, please call SAIL or visit our website at sailtoday.org.



9 hole (\$75) or 18 hole (\$95) options include:

- Box lunch & buffet dinner
- Prizes and raffle
- Free practice round
- And more!



If You Build It, They Will Come: The Automobile and Vacation- ing in Northern Wisconsin

Come and learn about how the success of northern Wisconsin resorts spurred the development of private fishing camps and summer homes. The growing popularity of the automobile in the early twentieth century transformed the Northwoods vacation and the architecture that housed it. Explore the architecture of housekeeping cabins, summer houses, dance halls, and supper clubs from the 1920s to the present.

About the Speaker: Jim Draeger, co-author of *Bottoms Up: A Toast to Wisconsin's Historic Bars & Breweries*, has worked in the field of historic preservation and architecture at the Wisconsin Historical Society for more than 20 years. From roadside architecture to Northwoods resorts, Jim celebrates the importance of ordinary buildings to our daily lives through his research, writing, and lectures. He is the State Historic Preservation Officer at the Wisconsin Historical Society.

WHEN: Tuesday, June 27
at 11:30 a.m.

WHERE: Coliseum Bar

SCHEDULE:

11:30 – 11:45 a.m.

Registration/Lunch

12:30 – 1:30 p.m.

Program and Q & A

COST: \$15 per person



Office Hours

M-F: 8:00 a.m. - 4:30 p.m.
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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SAIL Operating Council:

Christine Beatty, Dorit Bergen, Mary Ann Drescher, Jane Earl, Tom Evans, Barb Gessner (President), Don Haasl (Secretary), Patricia Kallsen (Vice President), Chris Klotz, and Bob Topel

From the Office



A Message from Executive Director Ann Albert

By now, you should have received Council President Barbara Gessner's letter regarding our upcoming SAIL Spring Luncheon and Annual Meeting. If you haven't signed up yet, please do—there's still room! As Barbara indicated, the event includes a brief annual meeting, Council election, and a lively, fun program by Tim Sauers and Karra Beach

from the Overture Center for the Arts. Hope to see you there!

April was a busy and productive month at SAIL. We kicked off the "Your Story" series with 24 participants—thank you to presenter Mary Helen Conroy and to those who attended and are serving as evaluators. Our third "90's Breakfast" at Blackhawk was a success. We had a total of 1,579 years of life in the room that day—some of SAIL's most life-wise members! Shred Day was a success with over 50 members participating and safely disposing of their documents. At the office, we celebrated Laura Adell's 10th anniversary at SAIL! Laura's dedication and service to our members and her accounting and record-keeping are deeply appreciated! And, once again, we experienced successful tutoring sessions and a special class by Cris Carpenter on computer storage.

On another note, this is Older American's Month! The U.S. Administration on Aging designed the 2017 theme Age Out Loud to give aging a new voice—one that reflects what today's older adults have to say. SAIL will continue to live this theme! Please continue shaping SAIL and creating new opportunities for personal growth, meaningful lives, and overall healthy aging in community!

On May 29, we will remember those who've served our country and have died. Conversations with member Alice Punwar following the recent passing of charter member and U. S. Marine Corps veteran Margaret Murray (who, like many, was extremely humble about her military service) has been a catalyst for a new effort at SAIL to learn more about our members who are veterans and to ensure we are connecting them to services available to them! Member and retired Navy officer, Denny Behr, will assist us. Thank you Denny!

Excursion with SAIL Explorers by Peggy York

On May 24th the bus will pick us up at Heritage Oaks at 12:00 noon to tour the new Garver Gallery on South Bedford Street in Madison. On display will be *The Legacy Paintings* of Lee Weiss. It will feature over a decade of Lee's work. As many of you already know, Lee Weiss is a world famous artist and a fellow SAIL member.

Our second stop will be Babcock Hall Ice Cream Shop. Explorers will have ample time to order and enjoy shakes, sundaes, or cones, made from the 15 ice cream flavors at the fountain. The Dairy Store also offers a lunch menu, including sandwiches, salads and soups. Hope you will join us!



Painting by Lee Weiss

News and Updates

SAIL Waunakee Update *by Member Ginny Nachreiner*

The SAIL Waunakee group met on Thursday evening, March 30, to continue discussions on our new SAIL satellite. We have 9 new members since January! Our discussion included learning about the SAIL Waunakee Forum on the SAIL web site, what types of services we would like to see with SAIL Waunakee, and how we can help others through volunteer opportunities. The group was very excited about the progress we have made so far and the friendship connections we are enjoying.

Our second Roundtable meeting occurred on Thursday, April 27, led by Member Chuck Henderson. The selected discussion topics were Internet and Email Safety.



Member Cheryl Butler demonstrating how to set up your member profile and interests on the SAIL Website.

Upcoming Waunakee Roundtable

Thursday, May 25, 7:00-8:30 p.m. at the Waunakee Public Library

Topic: Housing Discussion: Co-housing vs Condo life. Member Lee Maddox will share information about the co-housing project he is involved with in Madison. Chris Klotz will share how this is similar and different from condo life. All members are welcome to attend; registration in advance is required. Call or email the SAIL office.

SAIL members who live in communities surrounding Madison, and who are interested in developing a SAIL satellite in their community, should contact the SAIL office or Member Chris Klotz.



Members socializing: Lee Maddox, Liz Gill, and Mary Ellen Kearney.

Attic Angel Health and Safety Fair

Wednesday, May 10, 10:00 a.m. to 1:00 p.m. at Attic Angel Place, 8301 Old Sauk Rd. We encourage you to stop over for a visit before heading to the SAIL Spring Luncheon and Annual Meeting at Blackhawk Country Club!

SPRING SWAP AT SAIL *by Members Janice Gary and Karen Peterson*



SAIL's On Our Own group is sponsoring a Spring Swap on Monday, May 15, at 10:30 a.m. at the Alicia Ashman Library, 733 N. High Point, Madison. All SAIL members are invited – if you don't want to participate in the swapping, come and get acquainted with the On Our Own members and other SAIL members. Following a visit to the "Swap" you may want to join other members for lunch at one of the several restaurants nearby!

Here's how it works:

- Bring a maximum of 5 items you'd like to swap. That could include jewelry, watches, hats, purses, ties, hand tools, scarves, or "what nots" also known as trinkets.
- Pick out a number of new items to take home with you – if you bring 5 to swap, you can take home 5 new things!

So – come to swap, to chat, to have lunch, to socialize!

Any items remaining will either be sent home with the original owner or donated to a local charity.

May Events

Attic Angel Programs

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

Monday, May 1: **"Global Health Perspectives"**

Professor Linda Baumann (Retired)

School of Nursing, University of Wisconsin - Madison

Monday, May 8:

"Romancing the World: Getting Married from Argentina to Zanzibar"

Professor Dennis Dresang (Retired), Political Science Department, University of Wisconsin - Madison, and Maxine Austin, Landscape Architect

Monday, May 1: **"My Life with Cranes"**

Professor George Archibald, Co-Founder and Senior Conservationist, International Crane Foundation, Baraboo, Wis.

Monday, May 22: **"One Community, One Water"**

James Tye, Executive Director, Clean Lakes Alliance, Madison, Wis.

No program Memorial Day- Monday, May 29.

SAIL Men's "Roundtable"

by Member Fred Ross

WHEN: Tuesday, May 9 at 10:00 a.m.

WHERE: Oakwood Heritage Oaks Social Room

KICKOFF TOPIC: Big-time college athletics are indeed big time. But are they too big? Do they consume a disproportionate share of our time, health, resources, and energy, whether as spectators or participants? If so, is a correction in order and, again if so, what might that correction be? These questions will form the basis for our discussion.

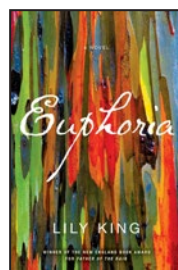
Birthday Club

Have a birthday in May? Or, are you just looking for a reason to celebrate? Either way, join us Tuesday, May 9 at 2:30 p.m. at Panera Bread, off Mineral Point Rd. Member Sue Goldstein invites you to join her and meet other SAIL members.

Lunch Bunch- Will resume in June.

Book Club

by Alice Punwar and Maria Schnos



The next meeting is Tuesday, May 16, 1:30 p.m. at the Sequoya Library. We are reading *Euphoria* by Lily King. It is the story of three young, gifted anthropologists of 1930, caught in a love triangle. Inspired by the events in the life of Margaret Mead.

Connections Group

by Member Carol Brown

Join us on Wednesday, May 17, at 1:30 p.m. in the Oakwood Village Heritage Oaks Westmorland Room. Interested? Please give us a call to learn more about the group and its charter!

Tech Tutoring 4 You

(30 minute sessions)

Full Members: Free.

Associate Members: \$15-\$20 donation requested.

Registration is required. Call or email SAIL by May 5.

Monday, May 8

10:00 a.m. to 12:00 noon, Lake Edge Lutheran Church; Instructor – Dave Friedman.

Thursday, May 11

10:00 a.m. to 12:00 noon, Oakwood Heritage Oaks; Instructor – Cris Carpenter.

TECHNOLOGY CLASS: "Messaging and Video Chats"

Thursday, May 18, 10:00 -11:00 a.m. at Hawthorne Library- 2707 E. Washington Ave.

Instructor: Dave Friedman

A comparison of Skype, Hangouts, and FaceTime with general descriptions of how they work and on which devices; how to get started.

Sunday Movie at Oakwood



"La La Land"

Sunday, May 28, 2:00 p.m.

The Arts Center

Oakwood University Woods

An American romantic musical about a musician and an aspiring actress who meet and fall in love in Los Angeles. Rated PG 13.

Calendar of Events - May

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

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Attic Angel Program 10:00 am- "Global Health Perspectives"	2	3 East Side Member Luncheon Meeting (Call Sue Stenzel)	4	5	6
7	8 Attic Angel Program 10:00 am- "Romancing the World" Tech Tutoring 10:00 am- Lake Edge Lutheran Church	9 Mens' Round-Table- 10:00 am Social Room Birthday Club 2:30 pm- Panera	10 Attic Angel Health Fair 10:00 am- Attic Angel Place SAIL Spring Luncheon & Annual Meeting 11:30 am- Blackhawk Country Club	11 Tech Tutoring 10:00 am- Heritage Oaks	12	13
14 MOTHER'S DAY	15 Attic Angel Program 10:00 am- "My Life With Cranes" SAIL Spring Swap 10:30 am- Alicia Ashman Library	16 Book Club 1:30 pm- Sequoia Library	17 Connections 1:30 pm- Heritage Oaks	18 Tech Class: Messaging and video chats 10:00 am- Hawthorne Library	19	20
21	22 Attic Angel Program 10:00 am- "One Community, One Water"	23 Discussion Group Planning Meeting 10:30 am- Heritage Oaks	24 SAIL Explorers Excursion 12:00 Noon- Heritage Oaks	25 Waunakee RoundTable- 7:00 pm Waunakee Library	26	27
28 Sunday Movie 2:00 pm- Oakwood Arts Center	29 MEMORIAL DAY	30	31			

Members' Corner



Welcome to our New Members!

Eileen Daley *Waunakee*
Sue Hansen *Waunakee*
Kathy Maldegan *Nakoma*

Robert and Joyce Morrison *McFarland*
MariaCristina Martinez *Midtown*
Sheryl Wangen *Richmond Hills*



A Message from Member Services Manager Laura Adell

The Third Annual Vendor Fair was a big success – we had 25 service providers support the event and over 75 SAIL members attended. The lunch catered by Yola's was delicious! (And next year we'll be sure to offer vegan and vegetarian choices!)

Special thanks to the following vendors who sponsored the event!

- Adaptive Remodeling
- Attic Angel Place
- BrightStar Care
- Life Assist USA
- Life Organized
- Moving Forward
- Mr. T's Fireplace Services
- Oakwood Village
- The UPS Store
- TZ of Madison

New SAIL Vendor

Our new vendor provides certified radon gas testing and removal. Owner Lance Rule and his team are full-service radon technicians you can trust, servicing Madison and the greater Wisconsin area. They are certified in residential radon testing and removal. One customer commented: "They were very knowledgeable about how the mitigation process works and were very professional in their follow-up to ensure proper health-standard levels were reached in my home." Interested? Give us a call or email me at laura@sailtoday.org

Co-ed Member Discussion Group Proposed

Member Rose Marie Lester and a few other members are interested in creating a "co-ed" SAIL Discussion Group that would meet monthly and discuss current events and topics of interest to the group –most topics being somewhat controversial in nature. If this sounds interesting to you, please join us for a planning meeting on Tuesday, May 23, at 10:30 a.m. at Oakwood Heritage Oaks Conference Room. We will discuss possible ground rules/guidelines, facilitators, topics, schedule, location, and more. If you have any questions and/or plan to attend, call or email the SAIL office in advance.

Book Club Wants YOU

The SAIL Book Club, SAIL's very first member group, invites you to join the club for some great reads and lively discussions. Members Maria Schnos and Alice Punwar co-lead our Book Club and enthusiastically invite you to give it a try! The club has quite an impressive reading list from the past 11 years, and it continues to grow. Joining the Book Club is a great way to meet other members, too. Please give SAIL a call if you would like to view the book list to get a "flavor" of this club and/or if you are interested in attending next month!

Member Connections

By Sue Stenzel

At SAIL, we believe that the key to remaining independent is largely due to the connections we make with each other. Member groups, educational programs, social events, and volunteering are all great ways to connect with others. The SAIL website – www.sailtoday.org – gives us another way to establish those connections through the individual profiles we can set up.

If you want to see what a profile might look like, you can search out mine – Sue Stenzel – by logging onto the website and then choosing the Member Directory tab at the top of the page.

continued on next page

*Thank you to the following donors for
your generous contributions to SAIL
during the 1st quarter of 2017.*

We deeply appreciate your support!



2017 1st Quarter Donors — January 1 thru March 31, 2017 (Includes Endowment Fund Donors)

SAIL Supporters

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Max and Betty Rosenbaum
Elizabeth Sullivan
In Memory of
Martha Christensen
Barbara Gessner

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Kathleen Massoth Edmonson
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Jean Espenshade
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Christine Klotz
Kathleen Knox

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Attic Angel Association
BrightStar Healthcare
First Unitarian Society
of Madison
Life Assist USA
Life Organized LLC
Moving Forward

In Remembrance

In Memory of Jean Schuchart
Lois Curtiss

*If SAIL has been an important
part of your life, consider
making it part of your legacy.*

*It's simple—if you are
interested, give us a call!*

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

Member Connections continued

A small search box will pop up and you can search for me by last name. When you see the box with my photo and location as well as phone numbers, click on the photo and that will display all of the profile.

Scroll down and you can read a short biography as well as see the interest areas I've chosen.

You could also search by interest areas, rather than searching for a specific member. That would be a good way to find another SAIL member who shares a particular area of interest!

You can get written directions for setting up your profile by calling the SAIL office. Or, if you'd like someone to guide you through the process, call me at SAIL and we'll set up a time to do exactly that!

A huge thanks to the First Unitarian Society of Madison for selecting SAIL as the recipient of their collection at two services in March. This resulted in a \$1600 donation to SAIL, and we had an opportunity to host a SAIL information table at the church. Thank you to members Pat Kallsen, Ruth Bogart, Dorit Bergen, Marge Miller, Joy Knox, and Don Haasl for representing us and for sharing SAIL with our friends at FUS!

SAIL Messenger Volunteer Helpers

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





MADISON AREA CONTINUING CARE CONSORTIUM

Sharing Active Independent Lives

6209 Mineral Point Road, Suite 210

Madison, Wisconsin 53705

PHONE 608-230-4321

FAX 608-230-4322

EMAIL info@sailtoday.org

WEB www.sailtoday.org

Event Highlights

Vendor Fair



Your Story

90's breakfast

