



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

JUNE 2017

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Thinking of Moving?

Come hear Realtor Sue Goldstein (SAIL Member) and Professional Organizer Claire Matejka (SAIL Vendor) as they walk you through the process of getting your home ready to sell. They will guide you from de-cluttering to closing and leave time to answer all of your questions.



Sue Goldstein



Claire Matejka

WHEN: Tuesday, June 6 from 10:30 a.m. to 12:00 p.m.

WHERE: Attic Angel Place in the Community Room

To register, call SAIL at 230-4321 or email info@sailtoday.org by June 5.

If You Build It, They Will Come: The Automobile and Vacationing in Northern Wisconsin



Speaker,
Jim Draeger,
Architectural
Historian

Come and learn 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 house-keeping cabins, summer houses, dance halls, and supper clubs from the 1920s to the present. To register visit sailtoday.org, call or email SAIL by June 22.

WHEN: Tuesday, June 27,
11:30 a.m. to 1:30 p.m.

WHERE: Coliseum Bar, 232 East
Olin Avenue, Madison

SCHEDULE:

11:30 a.m. to 11:45 a.m.

Registration 11:45 a.m. to
1:30 p.m. Lunch followed by
program

COST: Members: \$15

Non-members: \$20

MENU: Hot sandwich bar with
chicken breast or Italian beef,
baked beans, coleslaw, soda,
coffee and cookies.



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.



Supported in part by



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

From the Office



A Message From Executive Director Ann Albert

Summer Greetings!

Huge thanks to the 100 or so members and guests who attended our SAIL Spring Luncheon and Annual Meeting! At the meeting we elected two new Council members: Kathleen Larson and Ernie Hanson. We also thanked outgoing Council President Barbara Gessner and retiring Volunteer Transportation Coordinator Betty Scott for their amazing service to SAIL. I hope you are all wearing your "Ask Me About SAIL" pins and using your new bookmark! If you didn't attend and would like a pin or some bookmarks, let us know!

While we have wonderful opportunities to connect this month, I'd like to first share that the East-side member luncheon last month was great fun! We enjoyed time to socialize and discuss ideas for programs and services. We even recruited two SAIL volunteers, Pat Leary and Dianne Hopkins, to represent SAIL at the fall Triad Safety Conference!

Looking forward to the June 14th SAIL Golf Outing! There's still time to sign up for golf and/or the buffet dinner—just call or email the office if you are interested! It's sure to be a memorable day!

SAIL Waunakee Satellite "Roundtable" Update

by Member Ginny Nachreiner



SAIL Waunakee Satellite members Ginny Nachreiner, Leader Chris Klotz, and Liz Gill enjoyed the SAIL Spring Luncheon at Blackhawk Country Club.

At the April SAIL Waunakee Roundtable meeting, we had an interesting discussion on Internet, email, and password safety with member Chuck Henderson presenting. Plans continue to progress to expand membership and benefits along with ideas for Waunakee vendors. An enjoyable evening was had by all!

At our May 25th Roundtable, member Lee Maddox spoke about the new co-housing project in Madison fol-

lowed by member Chris Klotz leading a discussion on the similarities and differences of co-housing and condo life.

The June SAIL Waunakee Roundtable will be a fun discussion to kick off summer with members sharing favorite summer activities from day trips to eating out. The Roundtable will be held at the Waunakee Public Library on June 27, from 7:00 to 8:30 p.m.

Volunteer News

A Message From Peggy York



Betty Scott

Thank you, Betty!

I want to take this opportunity to thank Betty Scott, Volunteer Transportation Coordinator, for her dedication to SAIL. For the past ten years (seven days a week), Betty has arranged volunteer rides to meet the needs of our non-driving members. Betty became our first Volunteer Driver Coordinator and helped us launch the SAIL Transportation program. There

are no words to adequately thank Betty for the stellar job, she has done and for the genuine care she has shown for fellow members.

Betty is ready to retire from this job and member Julia O'Reilly has volunteered to take over the task. Together they will work towards a smooth transition of this important role at SAIL.



Special Event for Drivers

This month, on the evening of June 21, we are having a special picnic for our past

and present volunteer drivers. We'll gather in the Oakleaf Café and patio area on the 2nd floor of the Oakwood Apartment Tower Building.

Invitations will be sent out early in the month to all drivers and to our Volunteer Ride Coordinators and will include event details.

What a great way to celebrate the first day of summer, honor our volunteers, thank Betty Scott, and welcome Julia O'Reilly!

Connections Update

Leader: Carol Brown

We had a great meeting last month and welcomed new member Jan Lanaville. Jan joined SAIL a little over a year ago and is newly retired. She came to the meeting well prepared and shared information on possible summer event and trip opportunities for SAIL members.



Based on a group discussion, we are wondering if members would be interested in any of the following activities: A "SAIL" on the Betty Lou Cruise ship this summer; a boat tour of the Upper WI Dells and/or

perhaps attending an Overture Center show as a SAIL group (likely this fall or winter). SAIL will arrange bus or van pick-up/drop-off locations for all trips. **If you have interest in participating in any of the above events/trips, please email or call the SAIL office by June 15 stating your interest(s).** If there is enough interest, we will start planning!

Regarding travel, events, and meal fees over \$10: Connections advises that **members pre-pay via credit card, ACH withdrawal, or personal check in advance** (versus at the door). This would reduce lines at events and help SAIL avoid losing money due to unpaid tickets or fees. If you need special arrangements, contact Ann Albert at the SAIL office.



SAIL's 3rd Annual Golf Outing

It's not too late to register for our 3rd

annual golf outing on June 14 at Pleasant View Golf Course in Middleton. 9-holes or 18-holes, it's going to be a great time with a chance to win awesome prizes including \$20,000!

Want to know more? Visit sailtoday.org, call the SAIL office or email us! We hope to see you on the course!

Monthly Groups

The Attic Angel Lectures and Men's Roundtable are on summer break and will resume in September.

SAIL Bike Ride by Member Fred Ross



We're back on our bikes for another year!

Join your fellow SAIL members on **Thursday, June 8, at 9:00 a.m.** for this year's first 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 "civilized" ride, so along the way we'll stop for coffee and conversation.

No need to pre-register; just show up with your bicycles on Thursday, June 8 at 9:00 a.m. at the Odana Hills Golf Course. For additional information, contact ride leader Fred Ross, at 833-8315 or rossfm@chorus.net.

Birthday Club

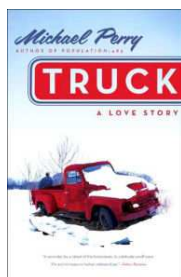
Have a birthday in June? Or, are you just looking for a reason to celebrate? Either way, join us Tuesday, June 13 at 2:30 p.m. at Panera Bread, off Mineral Point Rd. Member Sue Goldstein invites you to join her and meet other SAIL members.

On Our Own

by Members Janice Gary and Karen Peterson

This month, on June 15, we invite all members and friends to attend the program, *Complementary and Alternative Medicine Applied to Health Aging*. Our speaker is Dr. Frank Stein. Dr. Stein has a rich background as an Occupational Therapist and Psychologist. For more details see page 5. Thank you, Rita Bloomfield, for organizing this program!

Book Club by Members Alice Punwar and Maria Schnos



Hilarious and heartfelt, *Truck: A Love Story* is the tale of a man struggling to grow his own garden, fix his old pickup, and resurrect a love life permanently impaired by Neil Diamond. In the process, he sets his hair on fire, is attacked by wild turkeys, and proposes marriage to a woman in New Orleans. The result is a surprisingly tender testament to love.

Date/Time: Tuesday, June 20, 1:30 p.m.

Place: Oakwood Heritage Oaks Sunroom

Please Note Location Change!

Connections by Member Carol Brown

Join us on Wednesday, June 21, at 1:30 p.m. at the Oakwood Village Heritage Oaks Westmorland Room. (See May meeting update on page 3).

Lunch Bunch

by Members Deb Hall, Lois Curtiss, and Winnie Shea

West side: Thursday, June 22, at Applebees Restaurant, 660 South Whitney Way at 11:45 a.m.

East side: Tuesday, June 13, at Elie's Family Restaurant, 4102 Monona Drive at 11:45 a.m.

To register, contact the SAIL office in advance.

Sunday Movie at Oakwood Arts Center



"A United Kingdom" (2017)
Sunday, June 25, 2:00 p.m.

Meeting at a dance in 1947, African Prince Seretse Khama and London office worker Ruth Williams share

a love of jazz and an instant attraction. When they wed after a brief courtship, their union sparks an international political crisis. Rated PG-13, subtitles available.

June Programs

Tech Tutoring 4 You (30 minute 1:1 sessions)

Full Members: Free

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

Register by calling or emailing the SAIL office in advance.

Monday, June 5: 1:00 p.m. to 3:00 p.m.

Oakwood Village, Heritage Oaks 2nd Floor Conference Room. Tutor – Dave Friedman

Thursday, June 29: 10:00 a.m. to 12:00 noon

Oakwood Village, Heritage Oaks 2nd Floor Conference Room. Tutor – Dave Friedman

Technology Class: “YouTube” (Public Welcome!)

Wednesday, June 7: 10:00 a.m. to 11:30 a.m.

Oakwood Heritage Oaks Westmorland Room

Instructor – Dave Friedman

Learn about YouTube, a free video sharing website that makes it easy to learn how to do just about anything—even how to use a Smartphone!—by viewing a video on a particular topic. It’s easy to use, and many people find it saves time and angst. You can also enjoy some very entertaining videos that are created by other people! We’ll provide a live demonstration during the session.

Gold Violin by Member Jane Earl
Active Independent Living

Like many, I get more than my share of catalogs in the mail. Most go right to recycling. One exception is *Gold Violin*. Why? Because the products in it have made my life easier and more independent on many occasions. Examples include a Tap-On LED Table Lamp (Batteries—no cord! Love it. Goes anywhere I want light); Slippers that don’t slip; Compression knee-highs in fun patterns that don’t look like support hose; an EZ Boost Power Chair that allows me to get out of the chair by myself (under \$100); a Handybar Car Support that makes it easier to get in and out of a car... I could go on. You get the idea. Visit their website at www.goldviolin.blair.com or call them at 877-648-8466. (NO, I don’t get a commission!)

Complementary and Alternative Medicine Applied to Healthy Aging

SAIL’s On Our Own Group invites you to attend an interesting presentation discussing complementary and alternative medicine relevant to maintaining or improving health as we age. Our speaker,

Dr. Frank Stein, will focus on four components: exercise, nutrition, stress management, and spirituality.



Dr. Frank Stein

About the Speaker: Frank Stein, PhD, OTR/L, FAOTA, Professor Emeritus of Occupational Therapy at the University of South Dakota, founding editor of *Occupational Therapy International*, and life member of the American Psychological Association. Dr. Stein has wide experience in psychiatric rehabilitation and psychotherapy, has authored numerous publications; and has taught courses in occupational therapy, ergonomics and research and statistics on an undergraduate and graduate level to students at Boston University, University of Wisconsin-Milwaukee, among others.

WHEN: Thursday, June 15 from 10:00 a.m. to noon

WHERE: Oakwood Heritage Oaks Westmorland Room

TO REGISTER: Call or email SAIL by June 12.

Calendar of Events — June

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

SUN	MON	TUES	WED	THURS	FRI	SAT
Don't forget the Attic Angel Sale! When: June 2 and 3. Ticket is \$10 for Early Bird Sale from 8 a.m. to 11 a.m., Friday. Free admission remainder of two-day sale. June 3: Free admission 9 a.m.-1 p.m. What: Madison's largest two-day resale includes household items, antiques, fine furniture, artwork, treasures, sporting goods, jewelry, toys, and more.				1	2	3
					Attic Angel Sale Keva Sports Center 8312 Forsythia St Middleton	Attic Angel Sale Keva Sports Center 8312 Forsythia St Middleton
4	5	6	7	8	9	10
	Tech Tutoring 1:00 p.m. Oakwood Heritage Oaks 2nd Floor Conference Room	Thinking of Moving? 10:30 a.m. Attic Angel Place Community Room	Tech Class: YouTube 10:00 a.m. Oakwood Heritage Oaks Westmorland	Bike Ride 9:00 a.m. Odana Hills Golf Course		
11	12	13	14	15	16	17
		Lunch Bunch 11:45 a.m. Elie's Family Restaurant <hr/> Birthday Club 2:30 p.m. Panera	3rd Annual SAIL Golf Outing at Pleasant View Golf Course!	Complementary Medicine Applied to Healthy Aging 10:00 a.m. Heritage Oaks Westmorland		
18	19	20	21	22	23	24
		Book Club 1:30 p.m. Oakwood Heritage Oaks Sunroom	Connections 1:30 p.m. Oakwood Heritage Oaks Westmorland Room	Lunch Bunch 11:45 p.m. Applebees on Whitney Way		
25	26	27	28	29	30	
Sunday Movie 2:00 p.m. Oakwood Arts Center		If You Build It ... 11:30 a.m. Coliseum Bar <hr/> Waunakee Roundtable 7:00 p.m. Waunakee Library		Tech Tutoring 10:00 a.m. Oakwood Heritage Oaks 2nd Floor Conference Room		

Membership News and Updates

To



Our New Members!

Barbara Boehm

and Robert Russell *Midvale Heights*

Glenn and Cindy Curtiss *Stoughton*

Hilde Neujahr *Dudgeon-Monroe*

John Sheehan *All Saints*

Mona Steele *Parkwood Hills*

Barbara Wagner *Grandview*

Welcome to our New Professional Services Member!

Kathryn Erickson CPA, LLC

Kathy assists clients with income tax preparation. Her goal is to make aging a quality experience and taxes a more calming process. For more information, contact the SAIL office or visit our website at www.sailtoday.org

Note: Professional Services Memberships are new this year. People listed in this group are professionals we invite you to join based on the recommendations of fellow SAIL members who were pleased with their services.

Benefit of the Month:

If you have a Full Membership, you can receive house checks and plant watering while you are away. For more information, call or email us.

Happy 1 Year Anniversary!

Congratulations to Sue Stenzel, SAIL Membership Support Assistant! Thank you for all you do for SAIL!



A Message From Member Services Manager Laura Adell

Are you going to need help with any yard projects such as regular mowing, gardening, or landscaping this season? If so, please let me know! Many of our current vendors are filling up and I would like to know if we need to recruit additional vendors in these areas.

Vendor Program Report

Our vendor program currently has 80 service providers, and requests for services are increasing. We're so glad members are finding this benefit of SAIL so helpful! In fact, since January, we have logged over 400 service requests! And these are only the ones we know about! Members often request services from a vendor they have used in the past or hire a new vendor without contacting the SAIL office. That's fine; however, we then have no knowledge of the requests.

Thus, if you have hired a new vendor or are working with a vendor on a continuing basis, please let me know so I can track service usage throughout the year. Please call or email me at laura@sailtoday.org and let me know which SAIL vendors you have used this year.

Thank You to Donors

We received our first annual SAIL Endowment fund grant—it was close to \$900! Warm thanks to those who've contributed to this fund. If you are interested in growing this fund, please let us (or the Madison Community Foundation) know! And, thank you to member Hildy McGown and her friends at Advent Women of ELCA for designating SAIL as recipient of funds from a recent luncheon featuring a presentation by SAIL member Jane Earl.





MADISON AREA CONTINUING CARE CONSORTIUM

Sharing Active Independent Lives

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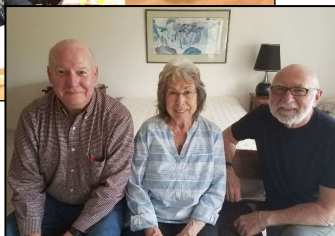
Visit sailtoday.org or give us a call!

Event Highlights

UW Pharmacy School POPs Celebration with SAIL



Mattress Flip



SAIL Spring Luncheon and Annual Meeting