



The MESSENGER

...keeping you connected!

A MONTHLY PUBLICATION

JULY 2017

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Member Wally Brinkmann

Paddleboarding—A Fun Way to Improve Balance

SAIL Member Wally Brinkmann loves summer weather—it gives her a chance to do her favorite sport: Stand-up Paddleboarding (SUP). Wally, age 80, commented: “I started Stand-up Paddleboarding (SUP) just four years ago, partly because it is a great way to improve balance and partly because it is fun. I decided that SUP was going to be my next physical challenge. I had to work at it, fell into the water five times during the first hour to the amusement of some people who were having a picnic at the shore. But I am pretty good at it now. I

now own a kayak (my previous physical challenge), a canoe, and 2 paddle boards.”

Wally is living the first tip shared by Frank Stein, PhD, OTR/L, FAOTA, at last month’s program titled “Complementary and Alternative Medicine Applied to Healthy Aging.” While we all can’t go out paddleboarding, we can, however, seek out some form of exercise that is doable and enjoyable. Frank recommends active exercise at least 30 minutes every day. (Continued on page 3)

Save the date

This year’s **Midsummer Celebration** is Tuesday, August 8, at 6:00 p.m. at Attic Angel Place, 8301 Old Sauk Road in the Community Room. We’ll enjoy live music, wine, sparkling water, and heavy appetizers. Invitations will be sent out later this month!



Office Hours

M-F: 8:00 a.m.-4:30 p.m.
Closed holidays
Phone #: 230-4321

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 (Vice President), Mary Ann Drescher (MACCC), Jane Earl, Tom Evans, Ernie Hanson, Don Haas (Secretary), Patricia Kallsen (President), Chris Klotz, Kathleen Larson, and Bob Topel

From the Office



A Message From Executive Director Ann Albert

The SAIL Golf Outing fundraiser is behind us, and we're extremely grateful for those who helped make it such a great day! Be sure to check out page 6 of this issue!

Hope you enjoyed our feature story this month. If you need a little help getting started on a good exercise, nutritional, or relaxation program, give us a call. We have some fantastic vendors such as Stephanie Ehle, Jesi Hirsch, and Beth Hilgendorf—to name a few! Or, we can connect you to excellent programs located at Attic Angel Place, Oakwood Village, MSCR, and more.

A few of the SAIL groups are taking a summer break lasting through the month of August. We are, however, hosting a "trial" of a new SAIL Discussion Group on July 28. Over the past several months, we've heard several requests for a co-ed discussion group on thought-provoking, somewhat controversial topics. If you are available, please join us!

Finally, Connections team is working on an August excursion on the Betty Lou Cruise Line. At this point we'll be signing up for a public cruise, as we're just under the needed amount of people for a SAIL charter cruise. If you haven't yet, please contact us if you are interested!

Hoping you have a Happy Fourth of July holiday!

MACCC and SAIL Operating Council Updates

Our MACCC Board and member-led Operating Council serve critical roles in our daily operations and in our future development. We are truly grateful for the volunteers who serve. This month we wish to warmly thank three outgoing members of MACCC and the Council: **Jerry Kelm**, Treasurer and MACCC Board Member, for serving the past twelve years while representing Oakwood Lutheran Senior Ministries; **Patty Schultz**, Attic Angel Board member, for serving on the MACCC Board for the past three years and for her support as a donor and member of SAIL; and **Barbara Gessner**, charter SAIL member, seven year member of the SAIL Council, donor, support as a member, and 2016-17 president. Barbara continues to serve on the MACCC Board representing Oakwood. We also welcome **Ruth Marion** to the MACCC Board, representing Attic Angel Association. She and her husband, Bruce, are long-time SAIL members. We also welcome new SAIL Council members elected at the Annual Meeting in May: SAIL members **Kathleen Larson** and **Ernie Hanson**.

Volunteer News

Special Picnic for Some Special People

Last month volunteer drivers were invited to a picnic supper in their honor. Peggy York, Volunteer Coordinator, led the way in thanking these dedicated people who provide hundreds of rides to members each year. Peggy also thanked Betty Scott for her eleven years coordinating rides and welcomed Julia O'Reilly, who has recently accepted that very important role. The event included time to socialize and meet fellow volunteers. *Thank you to Winnie Shea and Lois Curtiss, members of our 90's Breakfast Group and office volunteers, for their help at the event.*

Please let us know if you need rides or would like to volunteer as a driver. Contact Peggy York at 230-4457 or email her at peggy@sailtoday.org.



A new front door screen installed by volunteer, Bob, brings a happy smile to member, Joan.

Lending a Helping Hand

It was a lovely summer day—a perfect time for member volunteer Bob Topel to meet member Joan Box and lend a helping hand. Bob, a member volunteer and Council member, helps with mattress flipping, light garden work, small repairs, and more. If you'd be interested in volunteering, or, if you need volunteer help, contact Peggy York at 230-4457 or email peggy@sailtoday.org. Giving and/or getting help are two ways to feel good and meet other members!

Healthy Aging Tips (Continued from page 1)

- Maintain a Mediterranean type of diet. (If you'd like a list of these foods, call SAIL)
- Find a passion like playing music, arts and crafts, or volunteering.
- Join a social support group or book club.
- Be spiritually aware of the purpose and meaning of one's life.

The enthusiastic response to Dr. Stein's presentation indicates there's interest in learning more about complementary and alternative medicine as it relates to healthy aging. We'll be working to add programs on this topic in the future! Thank you, Frank, for your presentation!



Former Occupational Therapy educators and colleagues, Frank Stein & member Alice Punwar.

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

Birthday Club

Have a birthday in July? Or, are you just looking for a reason to celebrate? Either way, join us on July 11 at 2:30 p.m. at Panera Bread, off Mineral Point Road. Member Sue Goldstein invites you to join her and meet other SAIL members. Bring a guest!

On Our Own *by Members Janice Gary and Karen Peterson*

This month the On Our Own Group will get together socially with a visit to the Henry Vilas Zoo on Monday, July 17! We'll meet at 10:00 a.m. at the main Zoo entrance (off Drake Street) to start our visit. We'll see the lion cubs, rhino, badgers, and visit the Arctic Passage which just opened last year. We'll also venture to the Children's Zoo and consider a ride on the Carousel, the train or both! At 11:30 a.m., we'll gather for lunch for those who are interested.

The Zoo grounds open at 9:30 a.m. and the buildings open at 10 a.m. Arrive early for parking! No need to RSVP, just join us for some fun. In case of rain or inclement weather, the group will visit the Zoo on Monday, July 24. If you are interested in joining the On Our Own Group, please call or email the SAIL office.

Lunch Bunch *by Members Deb Hall, Lois Curtiss, and Winnie Shea*

East Side: Tuesday, July 11 at 11:45 a.m.

Olive Garden, 4320 E Towne Blvd., Madison

West side: Thursday, July 27, 11:45 a.m.

Olive Garden, 7017 Mineral Point Road, Madison

All members are welcome to join us and feel free to bring a friend. To register, call SAIL.

SAIL Discussion Group (New!)

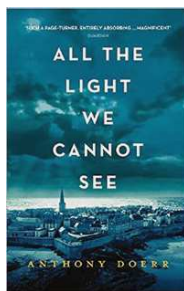
Join us on Friday, July 28, at 10:00 a.m., Oakwood Heritage Oaks for a "trial run" of a potentially new discussion group for SAIL members. Member Fred Ross agreed to facilitate the first discussion. The topic: "Is access to quality health care a basic human right?" To register, call or email SAIL. *Thank you, member Rose Marie Lester, for getting this started!*

Sunday Movie at Oakwood Arts Center

"The Zookeeper's Wife" (2017) Sunday, July 30, 2:00 p.m. at the Oakwood Arts Center.

"The Zookeeper's Wife" tells the account of keepers of the Warsaw Zoo, Antonina and Jan Zabinski, who helped save hundreds of people and animals during the German invasion. Rated PG-13, 124 minutes

Book Club *by Members Alice Punwar and Maria Schnos*




The SAIL Book Club is on vacation for the summer and will start meeting again on Wednesdays, starting September 20. For our summer reading we chose a book that was on everyone's to-read list. *All The Light*

We Cannot See by Anthony Doerr—a story of a blind girl who escaped Paris with her father, determined to keep a precious jewel out of Nazi hands. A German boy's talent with radios makes him an asset to the war effort, but he struggles to cope with the human cost of his work. Their two stories come together as they each try to hold onto their humanity.

Book Club members are responsible for obtaining their own book, which we will discuss in September. Have a nice summer and happy reading!

Calendar of Events — July

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

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
		SAIL OFFICE CLOSED HAPPY FOURTH of JULY!				
9	10	11	12	13	14	15
		Lunch Bunch 11:45 a.m. Olive Garden (East Towne) Birthday Club 2:30 p.m. Panera Bread		Waunakee Concerts in the Park 6:30 p.m. Village Park, Waunakee		
16	17	18	19	20	21	22
	On Our Own 10:00 a.m. Henry Vilas Zoo		Connections Meeting 1:30 p.m. Westmorland Room at Oakwood			
23	24	25	26	27	28	29
				Lunch Bunch 11:45 a.m. Olive Garden (West Towne)	SAIL Discussion Group (New!) 10:00 a.m. Heritage Oaks Social Room	
30	31					
Sunday Movie 2:00 p.m. Oakwood Arts Center						

3rd Annual Golf Outing

Even a storm couldn't stop the fun!



Led by SAIL member Donna Ploc, SAIL's 3rd Annual Golf Outing resulted in a little over \$16,000 (net) raised to help support SAIL programs, services, and sliding-fee memberships. This year golfers ranged in age from 21 to 85 years young. Five of our foursomes were led by SAIL members. Thanks to our golfers, sponsors (listed below), prize donors, volunteers, and a great venue, the day was a success!



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Lunch Sponsor



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Golf Cart Sponsor



Thank You to Our Hole Sponsors:



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Steve Erickson



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Barb Gessner

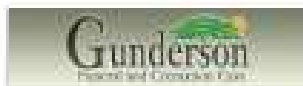


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A special thank you to the volunteers who generously gave their time to make this event successful:

Anna Albert, Mike Albert, Stephanie Albert, Bonnie Banker (BrightStar Assisted Living), Bob Barker, Dorit Bergen, Jane Earl, Mike Edlinger (Creative Iron Works), Sue Goldstein, Don Haasl, Beth Hilgendorf (Reflexology by Beth), Pat Kallsen, Darcy Kobinsky (Madison Community Foundation), Karin Lanser, Ken Maly, Donna Ploc, and Julie Schultz (BrightStar).

Please note: Prize donors, event donors, and in-kind donors to SAIL's 3rd Annual Golf Outing will be listed in our SAIL Quarterly Donor Recognition article in the August *Messenger*!

Membership News and Updates



New Members

Judy Bogue, Blackhawk

Margaret (Kim) & Kurt Stege, Maple Bluff

SAIL Waunakee Roundtable Updates

by Member Ginny Nachreiner

At the May SAIL Waunakee Roundtable meeting, Lee Maddox gave an informative presentation on the new co-housing project in Madison. These are self-managed condos that will be located on Winnebago Street. For more information, visit www.cohomadison.com

The June 27th SAIL Waunakee Roundtable was an energetic discussion on a variety of topics. It even included impromptu tech tutoring by member Lee Maddox on how to take great pictures with a Samsung S7 phone.

On July 13, SAIL Waunakee members Cheryl Butler and Eileen Daley invite you to join them at the Waunakee Concerts in the Park at 6:30 p.m. Concerts in the Park takes place in the Village Park at the corner of Main and Division Streets in Waunakee. Look for the yellow umbrella! Contact SAIL if you have any questions!

Benefit of the Month: **Life Assist's Personal Emergency Response System**

A personal emergency response system provides the ultimate in peace-of-mind! In the event you need emergency help, it's your personal "silent sentinel" ready to call your designated relatives, or emergency services when you can't. In-home and mobile units are available. SAIL Members receive a discounted rate on this service. Call SAIL at (608) 230-4321 for more information.



A Message From Member Services Manager Laura Adell

Summer is in full swing! Yards are being mowed, gardens are being planted, flowers are blossoming, houses are being painted, repairs are being made—our SAIL vendors are very busy working with our members! Here's what one SAIL member had to say after having Val, one of our gardeners, assist her, "I am so excited. My backyard looks so great. She did a great job, was a pleasure to work with, and she said she had fun doing it. I've been wanting to do this since I moved here." If you need assistance, don't forget to call us—access to pre-screened vendors is one of your SAIL membership benefits!

As our member requests grow, we are wondering if you can help us out—do you know anyone who does handyman work? It is time to add to our current list of wonderful handyman vendors. If you know of someone who may be interested, please let me know! I can be reached at (608) 230-4321 or via email at laura@sailtoday.org.

Top Scams Against Seniors

A recent article by the Better Business Bureau listed the top ten scams against seniors in 2016 as reported by the U.S. Senate Special Committee on Aging. The Committee also maintains a toll-free Fraud Hotline for people to report scams or how to find help to recover from scams. Call the hotline at 1-855-303-9470. If you'd like a copy of the article, please contact the SAIL office.



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Visit sailtoday.org or give us a call!

Event Highlights



Charter Book Club Members sitting (L to R): Maria Schnos, Alice Punwar, (standing L to R) Joan Box, and Johana Ghei. Founded by Alice Punwar in 2006, this is our longest-running member group. Be sure to join them following summer break! See page 4.



Above: SAIL Members attend live training demonstration on YouTube. Note: Tech Tutoring is on break in July while we compile survey results. As always, please contact the office if you need tech support or service for your device.



Above: East-side members Pat Leary, Bob and Avery Mistlebauer. Avery recently shared SAIL info with a physician—great idea, and thank you for spreading the word!