



The MESSENGER

...keeping you connected!

♦ A MONTHLY PUBLICATION

JANUARY 2018

SAIL Membership Benefits

- At Your Service Information and Assistance
- Access to:
 - ♦ Pre-screened Service Providers
 - ♦ SAIL's *Tech Tutoring 4 You* Program
 - ♦ Information and/or Referrals to Community Resources & Professional Service Members
 - ♦ Selected Programs at Attic Angel Community and Oakwood Village
- Invitations to Interest Groups, Social, and Educational Events
- SAIL Monthly Messenger
- Shredding at SAIL
- Volunteer Opportunities
- Discounts on:
 - ♦ Life Assist Personal Emergency System
 - ♦ Madison School and Community Recreation Programs
 - ♦ EZ SMARTPHONE
- Rise & Shine Check-in
- In-home Technical Help
- Transportation and Other Volunteer Services
- Medication Reviews
- House Checks
- Mattress Flipping & Perks

SAIL offers two membership levels. Call or email us for more information!

SAIL Annual Winter Luncheon

"What's New About Growing Old?"

We hope you can join us for this year's Winter Luncheon on Thursday, January 25 at Blackhawk Country Club! Mary Ann Drescher, President of the Attic Angel Community, will share insights and updates on life-style trends, services, and housing for older adults in our community and throughout the nation.

As active members of LeadingAge (the national association for homes and services for the aging), Attic Angel Community and Oakwood Village stay on the cutting edge with trends in healthcare, community-based services like SAIL, and continuing care retirement services. An industry expert for 39 years, Mary Ann will provide information about the trends to integrate medical care and home-based services along with the anticipated growing role of technology in healthcare and safety while living at home.



Mary Ann Drescher

Date/Time: Thursday, January 25

Doors will open at 11:30 a.m. Lunch is at 12:00 p.m. with program to follow

Place: Blackhawk Country Club, 3606 Blackhawk Drive

Menu: Chicken and Mushroom Crepes with Wild Rice and Fresh Fruit Garnish or Fettuccini Alfredo with Grilled Vegetables (please specify special dietary requests when registering)

Cost: \$20/person (Sliding fee available upon request)

To Register: Call or email SAIL by January 20 to reserve your spot!

Members Matter...YOU Matter

As a membership organization, we owe it to ourselves and to fellow members, to take stock of how SAIL impacts our lives and how we impact SAIL. Help us continue to evolve the services and resources SAIL offers. Please join us on **Monday, January 15 at 1:30 p.m. at 640 Junction Road** for our first Membership Team Meeting led by Council Member Dorit Bergen. (Continued on page 3)



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.

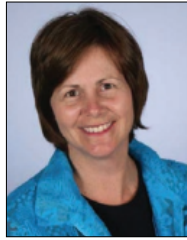


Supported in part by:



SAIL Operating Council: Christine Beatty, Dorit Bergen (Vice President), Mary Ann Drescher (MACCC), 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

Happy New Year! This issue of the Messenger is filled with updates about what's happening at SAIL: a new Membership Meeting every other month, a successful annual appeal (thank you!), what to look forward to in 2018, and the upcoming retirement of ten-year SAIL staff member

Laura Adell.

We are all very happy for Laura, but also sad to see her leave our team! Laura has chosen not to have a farewell party but welcomes calls, notes, or visits to the office this month. We're pleased to share that Laura has agreed to take on our bookkeeping and accounting on a contract basis and plans to continue her membership in SAIL. We have over ten years of great stories, memories, and dedicated service to look back on with sincere gratitude to Laura. She started very part-time as an administrative assistant and soon expanded her role to help launch and manage the former SAIL SOS service, building it to approximately 500 subscribers. She added accounting responsibilities as well and continued in that role. Following the sale of SAIL SOS, Laura started managing the SAIL vendor program and providing support to our team. As you all know first hand, moving into this next chapter of life is extremely exciting, and we wish Laura the very best as she embarks on this new journey! Rest assured we are working hard to recruit a new Membership Services Manager with the goal of welcoming him or her in early February! Stay tuned!

Successful Annual Appeal

We had some very nice comments about last month's message, "On Giving," written by member Pat Krueger. She is happy to hear that her message likely inspired others to participate in the SAIL Annual Appeal!

We're proud to report that members donated a total of \$46,330 as of December 27, 2017 to SAIL's operating fund! Added to that, gifts from non-members, vendors and other businesses, our founders Attic Angel and Oakwood Village, and our golf fundraiser totaled \$97,313! Plus, members donated over \$10,000 to the SAIL Endowment Fund at the Madison Community Foundation—a great way to ensure a strong future for SAIL. Thank you to those who were willing and able to contribute!

Grants in 2018

We have more good news heading into 2018! We received an anonymous gift from a local foundation for \$25,000, and we learned the Oakwood Foundation approved our grant request for \$20,000! Be sure to attend the upcoming Membership meeting and learn more about our 2018 projects aimed at healthy and safe aging!

News and Happenings

Volunteer News *by Volunteer Coordinator Peggy York*

SAIL Volunteer Drivers provided 22 rides last month! They helped members get to doctor appointments, banks, a veterinary clinic, beauty shops, and grocery stores. The SAIL volunteer handymen were also quite busy. They helped members with holiday decorations, setting up phones, hanging pictures, and they replaced a few light bulbs. Special "Welcome calls" continue to go out to new SAIL members thanks to the Good Neighbor Group! They have become experts at pointing out upcoming events and reminders about SAIL member benefits. Member Sharanne Stitgen has joined this group and will be volunteering her time along with fellow members Evonna Cheetham, Carole McGuire, and Nancy Winton to make these welcome calls.

SAIL —Oakwood —UW Madison Pharmacy School's "Get Med Wise"

Are you aware that, if considered an illness-related cause of death, adverse drug events would be ranked as the 5th leading cause of death among older adults? You may want to enroll in "Med Wise," a program designed to help you manage your medicines more effectively, gain confidence in talking with your pharmacist, and learn what to ask about your medicines. Just sign up and attend an upcoming informational session on **January 10 from 3:00 to 3:30 p.m. or January 11 from 1:00 p.m. to 1:30 p.m. at Oakwood Heritage Oaks Social Room.** Once you are registered, you can participate in the program which includes two classes scheduled on February 21 and 28 from 1:30 p.m. to 3:30 p.m. or February 22 and March 1 from 10 a.m. to noon in the Oakwood Heritage Oaks Conference Room. Interested? Please call or email the SAIL office! Huge thanks to Associate Professor of Pharmacy Beth Martin and Oakwood staff!

Members Matter..YOU Matter (Continued from Page 1)

We hope you will join us at this important meeting to learn about 2018 grant projects aimed at preventing loneliness, improving planning for future changes as we age, and building support systems for safe and healthy "aging in place." This bi-monthly meeting will focus on improving services and programs at SAIL, expanding community connections, and increasing membership. Your voice at the table throughout the year and your help in areas you find interesting and challenging is needed as we work on these goals that will have a significant impact on the lives of hundreds of older adults in our community!

In next month's Messenger we will be introducing a Member Spotlight article on member Betty Stern. Betty's recent quote is especially timely as we kickoff the new Membership meeting!

"It is harder to get people to hear your voice when you age, but with SAIL, I know I will always be heard."

Please call or email the SAIL office to sign up in advance.

Birthday Club News



The SAIL Connections Group would like to try out a new idea for Birthday Club. Starting in February, they would like to meet quarterly (versus monthly) for coffee/tea, birthday cake, and lively conversation. If you'd like to help plan these gatherings, please come to the next Connections Meeting on January 16 at 1:30 p.m. at Oakwood Heritage Oaks or call SAIL at 230-4321.

Attic Angel Lecture Series

The lectures are held in the Community Room at Attic Angel Place, 8301 Old Sauk Road. Coffee starts at 10:00 a.m. and the lectures begin at 10:30 a.m.

Monday, January 8

"Keeping Madison Safe." Michael C. Koval, City of Madison Police Chief

Monday, January 15

"Dysmobility Syndrome: An Approach to Maintaining Independence." Neil Binkley, MD, Professor of Medicine and Director of the Osteoporosis Clinical Research Program, UW—Madison School of Medicine and Public Health

Monday, January 22

"WARF and the Soil of the Wisconsin Idea." Kevin Walters, Ph.D. candidate in History and Historian for the WI Alumni Research Foundation (WARF)

Monday, January 29

"World Dairy Expo and the Madison Community." Katie Schmitt, Communications Specialist World Dairy Expo

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

West Side: January 18 at 11:45 a.m., Martin O'Grady's Irish Pub, 7436 Mineral Point Road.

East Side: January 16 at 11:45 a.m., Sumo Sushi, 1745 Parkside Drive,

Please call the SAIL office to sign-up and also let us know if you need a ride!

Men's Roundtable *by Member Fred Ross*

When and Where: Tuesday, January 9, at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

Topic: We'll repeat the open-ended format that has worked so well the past several sessions. We'll have a broad-ranging discussion on topics as participants choose: sports, politics, history, current events, foreign affairs, you name it. Bring your own special topic to toss into the discussion stew, for the outcome of the world may well depend on our Roundtable efforts. Only one rule: fact checking via electronic devices isn't allowed. We can't let the joy of a good discussion be hampered by facts.

Let us know if you need a ride!

Book Club News

by Co-leaders Alice Punwar and Maria Schnos

We will be meeting on Wednesday, January 17 from 1:30 p.m. to 3:00 p.m. at Sequoya Library.



We'll be discussing *A Cuckoo's Calling* by J.K. Rowling, the author of the Harry Potter books. If you would like to join us and if you haven't arranged for the book, you can contact the main library for a copy.

Sunday Movie: Marshall (2017)

January 28 at 2:00 p.m., Oakwood University Woods Arts Center

Recounting an early case of attorney Thurgood Marshall—who would later become the first African-American Supreme Court justice—this riveting drama depicts his defense of a black chauffeur accused of sexual assault.



Upcoming Events and News

On Our Own

We had a wonderful time getting to know one another better during two holiday dinner events at local restaurants—one on Thanksgiving Day and one on Christmas Day. We also had fun at the annual Holiday Tea event! Huge thanks to Rita Bloomfield for being so thoughtful and organizing the dinner events. We recently heard that family members living in Europe commented how happy they were to know their loved one was enjoying Christmas dinner with friends! See pictures from these events on the back page.

On Monday, January 15, we'll plan to meet at the Attic Angel Lecture at 10:15 a.m. and enjoy a lunch together afterwards. This month, we want to socialize and get to know one another better! Then, if the spirit moves you, please stop in at Attic Angel Association building for the kickoff of the SAIL Membership Meeting (see page 3).



Members Wally and Ann at the annual Holiday Tea.

A Message from Members Joan and Jon McCarthy

We are longtime SAIL members, residents at Attic Angel Prairie Point, and participants in an informal group aimed at educating the community about social issues confronting the Madison community.

We invite you to attend a special program presented by Julia Weaver, former chaplain at the Dane County Jail. She will describe the work of the Backyard Mosaic Women's Project. The Project offers a time for women to come together to explore their spirituality and creativity; to discover their artistic skills as they return to their families and community from incarceration.

Date: Wednesday, January 10

Time: 10:30 a.m.

Place: Community Room at Attic Angel Place, 8301 Old Sauk Road

Thank you from Mary and Rita

Over a dozen members donated cards and small gifts to be delivered to area nursing homes by member Mary Owens and her sister Rita during the holidays. Thank you!

Tech Tutoring 4 You

We're looking forward to our first sessions of 2018 and hope you will sign up! Our tutor for both sessions is Dave Friedman. Full Members pay nothing and Associate Members pay \$20/session. Call or email SAIL to sign up.

Date/Time/Location: Thursday, January 18
from 10:00 a.m. to Noon at Alicia Ashman
Library, 733 N High Point Road

Date/Time/Location: Wednesday, January 31
from 1:00 p.m. to 3:00 p.m. at Monona Library,
1001 Nichols Road, Monona

These are individual 30-minute appointments (not a classroom setting). You have the full attention of the tutor for that time. Be sure to bring your phone, tablet, or laptop along with a list of questions.

Example questions:

- How do I use my phone for GPS navigation?
- How can I take pictures and send them to friends and family?
- How do I see pictures my family posts on Facebook?
- Can I video chat with my friends and family?

Calendar of Events — January 2018

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	9	10	11	12	13
	Attic Angel Program 10:00 a.m. Keeping Madison Safe	Men's Roundtable 10:00 a.m. Oakwood Village University Woods	Backyard Mosaic Women's Project 10:30 a.m. Attic Angel Community Room			
14	15	16	17	18	19	20
	Attic Angel Program 10:00 a.m. On Our Own Lunch 11:30 a.m. SAIL Membership Meeting 1:30 p.m.	East Side Lunch Bunch 11:45 a.m. Sumo Sushi 1745 Parkside Drive Connections 1:30 p.m.	Book Club 1:30 p.m. Sequoia Library	Tech Tutoring 10:00 a.m. Alicia Ashman Library West Side Lunch Bunch 11:45 a.m. Martin O'Grady's Irish Pub		
21	22	23	24	25	26	27
	Attic Angel Program 10:00 a.m. WARF and the Soil of the Wisconsin Idea			Annual Winter Luncheon 11:30 a.m. Blackhawk Country Club		
28	29	30	31			
Movie Matinee: Marshall 2:00 p.m. Oakwood Village University Woods	Attic Angel Program 10:00 a.m. World Dairy Expo and the Madison Community		Tech Tutoring 1:00 p.m. Monona Library			

Membership News and Updates

New SAIL Members

Maribeth DeRocher, Waunakee

Earl and Marian Mylrea, Waunona

Frances Rademaekers, Middleton Glen



A Message from Member Services Manager Laura Adell

After 10+ years at SAIL, I'll be retiring at the end of January. It's time for me to head south and golf with my husband, spend more time with my 2½-year-old grandson, visit my son and daughter-in-law out west, and enjoy my family! I have loved working at SAIL with Ann and so many other talented people over the years—it's been a great team to be a part of. I've really, really enjoyed working with and getting to know so many wonderful members and vendors. It has truly been an honor and a privilege! I plan to provide bookkeeping and accounting support to SAIL as a contractor—maybe our paths will cross now and then throughout the year!

Vendor News: A new electrician has been added to the SAIL vendor listing. Tim comes highly recommended from one of our east-side members. He has been an electrician for over 25 years and previous to that he was a foreman for 20 years. Tim specializes in new-home construction, additions, and remodeling as well as general electric work. A couple of our members have already used his services and have been very pleased. Need vendor support? Just give us a call!

Tips on Avoiding Fraud and Protecting Your Identity

Identity theft usually occurs when someone gains access to your personal information, such as your credit card data or Social Security number, and commits fraud or other crimes. Last month, Steve Broyles, CPA CFE CFF MBA, shared the following tips to protect yourself from identity theft and fraud:

- Take advantage of Equifax's free credit monitoring and set up security freezes with all three credit reporting agencies, (there is a slight cost but is minimal compared to becoming a victim).
- Shred all documents containing personal identifiable information (SAIL members can take advantage of shredding services as part of their membership).
- Inventory what you carry in your wallet/purse and minimize what you take with you.
- Only use encrypted Wi-Fi (SAIL vendors can teach you how to check for this).
- Check the Department of Agriculture, Trade and Consumer Protection's (DATCP) website periodically to learn about current scams and how to avoid them. (SAIL emails alerts to members as a courtesy)



Please let us know if you would like a copy of Steve's powerpoint presentation.



MADISON AREA CONTINUING CARE CONSORTIUM

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Visit sailtoday.org or give us a call!

Holiday 2017 Highlights: Gift and Card Donations, Presentation by Whittler Fritz Seybold, Thanksgiving at Essen Haus, and the Holiday Tea at Legacy House Imports sponsored by SAIL On Our Own Group

