



The MESSSENGER

...keeping you connected!

A MONTHLY PUBLICATION

FEBRUARY 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!

Two Men Without a Truck Day

Valentine's Day is a day to celebrate love, right?

Well, TWO MEN AND A TRUCK® is ready to show the love this year! This SAIL vendor is donating a full day to help SAIL members! On **February 14** a limited number of SAIL members can receive 30-45 minutes of **free** in-home moving services.



Most folks think of a moving company for moves outside the home, but rarely do we think of them to help with moving items **within** the home. Some of the tasks this strong two-man team can complete include: Rearranging furniture, special packing of items, moving items to or from storage inside your home or garage, flipping mattresses, moving items to allow for cleaning, putting items out to the curb for pickup, or moving boxes.

(Continued on page 3)

Madison Area Master Gardeners Association Program: Olbrich Botanical Gardens Expansion



Come join SAIL member Dana Warren and the Madison Area Master Gardeners Association members on Wednesday, February 28 to hear a talk on Olbrich Botanical Gardens expansion plans given by Executive Director Roberta Sladky (pictured at left). She is nearing the finish of her single biggest project for the popular Madison attraction, which has 16 acres of outdoor display gardens that are free to visit and the indoor, tropical Bolz Conservatory.

(Continued on page



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 Haasl (Secretary), Patricia Kallsen (President), Chris Klotz, Kathleen Larson, and Bob Topel

From the Office

A Message From Executive Director Ann Albert

Thank you to the 90+ people who attended last month’s SAIL Winter Luncheon! Thank you to Mary Ann Drescher for an informative, engaging presentation on what aging may look like in the future and the need to better integrate and coordinate services amongst all of us—the older adult, family, friends, medical providers, housing services, etc.!

This month marks Laura Adell’s retirement from SAIL. We are pleased to announce that Nicole Schaefer is our new Membership Services Manager. She begins her orientation with SAIL on February 5. Nicole is relocating to Madison from Garfield Park, IL and has a background working with two nonprofits, including a volunteer corps of older adults. Nicole is looking forward to joining us at SAIL. Laura has agreed to contract with us for our accounting work; and she, along with Peggy York and Sue Stenzel, will assist Nicole in her orientation. Welcome, Nicole!

Member Betty Stern’s Story *by Volunteer Lois DePiesse*

Betty Stern’s entire life has been about innovation. She was the manager of the Test Kitchen at Oscar Mayer for 20 years where she created the recipes that delighted families and defined an era. She was one of the first people in the country to figure out microwave directions for cooking up those quick meals that changed a generation. Is it any wonder that when she discovered an innovative program for seniors to help them stay in the homes they loved, she became a member of SAIL.



There are so many ways that SAIL sustains Betty’s independence, all the while opening up her social world, and she has many stories to validate that claim. Her first call to SAIL was before she was even a member. She was rushing out to a meeting only to discover that her garage door would not open, trapping her car inside. One of her friends had told her that SAIL could solve any problem, so she called in that desperate moment. Without hesitation, SAIL sent a repairman over to open the garage and save the day.

But it was Member Lois Curtiss that got her to join after Betty’s neighbor died and she lost the friend that checked on her regularly. The SAIL Rise and Shine daily check-in was the program that clinched the deal. Now she calls in every day, knowing that her missed call will trigger a response.

(Continued on page 3)

News and Happenings

Volunteer News *by Volunteer Coordinator Peggy York*

We are pleased to welcome Rebecca Evans as our newest volunteer driver! This busy group of volunteers provided twenty two rides during the month of January. Thank you to our drivers!

SAIL office volunteers contributed over twelve hours to SAIL in January. A special thank you goes out to Bob Topel for helping us interview candidates for Laura's position and to Linda Conlon for the Spring Luncheon preparation. Welcome to new administrative volunteer Tom Ramsey!

Volunteer handymen Ken Martin and William Mann teamed up to help a member with a variety of projects and they were greatly appreciated! The member described this team as "just wonderful." Sometimes we're not sure who is more grateful—the volunteers or the recipient!

Two Men (Continued from page 1)

Being mindful of your day-to-day activities and avoiding accidents in the home help to mitigate the risk of injuries that could lead to the loss of independence.

Celebrate a day of love with one of our great vendors and get your items moved safely!

If you would like to sign up, please call or e-mail the SAIL office by **February 8**.

Senior Planet Article *by Sue Stenzel*

Check out an interesting article featuring science fiction writer Charles Clark, who would have turned 100 in December, and see how he saw the present 40 years ago! Call SAIL if you'd like the article sent to you!

<https://seniorplanet.org/arthur-c-clarke-predicted-our-now-how-did-he-do/>

Olbrich (Continued from page 1)

Sladky is leading the final, public phase of Olbrich's Rooted and Growing capital campaign to build an education center and greenhouse. The city of Madison is slated to provide about half of the \$10 million from the 2018 capital budget. They jointly own/operate the gardens with the non-profit Olbrich Botanical Society.

Date/Time/Location:

Wednesday, February 28

6:30-6:45 p.m.: Fellowship and refreshments in the Nakoma/Westmorland Room at Oakwood Village, Heritage Oaks, 6205 Mineral Point Road.

6:45-8:30 p.m.: Program followed by time for questions and answers

Betty's Story (Continued from page 2)

According to Betty, one of the best benefits of SAIL is the vendor program. Not only are the workers vetted by staff, she's found some who offer discounts for SAIL members.

"I call with any question! I have found the best cleaning people, someone to clean my roof gutters, a person to clip my bushes, and even someone to move a heavy table and boards from the basement. When I call SAIL, I know that these people are safe to let into my home and will not take advantage of me. That is peace of mind!"

In addition to vendors, SAIL has volunteers that are available to help for those little projects that seem much larger as the years go by. Members are not only friends; they often support one another with their talents and time. Betty embraces life with vigor and delight because she knows that SAIL is there to help her through whatever challenges she might face.

Upcoming Events

On Our Own in 2018 *By Co-leaders Karen Peterson and Janice Gary*

The On Our Own (O3) group sends a warm welcome to members who are single and have no children or local support system to come to an O3 Planning Luncheon on Thursday, February 15 at 11:30 a.m. at Attic Angel Place in the Community Room, 8301 Old Sauk Road in Middleton. The On Our Own Group is in its third year, and we'd love to welcome more members and plan a robust year of activities that meet the needs of our members!

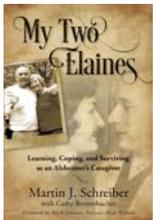
Co-leaders Karen Peterson and Janice Gary will lead the luncheon program. After enjoying a delicious meal together, we'll be breaking into small groups and discussing opportunities related to: social connections (dinners out on holidays, card or board-game gatherings, travel, etc.); community and cultural programs of interest; educational topics for programs in 2018 (e.g. end-of-life planning, identity theft, tech topics); how to develop support systems for oneself for post-rehab, emergencies, etc. (Janice will share her system and her "Janice's Who's Who List"); and more! We will also be providing instruction on how you can create your own SAIL profile online for other members and join the O3 email forum at SAIL.

Lunch Menu: Cream of asparagus soup and a cranberry chicken salad croissant, dessert, and beverage. We request an \$8 donation payable at the lunch. Register in advance by calling SAIL at 230-4321 or email info@sailtoday.org.



MARK YOUR
CALENDAR!

Join us on April 17
at 2 p.m.
at the
Oakwood
Village
Arts
Center.



Martin Schreiber will share his sage advice on learning, coping, and surviving as an Alzheimer's Caregiver.

No More Spring Breaks—Falls Risk Screening Event
April 24 @ 12:30 p.m., Oakwood Heritage Oaks

Tech Tutoring 4 You—A Great SAIL Member Benefit *by Sue Stenzel*

Tuesday, February 13
10:00 a.m. to 1:00 p.m.
Ashman Library, 733 N. High Point Rd.

Wednesday, February 28
10:00 a.m. to 12:00 p.m.
Monona Public Library, 1000 Nichols Rd.



Please call SAIL at 230-4321 to sign up for your reserved half hour time. You can bring any device. Please be sure that the device is fully charged and that you have the passwords to access your device. This valuable service is free for Full members; \$20 for Associate members.

Do you have a question or tip to share with fellow members? We encourage you to submit them to us! Everything is fair game—tablets, smartphones, computers, websites, or any other issues that interest you.

"Thank you, SAIL for setting up appointments for members having questions regarding use of their computers and/or mobile devices. I have attended classes at the Apple Store, but sometimes the instructions have been over my head or not relevant to me and my problems. Last week at the Ashman Library I had 1:1 attention to my specific questions. The 30 minutes went by fast but the time was devoted to solving MY problems!"

—Member Hildy McGown

Attic Angel Lecture Series

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

Monday, February 5

“Climate Change in Wisconsin”

Daniel J. Vimont, Professor, Atmospheric and Oceanic Sciences, Nelson Institute for Climatic Research

Monday, February 12

“Adams and Jefferson: Contrasting Aspirations and Anxieties From The Founding”

John Kaminski, Historian, Department of History, UW-Madison

Monday, February 19

“Dysmobility Syndrome: An Approach to Maintaining Independence”

Neil Binkley, MD, Director of the Osteoporosis Clinical Research Program, UW-Madison School of Medicine & Public Health

Monday, February 26

“Homegrown Discoveries: The New Wisconsin Science Museum.” Dave Nelson, President, Wisconsin Science Museum

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

East Side: Tuesday, February 20, 11:45 a.m., Snug Room, Erin's Snug Irish Pub, 4601 American Pkwy.

West Side: Thursday, February 22, 11:45 a.m. at the Vintage Brewing Co., 674 S. Whitney Way

To register, please call SAIL at 230-4321.

Connections *by Member Carol Brown*

Join us on Tuesday, February 20 in the Oakwood Heritage Oaks 2nd floor Conference Room.

Men's Roundtable *by Member Fred Ross*

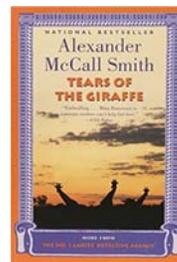
Join us on Tuesday, February 13 at 10:00 a.m. in the Heritage Oaks Social Room at Oakwood Village University Woods.

We will again enjoy an open-ended format. Participants choose discussion topics: sports, politics, history, current events, foreign affairs, you name it. Bring your own special topic to toss into the discussion stew, and be prepared for a “civilized” exchange of ideas. Let us know if you need a ride!



Book Club News

by Members Alice Punwar and Maria Schnos



Five hardy souls attended the January meeting of the SAIL Book Club to discuss *A Cuckoo's Calling* and gave it mixed reviews.

Our next meeting will be Wednesday, February 21 at Sequoya Library from 1:30 to 3:00 p.m. The book is *The Tears of the Giraffe* by Alexander McCall Smith and it takes us to Botswana where the incomparable Precious Ramotswe gets involved in three cases involving strange events. This is the second book of the #1 Ladies Detective Agency series and, as always, promises the reader a fascinating read. New members are welcomed!

Calendar of Events — February 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
	Attic Angel Program 10:00 a.m. "Climate Change in Wisconsin"			Deadline to sign up for Two Men Without a Truck event!		
11	12	13	14	15	16	17
	Attic Angel Program 10:00 a.m. "Adams and Jefferson: Contrasting Aspirations and Anxieties from The Founding"	Men's Roundtable 10:00 a.m. Heritage Oaks <hr/> Tech Tutoring 10:00 a.m.-1:00 p.m. Ashman Library	Two Men Without a Truck Day!	On Our Own: Planning Luncheon 11:30 a.m. Attic Angel Community Room		
18	19	20	21	22	23	24
	Attic Angel Program 10:00 a.m. "Dysmobility Syndrome"	East Side Lunch Bunch 11:45 a.m. Erin's Snug Irish Pub Connections 1:30	Book Club 1:30 p.m. Sequoia Library	West Side Lunch Bunch 11:45 a.m. Vintage Brewing Co.		
25	26	27	28			
Movie Matinee: 2:00 p.m. Oakwood Village University Woods	Attic Angel Program 10:00 a.m. "Homegrown Discoveries"		Tech Tutoring 10:00 a.m.-Noon Monona Public Library <hr/> Olbrich Botanical Gardens Expansion 6:30 p.m. Oakwood Village Heritage Oaks			

Membership News and Updates

New SAIL Members

Jo Richards, Monona
Matthew and Nancy Davis, Hill Farms
Ellen and Richard Meister, Nakoma
Judy Meyers, Stonefield



Hearing Made Easier!

Thanks to the generosity of a SAIL member, we were able to purchase a “Listen Tour Guide Hearing Assistance System.”

We are so excited to offer this system to members who have trouble hearing at SAIL programs or bus trips or tours.

The speaker wears a microphone and a transmitter. It offers earbuds and receivers for up to 10 people! What a great gift to SAIL!

Are You on Facebook? Have You Liked Our Page?



SAIL is a special community of amazing people! Our Facebook page connects those who want to be an active part of our amazing network. We post the events calendar for the entire month. We share great articles that you'll likely find are very valuable to you. Most importantly, we provide an opportunity to connect with others who share similar interests and stay up-to-date with SAIL and the nationwide Village movement.

So what should you do right now? Go to Facebook and LIKE us. If you're not on Facebook we'll help you get started, just let us know at info@sailtoday.org.

All new Facebook friends from February 1-28 will be entered into a drawing for a Panera Gift Card!

Sunday Movie: Harry Potter and the Chamber of Secrets

Sunday, February 25 at 2:00 p.m., Oakwood University Woods Arts Center

This is the 2nd film of the Oakwood “Harry Potter Festival.” Bring a friend or family member—grandchildren, too. And, there'll be an intermission with cookies provided!

Coming Up in March:

SAIL's 13th Anniversary is March 1! During this special month, we'll be offering a Mattress Flip Day, 2018's first 90's Breakfast (did you know that SAIL has 60 members over the age of 90? Wow!), and a program by Vendor Jesi Hirsch, RN on the topic of Food As Medicine. Watch for announcements!

*Thank you to the following donors for your generous contributions to SAIL
during the 4th quarter of 2017!*

October 1-December 31, 2017 (Includes Endowment Fund Donors)

SAIL Supporters

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*In memory of Bernard
Mittelstaedt and Stella Stone Berven*
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Legal Services: Attorney John Mitby



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Sharing Active Independent Lives
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FAX 608-230-4322 **WEB** www.sailtoday.org

Visit sailtoday.org or give us a call!

January Winter Luncheon Highlights



Congratulations to Fred Ross on receiving the Madison Rotary Club Madison Senior Service Award.

Fred is a model of volunteerism with an active and long-term commitment to multiple local organizations including Madison West Kiwanis, PLATO, the Cascade Mountain Ski Patrol, and SAIL. Thank you, Fred, for all you do to support your community.

Shown at left: Fred Ross, Christine Beatty, and Mary Ross.