

# The SAIL Messenger

A monthly publication from Supporting Active Independent Lives—SAIL

**SAIL** Supporting  
Active  
Independent  
Lives  
*live long, live well*

## Ice Dams to the Garaj Mahal!



An invitation for a Sunday morning “Pot Luck Brunch” from Charlie and Jean Sweet was too good to pass up. On June 27<sup>th</sup>, several friends and relatives celebrated the transformation of the Sweet’s beloved “gorch” to their new Garaj Mahal. SAIL Director Ann Albert and SAIL Vendors Tony Trapp and John Porto were honored guests at this wonderfully unique celebration.

First of all, what in the world is a “gorch?” According to Charlie, “For years the family enjoyed a screened garage with eclectic and relaxed decor. Never was a picnic rained out in our ‘gorch’” Their attached, one-car garage served as their garage and their porch, thus a “gorch!”

This year the gorch had a face lift. We asked Charlie how it came about. “It all started with the ice dams on the roof for several winters. In our home, built in 1953, we had the insulation of the attic redone and it went from there. The insulation of the walls and ceiling of the garage and wiring were improved (no more of my extension cord wiring). It now features a beautifully finished, slip-resistant floor, white walls adorned with colorful artwork (a combination of family and well-known artists), bright paper hanging lanterns, a good sound system, and comfy porch furniture. The best part is the full-size screened garage door that keeps those pesky mosquitoes where they belong. Charlie explained: “When a good friend saw the results he called it a ‘Garaj Mahal’ and declared we should have a party to celebrate the conversion. The rest is history.”

Charlie and Jean thought it only fitting to invite the carpenter who led the transformation, Tony Trapp, a SAIL Vendor. While the project certainly didn’t take 20,000 workers or 1,000 elephants, it did take careful planning, ingenuity, and great skill. Shortly before brunch, Jean gathered everyone together and

*(Continued on page 3)*

## Why I am glad I joined SAIL! ~ Barbara Walden

When my husband and I first heard about SAIL a few years ago, our reaction was “oh, that’s for OLD people, not for us.” But, now that I am a 67-year old retired widow without any family nearby, needing to maintain a house and sometimes feeling quite alone, I joined SAIL and discovered that it really has a lot to offer me as I go about living a busy, full life.

A few examples: I was amazed how many people, especially distant family members but also local friends, were relieved when I signed up for the SAIL daily call-in service. Now they don’t have to worry about me if they call and can’t reach me when I am out and about. Another example: My husband used to enjoy taking care of working with vendors on house maintenance and I dreaded taking on this task. I have been very grateful for SAIL’s list of vendors who have been vetted and who are interested in working with seniors. Working with these

*(Continued on page 3)*

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*Join SAIL today  
and enjoy these  
benefits tomorrow!*

- Access to Pre-screened Vendors
- Basic Computer Assistance
- Personal Health Coaching
- House Checks While You are Away
- Information and Referral
- Mattress Flipping
- Monthly Newsletter
- MSCR Discounts
- One Monthly Statement for All Services
- One Phone Number to Call
- Rise and Shine Daily Check-in Service
- SAIL S.O.S. Discount
- Transportation Arrangements
- Member to Member Volunteer Opportunities
- 35% Discount on Home Health United Medical Equipment
- Free 12 month subscription to Lifestyles magazine



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SAIL is a program of the  
Madison Area Continuing  
Care Consortium, Inc.  
(MACCC) in collaboration  
with Attic Angel  
Association, Home Health  
United, HospiceCare Inc.,  
and Oakwood Lutheran  
Homes Association, Inc.

#### **Office Hours**

M-F 8:00 a.m.-4:30 p.m.  
Closed holidays

#### **Director**

Ann Albert

#### **Staff**

Laura Adell  
Anita Brown-Huber  
Tara Reeson

#### **Volunteer**

**Transportation  
Coordinator**

Betty Scott

## Notes from Program Director Ann Albert



SAIL – Where are we headed?

On a good note, we are surviving 2010! It's been a good year in terms of program development, retention of members and gaining more and more public awareness. The same old problem persists, however, and that is membership numbers! John Schmidt, SAIL member and member of our governing board, gave an eloquent talk last month at our Midsummer Night's Celebration. His

message was pretty simple, SAIL relies on mainly membership fees and donations. We do not receive third party reimbursement of other public funds. If you are doubting the benefit of SAIL in your life, call us. Chances are there are benefits that are valuable and not being used. Or, we can share names of fellow members who can attest to how important SAIL has become to them over the years.

We need you to maintain membership AND help us recruit additional members. In order to meet our payroll and other operational expenses, we need to recruit at least 20 annual memberships each month. This is an ambitious goal, which is why donations are important, too!

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## Monitor Rx ~ Britney Mikula, UW School of Pharmacy



Many of you received and responded to an invitation to participate in a unique pilot that SAIL has been working on with Oakwood's pharmacist, Alan Lukazewski, and the UW School of Pharmacy interns. Monitor Rx, a software program, is designed to identify potential adverse medication events and the presence of geriatric syndromes in older

adults. We were surprised with over 40 responses to this pilot project. Britney Mikula, the student who initiated the pilot along with Alan Lukazewski, completed her internship and was replaced with Adam Servi. We anticipate it will take several more weeks to complete, and we thank you for your patience!

We asked Britney what her impressions were and she responded:

"Performing comprehensive medication review for SAIL members has been beneficial in many ways. I've had the opportunity to meet several amazing people over the last six weeks while informing them about any problems their medications can cause. We've identified doses that were too high, medications that were ineffective, and we worked to change medications to prevent dizziness and future falls. I hope all SAIL members will speak with Alan or their pharmacist about having a medication review in the near future!"

## Vendor Booklet



By now you will have received the updated vendor booklet. Please call us with suggestions, questions or comments. We are constantly recruiting vendors and will send out additions (or notifications of discontinued vendors). We realize the booklet was delayed a bit, and apologize for any inconvenience.

There have been a few questions recently raised that we'd like to respond to:

\*What if I don't see a vendor listed that I have used? Vendors who discontinue are asked to notify their regular customers. If a vendor isn't listed in the booklet, please know they have discontinued their SAIL relationship as a vendor and/or no longer meet the vendor qualifications.

\*What if I don't see a vendor for a particular need that I have? Please be sure to call us! It's possible we've grouped the vendors in a way that isn't obvious or perhaps we are in the process of approving a vendor for that particular service. Or, as in the case of certain home technology service needs, often times we as staff can offer the service as part of your membership!

### Why I am glad I joined SAIL! *(continues from page 1)*

trustworthy vendors has been a pleasure. Still more: I like to travel, and SAIL's house-check services have been great. I went to Africa for the first time this summer and was able to leave the care of my cats, plants, and home in trusted hands and enjoy my adventure without worries (Thank you Tara!).

To sum up: SAIL has given me some of the foundation for peace of mind that has allowed me to go about rebuilding and enjoying my life after everything changed with my husband's passing and my own retirement. I don't feel "old" yet, but I have the support I need to build my new life.

### Ice Dams to the Garaj Mahal! *(continues from page 1)*

introduced Tony along with Ann Albert of SAIL, insisting that they offer a short description of what SAIL is about. She expressed deep gratitude to Tony and also shared how much it means to them to have SAIL to help them remain in their wonderful home.

John Porto, SAIL handyman and lawn-care service provider for the Sweets, received many warm words of gratitude also.

We at SAIL thank Charlie and Jean for including us in their celebration. It was great to see a group of neighbors, friends, and family share conversation and great food on a lovely summer day. In our busy world we can begin to think it's impossible to connect with neighbors and old friends—maybe hosting a potluck or coffee is a good way to start!



SAIL Members Charlie Sweet and Janice Gary

### SAIL GROUP LEADER CONTACTS:

#### Book Club

Alice Punwar  
274-0428

#### Member Advisory Group

Dorothy Batt  
274-7187

Faith Miracle  
230-3056

#### Connections Committee

Jack and Joan Hafner  
833-1534

#### Exercise Group

Janice Gary  
231-9014

#### Movie Group

Phyllis Reisdorf  
831-5724

#### Cards and Games Group

Joan Box

#### Small Group

##### Discussions

Jack Hafner  
833-1534

#### Ambassador Group

John McAnelly  
833-2815

#### Lunch Bunch

Dorothy Bollant

## Midsummer Night's Celebration-A Huge Success

Over 75 people enjoyed a night of great food, drinks, and entertainment at our annual party on July 21<sup>st</sup> at Attic Angel Retirement Community. Local jazz vocalist Jan Wheaton and accompanist Jim Erickson, performed for us and received rave reviews throughout the night. Both



Jan and Jim are incredibly talented in addition to having a warm and festive style. Many thanks to Attic Angel and to those of you who brought friends who may be interested in joining SAIL!



\* \* \* \* \*

**The world is hugged by the faithful arms of volunteers.**

**--Terri Guillemets**

And what fabulous volunteers we have! Thanks to Jack and Joan Hafner, Phyllis Reisdorf, Joan Box, Dorothy Batt, and Lois Curtiss for their work with the Connections Group. Thanks to John McAnelly, Sue Goldstein, and Dorothy and Jim Batt for participating in the MAG meeting and to Dorothy Batt for suggesting Jan Wheaton for our Midsummer Night's Celebration. Thanks to Diane Walder for being our photographer at the Celebration. Thanks to Lorene Schultz for 1:1 visits with a fellow member and thanks to Sue Goldstein and Johanna Ghei for helping to get a personal memoir going with a fellow member. Also thanks to Charlie Sweet for being our greeter at the Positive Aging Lecture Series and to Jean Sweet for registration help. And as always, thanks to our wonderful drivers: Larry Schaefer, Martha Christensen, Fran Bicknell, Jeannine Nusbaum, Bette Barnes, Tom Popp, Howard Kanetzke, and Herb Hellen. Thanks to Lois Curtiss for keeping the four west-side libraries stocked with SAIL and SAIL S.O.S. flyers! What would we do without all of you?

## New Volunteers

Join SAIL in welcoming our two new community volunteers; Katherine Snellgrove and Ronnie Sewankambo, both have come to us through United Way Volunteer Match.

## Volunteer Drivers Needed!

If you would like to help your fellow SAIL members, please consider becoming a volunteer driver! There are members who need rides to doctor appointments, hair salon, bank, and other errands. Sometimes it's only a temporary need and other times it is long-term. Regardless, it's a great relief to members to know that rides are available through SAIL! We also refer members to RSVP which is a non-profit in Madison offering volunteer drivers to medical appointments.

If interested, call Anita Brown-Huber at SAIL.

# SAIL Calendar for August

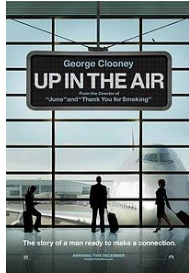


| Sun  | Mon  | Tue | Wed  | Thu | Fri   | Sat |
|--|--|-----|--|-----|---|-----|
| 1  | 2  | 3   | 4<br>Connections<br>Committee<br>1:00 p.m.<br>Heritage Oaks                            | 5   | 6   | 7   |
| 8  | 9<br>Member Advisory<br>Group<br>1:00 p.m.<br>Home Health United | 10  | 11   | 12  | 13<br>Positive Aging<br>Lecture<br>10:30-11:30 a.m. | 14  |
| 15   | 16   | 17  | 18   | 19  | 20<br>Positive Aging<br>Lecture<br>10:30-11:30 a.m. | 21  |
| 22   | 23<br>Mattress Flip  | 24  | 25<br>Lunch Bunch<br>11:30a.m.<br>Connections<br>Small Group<br>Discussion<br>1:30p.m. | 26  | 27  | 28  |
| 29<br>Sunday Movie<br>"Up in the Air"<br>1:30 p.m. | 30   |     |  |     |   |     |

Complete information for all events are listed on the back of your calendar.

# Calendar Information for August 2010

## Sunday Afternoon at the Movies



### Up in the Air

Ryan Bingham (George Clooney) racks up miles flying around the country firing employees on behalf of companies. But he faces losing the job he savors to recent college grad Natalie Keener— and losing the ability to escape emotional ties to anything. A connection he builds with Alex Goran, however, might change his outlook on the future.

### Taking a break this month are:

Tuesday Book Club  
Connection's Movie Group

## Connection's Small Group Discussion, August 25, 1:30 p.m.

Small Group Discussion will be meeting again this month on August 25, 1:30p.m. in the Westmorland Room, Oakwood West. The goal of this meeting is to establish a list of topics for future discussion and identify people interested in leading these topics. We encourage those who have not attended previous meetings to come and share your interest and ideas. If you have any questions, please call Jack Hafner.

## Connection's Card and Game Group

Connection's Card and Game Group is looking to begin in September. Please contact the SAIL office if interested.

## Mattress Flip

Call and sign up for our August 23rd **Mattress Flip**. Please call by August 18th if possible.

## Lunch Bunch, August 25, 11:30 a.m.

Café Continental  
2784 S. Fish Hatchery Road  
Please RSVP to SAIL, 230-4321

## Upcoming Dates!

### September– Tuesday Book Club

Will be starting up again the 3rd Tuesday in September. Contact Alice Punwar at 270-0428 for more information

### September 30

Falls Prevention Luncheon and Workshop

### October 2

Med Drop

## Positive Aging Series Schedule

Fridays, 10:30-11:30a.m., Oakwood Village West Auditorium

### August 13

Optimal Health: Conversations to Have with Your Doctor, Steve Barczy, MD, Dept. of Medicine, Geriatrics and Gerontology

### August 20

Improving Physical and Psychological Well-Being in Old Age, Sue Heidrich, PhD, School of Nursing

Pre-registration is requested due to space limitations.

Register online at [www.seniorlearning.wis.edu](http://www.seniorlearning.wis.edu), or call 262-5823