



The *SAIL* Messenger

A monthly publication from SAIL-Support for Active Independent Lives



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When Do I Call SAIL?

Last winter we ran a story in the Messenger about a member who was very happy with one of our vendors who shoveled snow off her roof. She was also very happy with their low cost. About two weeks later another member called and said, "I just spent quite a chunk of money to have snow shoveled off my roof, I wish I would have known to call you before hiring him." Which brings us to this question, "When do I call SAIL?"



Here is a list of some of the miscellaneous requests that we have been able to fulfill in the past few months with volunteers, staff and/or vendors:

Can you find someone to put sand on my driveway? Would you please pick up a library book for me? How can I get on PLATO's mailing list? What local restaurants deliver? Where can I donate a perfectly good refrigerator? I'm afraid I'll oversleep and miss my early doctor appointment. Can you possibly give me a wake-up call? My garage door isn't opening all the way. Can you find a place where I can rent a wheelchair for a week? My outdoor bird feeder isn't heating. How do I get roll-out service for my garbage bins? Do you know of a humane mouse repellent? I'm trying to remember the last line of a favorite poem, do you know it? Can you find someone to read to me one hour a week? How do I get an absentee ballot? . . . and our all time

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Ask Alan

Oakwood's Pharmacy Director Alan Lukazewski

Member: We now know that grapefruit and grapefruit juice interacts with some drugs including statins. What about pomegranate juice? Does it present similar problems, and if so, what are "safe" quantities? Since many of us love grapefruit, is there a special scheduling we can follow so that we will be able to enjoy fruit in the morning while taking a statin drug (or other meds) which interact with grapefruit?

Alan: You can't dodge the grapefruit bullet! A delay in taking the medication from the time you ingest grapefruit or grapefruit juice will not solve the problem as the effects are long lasting. Also playing with the dose of medication is not a reliable nor safe approach. Call SAIL for a the *Potential Drug Interactions with Grapefruit* list.

If you have a question for Alan, call our office at 230-4321 or Alan at 230-4404.

**Join SAIL today
and enjoy these
benefits tomorrow!**

- Access to Prescreened Vendors
- Access to Active Care
- 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
- Peace of Mind
- Rise and Shine Daily Check-in Service
- SAIL S.O.S. Discount
- Transportation Arrangements
- Volunteer Opportunities
- Wellness Services Discounts

**Contact Us
Today!**

230-4321

SAIL is an all-encompassing personal concierge service for those over 55. Just pick up the phone!

Trouble Remembering?

Researchers at Yale University suggest that when you have trouble remembering a word or a name, look up to the right. The theory is that words and names are usually located in the left side of the brain and that looking up to the right stimulates that part of the brain. Try it . . . it often works.



Taken from
Whole Brain Workouts,
by SAIL member
Marge Engelman

Congratulations Marjorie!

Congratulations to SAIL member and violinist Marjorie Peters for 50 years with the Madison Symphony Orchestra. We enjoyed the Wisconsin State Journal article about her last month. Call SAIL if you'd like a copy!



News, Information, Reminders, and Thanks

SAIL Thanks Members for Referrals

Thank you to Jane Ayer for referring new member, Betty Volquardsen, to Dorothy Batt for referring George and Marilyn Frye, and to Nettie Spevacek for referring Katherine Gratke. Remember, refer a new member and receive one month free.

Good News!

Thanks to Hugh and Joyce Russell's family for sending SAIL a donation in honor of their friend, Jeff Porter's 50th birthday! Also, thanks to Margaret Walsh who sent us \$100 to help defray mailing and printing expenses for the *SAIL Messenger*. Ms. Walsh, an Appleton resident who has followed SAIL since its beginning, looks forward to her *Messenger* each month.

Get Your Mattress Flipped

Call 230-4321 now to get on the list to have your mattress flipped on Friday, May 2. Mattress flips are scheduled several times a year, so don't despair if you miss this one.

Thank You Volunteers

A huge thank you to Martha Christensen, Barb Gessner, Johanna Ghei, Sue Goldstein, Herb Hellen, and Tom Popp for cheerfully driving our members to medical appointments and other types of errands during the month of March. Thank you to Betty Scott, Lois Curtiss, and Jan Rom for being such excellent office assistants. You're the best!

Update on SAIL's Newly Formed Member Advisory Group

June Weisberger

Eight interested SAIL members were able to attend the second meeting of the Members Advisory Group. Lively discussion centered around implementing ideas generated at the initial January meeting. Creative suggestions were generated for future programs for SAIL members - either in conjunction with a SAIL quarterly luncheon or as a stand-alone event.

Two interest groups will be launched this spring. The first group will plan a members-generated column for the *Messenger*. If you are interested in joining this group contact SAIL members Carol Brown (271-4153) or Faith Miracle (821-0980). The second group is the Men's Book Group (see details on p.3).

At the next quarterly SAIL luncheon on May 5 (**please save the date**) there will be an opportunity for attendees to indicate their interest in any of the newly formed or future special interest groups.

Finally, all interested SAIL members are invited to attend the next meeting of the **Members Advisory Group on May 13 from 1 - 3 PM. at Heritage Oaks, Oakwood Village West.** Join fellow SAIL members and add your ideas about future SAIL activities to the discussion. If you're lucky, there might even be doughnuts.

SAIL April Programs of Interest

Alan Lukazewski, R.Ph.

Wednesday April 9 at 11:00 a.m.

Midvale Lutheran Church, 4328 Tokay Blvd.

Pharmacist Alan Lukazewski will present ways to prevent and manage conditions that may lead to loss of independence. He will also discuss the use of prescription drugs and the role he plays in determining the appropriateness of certain drugs.

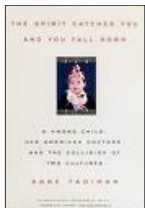
Program free, \$6 lunch after program. RSVP for lunch 238-7368

Men's Book Group - First Meeting

Monday, April 14 at 2:30 p.m.

Heritage Oaks Board Room, Oakwood Village West

Several SAIL members have expressed interest in forming a men's book group. If you are interested - or just curious, please come prepared to recommend one book you have read (current or classic) which you think might be a good selection for the entire group to read and discuss at the next meeting (scheduling of future meetings will be decided by those attending). In addition, think about what guidelines the group should adopt for selecting future books. Call SAIL at 230-4321 for directions.



SAIL Book Club

Tuesday, April 15, 1:00 to 3:00 p.m.

Nakoma Room, Heritage Oaks, Oakwood Village West

The book for this month is *The Spirit Catches You and You Fall Down* by Anne Fadiman, which is a compelling anthropological insight into Hmong culture. Margaret Murray (238-0354) has copies if anyone is interested in joining. The Nakoma Room is directly behind the main desk at Heritage Oaks. All are always welcome to join.

Enriched Care Presentation

Tuesday, April 29, 10:30 a.m.

Oakwood Auditorium, 6209 Mineral Point Road

SAIL Members are invited to the Oakwood Village West Auditorium to learn about *Enriched Care*, a program designed to help participants proactively address health concerns associated with aging. The presentation will be given by Dr. Steven Barczy and Oakwood staff. *Enriched Care* is open to SAIL Members and older adults in the community, so feel free to bring your friends if you think they may want to learn about this program.



Steven Barczy, M.D.

Attic Angel Continuing Education

“Restoring Cranes, Wetland, and People in the Mekong Delta of Vietnam”

Jeb Barzen, Crane Foundation, Baraboo

Monday, April 14

The Attic Angel

Coffee: 10:00

Program: 10:30

9301 Old Sauk Road

No charge. For other

Attic Angel lectures info call 662-8842.

Hello, Goodbye

Goodbye and thank you to Bernie Maroney for serving on the MACCC Board for 3 years.

Hello and welcome to new Board member Barbara Gessner!

* * * * *

Sunday Oakwood Village West Movie

The 11th Hour

April 20,
1:30

Oakwood Village West



Auditorium

Admission is free to SAIL members.



Support for Active Independent Lives

SAIL

6201 Mineral Point Road
Madison, Wisconsin 53705
Phone: 230-4321 Fax: 230-4322
E-mail: info@sailtoday.org
Website: www.sailtoday.org

Office Hours

Weekdays 8:00 a.m. to 4:30 p.m.
Closed on holidays

Sometimes we are at appointments,
so please leave a message and we
will return your call.

SAIL STAFF

Ann Albert

Program Director
608-230-4453
Cell: 575-4915
ann@sailtoday.org

Lynn Pauly

Member/Volunteer Services
608-230-4454
lynn@sailtoday.org

Laura Adell

Member/Vendor Services
608-230-4452
laura@sailtoday.org

MACCC Governing Board

Rick Bourne
Mary Ann Drescher
Kelly Fischer
Barbara Gessner
Gerald Kelm
Pat McClure
Norene Mostkoff
John Noreika
Kathleen Voit

SAIL is a program of the Madison
Area Continuing Care Consor-
tium, Inc. in collaboration with
Attic Angel Association, Home
Health United, HospiceCare Inc.
and Oakwood Lutheran Homes
Association, Inc.

Four New SAIL Vendors!

Laura Adell, Member/Vendor Services Director



We have four new high quality vendors for our SAIL members. Give us a call if one of these is just what you need this month. An updated vendor listing will be sent to you this summer.

Furniture restoration—repairs, refurbishes, strips and refinishes wood; restores antique trunks, and strips and refinishes other non-wood items.

Floor care—carpet cleaning, vinyl/tile cleaning and refinishing. Window washing. 12 years experience

Handy man—yard work (w/snow removal) and various handyman work

Duct cleaning—asbestos abatement, asbestos encapsulation, mold remediation, lead paint, duct cleaning, dryer vent cleaning, pipe insulation, boiler removal, etc.

REMEMBER! If you have called a vendor directly please call us. It is our job to make sure you are happy with the work that has been done. Unless we hear from you, we assume that all work has been done well. Please let us know your feedback, good or not so good!

When Do I Call SAIL?

(continued from front page)

favorite: Help! I just pulled out of my driveway and now I'm stuck in a snow bank!

We enjoy finding solutions to everyday challenges, and we welcome your calls. Also, keep in mind your membership core benefits and take advantage of : mattress flipping, house checks, personal health coaching by Alan Lukazewski, R.Ph., Rise & Shine daily check-in service, and our generous discounts on medical equipment, SAIL S.O.S., Active Care, and Madison Schools and Community Recreation classes. If your initial welcoming visit occurred over a year ago, you may have forgotten all that we do offer.

So, next time you can't remember the words to a favorite song or aren't sure about how to replace your computer monitor, give us a call. That's why we're here!