



The SAIL Messenger

A monthly publication from SAIL-Supporting Active Independent Lives



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SAIL Vendors are Ready for You This Spring

Laura Adell, SAIL Vendor Services Coordinator

Spring has sprung (or is trying to anyway)! Kick off spring by reviewing what seasonal maintenance and upkeep you may need in the next few months.



We encourage you to come up with a checklist that includes such things as checking your roof and gutters, cleaning out the fireplace, changing the batteries in your smoke detectors, and changing your storm windows and screens. Here at the SAIL office we have two comprehensive checklists for spring maintenance for your home. Give us a call if you would like us to send you a copy.

Preventive maintenance and upkeep is crucial to the value of your home and will save you money in the long run. Of course we have many SAIL vendors that are more than happy to help out. You can always count on our handymen, plumbers, painters, yard and garden workers and housekeepers to help you with your spring cleaning.



We are proud of the excellent service that our vendors provide. Before looking in the yellow pages, check your SAIL vendor listing or better yet call our office at 230-4321 for vendor recommendations. That is why we're here and that is what we love to do!



Supplements in Older Adults—How Much is Really Necessary?

Part 1 in a series by Alan Lukazewski, SAIL Personal Health Coach and Pharmacist, Oakwood Village West

This four-part series helps answer the age-old question of "What supplements do I take if I am an older adult?" As we age we may need more of certain nutrients that may not be available in our diets.

Vitamin D—The Sunshine Vitamin

Isn't vitamin D needed to absorb calcium? Yes, and many older adults are also deficient in vitamin D. Vitamin D is actually a potent hormone just misnamed as a

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SAIL is a nonprofit membership organization of people 55+ who reside in the Madison area. SAIL members wish to remain active, independent, in their own homes, and socially connected, and have found that navigating the many changes brought on by age is much easier with the resources offered by SAIL.

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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.

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Spring Greetings!

A note from Ann Albert, Executive Director



I hope you are able to take a moment and enjoy the beautiful sounds, sights and fragrances of springtime. Give yourself a pat on the back – you survived another long Wisconsin winter! Spring is known as a time of renewal or re-birth. It is with this spirit in mind, I ask you to take time for yourself. Try something new, visit with an old friend, plant a flower or your favorite vegetable.

It is with this same spirit in mind that I share with you some great news. SAIL member and retired UW Extension Dean of Continuing Education, John Schmidt, has generously offered to help us create a formalized SAIL strategic plan. John and his wife Marilyn have been members since 2006. They appreciate the many services we offer and want SAIL to thrive. Our governing board, the Madison Continuing Care Consortium, Inc. enthusiastically endorses this critical undertaking and will support our efforts. We hope you will, too, during these next few months. More details will follow in May!

Spring also brings with it a sense of awe. The staff and I couldn't help but feel this upon seeing the recent *WI State Journal* article featuring watercolor painter and member, Lee Weiss. Her painting, *September Flora* was inspired by walks through Hoyt Park, and is featured on this year's Dane County Cultural Affairs Commission's annual art poster. It is available by donation at 210 Martin Luther King, Jr. Blvd, Room 421 or by calling 266-4296. Enjoy!



Supplements in Older Adults: Vitamin D

(Continued from page 1)

vitamin. It's also called "the sunshine vitamin" but that is misleading since older adults don't make vitamin D from sun exposure and many of us use sunscreen that blocks the conversion to active vitamin D in the skin. So what I'm getting at is, yes, you need to take additional vitamin D.

Vitamin D is shown to also reduce fall and fracture risks. What is also interesting is that vitamin D may improve cognition or memory in those who are deficient. The amount of vitamin D recommended for older adults is 1000 to 2000 units daily. If you are an older adult you should have your vitamin D level checked by your doctor since supplementation doesn't always get your blood level to where it should be. That's when the doctor may prescribe a "whopping dose" of vitamin D for a short period of time to get your blood level into the healthy range. Then you can take supplements to help keep it there. Otherwise, most people who are not deficient can take the above recommended amount.

Upcoming Programs and Events



Lunch at La Brioche

Wednesday, April 15 at 11:30 a.m.

2862 University Avenue

Come join fellow SAIL members for lunch and conversation.

Members and their guests are welcome. To ensure a reserved space please RSVP by Monday, April 13 by calling Marion Anderson at 274-7802.

Food for the Soul: Seventh Annual Spring Luncheon for Family Caregivers

Friday, April 17, 2009 from 1:00 to 2:00 p.m.

Lussier Family Heritage Center, 3101 Lake Farm Road, Madison

Keynote speaker David Rakel, MD presenting *The Caregiver's Inner Journey to Self-Care*. Call SAIL for more information. Cost \$10.00. Must RSVP by April 10.

Strength, Balance and Living Independently

Wednesday, April 29, 2009 from 11:30 a.m. to 2:30 p.m.

Covenant Presbyterian Church, 326 S. Segoe Road

Sponsored by SAIL, UW-Physical Therapy Graduate Students, and West Madison Senior Coalition. It will include a presentation on balance awareness and falls prevention by UW P.T. professor and clinician, Judy Dewane, PT, Ph.D., MHS, NCS, and a presentation by SAIL Member and occupational therapist, Sue Rosa and architect, Jill Dittrich, owners of *Thresholds, LLC*. *Thresholds* was created to enhance one's independence and quality of life through barrier-free design that remains sensitive to the aesthetics of the home. Private screenings available for balance, strength, vision, orientation, individualized medication consults, and bone density. \$7.00 fee includes B'Tayavon's spanakopita (spinach-cheese pie), salad, and dessert. To reserve a spot, call SAIL at 230-4321 by Friday, April 24th.



Come Learn the Subtle Exercise and Art of T'ai Chi

Thursdays in May and June, beginning May 4

3:00 to 4:00, Heritage Oaks, Westmoreland Room

Work on strengthening your legs, core, and mind while enhancing your patterns of movement, relaxation, and

breathing. Many years of studies show T'ai Chi to be a great weight bearing exercise, without exacerbating joint symptoms. It has been shown to reduce falls significantly and improve the immune system, strength, mobility, balance, and endurance

Instructor Charlene Avery is a certified T'ai Chi Fundamentals Instructor and Occupational Therapist. We must have 5 participants for this class to happen. RSVP by calling SAIL at 230-4321 by April 15. Cost is \$60 for the 8-week class.

Attic Angel Continuing Education

Monday, April 6, 2009

Into Africa: A Visit to Rwanda Through the Eyes of One Visitor

Joann Jansen, Retired Occupational Therapist and Active Traveler

Attic Angel Place

Coffee: 10:00

Program: 10:30

8301 Old Sauk Road

No charge.

For other Attic Angel lectures info call 662-8842.

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Sunday Oakwood Village West Movie



The Secret Life of Bees

April 26, 2009

1:30 p.m.

Oakwood Village West Auditorium

Admission free for SAIL members.



Special Birthday Tributes to Two Centurions

We send warm birthday wishes to SAIL member Nettie Spevacek as she turns 102 on April 17. One of Nettie’s favorite quotes is “The longer I live, the more I realize the impact of attitude on life.”

Those of us who know Nettie have experienced her positive attitude, her secret to a long life.

Turning 100 on April 14 is dear friend and SAIL member Norman Dahl. Like Nettie, Norm starts each day with a positive attitude and his gracious spirit inspires all who know him.

Happy Birthday to both of you and all of our April birthdays!



Our deepest condolences to the families of Alma Taeuber, Millard W. Johnson, and Jeanne Patton. Our thoughts and prayers are with you .

Spotlight on a SAIL Member: Martha Christensen

Lynn Pauly, Member Services

When first visiting retired botanist Martha Christensen, one can’t help smile at the leaf-adorned address plate just above her doorbell. Once inside, photos of zebra,



Martha’s collection of woodcarvings.

giraffe, active sand dunes, an Amazonian rope bridge in Peru, a pair of young Swiss children, and the Wyoming “honeycombs” grace her walls – all taken by Martha on her many trips around the world.

Martha’s living room also holds a display of woodcarvings, her most recent a delicate carving of a rhea, “one of the three flightless birds in the world”, which she purchased in Argentina last year. “There are three things that make these carvings so interesting to me, the different woods, the

animals portrayed in the carvings, and the craftsmanship of the artist – how they use their skills to create the piece.”

Martha’s first taste of international travel was in 1962, when she traveled to Southern Rhodesia, England, Switzerland, India, Thailand, and Malaysia. “That trip changed my life. I remember looking around, while in London, thinking to myself, ‘these people are no different from us; they have the same joys, desires, and worries.’ People need to know more about the world.”



One of Martha’s photographs: A native village along the Amazon.

Martha mostly travels now with fellow birdwatchers. “The serious kind, with life lists,” she says. When asked if she has a life list, she says, “No, I’m not such a serious birdwatcher; I just prefer traveling with them, because they walk slowly and take notice of everything around them.” Her last bird watching trip was to Romania.

Martha studied botany and soils in her undergraduate work and focused on mycology and ecology while pursuing her Ph.D. Her interest in fungi was spawned in the 3rd grade when she absentmindedly swung a corn knife through an intact squash and discovered a mushroom inside. Martha ran into the kitchen and asked her grandmother, “HOW did this get IN there?”

Her love of the land, her interest in conservation and restoration brought her to purchase a 60 acre forest and prairie in Iowa, which she will soon donate to the Iowa Natural Heritage Foundation. She respects the work and land ethics of Aldo Leopold. I ask if the print of the bearded fellow on her wall was Leopold; “No, that’s another favorite of mine, Verdi.”

Martha’s mother was determined to have her own string quartet, so all four children

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News, Information, Reminders, and Thanks

Your Referrals Help Grow SAIL

Thank you to Betty Stern for referring new member Sarellen Schuh and to Barbara Gessner for referring Roberta Sprain. Remember when one of your referrals joins SAIL, you receive a free month of membership!

It's Time to Flip Your Mattress!

The SAIL flippers will come to your house on the afternoon of Friday, April 24 to flip your mattress and replace your hard-to-reach light bulbs. Call 230-4321 by noon on Wednesday, April 22 to get on the list.

Thank You To Our SAIL Volunteers

Many thanks to Barb Gessner for filling in during Laura's absence following hip surgery. We couldn't have done it without you! Bette Barnes, Jeannine

Nusbaum, Nancy Winton, Ken Engelman, Ed Phillips, Herb Hellen, Barb Gessner, and Martha Christensen drove members to various appointments in March. Thanks to Betty Scott for arranging all of these rides. Thanks to John McAnelly, SAIL Ambassador leader, for representing us so graciously at the D.O.T. Health Fair.

Active Care Classes Begin May 26



Just a reminder that the summer Active Care class will begin the week of May 26. It's never too early to reserve your spot. Active Care is our 8-week personalized fitness and nutrition class which takes place at Oakwood Village West on Tuesdays and Thursdays. Call SAIL at 230-4321 to "get active!"

Martha Christensen (Continued from page 4)

learned to play stringed instruments. Martha took to the viola, and has played in several quartets, among quartets in Lincoln, NE, Madison, and Laramie, WY. Today, she plays weekly with two violinists and a cellist. They play Mozart, Haydn, Beethoven, Schubert, and Dvorak.



Martha with fellow SAIL member Jeanette Riggert

"When I moved back to Madison in 2003, I knew I wanted to do something helpful, and that's how I got involved with SAIL." Martha drives members to doctor appointments, and in 2008 she gave 18 rides. "I'd like to do more," she says, "I really enjoy driving and getting to know the members." She also likes the SAIL get-togethers and especially enjoyed Cal DeWitt, who spoke at the Arboretum about his experience with prairie restoration.

When asked what was the best part of growing older, Martha said, "More time to enjoy people, places, and activities." As you can see, she definitely does just that. Thank you Martha, for taking the time to visit with us.

Join SAIL today and enjoy these benefits tomorrow!

- Access to Prescreened Vendors
- Basic Computer Assistance
- Personal Health Coaching
- House Checks While You are Away
- Information and Referral
- Mattress Flipping
- Monthly Newsletter
- MSCR and Harbor Athletic Club 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
- Volunteer Opportunities
- 35% Discount on Home Health United Medical Equipment
- Free 12 month subscription to Lifestyles magazine

**Contact Us
Today!**

230-4321

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E-mail: info@sailtoday.org

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Monthly SAIL Member Groups

Member Advisory Group (MAG) Meeting

Tuesday, April 14, 2009, 1:00 to 3:00

Home Health United Building, 4639 Hammersley Road

All SAIL members are invited to voice your opinion on future SAIL programs, learn about developments, and give feedback about SAIL.

SAIL Non-Fiction Book Group (Meeting twice in April)

Wednesday, April 1 and April 29, 2009 from 2:30 to 4:00

Heritage Oaks Sunroom, Oakwood Village West

*April 1: *The Forever War* by Dexter Filkins/ April 29: *Shakespeare: The World as Stage* by Bill Bryson*

Personal Memoirs Project Group

Monday, April 20, 2009 at 2:00 p.m.

2021 Van Hise Avenue

SAIL Tuesday Book Group

Tuesday, April 21, 2009 from 1:00 to 3:00 p.m.

The New Sequoya Library, 4340 Tokay Boulevard

The Memory Keeper's Daughter by Kim Edwards

*****SAVE the DATE*****

SAIL Quarterly Get-Together
Wednesday, May 20
Brunch at Olbrich Gardens