



# The *SAIL* Messenger

*A monthly publication from SAIL-Support for Active Independent Lives*



## SAIL Sponsors New Madison Area Seniors Meetup Group

*Ed Phillips, SAIL member and volunteer*



I have been volunteering as well as receiving services from SAIL since my wife Lillian and I joined a few months ago. It has been exciting to meet the SAIL staff and members and to share in supporting fellow members in independent living.



Ed Phillips

Last week Member Services Coordinator Lynn Pauly and I formed the *Madison Area Seniors Group* with SAIL as the sponsor. This is best described as an online “meetup” group that plans get-togethers such as dining out, coffees, and game nights, among other things. The *Madison Area Seniors Group* is based online, however, the SAIL office will have the “meetup” schedules for anyone not using a computer. To visit the group, go to <http://seniors.meetup.com/131>.

If you would like to participate in our gatherings, follow the steps below:

- Join the group by filling in the form on the right column of the main page.
- You will then be able to access the group calendar and RSVP to any events that interest you. Or, if you’re not a computer user, call SAIL at 230-4321.

Our first get-together is on August 20 at Imperial Garden Restaurant in Middleton. Although SAIL is the official sponsor of this Group, it is not a SAIL-only group. The

*(Continued on page 4)*

## July Member Advisory Group Meeting Minutes

*Faith Miracle, SAIL member*

The Member Advisory Group met last month and discussed future events, such as the Fall Triad at Blackhawk Church, SAIL’s Midsummer Night’s Celebration, late October fall gathering and social luncheon, and SAIL’s participation in the Attic Angel art fundraiser. A spring art fundraiser is also under consideration.

Other ideas were discussed for future informative and social programs, such as self-defense for seniors, weather and vacation safety, Dane County TimeBank opportunities, and get-acquainted game events.

The MACCC governing board is open to the idea of adding “village” to SAIL’s

*(Continued on page 2.)*

Volume IV, Issue 8  
August 2008

**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 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
- Peace of Mind

**Contact Us  
Today!**

**230-4321**

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

# News, Information, Reminders, and Thanks

## SAIL Favorites Project Moving Along

Thanks to all of you for sharing your Madison area favorites with us. Our letters to businesses have gone out, thanks to the help of member **Ethel Dunn**. Businesses that choose to participate by offering discounts to SAIL members will receive free advertising in SAIL materials, a decal for their window, and their name on our published SAIL Favorites list.

\*\*\*\*\*

Thank you to member Jane Ayer for referring our newest SAIL member!

\*\*\*\*\*

Our condolences to the family and friends of Judge Roland Day. Judge Day has been a SAIL member, friend, and supporter since 2005 and he will be greatly missed.



## Reimbursement for SAIL Drivers

We are happy to announce that beginning August 1, SAIL will offer to reimburse volunteer drivers for their mileage. With gasoline prices hovering around \$4 per gallon, we were concerned how this may impact our volunteer drivers. Their willingness to donate their time is, by itself, very valuable. Drivers will keep track of mileage and submit reimbursement forms as needed. Please let us know if you would like to join our growing group of SAIL volunteer drivers. We will welcome you with open arms!

All riders are certainly welcome to provide contributions to SAIL at any time to help offset this cost.

\*\*\*\*\*

## Member Advisory Group

*(Continued from page 1.)*

name, based on the Beacon Hill Village model and/or create a new tagline that suggests more in the way of community. Members are exploring various ideas on this and will continue to provide the board with input.

Ann Albert reported that John McAnelly and other volunteers continue to promote SAIL at local health fairs through the Ambassador's program. Carol Brown will provide newsletter articles on various topics such as safety, library services, importance of Vitamin D, and changes in technology. Following up on a previous suggestion by Jim Batt on reminiscence writing, Faith Miracle advised that PLATO has two scheduled groups which meet weekly during the fall and spring semesters.

The next meeting will be held at Home Health United on August 19, 1:00 to 3:00 p.m. Interested members are invited to attend. Your input is welcomed!

## Thank You Volunteers!

Many thanks to our drivers, Ken Engleman, Tom Popp, Ed Phillips, Mary Ross, Sue Goldstein, Carol Brown, and Claire Matejka; also to Betty Scott for making it look so easy to arrange the rides. Thank you Ed Phillips for snapping pictures of our vendors hard at work and for offering computer assistance to a dear member in need. Thanks to Sue Goldstein, Dorothy Batt, Carol Brown and Faith Miracle for giving their time on the *Member Advisory Group*. Thanks to Carol Brown, Lois Curtiss, and Jan Rom for assisting in the SAIL office, and Shannon Whiting for taking time to read to one of our members. Also, thank you to Nancy Winton for starring in our new SAIL S.O.S. commercial! You're a natural, Nancy.



# SAIL August Programs of Interest

## Member Advisory Group

Tuesday August 19, 2008 from 1:00 to 3:00 p.m.

Home Health United Building, 4639 Hammersley Road

All interested members are invited to attend the next meeting of the *Member Advisory Group*. Join this creative and positive group as they work towards implementing future programs for SAIL and providing helpful advice to the MACCC board regarding operations and development.

## Madison Area Seniors Group “Meetup” Dinner at Imperial Garden

Wednesday, August 20, 2008 at 6:00 p.m.

Imperial Garden Chinese Restaurant, 2039 Allen Boulevard, Middleton

Join other active seniors for dinner at the first Meetup event. See front page for more information. RSVP required.



## 2008 Annual Aging Well Senior Resource Fair

Thursday, August 28, 2008 from 3:00 to 5:00 p.m.

Hilldale Shopping Center

Come peruse local non-profit programs and services available to adults 55 and older. Enjoy free refreshments while you get answers to everyday questions. Free blood pressure screenings provided by Home health United. Sponsored by SAIL and West Madison Senior Coalition.

\*\*\*\*\*

## Commonly Prescribed Medications May Cause Functional Decline in Older Adults, by Alan Lukazewski, Pharmacist, Oakwood Village West



A Wake Forest Study, released in May 2008, has shown that commonly prescribed drugs used for blood pressure, incontinence, and allergies led to study participants walking more slowly and being less able to care for themselves as compared to those not taking the drugs.

Over 600 medications have a property called *anticholinergic* activity which can lead to drowsiness and/or cognitive decline. Many of these medications are well known, such as Ditropan and Detrol. However, many of the medications that have this property, such as warfarin, furosemide, digoxin, and amlodipine (among many others) are not well known for this activity.

It is important to have one’s medications reviewed by an expert in **medication use in older adults** and not assume that all general practitioners have knowledge of these unexpected drug side-effects. SAIL members have access to such an expert in pharmacist Alan Lukazewski. Call the SAIL office at 23-4321 to get in touch with Alan.

## Midsummer Night’s Celebration



Tuesday evening

August 12, 2008

6:30 to 8:00 p.m.

Attic Angel Place  
Wine, appetizers, and  
desserts

RSVP no later than  
August 7

## Dane County Triad Crime Prevention and Safety Expo

“Be Prepared”

Tuesday, Sept 9, 2008

8:00 to 3:00

Blackhawk Church

(More info in  
September newsletter)

## Sunday Oakwood Village West Movie



*The Great Debaters*  
starring Denzel  
Washington

August 24, 1:30 p.m.

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 Consortium, Inc. in collaboration with Attic Angel Association, Home Health United, HospiceCare Inc. and Oakwood Lutheran Homes Association, Inc.

**A New Cleaning Service Added to SAIL Vendor List**

*Laura Adell, Member/Vendor Services Coordinator*



Our new vendor is a unique cleaning service that caters to an individual's specific needs. They offer affordable pricing compared to larger cleaning companies, provide discounts to senior citizens, and your satisfaction is guaranteed. For information please call SAIL.

**Let's Get Ready for Winter Now**

Sorry to bring this subject up -- but with 100+ inches of snow last winter we want you to be prepared. We were able to provide shoveling services to most members who requested it, but at times it was not an easy task. We were also lucky to get referrals from our members so if you know of an individual or service that provides competitive pricing on snow shoveling (and also roof shoveling if needed) please give me a call at 230-4321.



\*\*\*\*\*

**Don't Let Safety Take a Vacation**

*Submitted by Carol Brown, SAIL member*



Before you take off on vacation, take a few steps to help prevent problems that could occur at home. Stop delivery of mail and newspapers. Ask someone to check your home daily, to look for signs of anything that may seem different or out of the ordinary. Arrange for someone to mow or shovel while you are gone. Unplug computers and any other electrical appliances except those that must be left on. Install and set timers of several lights to simulate your nighttime routine. Leave someone a phone number where you can be reached (or leave it with SAIL). Give them a copy of your itinerary and (if you are driving) information on your make of car and license plate number. (Source: MG&E)

\*\*\*\*\*

**Madison Area Seniors Group**

*(Continued from page 1.)*

Madison Area Seniors Group is open to all people in our area who are 55 and older. So feel free to invite other non-SAIL friends. All group members can suggest other get-togethers, depending on their interests. For example, I am interested in Genealogy and would like to schedule a Genealogy get-together soon after our first "meetup."

As a volunteer I am eager to work with the SAIL staff in managing this "meetup" web page. I'm also eager to have you participate in it, and I welcome any questions or comments you may have. Please feel free to e-mail me at [ephillips66@charter.net](mailto:ephillips66@charter.net) or call me at 274-7920. I look forward to seeing you on August 20, if not before.