



The SAIL Messenger

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SAIL Group Offers Assistance in Recording Personal Memoirs

The Personal Memoirs Project has been a true labor of love for five SAIL members, now friends, who have spent hours collecting information, recording and interviewing, and learning about each other,

not to mention themselves, during this journey. Last month June Weisberger, Nancy Winton, Carol Brown, Johanna Ghei and Sue Goldstein held their first Personal Memoirs Project workshop for interested SAIL members and staff.

“This sprouted from a suggestion from member Jim Batt back in December,” explained June Weisberger, coordinator of the group. “It has been an interesting and relevant project, and a challenge in trying to demystify the technology involved with preserving our memoirs.”

Johanna Ghei emphasized the importance of the pre-interview. “This is a time to get together without the tape recorder; to establish a rapport, and discuss what you want to cover – a historical period, an event in one’s life, or perhaps a relationship.”

All presenters made it clear that the interviewer should remain quiet. “I had a

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The Significance of Eye Drops Causing Side Effects in Older Adults

Alan Lukazewski, SAIL Personal Health Coach and Pharmacist, Oakwood Village West

Adverse drug events, also called side-effects, are responsible for two million hospital visits and 106,000 deaths each year. If side effects were a disease, they would be the 5th leading cause of deaths each year! This becomes more likely as we age, since we are more sensitive to the effects of most meds and we tend to take more medications.

One might assume that the effects of a topically applied eye drop would be limited to the area of the eye. However, the blood vessels in and near the eye make many eye medications as potent as an intravenous dose of medication.

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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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August Notes from SAIL's Program Director

Ann Albert



John and Joyce McAnelly visit the SAIL office with daughter Anne and grandchildren Lauren and Nicholas

The word “connect” comes up a lot at SAIL. Each day we connect members with other members, members with vendors, members with trusted colleagues, and the list goes on! Another very special connection happened last month - a connection with a member's family. John and Joyce McAnelly visited the SAIL office with their daughter Anne, and grandchildren Lauren and Nicholas from New Jersey. It was great meeting them in person as we've had the pleasure of hearing many stories about Anne as a young girl and her wonderful children!

According to some SAIL members, it is reassuring for them to know their loved ones actually know us, that they can call us when they feel concerned and have questions, or that they can offer help through SAIL without seeming intrusive. These connections happen through planned meetings, e-mails, visits to the SAIL office, coffee dates, personal letters, and SAIL workshops or programs. I can think of at least eight family members we've met in the past six months-thank you for making these connections possible!

Speaking of connections- a group of eight gathered at the Curtiss home for the Connections Group meeting. They identified the need to create more small-group activities, develop a buddy system for people who don't have local family, and explore a member-to-member visiting program. Surveying members for special interests and/or need for connections will be the first order of business and will be underway in August. If you'd like to join the Connections committee, please come to the next meeting on August 6th (*see page 3*).

Eye Drops

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Some eye drops, such as Timolol, Pilocarpine, beta blockers, and Alphagan have documented side effects such as depression, low blood pressure, urinary frequency, headache, and congestive heart failure.

To reduce the drug from being absorbed into the body try the “double DOT” procedure, which stands for “don't open eyes technique and digital occlusion of the tear duct.” This involves closing the eye and applying pressure over the tear duct for 1-2 minutes after application of the eye drop. This reduces systemic absorption by two-thirds.

If you are a SAIL member and you think you may be having side-effects give me a call to review your medications. I can be reached at 230-4217.

Upcoming Programs and Events

SAIL Connections Group

Thursday, August 6, 2009 from 10:00 to 11:30 a.m.

Oakwood Village West, Heritage Oaks Board Room

Come and join this friendly group who are helping members make connections with other members through visits, small group events, phone calls, and otherwise.



Midsummer Night's Celebration

Thursday, August 13, 2009 from 6:30 to 8:00 p.m.

Attic Angel Place, 8301 Old Sauk Road, Madison

One of our most well attended events of the year. Good food and drink, nice company, and a beautiful venue. Invitations have been mailed, but if you need more information, driving directions, or transportation, call 230-4321. RSVP by August 7.

SAIL Members Lunch Bunch (Men AND Women Invited!)

Tuesday, August 18, 2009 at 11:30 a.m.

Basie's Restaurant, 517 Grand Canyon Drive, Madison

Come join fellow members for lunch at *Basie's* in the Radisson Hotel. Call Marion Anderson at 274-7802 by Monday, August 17 to RSVP. Let her know if you will be needing transportation assistance. If you can't make it after RSVPing, be sure to call and let us know so we do not wait for you.

Personal Memoirs Group

(Continued from page 1)

tendency of saying, 'Oh really?' or 'That's interesting,'" remarked Sue Goldstein. "But the most important job is to listen, without judgment and without comment."

Nancy Winton paired up with Sue Goldstein during their practice interviews. "I got to know Sue's aunts and uncles and cousins," said Nancy. "Back then families were so close, everyone went to grandma and grandpa's house for Sunday dinner. These stories are so important for younger generations – things are so different now."

For a first attempt, the workshop had a good group of attendees and an excellent discussion. A success! The Personal Memoirs Group plans to offer another workshop in the fall.

If you would like to have one of the group members work with you on your memoirs, they are offering a free session (plus a pre-interview). You would receive a CD recording of the interview. Please call the SAIL office at 230-4321 for information or for a copy of the 8-page packet they produced, which contains helpful information.

Attic Angel Continuing Education

Continuing Ed takes a break during the summer, but will begin again after Labor Day.

SAVE THE DATE!

Thursday, Sept. 17 Lunch and Learn

*EnAct: A Program of
Madison Environmental
Group*

Come learn how to reduce your environmental impact.
Location TBA

Sunday Oakwood Village West Movie



Slumdog Millionaire

August 23, 2009
1:00 p.m.

Oakwood Village West Auditorium
Admission free for SAIL members.
Subtitles available.
Free popcorn!

Free Copy of Exercise Guide from National Institute on Aging



One of the healthiest things you can do for yourself is exercise. In fact, studies suggest that *not* exercising is risky behavior! We have 20 copies of this beautiful 80-page booklet with sample exercises to do at home, an exercise plan, activity and progress charts, and resources. Members may call the SAIL office at 230-4321 for a free copy.

In Memory

SAIL sends condolences to the family of Nettie



Spevacek, who passed away in July at the age of 102. We will all miss her very much.

Our condolences to the family of Virgil Bowman who passed away last month. Our thoughts are with you.



Spotlight on SAIL Members: Alice and Jalam Punwar *By Lynn Pauly, SAIL Staff*

After visiting with members Alice and Jalam Punwar I wanted nothing but to drive directly to the airport, catch the next flight to India, travel by train throughout the country, and end my trip by attending a traditional Indian wedding.

The Punwar house is a perfect place to dream about warm Indian nights, with their screened back porch, looking out to the back yard, which once harbored 13 dwarf apple trees, an apple orchard owned by the Piper family.

In order to get to India one must travel back to 1953 and learn the story of how they met. Alice, an undergraduate O.T. student at UW Madison, was invited to a picnic. Jalam, just finishing his Ph.D. in soil chemistry was also invited. They soon began dating. Alice liked how Jalam always “treated her like a lady” and Jalam thought she was “pleasant and easy to talk to, with no showing off at all.”

Jalam got a job in Philadelphia with the Pennwalt Company, and the two of them corresponded for over a year. Eventually, he returned to the Midwest and Alice said, “If you can find us an apartment, we can get married.” Within two weeks, Jalam had a place, so they arranged a small wedding at the Unitarian Church, suitable for a Hindi/Christian marriage.

Nether family was happy about the marriage. Alice’s family was worried that she would move to India. Jalam’s family wasn’t ready to accept an American daughter-in-law. But it all resolved itself with the birth of their first son Jay. Then came their second son, Kiran. Jalam knew it was all fine, when, on his solo trip back in 1964 his family all asked, “Where is your wife?”



Since then, the Punwars try to visit Jalam’s family in northwest India, every ten years. They travel around the country by train, bus, private car, or taxicab, usually stopping in Europe on the way. They will be going again this winter, when Jalam will be part of his great-nephew’s wedding, a three-day affair with over 700 people in attendance. The bride’s hands and feet will be painted with henna, and, adds Alice, “there will be lots of dancing.”

Last year, when Jalam’s cousin’s grandson was running for election to the state assembly, their grandchildren were visiting India. He roped them into campaigning for him. They went door to door in tiny villages. “These are my cousins from America,” he would say. Jalam said, “They got to see Indian life at the grass roots

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News, Information, Reminders, and Thanks

One Week Free at Harbor Athletic Club!



SAIL benefits keep growing! During the months of August and September, Harbor Athletic Club in Middleton is offering a “one-week-free” coupon to be used for any of the 55+ classes (such as *Gentle Joints, Joints in Motion, Free to Move* or *Tai Chi/Pilates*), the exercise equipment, and the warm water pools. If you like what you see, SAIL members are also eligible for discounted membership. Call the SAIL office for your coupon. Harbor’s website is: www.harborathletic.com.

Our Members Never Disappoint Us!

Many, many thanks to all of you who took the time to fill out our recent member survey. We have tallied the results and have learned a great deal from your

comments. These surveys will help us with our strategic planning project underway this summer.



Word of Mouth the Best Advertising for SAIL

A big welcome to new members Sue and John Harriman and Fern Pfitzer! And thank you to Lee Weiss, Roberta Sprain, and Betty Stern for referring them to SAIL. Remember, refer a new member and you receive one month membership free.

SAIL Volunteers Are the Best!

Thanks to drivers Martha Christensen, Jeannine Nusbaum, Elayne Orr, Roland Rueckert, Bette Barnes and Ed Phillips. Thank you to Jan Rom and Barb Gessner for helping in the office, and to Tom Popp for helping a member with some paperwork. You are all tops with us!

Spotlight

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level.” The connection lives on.

Here in Madison, Alice enjoys SAIL’s Tuesday book group. “It is a great group of women and we’ve become good friends.” While Alice reads novels, Jalam reads news magazines and the newspaper, as well as chemistry journals. Both have had their medical adventures, but are doing well. Jalam works out at sports medicine center three times a week, and Alice takes a water aerobics class.

Just recently, when their son and family visited from California, they rented a pontoon boat through MSCR. “It was lovely being out on the lake, and do you know Madison has a skyline!” Alice said. They definitely want to do that again and highly recommend it.

So, be sure you say hello to Jalam and Alice at the next SAIL event. Thank you to both of you for taking the time to visit with us.

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 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, August 11, 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.

Thank you to Dorothy Batt, Faith Miracle, Carol Brown, and John McAnelly for participating in the MAG meeting last month.

SAIL Tuesday Book Group

The Tuesday Book Group will begin again in September. For those of you who would like to join the Tuesday Book Group, September would be the perfect time to join! If you would like a list of the books read so far, call the SAIL office at 230-4321 and we will mail or e-mail you the list right away.

SAIL Non-Fiction Book Group

Wednesday, August 26, 2009 from 2:00 to 3:30 p.m.

Heritage Oaks Board Room at Oakwood Village West

Tried by War, by James McPherson. *Tried by War* illuminates how Lincoln worked with—and often against—his senior commanders to defeat the Confederacy and create the role of commander in chief as we know it. Come join the group. Newcomers always welcomed!