



# The SAIL Messenger

A monthly publication from SAIL-Supporting Active Independent Lives



## Personal Profiles: A Gift for Your Family and Your Community

Volume IV, Issue 12  
December 2008

It seems that SAIL members are always riding the crest of the most recent trends in the senior world. SAIL itself is part of a movement that is sweeping the country, so therefore it was no surprise when our Member Advisory Group (MAG) jumped on the idea of capturing the stories of our SAIL members, not only for the members' families, but for the community in general.

With the help of Art Hove, a special assistant emeritus with the U.W. Madison, the group of members listened attentively as 101 year-old member Nettie Spevacek reminisced about growing up in the early 1900s. Art graciously volunteered to facilitate the first taped interview as an example for the rest of the group. He has had a great deal of experience doing just that with *The University of Wisconsin: A Pictorial History* which he authored in 1991.



SAIL member Nettie Spevacek  
with Arthur Hove

“Our mission is to assemble a packet of materials to encourage SAIL members to get their memories recorded,” said June Weisberger, co-chair of MAG and host of the first interview. June expects the packet to include information about the equipment needed

*(Continued on page 4)*

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## November MAG (Member Advisory Group) Meeting

*Faith Miracle, SAIL member*

Members attending the November MAG meeting addressed such topics as future funding of SAIL, ongoing and proposed educational and social events, and the new oral history project. Ann Albert reported that initial startup funding will run out mid-2009, and it is necessary to consider new means of replacing this source of revenue, i.e., applying for grants, revising the fee structure, sharing advertising costs with other agencies, encouraging legacies and wills, and offering special opportunities to fund projects (newsletter, etc.) New levels of service are also being considered. Albert reported that member fees have



(from left) Ann Albert, Ed Phillips, John McAnelly, Faith Miracle, Fran Erney, June Weisberger, Richard Erney, and Dorothy Batt

*(Continued on page 2.)*

**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**

# News, Information, Reminders, and Thanks

## Madison Area Seniors Meetup Group



'Tis the busy holiday season, so the **Madison Area Seniors Meetup Group** will not be meeting in December. However, in January there are three outings planned. Dates will be listed in our January newsletter. You can also check the Meetup website at [www.meetup.com/madisonseniors](http://www.meetup.com/madisonseniors) or through the SAIL website at [www.sailtoday.org](http://www.sailtoday.org).

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### Refer a Member, Get a Month Free

Word of mouth is the best advertising for any organization, and that is why we would like to thank our members for their referrals. If someone you refer signs up for SAIL, we will add one month to your membership as a thank you. Please let us know by phone, mail, or e-mail if someone you know might be interested in joining SAIL.

## Harbor Athletic Club News

As you know SAIL members get a wonderful discount on Harbor Athletic Club memberships. We just received word that they are converting their warm water pool to salt water. This will be the second of the three indoor pools that have salt water systems. Harbor is now offering "Fall Proof Classes", "Pilates Made Easy" and "Yoga Made Easy." Check out their website at [www.harborathletic.com](http://www.harborathletic.com) and then call SAIL for an application.

## Get Active This Winter With Active Care

Active Care is an eight week program available to SAIL members, which focuses on fitness, nutrition, and maintaining personal health. Participants meet with Stephanie Ehle, a certified personal trainer, in the Oakwood fitness room twice-weekly. Then once a week,



Active Care participant and SAIL member Jan Sampson

following a workout session, a "lunch talk" is arranged for participants. Topics for discussion are fall prevention, memory health, and non-medication alternatives to managing chronic conditions. The fee for this 8-week program is \$175, which averages \$10.94 per class session and is all inclusive. Fitness classes meet Tuesday and Thursdays from 12-1, with lunch talks immediately following the Thursday class. The first 2009 session begins on January 15. Please call 230-4321 by January 5 to reserve your spot.



## Our Volunteers are the BEST!

Many thanks to Lois Curtiss and Jan Rom for their assistance in the SAIL office this month. Shannon Whiting for home visits, and Ed Phillips for working on Meetup events and June Weisberger for visiting with SAIL members. Thanks to drivers Herb Hellen, Ed Phillips, Martha Christensen, Ken Engelman, and Howard Kanetzke and to Betty Scott for making sure everyone got to their destination.

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## November MAG Meeting

*(Continued from page 1)*

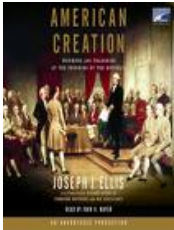
remained the same for these past 3 1/2 years during SAIL's start-up period. Thankfully, the SAIL S.O.S. service is proving to be a help in bringing in additional revenue and is growing steadily.

Ed Phillips described successful dinner meetings with his group, composed of members of the Madison Area Seniors Meetup Group and members of SAIL. He commented that the small group of attendees result in comfortable conversation and personal contact.

June Weisberger hosted the first meeting for members interested in the new oral history project, and plans were made for Art Hove to interview member Nettie Spevacek before the next meeting of the group, which will be at 2 p.m. on Monday, December 8 at the Weisberger home. Procedures are still being discussed relating to equipment, format, topics, etc. **See page 3 for date and time of our December MAG meeting.**

# SAIL December Programs of Interest

## SAIL Non-Fiction Book Group



Thursday, December 4, 2008 from 2:30 to 4:00  
Heritage Oaks Sunroom, Oakwood Village West

This group chooses fascinating books, and the discussions are quite lively and thoughtful. The December selection is *American Creation*, by Joseph J. Ellis. Any SAIL member interested in discussing this or any future selection is cordially invited to attend.

## Personal Profiles Get-Together

Monday, December 8, 2008, 2:00 to 3:30  
June Weisberger residence, 2021 Van Hise Avenue, Madison

See the front page for more information about this fascinating project. All members are invited to attend even if you weren't at the first meeting.

## Member Advisory Group (MAG) Meeting

Tuesday, December 9, 2008, 1:00 to 3:00  
Badger Prairie Room  
Home Health United Building, 4639 Hammersley Road

Come and join this group of SAIL movers and shakers. We encourage all members to attend these meetings so you can voice your opinion on future programs for SAIL and learn about SAIL developments.

## No SAIL Tuesday Book Group in December

The Tuesday Book Group will resume on January 20. The selection is *1776*, by David McCullough. Contact Alice Punwar at 274-0428 for a copy of the book. New readers always welcome to join!

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## Transportation Services in Madison



Although SAIL's Transportation Coordinator and Volunteer Drivers do a wonderful job providing transportation to our non-driving members when needed, volunteers are not always available. There are several alternatives in Madison, and we are happy to help you with arrangements. RSVP of Dane

County provides rides for medical appointments. For those who are unable to take the city bus, Paratransit, part of the Metro system, will pick you up at your home and has a lift for wheelchairs. SAIL will gladly help you to get set up with either of these services. Just call the office at 230-4321.

We can also help you arrange taxi services through Badger Cab, and, if pre-arranged with SAIL, you can charge your ride through SAIL so you don't have to deal with cash during your ride. Transit Solutions (294-8747) also provides rides for grocery shopping. Call the SAIL office at 230-4321 if you have questions about any of these services.

## Attic Angel Continuing Education



Monday, December 15  
Attic Angel Choir Sings Christmas Favorites

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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## SAVE THE DATE



**JANUARY 22**  
**11:30—1:00**  
**SAIL LUNCHEON**  
**VILLAGE INN**  
**Oakwood West**

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## Sunday Oakwood Village West Movie



*Wall-E*  
December 28, 2008  
1:30 p.m.  
Oakwood Village West Auditorium  
Admission free for SAIL members.



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## Supporting 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

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#### Laura Adell

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### MACCC Governing Board

Rick Bourne  
Lois Buelow  
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Kelly Fischer  
Barbara Gessner  
Gerald Kelm  
Norene Mostkoff  
John Noreika  
Kathleen Woit

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

## Thank You for Supporting Our SAIL Vendors

*Laura Adell, Member/Vendor Services Coordinator*



As the year draws to a close we want to thank all of our members who used the SAIL vendor program. It was a busy year and we made a lot of referrals to many of our dependable and hard working vendors who time and time again provide excellent service to SAIL members. Thanks again to both our members and our vendors for making this such a successful and beneficial program.

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## Give Your Family the Gift of Knowing You are Safe with SAIL S.O.S.

With the SAIL S.O.S. personal emergency pendant, not only will you feel more secure, but your family will feel much better knowing that a personable trained operator will be available at the push of a button 24/7.



We currently have 120 very satisfied subscribers, and we are looking to increase our numbers! SAIL SOS costs only \$18/month for SAIL members and \$25/month for non-SAIL members. If you already have another personal emergency system, our \$55 installation fee is cut in half. Call the SAIL office to sign up.

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## Personal Profiles

*(Continued from page 1)*

to do a recording, sample questions for the interview, a list of professionals who can assist voluntarily or for a fee, and websites or local places such as PLATO and UW Extension that offer classes/workshops about reminiscent writing.

If you are interested in participating or would like to contribute your suggestions, please come to the next meeting on Monday, December 8 at 2:00 p.m. at June Weisberger's residence at 2021 Van Hise Avenue.

## Happy Holidays and Warm Wishes to all of our Members and Vendors from SAIL!



*Ann, Laura, and Lynn*

