



The SAIL Messenger

A monthly publication from SAIL-Support for Active Independent Lives



Volume IV, Issue 2
February 2008

SAIL's Member Advisory Group Up and Running

June Weisberger, SAIL member

Despite the challenging weather, 16 SAIL members attended the first organizing meeting of the Member Advisory Group at Oakwood Village West. A number of SAIL members, unable to attend this meeting, also indicated their interest in participating in future meetings.



The first Member Advisory Group meeting.

A lively discussion produced a number of ideas for future SAIL member activities as well as a consensus that the time was ripe for establishing a Member Advisory Group (MAG).



John McAnelly with Dick and Fran Erney

As a result of suggestions made at this meeting, there will also be an afternoon meeting this month for all SAIL members interested in helping to form one or more smaller groups.

Members interested in joining SAIL's Ambassador Team as proposed by member John McAnelly (see page 3) and/or members interested in helping organize one or more of the small social/interest groups proposed at the January meeting will meet on February 12. Small groups suggested include, but are not limited

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Best Money I Have Ever Spent Was in Joining SAIL!

Donna Sager, SAIL member

I would like to share with fellow members my gratefulness to SAIL's personal health coach Alan Lukazewski, R.Ph. In a nutshell, Alan saved my life!

During a phone conversations with program director Ann Albert last fall, it was apparent that I wasn't doing very well. Ann was concerned, so she asked Alan to call me. Based on what I told him, he asked (no, TOLD) me to call my doctor and ask for a blood test to check my potassium level.

Sure enough, my potassium level was at a point in which I could at any moment go into a coma. I was immediately prescribed potassium to rectify the situation and shortly after that I was feeling much better. Alan and Ann, I can't thank you enough!

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

- Access to Prescreened Vendors/Consumer Advocacy and Satisfaction
- Basic Computer Assistance
- Coordination of Home Services
- House Checks While You are Away
- Information and Referral
- Mattress Flipping
- Monthly Newsletter
- 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

**Contact Us
Today!**

230-4321

SAIL's purpose is to help enhance the health, wellness, and independence of people over the age of 60.

News, Information, Reminders, and Thanks

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.

The SAIL Messenger is a publication for SAIL members and friends. If you prefer to receive it electronically, please send a request to the address below. Submit article ideas or feedback to Lynn Pauly, 230-4454 or lynn@sailtoday.org. We welcome your ideas.



Our condolences to the families of Charles Curtiss and Frank Stoll, who passed away last month.

Don't Hang Up!

If you call the SAIL office during our office hours, Mondays through Fridays, 8:00 a.m. to 4:30 p.m., and you get the voice recording, please leave a message. Chances are we are talking with a member, away from our desks, or out doing a quick errand. We want to hear from you!

Assistance With Garbage Bins Available

Many people value living in Madison because they can maintain their independence in spite of any physical challenges they may face. If you have difficulty rolling your recycling and refuse bins to the curb, there is good news. Qualified residents may have their carts wheeled to the curb and back by city truck drivers. To qualify residents must be unable to wheel the cart to the curb, have no one else to



assist them, and be certified by a physician as needing assistance. The cans must be placed near the house or garage and be visible from the street with a clear path from house to street. Call the SAIL office for assistance or call the City Recycling Office at 267-2626.

SAIL Thanks Members for Referrals

Thank you very much to Lois Curtiss and Faith Miracle for referring our newest member, Carol Brown, to SAIL. Also thanks to Betty Sullivan for referring Betty Stern. Welcome Carol and Betty!

Thank You Volunteers!

Many thanks to Kari Anderson, Martha Christensen, Sue Goldstein, Jeannine Nusbaum, Jan Rom, and Nancy Winton for being such generous volunteers last month.

Elderhostels: Adventures in Lifelong Learning

Ann Ostrom

Looking for a stimulating, safe and easy getaway that will be both fun and intellectually challenging? Then Elderhostel is the place for you. This international educational program for adults 55 and over has been providing one to three week live-in campus and cultural site experiences for over 30 years. Participants take up to three non-credit courses while living comfortably at their host institution or in nearby commercial facilities. Domestic programs focus on a wide range of liberal arts and sciences subjects, often drawing on unique local and regional features and resources with venues from college classrooms to museums to ships to outdoor natural laboratories. Overseas programs, which usually last three weeks, have a strong cultural element, offering studies in the host country's history, literature, arts, culture, language, and natural environment. Inspired by the youth hostels and folk schools of Europe and guided by the needs of older adults seeking new experiences and personal



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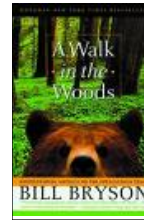
February Programs of Interest

SAIL Book Club

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

Board Room Heritage Oaks , Oakwood Village West

The book for this month is *A Walk in the Woods*, by Bill Bryson. Alice Punwar has copies if anyone is interested in joining. The meeting room has been changed and will be posted at the Heritage Oaks front entrance. All are always welcome to join. Call the office if you need directions.



SAIL Member Advisory Group Dates

Small Social Interest Group Meeting

Tuesday, February 12, 1:00 and 1:30

Heritage Oaks, Oakwood Village West

A meeting of members interested in helping to form one or more of the smaller groups. Members interested in joining SAIL's *Ambassador Team*, as proposed by John McAnelly, will meet at 1:00 (see below). Those interested in helping to organize one or more of the small social/interest groups will meet at 1:30. Suggested topics include, but are not limited to, a lunch and/or dinner group, an opera group, a men's book club, and a walking group. For directions please call the SAIL office.

Future Member Advisory Group Dates

Tuesday, March 11 and Tuesday, May 13, 1:00 to 3:00 p.m.

Heritage Oaks, Oakwood Village West

Reminders for Member Advisory Group meetings will be posted in future newsletters. All interested SAIL members are invited to attend these meetings to continue the discussion of the structure (informal preferred) and the goals of the Group.

Become a Member of SAIL's Ambassador's Team

John McAnelly, SAIL member

In October I had the opportunity to assist our SAIL staff at the 50 Plus Lifestyles Show at the Alliant Energy Center. This was a great opportunity to assist in finding new members. The staff has attended several of these types of events and have found it helpful for people attending to be able to talk to a member who could speak personally of the advantages of joining SAIL. I think this would be an excellent opportunity to join SAIL's marketing efforts. If you are interested, plan to attend the meeting on February 12 (see above).

If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea.

Antoine de Saint-Exupery

Attic Angel Continuing Education

"What Do You Do with All That Time? Poets on retirement and beyond"

Robin Chapman and Judith Strasser, authors and poets

Monday, February 11

The Attic Angel

Coffee: 10:00

Program: 10:30

9301 Old Sauk Road

No charge. For other Attic Angel lectures info call 662-8842.

Our newsletter is available in beautiful color online at the SAIL website www.sailtoday.org.

Sunday Oakwood Village West Movie



Ratatouille

February 24, 1:30

Oakwood Village West Auditorium

Admission is free to SAIL members.



Support for Active Independent Lives

SAIL

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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.

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MACCC Governing Board

Rick Bourne
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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.

Positive Words from SAIL Vendor

We are always getting rave reviews from our members about SAIL's vendors, so we were delighted to get this from one of our very popular vendors!



"I love gardening for SAIL members! The members I work with are so unique. They have really enriched my life. It's wonderful to work with such enjoyable people and help maintain their beautiful gardens."

We have always know that our members are part of a unique group!

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Member Advisory Group

(continued from front page)

to, a lunch or/ or dinner group, an opera group, a men's book club, and a walking group.

Two further ideas were generated at the first meeting. One was to include a special column in SAIL's monthly newsletter for members seeking special information or opportunities of interest to other SAIL members. Another related to future program topics of general interest to members, such as "Fall Prevention" and "Becoming Familiar with New Technologies.". These ideas, and others will be discussed at the March Member Advisory Group meeting.

Please join your fellow SAIL members and help the Member Advisory Group to get off to a great start! We hope to see you at one or more of the meetings: February 12; March 11; and May 13.

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Elderhostels:

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enrichment, Elderhostel is based on the belief that retirement does not mean withdrawal from meaningful activity and that those years should be viewed as an opportunity to enjoy new challenges now that one has the time.

For information contact Elderhostel, 11 Avenue de Lafayette, Boston, MA 02111 or www.elderhostel.org or call 800-895-0727. Thank you, Ann Ostrom, for bringing this to the attention of our members.