



# The SAIL Messenger

A monthly publication from SAIL-Support for Active Independent Lives



Volume IV, Issue 1  
January 2008

## 2007: A Year of Change and New Developments

Ann Albert, Program Director



We close 2007 with grateful hearts. First and foremost we are grateful to all of you who have supported SAIL through your membership, volunteerism, and charitable giving. We also wish to thank our vendors for their trustworthy, reliable, high quality services; our collaborating organizations - Responsive Solutions Inc., TDS, Area Agency on Aging

Caregiver Support, Catholic Charities Aging Services, RSVP, Safe Communities Coalition, West Madison Senior Coalition, Beacon Hill Village Group, UW Medical School-Geriatrics, and many more; the Cooper Family Foundation for funding the SAIL program through 2009; Madison Area Continuing Care Consortium, Inc., our governing board; and attorney John Mitby for his continued in-kind legal counsel.

During 2007 four new programs evolved collaboratively with Oakwood Lutheran Homes, UW Kinesiology program, UW School of Medicine - Geriatric Department, and Responsive Solutions Inc. of the UW Waisman Center. Among them are *Active Care*, an 8-week session of wellness education including meals, personal trainer, buddy system, individualized assessment, fitness program and use of fitness center; *Enriched Care*, a comprehensive, holistic geriatric assessment with individualized care plan,

(continued on page 2)

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## Volunteer Drivers To Be Recognized at January Potluck

John McAnelly, Member

Three years ago, a very successful SAIL member activity program was organized. It has become known as the *Driving Team*. These very willing volunteers have been using their own cars and gas to provide our non-driving members with rides to activities such as doctor appointments and grocery shopping. It is something we can point to with pride as a *By Members – For Members* activity. The members of this team and their Coordinator, Betty Scott, will be given recognition at our SAIL potluck on January 24. We hope that many members will turn out to pay tribute to these well-deserving fellow members.



As mentioned in the December issue of the *SAIL Messenger*, our growing membership is creating a need for additional drivers. This is a highly flexible activity and you can indicate what day or days in a month you would be available. If you wish, you could sign up as a driver at the January potluck. What a great way to show your support for this vital SAIL function.

**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.

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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](mailto:lynn@sailtoday.org). We welcome your ideas.

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*Our condolences to the family of John Moses.*



### Icy Sidewalks Are Back

We have heard only good things about Yaktrax, which are designed for those who want greater stability when walking on ice and snow. The outer band conforms to the length and width of your shoe or boot and provides side-to-side as well as forward and backward stability. Yaktrax can be purchased at local sporting goods stores such as REI for about \$20.

### Simple Solutions for Drivers

Recently a member recuperating from neck surgery, and having difficulty turning her head asked if we knew where to find special mirrors for her car. We contacted Safe Communities and AARP regarding a recent "CarFit" program offered here in Madison. We learned about some adaptive devices that may be helpful. Some include special mirrors, a swivel seat, gas cap wrench, etc. Give us a call if you would like information or call *Disability Products* directly at 1-800-688-4576 or visit their website at

[www.disabilityproducts.com](http://www.disabilityproducts.com).

### Get Your Mattress Flipped for Winter

Save your back and let us flip your mattress for you on Friday, January 18. Call the SAIL office at 230-4321 no later than January 16, and we will add your name to the list. Mattress flips are scheduled four times a year, so don't despair if you miss this one.

### Thank You Volunteers!

Many thanks to Herb Hellen, Rosemarie Lester, John McAnelly, Tom Popp, Jan Rom, Betty Scott, and June Weisberger for volunteering during the busy month of December. You're swell!

### Take Some Brochures With You

Have a favorite pancake house, coffee shop, library, or café? SAIL will be happy to provide you with brochures to leave at local establishments that may be frequented by potential members. Give them to friends too! Call us and we'll mail some out to you.

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### 2007—A Year of Change

*(continued from page 1)*

fitness and medical treatment plans and follow up services (available in 2008); *SAIL S.O.S.*— personal emergency medical pendant with local follow-up available throughout Dane County; Personal Health Coaching by pharmacist Alan Lukazewski, with emphasis on non-drug approaches to wellness, plus evaluation of medications with emphasis on cost and quality of life. All four are preventive in nature with the aim of helping to achieve and maintain the highest degree of wellness possible with respect to your mind, body and spirit. Several SAIL members participated in the development of these programs by attending and sharing feedback - many thanks.

Nationally, SAIL continued receiving recognition and requests for information from a

*(continued on page 4)*

# January Programs of Interest

## Member Advisory Group

Tuesday, January 8, 1:00 to 3:00 p.m.

Oakwood Village West, Heritage Oaks, Nakoma Room

Cider, donuts, and discussion for members wishing to participate in an advisory group intended to be helpful to the SAIL staff and governing body. All are welcome. Bring ideas and suggestions, or just come if you are interested!



## SAIL Book Club

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

Heritage Oaks Front Entrance - Oakwood Village West

The book for this month is *Chocolat*, by Joanne Harris. Alice Punwar has copies if anyone is interested in joining. Note new meeting space!

Meeting room will be posted at the Heritage Oaks front entrance. All are always welcome to join. Call the office if you need directions.

## SAIL Potluck and Volunteer Driver Recognition

Thursday, January 24, 11:30 to 1:30 p.m.

Village Inn, Oakwood Village West

Invitations have been mailed. We hope you will all join us as we welcome new SAIL members, connect with SAIL friends and vendors, and thank our volunteer drivers for their dedication and generosity. Be sure to return your RSVP by Friday, January 18.

## Alzheimer's Association "Communication Tips and Strategies"

Monday, January 14, 5:30 to 7:00 p.m.

Alzheimer's Association, Conference room, second floor  
517 North Segoe Road

This program series is designed especially for caregivers, which will take place on the second Monday of each month. No registration necessary, just drop in. Questions? Call 232-3400.

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## Thought for the New Year



"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you NOT to be? Your playing small does not serve the world. There is nothing enlightening about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We are born to make manifest, on earth, the glory that is within us. It is not just in some of us. It is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." *Marianne Williamson*

## Attic Angel Continuing Education

*"An Overview of Current Great Lakes Issues"*

Steve Wittman,  
Communications Director,  
UW Sea Grant Institute

Monday, January 28

*The Attic Angel*

Coffee: 10:00

Program: 10:30

9301 Old Sauk Road

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

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Our newsletter is available in beautiful color online at the SAIL website [www.sailtoday.org](http://www.sailtoday.org).

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## Sunday Oakwood Village West Movie



### *The Great Global Warming Swindle*

January 27, 1:30  
Oakwood Village West Auditorium  
Admission is free to SAIL members.



**Support for Active Independent Lives**

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**MACCC Governing Board**

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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.

**“SNOW” - The New Four Letter Word**

*Patty Roth, Vendor Services Manager*



Ice and wind aren't so popular either. Mother Nature caught us off-guard during the entire month of December. After years and years of non-white holidays in Madison, we got clobbered! After the first frenzied round of trying to find extra people available to handle the snow removal issues, then came the need for roof shoveling and snow rakes. Who knew? Our normal sources for help were overwhelmed, making their availability a huge challenge! Many phone calls were made, and by now everyone is able to exit their homes again, but spring is a L-O-N-G way into the future. We would love to know if any of our members still need snow removal assistance. We would also appreciate any information on neighborhood snow shovelers who might like a little extra business. It is our goal to attack this problem, neighborhood by neighborhood so that no one feels stranded when the next round of that “\$%#?&!” white stuff starts falling from the sky again!



**Other News - Staff Change** Having streamlined the Vendor Services Manager position during the past two years, and reducing it to a part-time position, I have decided to look for new employment challenges elsewhere.

Laura Adell, who has been working for SAIL since April, will take on my duties – I'm sure she'll do a stellar job! I've enjoyed meeting our members and working with our vendors, and wish everyone the best in the new year.

*Many thanks to Patty for her outstanding service to members and her dedication to SAIL. We will miss your smile and the fun spirit you brought to us at SAIL.*

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**2007—A Year of Change**

*(continued from page 2)*

number of communities interested in creating similar programs. In fact, SAIL served as a panel member at the first national conference sponsored by the Beacon Hill Village in Boston in May of this year. Inspired by this experience, we are now establishing SAIL's own *Member Advisory Group* with the help of two members in hope that our members will take an active role in the direction and operation of SAIL. We look forward to another successful year with continued growth in SAIL and SAIL SOS memberships and most importantly, our members' complete satisfaction in their relationship with SAIL!