



# The SAIL Messenger

A monthly publication from SAIL-Supporting Active Independent Lives



## SAIL's 2008 Annual Report

With grateful hearts we say farewell to 2008 and wish you the very best in the New Year! Much has been accomplished in 2008 and we are proud to share it with our members, friends and families:



### Creation of the Member Advisory Group

To help encourage and increase SAIL member involvement in SAIL operations, a group of devoted members began meeting monthly in 2008. The attendees at the meetings vary and all members are welcome. The input, activities and synergy that evolves from a group like this are

extremely beneficial and we are thankful that such a group now exists. The current work of the group includes the formation of an "Oral History" program and suggestions for sustainability of SAIL. June Weisberger and Faith Miracle co-chair this group.



### SAIL Ambassador Group

This group formed under the leadership of member, John McAnelly (left). Volunteer members attend health and info fairs, representing SAIL and sharing their personal perspectives about why joining SAIL is important.

### Creation of Non-Fiction Book Club

Members Connie Blanchard and John McNelly (right) formed the Non-Fiction Book Group in April. They meet monthly at Oakwood Village West. We keep a list of books read by both the fiction and non-fiction groups if you'd like a listing.



### Meetup

Member Ed Phillips helped us launch this new on-line seniors group. Currently, there are 25 members of Meetup, mostly SAIL members. Ed has recently welcomed the assistance of two other members, Donna Marx and Marion Anderson, who will be assisting with lunch meetups in 2009.



Volume V, Issue 1  
January 2009

**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**

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# News, Information, Reminders, and Thanks



## Madison Area Seniors Meetup Group

RSVP for any of the Meetup events by calling SAIL at 230-4321 or by visiting the Meetup website at [www.meetup.com/madisonseniors](http://www.meetup.com/madisonseniors)



**Lunch at Perkins**  
January 13 at 11:30 a.m.  
5237 University Avenue

### Dinner at Imperial Garden

January 14 at 6:00 p.m.  
2039 Allan Boulevard

### Breakfast at Prairie Café and Bakery

January 26 at 9:00 a.m.  
6720 Frank Lloyd Wright Avenue, Middleton

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We extend our condolences to Marge Peters on the passing of her husband Curtis last month.

Also to MACCC board member, Kathleen Woit on the loss of husband Thomas.

### It's Time to Flip Your Mattress!

The SAIL flippers will come to your house on the afternoon of Friday, January 16 to flip your mattress and replace your hard-to-reach light bulbs. Call 230-4321 by noon on Tuesday the 13th to get on the list.

### Thank You to Our SAIL Volunteers

Thank you to SAIL volunteer drivers Nancy Winton, Sue Goldstein, Martha Christensen, Mary Ross, Ken Engelman, Tom Popp, Ed Phillips, and Richard Rueckert. Thank you to Jan Rom, Lois Curtiss, and Joan Box for office assistance. And thanks to Kari Anderson, June Weisberger, Rosemarie Lester for visiting with fellow members. Our volunteers are truly the heart of SAIL.



### Still Need Help Converting Your Television?

If you receive free TV using an antenna and your TV is not digital you must take action sometime before February 17, 2009 so you can

continue to receive programs after that date. SAIL has two handymen who will help you with your television conversion. Call 230-4321 for assistance.

### Our Thanks to Attorney John Mitby

SAIL would like to thank attorney John Mitby for his contribution of many hours of legal assistance this past year. His philanthropic spirit is inspiring to us all.

### Get Active With Active Care

Just a reminder that the first 2009 Active Care class will begin the week of January 12. Call 230-4321 for more information or to reserve your spot for this 8-week class.



### Some Oakwood Village West Activities are Open to SAIL Members

Every month Oakwood Village West has programs in the Auditorium that are open to members. There isn't room in our Messenger to list them all, but if you would like to be notified of these programs, call the SAIL office and we'll send you a calendar every month.

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### SAIL's 2008 Report

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### Harbor Athletic Club Reduced Membership Rate

Beginning in December 2008, Harbor Athletic Club began offering SAIL members a significantly reduced rate. This membership includes use of their state-of-the-art exercise equipment, exercise classes in a warm, salt water pool, and participation in small group classes such as yoga, strengthening, and movement, and much more!

### Enriched Care

Oakwood now offers SAIL members a reduced fee for a comprehensive geriatric

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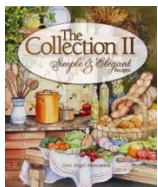
### SAIL's 2008 Report

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assessment and personalized health plan. The assessment team is led by Dr. Steven Barczy, geriatrician and professor at UW Madison-Medical School. This valuable assessment helps identify their strengths as well as risks for losing independence. Follow-up is provided by the team.

### SAIL S.O.S. –In House Monitoring

A three month trial of our new software and equipment took place in 2008. This generated a great deal of helpful information as we forge ahead in the world of technology. We are working with Oakwood Village to further these efforts throughout 2009 and 2010. Our current monitoring center continues to do an exemplary job.



### Attic Angel Cookbook

All members receive a beautiful, hard-covered cookbook valued at \$19.95.

### Lifestyles Magazine

Members now receive a free 12 month subscription to Lifestyles magazine offered by O’Gara Publishing.

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### Member Services... Growing in quality as well as in quantity

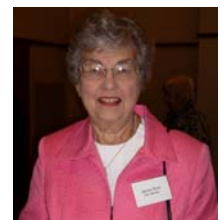
*While we are very proud of the accomplishments in 2008, we also recognize the continuous development of current services at SAIL.*

### SAIL Volunteer Program



As a membership community, we are committed to the spirit of volunteerism. SAIL volunteers provided 230 member-to-member volunteer jobs in 2008. The majority of these jobs were provided by SAIL volunteer drivers, who gave 195 rides in 2008. Betty Scott, our Volunteer Transportation Coordinator, is impressed with the willingness of our drivers to help out fellow members (and we’re impressed with Betty’s ability to juggle all of the requests so gracefully). Other member-to-member jobs include home and phone visitation and assistance with small errands.

Our new office at Oakwood west is a fine gathering place for the volunteers who come and assist us with office help. Every month, SAIL member Jan Rom (right) brightens up the office as she assembles newsletters, statements, and notices. Other SAIL volunteers like Joan Box and Lois Curtiss provide additional assistance. Over 60 hours of office assistance was provided in 2008.



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## Member Services

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### Rise & Shine: SAIL's Daily Check-In Service

Just last year SAIL staff checked on members who participate in our Rise & Shine service over 7,665 times in 2008!

*“One morning I forgot to call in to Rise & Shine and went out to do errands. When I returned I found a note from a SAIL staff member: ‘Hi, you didn’t call in this morning, so we came by to see if you were okay. Tobey seemed like he needed to go to the bathroom, so we took him out to do his job.’ That was such a nice surprise when I got home (Tobey is my dog).” Lois C.*



Lois Curtiss

### Quarterly Mattress Flipping Service

Forty-seven mattresses were flipped last year by SAIL staff (along with the help of a spouse's retired husband and a SAIL handyman).



### House Checks While You're Away

Over 50 house checks were done last year. House checks include watering plants and checking basements for water and/or frozen pipes.

*One member, during a stay at a rehab center, was worried about the freezing temperatures, so a staff member drove over to her home and made sure the tub faucet had a little drip to keep the pipes from freezing. This type of extra attention is found no where else but SAIL.*

### Med Drop and Clean Sweep Pickup

Twenty-one pounds of expired medications were picked up and dropped off at the Med Drop site, and 113 cans of paint turpentine and other toxic materials were picked up from members and dropped off for Clean Sweep.

*When people call the office to ask about SAIL, it is almost impossible to explain our program without taking the time to sit down with them over a cup of coffee and telling our stories.*

*For example, one afternoon a member who has never asked for a thing in her two years of membership called.*

*“I hate to ask this, but I need to get to the bank and my car is very low on gas.” She didn’t have to say anymore. We took care of it and were glad to do it!*

# SAIL January Programs of Interest

## Member Advisory Group (MAG) Meeting

Tuesday, January 13, 2009, 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.

## SAIL Tuesday Book Group

Tuesday, January 20, 2009 from 1:00 to 3:00 p.m.

The New Sequoya Library, 4340 Tokay Boulevard

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! When entering the library, stop at the information desk for room number.

**New Meeting Location!**

## SAIL Non-Fiction Book Group

Wednesday, January 21, 2009 from 2:30 to 4:00

Heritage Oaks Sunroom, Oakwood Village West

The January selection is *Out of Mao's Shadow: The struggle for a soul for a new China* by Philip P. Pan. Any SAIL member interested in discussing this or any future selection is cordially invited to attend.



## SAIL's Winter Luncheon

Thursday, January 22, 2009 from 11:30 to 1:00 p.m.

Oakwood Village West Village Inn

See invitation enclosed in your Messenger. All SAIL members or those interested in SAIL are invited to attend.

## Personal Profiles Planning Group

Monday, January 26, 2009 at 2:00 p.m.

2021 Van Hise Avenue

This group of members is working on assembling materials for people to use when recording personal memoirs. Participants hope to experience doing interviews (perhaps of each other) to give a better idea of what the process entails. All SAIL members are invited.

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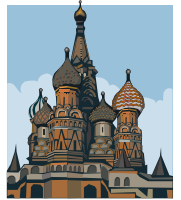


## Don't Forget the Madison Area Seniors Meetup Group!

Breakfast, lunch, and dinner get-togethers are planned for the month of January. See the left column on page 2 for information and details. All Madison area seniors are invited to these casual and friendly events.

## Attic Angel Continuing Education

Monday, January 12, 2009



*Is the New Russia Just*

*the Old Russia With Money?*

Professor David McDonald  
U.W. History Department

*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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## Sunday Oakwood Village West Movie



**Mama Mia!**

January 25, 2009

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

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

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### MACCC Governing Board

Rick Bourne  
Lois Buelow  
Mary Ann Drescher  
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.

## Vendor Services In Review

Laura Adell, Member/Vendor Services Coordinator

Because of your continued support and our top notch SAIL vendors, we  
have accomplished a lot in the past year. Here  
are a few facts about the services our vendors  
provided to you this past year . . .



- SAIL vendors provided services to members 1,385 times in 2008, and that doesn't include snow removal! One of our vendors provided snow removal over 180 times last winter.
- Fourteen SAIL members had their carpets cleaned, 32 members had computer assistance through SAIL staff or a SAIL vendor, 7 members had their roofs repaired, and 51 used SAIL vendors for gardening and yard work. We have 4 dependable and talented handymen who provided services to over 80 SAIL households.
- Many of our SAIL vendors go way above and beyond the call of duty – one picked up dog waste (after a very long winter), another put up a Christmas trees (helped decorate and also helped to eat holiday cookies), and many others have done small things that mean so much like changing light bulbs and walking dogs.

Here's what a couple of our vendors have to say about SAIL members:

*“Working with the SAIL members is so much fun because they're just like family.”*

John, SAIL handyman

*“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.”*

Kristin, SAIL gardener

