



The SAIL Messenger

A monthly publication from SAIL-Support for Active Independent Lives



Volume IV, Issue 7
July 2008

Your Referrals Will Keep SAIL Afloat in 2009

The first half of 2008 has been extremely busy and successful. Since January we have enrolled **48 new SAIL members**. We are proud to say that a large percentage of our new members came from member referrals. Thank you all so much for your complimentary words about SAIL to friends and neighbors, for attending local events as representatives for SAIL, and for providing us with the names of people and other organizations who you think may be interested in SAIL.

When someone you refer becomes a member you not only receive one month membership free, but you have the satisfaction of matching up someone to an organization that will make their life just a little easier!

With the high cost of advertising and marketing, we are counting on word-of-mouth to keep SAIL afloat into 2009. In order to become self-sustaining **we need 100 new members by December 31, 2008.**

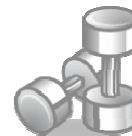
With your continued help and support we can do it! Remember, if you ever need extra SAIL brochures, just call us and we will put some in the mail for you.

*Thank you for
your referrals!*



Active Care Summer Session Begins August 4th

“They set up a fitness program for me, and I really appreciated the fact that balance was such a key emphasis. I’m much more comfortable exercising since participating in Active Care.” Active Care Participant



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 Village West fitness room twice-weekly. Stephanie spends time every week orienting participants to fitness and resistance training equipment. Once a week, following one of the workout sessions, a “lunch talk” is arranged for participants. These are nutritious lunches which are served while speakers discuss such topics as fall prevention, memory health, nutrition and bone health, non-medication alternatives to managing chronic conditions, home

(Continued on page 4)

***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 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*
- *Peace of Mind*

**Contact Us
Today!**

230-4321

SAIL is an all-encompassing personal concierge service for those over 55. Just pick up the phone!

News, Information, Reminders, and Thanks

Take Advantage of SAIL's Baker's Dozen



Tired of writing out monthly checks for your SAIL membership? Consider taking advantage of our Baker's Dozen offer. When paying annually, members receive a 13th month free. It not only saves you money and time, it saves us time too!

Deep Thoughts



“Just think how much deeper the ocean would be if sponges didn't live there.”

“Why didn't Tarzan have a beard?”

“I went for a walk last night and my kids asked me how long I'd be gone. I said, 'The whole time.'”

“Do Roman paramedics refer to IVs as 4s?”

Courtesy of Jim Batt

Thank You Volunteers!

A huge thank you to Martha Christensen, Herb Hellen, Ken Engelman, Nancy Winton, Howard Kanetzke, Tom Popp, Barb Gessner, Bette Barnes, Ed Phillips, and Carol Briscoe for providing member rides this month; and to Betty Scott for arranging them with grace. Thank you to Jim and Dorothy Batt, Carol Brown, Dick and Fran Erney, Sue Goldstein, John McAnelly, Faith Miracle, and June Weisberger for giving their time on the *Member Advisory Group*. Thanks to Jan Rom for assisting in the SAIL office, and Shannon Whiting for taking time to read to one of our members. You are the heart of SAIL.

Your Referrals Help SAIL Grow!

Thank you to Bob and Carol Heideman, Faith Miracle, Maury and Grace White, and Lee Weiss for referring our newest members. Remember, when one of your

referrals joins you receive a free month's membership.

What is Your Personal Motto?

Our Spotlight on a SAIL Member survey resulted in a wealth of information for us about our members. Here's a peek at fellow members' personal motto.

- Alice Punwar:** Whatever job you're doing, give it your best effort.
- Jeanne Patton:** This, too, shall pass.
- Mona Birong:** Sleep late and try to make your small corner of the world a better place.
- Hugh Russell:** One day at a time.
- Ethel Dunn:** Hard work will keep you young.
- Sue Goldstein:** I expect to pass through this world but once. Any good thing that I can do, or any kindness I can show to any fellow-being let me do it now. Let me not defer or neglect it. For I shall not pass this way again. (Sue has carried this in her wallet since 1956!)

Taking Action to Protect Yourself

Carol Brown, SAIL Member

Incidents of violence can occur anywhere at any time. The Madison Police Department has compiled information to help you take action to protect yourself. There is never a guarantee that you won't confront a problem, but there are things you can do to help prevent potential vulnerability. This is the first in a series of articles to help you become aware of safety concerns in your home, on the street, in your car and in public places or situations.



Safety in Your Car

- Keep doors locked and windows rolled up at all times.
- Plan your driving route so you won't be driving in an unfamiliar area.

(Continued on page 3)

SAIL July Programs of Interest

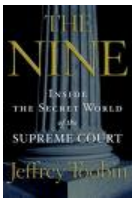
Member Advisory Group

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

Home Health United Building, 4639 Hammersley Road

All interested members are invited to attend the next meeting of the *Member Advisory Group*. Join this creative and positive group as they work towards implementing future programs for SAIL. One item on the agenda will be to work towards acquiring SAIL discounts from our *SAIL Favorites* list. Please come to this meeting if you would like to take part in this project.

Both Book Groups Taking a Summer Break



Both book groups will take the summer off and will meet again in September. The book to be discussed at the next Men's Book Group will be *The Nine: Inside the Secret World of the Supreme Court*, by Jeffrey Toobin. The Men's Book Group welcomes new readers, so pick up a copy!

The Women's Book Club will choose their next book in late summer. It will be announced in the August or September *Messenger*.

Taking Action

(Continued from page 2)

- If you have car trouble, raise the hood and stay in your vehicle. If someone offers assistance, roll the window down just enough to talk to them. Ask them to call the police for you.
- Park as close to your destination as possible and in well-lit areas.
- While walking up to your vehicle, look underneath. Check inside before getting in.
- Always have your keys ready to unlock the door and enter without delay. You will appear vulnerable if you are looking for your keys as you approach your car.

Be aware of your surroundings, and if your instincts tell you something is wrong, you are probably right. One of your best defenses may be to rehearse in your mind what you would do in a potentially dangerous situation. This may enable you to act in a calm manner, which will allow you to think more clearly and concentrate on protective behaviors techniques you have rehearsed.

If you would like a complete of the *Personal Safety Guidelines*, contact the Madison Police Department at 266-4022.

There's No Place Like Home - For Growing Old Tips from the National Institute on Aging

This free 6-page booklet discusses personal care, meals, money management, health care, products to make life easier, safety, and an excellent resource guide.

Call the SAIL office and we will put one in the mail for you. Or stop by our office. We'd love to see you.

Sunday Oakwood Village West Movie



The Bucket List
July 27, 1:30 p.m.
Oakwood Village West Auditorium
Admission is free to SAIL members.



Support for 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

MACCC Governing Board

- Rick Bourne
- Mary Ann Drescher
- Kelly Fischer
- Barbara Gessner
- Gerald Kelm
- Pat McClure
- Norene Mostkoff
- John Noreika
- Kathleen Voit

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.

A New Horticulturist Added to SAIL Vendor List

Laura Adell, Member/Vendor Services Coordinator



SAIL is pleased to announce that we have added another experienced landscape horticulturist to our list of vendors. She has over 18 years experience in every aspect of the horticulture field. She currently works in this capacity at Oakwood Village. If you've been to Oakwood this spring and seen the beautiful landscaping, you will know that your gardens will be in good hands with her skillful work.

If you're looking for assistance in obtaining quotes on large ticket home expenditures give us a call. We would be happy to do some of the leg work for you.

Active Care Summer Session

(Continued from page 1)

exercise techniques, and pain management.

Another part of the program is an individualized screening process, which is meant to identify nutritional deficiencies, unnecessary medications use, fall risks, and a review of blood pressure, blood sugar and cholesterol.

As Stephanie says, "I am not aware of a more comprehensive health and wellness program for seniors. Once people get involved, they really can't get enough."

The fee for this 8-week program is \$175, which averages to \$10.94 per class session and is all inclusive. Fitness classes meet Tuesdays and Thursdays from 12-1, with lunch talks immediately following the Thursday class. Call 230-4321 by July 25 to reserve a spot.



***Save the Date for Our Third Annual
Midsummer Night's Celebration***

Tuesday evening, August 12, 2008
6:00 to 8:00 p.m.
Attic Angel Place
Wine, appetizers, and desserts

Invitations to be mailed the week of July 9.

