



The SAIL Messenger

A monthly publication from SAIL-Support for Active Independent Lives



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June 2008

Dr. Cal DeWitt: Preserving Diversity and Natural Habitats

Scientist, writer, and conservationist Cal DeWitt was the main speaker at our quarterly luncheon (with over 60 attendees) which took place on a lovely spring day at the UW Arboretum.



SAIL member, Janice Gary with Cal DeWitt

Cal, a professor of Environmental Studies in the Gaylord Nelson Institute at the UW, so motivated one of our members that she decided to, "go home right now and work in my garden."

"Thanks for the great Cal DeWitt program! I've been a fan of his for years."

*Betty Sullivan
SAIL member*

Cal enthusiastically discussed the importance and obligation we all have to preserve diversity and natural habitats, describing the Fitchburg Fields as well as the Wabesa Marsh, a 1000 acre preserve where he currently resides, as examples of citizen action.



Martha Christensen

Cal was the Chair of the Town of Dunn, where he helped the townspeople implement a land stewardship plan for which his work won the Capitol Community citizens award for Land Use Planning.



Cleo Loftsgordon and June Weisberger

As a prelude to Cal's program, SAIL member and retired botanist Martha Christensen discussed the need to support proposed legislation to designate Wyoming lands as a national conservation area.

Thank you everyone for making this luncheon such a success!

Update on SAIL's Member Advisory Group

June Weisberger

SAIL's (Ad Hoc) Member Advisory Group held its third meeting on May 13. Among the topics discussed were the location and format for SAIL's next quarterly Member Get Together (this summer), future SAIL sponsored or co-sponsored programs of special interest to SAILmembers, and various ways to attract new members.

We will be meeting again on Tuesday, June 10, 2008, at Home Health United, 4639 Hammersley Road (second floor) from 1 to 3 p.m. All SAIL members are cordially invited (and encouraged) to attend and participate!

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

- Access to Prescreened Vendors
- Access to Active Care
- 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
- Peace of Mind
- Rise and Shine Daily Check-in Service
- SAIL S.O.S. Discount
- Transportation Arrangements
- Volunteer Opportunities
- 35% Discount on Home Health United Medical Equipment

**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

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!

Questions About TV Converters

Q: Will my VCR or DVD player still work once I plug my converter box into my TV?

A: The analog equipment you currently use will continue to work with your analog TV set just as before, but they will not be able to receive over-the-air programming without the TV converter box. Attach the converter to your VCR or DVD-R instead of hooking it directly to your TV.

CALL OR WRITE US WITH YOUR TV CONVERTER QUESTION.

3rd Annual Midsummer Night's Celebration: Save the Date!

Make sure you are free on the evening of August 12th so you are able to attend the highlight of our summer: *The Midsummer Night's Celebration*, featuring wine, desserts, music, and other tasty nibbles and beverages. Invitations will be mailed in July. We would appreciate member assistance to make this another successful event, so return the enclosed form if you'd like to serve on the committee.

Your Referrals Help SAIL Grow!

Thank you to Chan and Bev McKelvey, Joan Murphy, Betty Stern, Jane Ayer, Barb Winter, and Fred and Mary Ross for referring our newest members. Remember, refer a new member and receive one month free. Word of mouth is our best advertisement!

Thank You Volunteers

A huge thank you to Bette Barnes, Carol Briscoe, Jim and Dorothy Batt, Martha

Christensen, Laura Fisk, Patricia Krueger, and Mary Ross for providing rides this month. Thank you to the Batts, Carol Brown, Dick and Fran Erney, Sue Goldstein, John McAnelly, Faith Miracle, June Weisberger, and Nancy Winton for giving their time for committee work. Thanks to Laura Fisk and 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.

Ask Alan Lukazewski

If you have questions about the prescription drugs or supplements that you are taking, or about side effects you may be experiencing, write us a note or call us and we will connect you with our Personal Health Coach, Allan Lukazewski, RPh, who is also pharmacist at Oakwood Village. Your question may be one that would benefit our other members. If so, we'll publish Alan's answer in the Messenger. He's here for you!

TV Converters 101



In February of 2009, all television stations in the US will stop broadcasting in analog and switch to 100% digital broadcasting. This means households **that do not have cable or satellite** will have three choices:

- Buy a new digital TV
- Buy a TV Converter Box for each TV in your house
- Connect to cable or satellite

Congress has created a TV Converter Box Coupon Program. Each coupon is worth \$40 towards your converter box, which are sold at Best Buy, Radioshack or Wal-Mart. To get your coupon you must apply either online at www.dtv2009.gov or by mail or by calling 888-DTV-2009. We have the forms if you need one. Also look to the left for more information about this crazy new piece of technology.

SAIL June Programs of Interest

SAIL Favorites Member Volunteers

Thursday June 12, 10:00 to 11:00

Heritage Oaks Board Room, Oakwood Village West

Come take part in the most important part of the SAIL Favorites project. We have the ballots tallied, so now it's time for some real outreach into the Madison community. See the back page for more information. RSVPs requested.

Member Advisory Group

Tuesday June 10, 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. See front page for more information.

SAIL Book Club: Going Strong Since October 2005

Tuesday, June 17, 1:00 to 3:00 p.m.

Nakoma Room, Heritage Oaks, Oakwood Village West



This month's book is *Funny in Farsi: A Memoir of Growing Up Iranian in America*, by Firoozeh Dumas. Margaret Murray (238-0354) has copies if anyone is interested in joining. All members welcome!

Men's Book Group is Growing

Wednesday, June 18 from 2:30 to 4:00 p.m.

Heritage Oaks Board Room, Oakwood Village West



This month's book to be discussed is *The New Great Game: Blood and Oil in Central Asia* by Lutz Kelvevan, which is available in paperback. The work draws attention to a little understood and increasingly important part of the world where oil, Islam and terrorism converge to create havoc. Call SAIL members John McNelly at 233-0346 or C. H. (Connie) Blanchard at 238-7337 with questions.

MedDrop Scheduled for Saturday June 7

You probably know that all unused or expired prescriptions and over-the-counter medicines should not be flushed down the toilet or put in the trash. These medicines are bad for our water, our lakes, and the animals in them. Lucky for us, MedDrop offers a free, easy, drive-through drop off.



If you decide to take advantage of this service please keep all unused or expired medication in the original container. You may cross off your name, but do not cover up the name of the medication. All meds and containers will be destroyed at the end of the event and will be properly handled to ensure patient confidentiality.

June 7 from 9:00 a.m. to 1:00 p.m. at the City Transfer Station, 121 E. Olin Avenue.



*Participatory Learning
and Teaching
Organization*

PLATO is a learning in retirement organization sponsored by UW Madison, Division of Continuing Studies. The core of PLATO's learning programs are new and continuing discussion groups that the members organize and operate. The content and format are eclectic and are a product of the interests and talents of members.

For a copy of PLATO's Summer Schedule call SAIL at 230-4321.

Sunday Oakwood Village West Movie



P.S. I Love You

June 22 1:30

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

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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.

Have Grandchildren Far Away? Want to See Them More Often?

Sue Goldstein is now able to visit face-to-face with her grandson Jacob, who lives in Minnesota, without having to leave her house. Sue has installed a webcam (don't let that word scare you – it's a tiny little gadget) onto her computer monitor at home. She can sit down at her computer, click to a designated website, and voila! Jacob appears on her screen, voice and all! And he can see his grandma too!



Member Sue Goldstein with webcam on her computer.

Webcams are fairly inexpensive (Sue paid \$34 at BestBuy) and with a little help, not terribly difficult to set up. You will need a computer with internet connection and your children will also need a webcam on their end. If you don't have a handy friend or relative to help you, call our office at 230-4321 and we will assist you in finding some help.

Become an Ambassador for SAIL!

SAIL is participating in a dozen or more events throughout Madison this year. We have two enthusiastic Ambassadors who represent us well, but we could use more! It is a great way to meet people and introduce SAIL to the good people of Madison. Call SAIL member John McAnelly at 833-2815 to join the group. It is easy and quite fun. Chairs and seating are available.

SAIL Favorites: The Next Step



Thank you to all members who took the time to fill out the SAIL Favorites Ballot.

Our next step is to approach the most favorite businesses and see what kind of a discount or special offer they would be willing to offer SAIL members – not just the senior rate, but something extra. Although we are willing to do the asking ourselves, we feel that it would hold much more weight if the request came from an actual SAIL member.

We need enthusiastic volunteers to help us approach your favorite businesses. Perhaps one of you knows the manager of one of the businesses or several of you frequent one place and would be willing to do the asking. If you would like to take part in this project **come to a short meeting on Thursday, June 12 at 10:00 a.m. to discuss the best ways to make this a success.** Please RSVP by calling the office at 230-4321.