



The *SAIL* Messenger

A monthly publication from SAIL-Supporting Active Independent Lives



Volume V, Issue 6

June 2009

Everyone Has a Personal Story

June Weisberger, SAIL member

SAIL's Personal Memoirs Project (PMP) group, an energized offshoot of the Member Advisory Group, has been meeting periodically and has developed a packet of materials entitled *Everyone Has a Personal Story* with hopes of encouraging and assisting SAIL members to record their own personal memoirs. The emphasis is on reminiscences rather than genealogy, family medical history, or journaling.

The 8-page packet contains helpful information on getting started recording your own memoirs and includes interviewing hints, sample questions, a listing of various community resources and web sites, plus a bibliography. Packet materials incorporate lessons learned from actual interviewing by the PMP group members, who have been working on this project since December 2008.

SAIL members are invited to attend a workshop by the group members to discuss the Personal Memoirs Project and answer questions about packet materials. The June 25th workshop will be held at Home Health United (details on page 3).

Extra packet copies will be available at the workshop, however, interested SAIL members are encouraged by the PMP Group to get their packet and review the materials prior to the workshop.

To receive your own copy of the booklet, *Everyone Has a Personal Story*, you can either stop by the SAIL office or call SAIL at 230-4321 and ask that a packet be mailed or e-mailed to you.



Supplements for Older Adults—How Much is Really Necessary?

Part 3 in a series by Alan Lukazewski, SAIL Personal Health Coach and Pharmacist, Oakwood Village West

Multiple Vitamins

Another recommended supplement is a multiple vitamin. It is unlikely that we can get all the vitamins we need from food, and vitamin B-6 is needed to prevent anemia from developing later in life. However, if you eat 3-5 servings of vegetables each day, perhaps you can do without a multiple vitamin. Some vitamins are for a specific purpose such as macular degeneration. These contain high doses of antioxidants that

(Continued on page 2)

SAIL is a nonprofit membership organization of people 55+ who reside in the Madison area. SAIL members wish to remain active, independent, in their own homes, and socially connected, and have found that navigating the many changes brought on by age is much easier with the resources offered by SAIL.

Inside This Issue

Note from the Director - Page 2

Upcoming Programs and Events - Page 3

New Vendor - Page 3

Spotlight on a SAIL Member - Page 4

News, Info, and Thanks - Page 5

Monthly SAIL Member Meetings - Page 6



6201 Mineral Point Road
Madison, Wisconsin
53705

Phone: 230-4321
Fax: 230-4322

E-mail:
info@sailtoday.org
Website:
www.sailtoday.org

Office Hours
M-F 8:00 a.m. to 4:30
Closed holidays.

Director
Ann Albert

Staff
Laura Adell
Lynn Pauly

* * * * *

SAIL is a program of the
Madison Area Continuing
Care Consortium, Inc.
(MACCC) in collaboration
with Attic Angel
Association, Home Health
United, HospiceCare Inc.
and Oakwood Lutheran
Homes Association, Inc.

**MACCC Governing
Board**

Rick Bourne
Lois Buelow
Mary Ann Drescher
Kelly Fischer
Barbara Gessner
Gerald Kelm
Susan Phillips
Tom Rivers
Nancy Widder

Spring Greetings!

A note from Ann Albert, Director



When does “aging” begin? When we turn 50 and get our first AARP card? When we retire? When we have our first grandchild? Does anybody really know the answer? Actually, when you think about it, we are ALL aging! We can’t reverse the process and we probably don’t want to stop the process so that leaves us one alternative, let’s manage the process and work with it, not against it!

Being with SAIL members is a great way to learn first hand how one can do just that. It’s great to see people cultivate various aspects of life such as building friendships, learning about ways to prevent one of the most common causes of nursing home stays (falls), seeking out reliable people to do the high-risk chores at home, discovering that certain medications are harming them more than helping them, enjoying the warmth and caring of a volunteer driver and the list goes on!

A recent speech by a local geriatrician inspired me to reflect more about how one ages and the continuum of healthy aging. He was asked to comment on what his goals are in working with older adults. He keeps it real simple- to help people be as good as they can be. I liked that- we can’t always control what happens to us but we can strive to make the best of what happens.

Let’s remember- “We can’t change the direction of the wind, but we can adjust our sails!” Thank you, SAIL members, for making a commitment to safe and healthy aging!

Supplements

(Continued from page 1)

are proven to slow the progression of the disease. If you are using one of these you may consider reviewing the total amount of vitamin A, since a general multiple vitamin contains a significant amount of vitamin A. Choosing a multiple vitamin without, or with less, vitamin A may be appropriate if you are taking a supplement for macular degeneration.

There you have it, your "potpourri" of supplements and here's the list to summarize.

- Calcium** 1200-2000 mg each day
- Vitamin B12** up to 1000 mcg each day
- Vitamin D** 1000- 2000 units each day
- Multiple vitamin** One each day

If you have a question for Alan that you would like addressed in a future SAIL newsletter, please call or e-mail Lynn at 230-4454 or lynn@sailtoday.org.

Upcoming Programs and Events

Stepping On: Building Confidence and Reducing Falls

Tuesdays, 1:00 to 3:00 for seven weeks beginning June 16, 2009

St. Mary's Hospital, Room 1201, 700 S. Park Street

Stepping On is a well researched falls prevention program provided by St. Mary's Hospital in partnership with Safe Communities. Topics include simple balance and strength training, the role vision plays in keeping your balance, how meds can contribute to falls, and what to look for in safe footwear. To register call St. Mary's Rehab Dept at 258-6645 or call SAIL at 230-4321 for more information. Cost is \$35.

SAIL Members Lunch Bunch



Wednesday, June 17, 2009 at 11:30 a.m.

The New Sunset Grill at Hawks Landing

88 Hawks Landing Circle, Verona, WI

Come join fellow SAIL members for lunch and conversation at the new Sunset Grill. Members and their guests are welcome. RSVP by Monday, June 15 by calling Marion Anderson at 274-7802. If you decide you cannot make it after RSVPing, please be sure to call and let us know so we do not wait for you. Menu online at www.hawkslandinggolfclub.com.

Everyone Has a Personal Story Workshop

Thursday, June 25, 2009 from 1:30 to 3:00 p.m.—refreshments served!

Home Health United, Arboretum B, 2nd Floor, 4639 Hammersley Road

All SAIL members are invited to attend this workshop presented by the Personal Memoirs Project group. See page one for more information about the workshop. RSVP by calling the SAIL office no later than Tuesday, June 23.



A New Healthcare Vendor for SAIL

SAIL has approved a new Care Management vendor that provides you and your loved one with top senior care management services. These professionals are dedicated to assuring the quality of life for seniors, assisting in maintaining independence and dignity, and assisting family members in this process.

These services include: conducting assessments to identify problems, eligibility for assistance, and possible need for service; creation of individual care plans; coordination of medical services, including doctor visits and many other services.

Fees vary according to the customized care plan and services provided. SAIL members receive a 50% discount on the initial individual assessment. For more information about this vendor contact Laura at 230-4452.

Attic Angel Continuing Education

Continuing Ed takes a break during the summer, but will begin again after Labor Day.



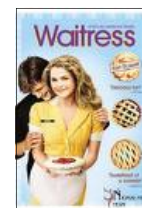
SAVE THE DATE!

SAIL's 3rd Annual

Midsummer Night's Celebration

on the evening of August 13, 2009 at Attic Angel Place. Invitations will be mailed in July. Mark your calendar so you'll be sure not to miss this favorite SAIL event.

Sunday Oakwood Village West Movie



Waitress

June 28, 2009

1:00 p.m.

Oakwood Village West Auditorium

Admission free for SAIL members.

Subtitles available.

Free popcorn!



SAIL member Donna Marx
with UW student.

Good Reviews

Many thanks to Thresholds, LLC, Dr. Judy Dewane, UW Physical Therapy and UW Pharmacy students for the great workshop last month on *Strength, Balance and Living Independently*. The presentations, balance screening, and medication reviews were well received by over 40 attendees.

One participant had this to say about the program – “Excellent presentation by Dr. Dewane and loved individual assessments – very helpful! Great meal too!”



Our deepest condolences to the families of Ann Druck and Norman Dahl. Our thoughts are with you.

Spotlight on a SAIL Member: Tom Popp

Lynn Pauly, Member Services



When asked about the best part of growing older, Tom Popp replies, “The adventure. Getting to decide all over again what I want to do when I grow up.” Honest words from someone who flew to an island in the south Pacific when he was 63, met with a village chief and said, “I want to live here for a couple of months. Put me to work.”

Between earning his undergraduate degree in Philosophy at Princeton and his master’s degree in Public Administration at the Wharton School at the University of Pennsylvania, Tom was a public health volunteer with Peace Corps for two years in the village of Karonga in Malawi. There he screened for TB and assisted with preventative treatments for those exposed to the disease. “Not only were we there for the Malawians to learn something from us, but for us to learn something from them.”

From there, Tom worked as city manager in Pennsylvania, New Hampshire, and finally Lake Mills, Wisconsin. “I love Wisconsin and I love Madison.” Tom is currently the part-time Director of Church Life at Bethany United Methodist Church. He officially retired in 2002 as Village Administrator of Shorewood Hills and since then has been interim Executive Director for Big Brothers Big Sisters, Boys & Girls Club of Dane County, Friends of Troy Gardens, and Habitat for Humanity.

Tom has two sons, Tim and Paul, and a daughter Emily. The Popp family also hosted Digo, an exchange student from Brazil in 1998. Digo is a permanent member of the family.

Tom returned to Malawi in 2005 with a Rotary grant to assist orphans of HIV parents. Digo and daughter Emily accompanied him, and he was grateful for the help. “What resulted was so much better than what I would have been able to do myself.”

Their goal for the project was that it be sustainable, transparent, and indigenous. They partnered with an established non-profit overseeing 6 villages with over 300 orphans and developed *Restored Hope for OVC* (orphans and vulnerable children). Restored Hope pays for school fees and supplies, and bought bicycles for students to get to school, normally a 2-hour walk.

He and Digo returned to Malawi in 2007. “If there were two of me, I would spend six months there, because I feel like it would be useful if I could just live there, with the orphans.” He will return to Malawi in 2010.

“I have been saying to myself since I retired that I want to stay meaningfully engaged.” Tom has definitely walked the talk. Through gainful employment, through

(Continued on page 5)

News, Information, Reminders, and Thanks

Thank You To Our SAIL Volunteers

Our volunteers this month were Jan Rom, Sue Goldstein, Barbara Gessner, and Ken Engelman. Also thank you to Betty Scott for coordinating member transportation requests. Thank you to Sue Goldstein, Carol Brown, June Weisberger and Sue Goldstein for all of the time they spent on the Personal Memoirs Project! And thanks to Jack Tiffany for the tech help.



Need a Second Pair of Ears at Doctor Appointments?

All too often, after leaving a medical appointment, we forget an important fact and wish we had someone else in the room with us to help us remember what was discussed. If you would like a “second pair of ears” at your

next medical appointment, call the SAIL office and request a medical appointment companion.

Thank you for your referrals!

Thank you to Betty Scott for referring our newest members, Daniel and Ruth Siegel. Remember, refer someone who becomes a SAIL member and receive a free month!

Be Wary of False CitiBank Notices

Recently a member received an e-mail notice from (what looked like) CitiBank, requesting her to “verify” her account by downloading information. Upon further investigation, she discovered it was not a legitimate communication. Please be sure that you always know who you are dealing with in your e-mails. If you are suspicious, call your bank and verify the source and request.

Spotlight

(Continued from page 4)

participation in several non-profits, and his project in Africa he finds satisfaction. “I strongly think somehow we as a society just have to ‘get it’; we mustn’t destroy the planet, and if we don’t stop pumping carbon into the atmosphere it’s going to be irretrievable.” He works to conserve energy by using solar panels, is a vegan, and takes the bus or walks whenever possible, “Such wonderful, wild, interesting, and brilliant people on the bus.”

Regarding his involvement with SAIL, “I remember John Noreika talking about this idea years ago. He said, ‘Look, there’s not going to be room for all of us at the Oakwoods and the Attic Angels. We have to find ways to keep ourselves at home.’ I thought, ‘Yes, let’s do this!’” Tom is happy to get the services he gets, but expects to get a lot more when the time comes. “The time will come when I won’t want to maintain my home, but I’m not ready to be on the 3rd floor quite yet. I like my clothes line.”

Thank you Tom for taking the time to visit with me and for sharing your fascinating story with our members.

Join SAIL today and enjoy these benefits tomorrow!

- Access to Pre-screened 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

Madison Area Continuing Care Consortium, Inc.
SAIL—Supporting Active Independent Lives
6201 Mineral Point Road
Madison WI 53705

Phone: 608-230-4321
E-mail: info@sailtoday.org

Non-Profit Org
U.S. Postage Paid
Permit #1980
Madison WI



Monthly SAIL Member Groups

Member Advisory Group (MAG) Meeting

Tuesday, June 9, 2009, 1:00 to 3:00

Home Health United Building, 4639 Hammersley Road

All SAIL members are invited to voice your opinion on future SAIL programs, learn about developments, and give feedback about SAIL.



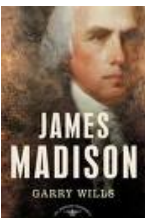
SAIL Tuesday Book Group

Tuesday, June 16 from 1:00 to 3:00 p.m.

Meeting at the Punwar residence, 614 Orchard Drive

How the Garcia Girls Lost Their Accents, by Julia Alvaraz

This will be the last group meeting for the summer. The Tuesday Book Group will begin again in September.



SAIL Non-Fiction Book Group

Wednesday, June 24, 2009 from 2:00 to 3:30

Heritage Oaks Board Room, Oakwood Village West

James Madison, by Garry Wills

All SAIL members are encouraged to read this book and join the discussion!