



# The SAIL Messenger

A monthly publication from SAIL-Support for Active Independent Lives



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March 2008

## Hardy SAIL Members Brave Winter Storm to Attend Luncheon

Freezing temperatures, wind, and snow couldn't keep over 80 people from gathering at Heritage Oaks for SAIL's quarterly luncheon and member meeting. The Village Inn was the perfect venue for such an event, and the catered luncheon was a pleasant surprise for those



Herb Hellen with John and Joyce McAnelly

normally used to bringing favorite dishes to share. Member John McAnelly honored SAIL's Driving Team for their hours and miles of service taking non-driving members to medical appointments, shopping trips, and other appointments. "A long overdue recognition," said John, "for these fine folks who give of themselves



Max Rosenbaum getting advice from Alan Lukazewski

graciously." Besides the loyal drivers, John applauded the excellent work of Betty Scott, Transportation Coordinator for keeping track of requests, drivers, and appointments.



Chan McKelvey, Donna Fullerton, Tom Cleary, Bev McKelvey and Lee Weiss

June Weisberger spoke enthusiastically about the newly formed Member Advisory Group that will meet regularly to develop member driven interest groups such as a walking group, dinner

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### Ask the Pharmacist—What About Vitamin D?

Oakwood's Pharmacy Director Alan Lukazewski

Question: Those of us who stay in Wisconsin during our dark winters without much sun (and also use generous amounts of sun block during the rest of the year to avoid skin cancer) have been recently encouraged to increase the amount of Vitamin D we consume. What is the appropriate daily amount of Vitamin D? Does it depend upon weight and/or age? Other factors?

Answer: You should get between 800 and 2000 units each day. The sun mechanism

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

- Access to Prescreened Vendors
- Active Care
- Basic Computer Assistance
- Concierge Services
- Coordination of Home Services
- 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
- 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 55.*

### 10 Ways to Get Your Memory in Shape

1. Regular aerobic exercise.
2. Stick to a healthy diet (blueberries and spinach!).
3. Learn something new (piano, foreign language).
4. Get enough sleep.
5. Devise memory strategies.
6. Socialize (join the Member Advisory Group).
7. Get organized.
8. Turn off the tube.
9. Jot down new information.
10. Solve brainteasers.

*From Susan Jacoby  
AARP Bulletin*

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### Wanted! Volunteer Transportation Coordinator Substitute

If anyone would be willing to cover for Betty Scott during the month of May, please call us at 230-4321.

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*Our sincere condolences to Ken Helfrecht and family on the passing of Anita. We will miss her graceful presence.*

## News, Information, Reminders, and Thanks

### SAIL Thanks Members for Referrals

Thank you very much to Elayne Orr for referring new member, Nancy Reynolds to SAIL. Also thanks to Hugh and Joyce Russell for referring Curtis and Marjorie Peters. Remember, refer a member and receive one month membership free.

### Get off the Catalog List

Catalog Choice is a free internet service that lets you decline paper catalogs you no longer wish to receive. Reduce the amount of unsolicited mail in your mailbox, while helping to preserve the environment. Go to [www.catalogchoice.org](http://www.catalogchoice.org) and follow the (fairly easy) directions.

### Library Book Pick Up Service

Member Lois Curtiss called to tell us about a book pick-up service through the Memorial Union Library. They picked up

14 boxes of used books from her house. Contact James Dast at 608-238-3065 [jcdast@facstaff.wisc.edu](mailto:jcdast@facstaff.wisc.edu).

### Thank You Volunteers!

Many thanks to Martha Christensen, Barb Gessner, Herb Hellen, and Tom Popp for driving last month. Thanks to Jan Rom, and Maria Schnos for helping in the office and to Tom Popp for being a knight in shining armor by assisting a member out of a snow bank last week. We also thank Betty Scott for arranging rides so meticulously. You are all amazing.

### Absentee Ballots Available

There are three more elections scheduled this year. In order to receive an absentee ballot you must complete a request and send it to the Madison City Clerk. We will send you the form; just give us a call at 230-4321.

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### “Merely In Our Prime”

*Jim Batt, SAIL member*



Ann Albert with author Jim Batt

An old high school and college friend called me not long ago, and in the course of our conversation he had reason to make reference to our age. “Well, Jim,” he said, “I was considering a program for people who are . . .well, I guess you could call us ‘elderly’ couldn’t you?”

He was sincere in his questioning of our chronological status, although I detected just the slightest hope that I might respond by saying, “No way, Bob! We are merely in our prime.” Something like that. But the fact, known by both of us, is that we are, indeed, elderly -- although I’m not sure I really know fully what that means or implies.

I am reminded of my sister telling me of helping our step-father down some steps. He

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# SAIL March Programs of Interest

## Ambassador Team Organizational Meeting

Tuesday, March 4 at 1:00 p.m.

Heritage Oaks, Nakoma Room

VERY EARLY IN MARCH!  
PLEASE NOTE!

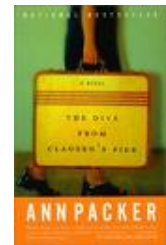
Join John McAnelly and others to form and discuss our Ambassador’s Team, an informal group with interest in representing SAIL at local events. This group is an important element in the growth of SAIL, and your participation is a key factor in its success. All are welcome!

## Member Advisory Group

Tuesday, March 11 at 1:00 p.m.

Home Health United, 4639 Hammersley Road, 2nd Floor Arboretum Room A

Our agenda will include a discussion about forming small interest groups (see page 1 *Member Luncheon*) and implementing suggestions for a members’ column in SAIL’s monthly *Messenger*. All SAIL members are invited to attend and participate in meetings of the Member Advisory Group whether or not they were able to attend the initial meeting. Meet your fellow SAIL members and add your ideas to the list of possible new activities. Note the new meeting place this month.



## SAIL Book Club

Tuesday, March 18, 1:00 to 3:00 p.m.

Sunroom, Heritage Oaks, Oakwood Village West

The book for this month is *The Dive From Clausen’s Pier* by Ann Packer which takes place right here in Madison. Alice Punwar has copies if anyone is interested in joining. The meeting room will be posted at the Heritage Oaks front entrance. All are always welcome to join.

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## Merely In Our Prime

(continued from page 2)

was about 80 and in need of a bit of help. He stopped at mid-point on the stairwell, turned to my sister and said in a kind of wonderment, “Who the hell ever thought I’d get old!”

He was right. Old age comes in a manner of creeping increments, and at some point, as with my step-father, it may come as a kind of crashing revelation.

I am old. But, then, so what? I don’t know the answer to that. You just take it as it comes, maybe. What else to do? Keep active, stay alive in all ways, and forget about the number of candles on the cake.

## Attic Angel Continuing Education

“*The CCC at Camp Madison-UW Arboretum 1935-1941—in Celebration of the 75th Anniversary of the Formation of the Civilian Conservation Corps*”

Frank Court, Emeritus Professor of English, Northern Illinois University

Monday, March 31

*The Attic Angel*

Coffee: 10:00

Program: 10:30

9301 Old Sauk Road

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

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## Sunday Oakwood Village West Movie



### *Becoming Jane*

A biographical portrait of pre-fame Jane Austen.

March 16, 1:30

Oakwood Village West Auditorium

Admission is free to SAIL members.



# Support for Active Independent Lives

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## 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 Services  
608-230-4454  
lynn@sailtoday.org

#### Laura Adell

Member Services  
608-230-4452  
laura@sailtoday.org

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### MACCC Governing Board

Rick Bourne  
Mary Ann Drescher  
Kelly Fischer  
Gerald Kelm  
Bernie Maroney  
Pat McClure  
Norene Mostkoff  
John Noreika  
Kathleen Woit

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.

## SAIL Luncheon

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group, men's book club, and theater group. "It is time for members to take an active role in shaping SAIL's future and moving it forward," said June. "We can make the difference." We encourage you to become involved with this dynamic group of visionaries. Your input is important.



Jeanne Peterson and Nancy Winton

Alan Lukazewski, R.Ph., SAIL's personal health coach captivated the audience with his informative and relevant discussion of elder health. We are all becoming more and more aware of how lucky we are to have Alan's expertise available to us. Definitely a benefit of SAIL!

We would like to thank Melissa Meyer, Oakwod's dining service manager for the beautiful array of food, Ken Adell for braving the cold to help direct the traffic, the many vendors who introduced themselves to members, and the generous donations of all attendees.

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## Ask the Pharmacist

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does not work well, plus we use sunscreen, as you mentioned, thus we are becoming vitamin D malnourished or deprived yet this is a vital hormone. Hormone? Yes, vitamin D is a hormone that has potent effects on many organ systems, especially your bones. Go to [www.nia.nih.gov](http://www.nia.nih.gov) and search under Health Aging and retrieve the Supplements page. It is good at describing vitamin D and its importance in older adults.

*Next month: What about the interaction of grapefruit and grapefruit juice with some drugs including statins?*

SAIL works collaboratively with several other similar organizations.

Capital Hill Village

<http://www.capitolhillvillage.org/index.html>

Staying Put in New Canaan

<http://stayingputnc.org/newsletter.html>

Beacon Hill Village

<http://www.beaconhillvillage.org/>