



# The SAIL Messenger

A monthly publication from SAIL-Supporting Active Independent Lives



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## SAIL Charting a New Course in 2009-2010

On March 1, 2009, we will celebrate SAIL's fourth birthday! Many positive changes have occurred over the years. We've added Rise & Shine, House Checks, Computer Assistance, Mattress Flips, and Senior Care Pharmacist Consultations. We now have over fifty vendors on board, 30 volunteers helping their fellow members and the office staff, and in 2007 we created SAIL S.O.S., a low-cost personal emergency response service available to anyone in Dane County. In just four short years we have grown to over 400 combined SAIL members and SAIL S.O.S. subscribers. We are proud that our members give us a 98% satisfaction rating of our services.



Since our inception, we have worked hard to meet our goal of becoming a self-sustaining membership program by 2010. We are extremely grateful to the Cooper Family Foundation, our sponsoring organizations, and SAIL members who, together, have sustained us beyond our initial start up phase. Their support also allowed us to hold our membership fee to \$25 per month during these "learning" years. To help grow SAIL into 2010 and beyond, it is necessary to increase membership fees during 2009 by approximately \$5 per month. We will be sending members a detailed letter in April outlining the new fee schedule and payment options. We are hopeful all members and potential members will recognize the continued value of investing in our trustworthy, high quality services supporting healthy aging at home.

In addition, to help us continue growing a financially sound program, we are pleased to announce a new and special option called *Friends of SAIL*. This donor opportunity offers a new way of connecting to SAIL and staying up-to-date about the valuable services we offer.

### Becoming a *Friend of SAIL*

For those interested in supporting SAIL beyond or instead of a membership, we have developed *Friends of SAIL*. It is our hope that community leaders, members, member's children, those living outside the SAIL membership area, younger seniors, and those who just "aren't ready yet" will join *Friends of SAIL* to support the good services SAIL provides.

*Friends of SAIL* make a yearly tax-deductible donation of \$100, and will be listed quarterly in the *SAIL Messenger*. Donors can designate how they wish their funds to be used. Possible areas include the *SAIL Messenger*, low income SAIL S.O.S. subscribers, sliding fee memberships, special program expenses, health workshops, etc.

**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**

## SAIL March Programs of Interest

### Member Advisory Group (MAG) Meeting

Tuesday, March 10, 2009, 1:00 to 3:00

Home Health United Building, 4639 Hammersley Road

We encourage all members to attend these meetings to voice your opinion on future programs for SAIL, learn about SAIL developments and give feedback about SAIL.

### “Healthy Eating” sponsored by SAIL and the West Madison Senior Coalition

Wednesday, March 11, 2009 at 11:00 a.m.

Midvale Community Lutheran Church, 4328 Tokay Boulevard

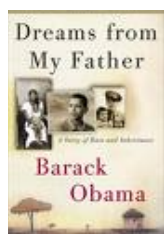
We invite you to attend a program on healthy eating, presented by the UW Nutrition Program. For those interested, lunch provided by B'Tayavon, is available following the program for a fee of \$6, payable on the day of the program. RSVP by Friday, March 6 by calling the SAIL office at 230-4321 or WMSC at 238-7368.

### Personal Profiles Planning Group

Monday, March 16, 2009 at 2:00 p.m.

2021 Van Hise Avenue

The group will practice doing interviews with the newly purchased digital voice recorder. If you are or know of someone who is technologically gifted please contact the SAIL office at 230-4321. We could use your help in transferring the digital recordings onto a disc. We warmly welcome interested SAIL members to join us.



### SAIL Tuesday Book Group

Tuesday, March 17 2009 from 1:00 to 3:00 p.m.

The New Sequoia Library, 4340 Tokay Boulevard

The selection is *Dreams from My Father*, by President Barack Obama. Contact Alice Punwar at 274-0428 for a copy of the book. New readers always welcome.

### SAIL Non-Fiction Book Group

Wednesday, April 1, 2009 from 1:30 to 3:00

Heritage Oaks Board Room, Oakwood Village West

This month's selection is *The Forever War* by Dexter Filkins. Any SAIL member interested in discussing this or any future selection is cordially invited to attend.

## Look for Improved Newsletter in April

We are now approved to use the non-profit bulk mail system for newsletter and other large mailings. To assure timely delivery, we will be mailing the *Messenger* a week earlier than usual. As always, we welcome your input and any ideas for articles!

### Attic Angel Continuing Education

Monday, March 9

“The Living Word: The Living World”

Stories from Southern Africa

Daniel Kunene, Professor Emeritus, Dept. of African Languages and Literature, UW Madison

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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### Save the Dates!

UW Physical Therapy grad students and SAIL are planning a special luncheon & workshop aimed at preventing falls: Wednesday, April 29th also . . .

### SAIL Gathering/Brunch

Wednesday, May 20th

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### Condolences

We extend our condolences to Hildy McGown on the passing of her husband Wayne. Mr. McGown provided us many hours of valuable advice and support over the past four years.