



# The SAIL Messenger

A monthly publication from SAIL-Support for Active Independent Lives



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May 2008

## Informative Program by Alan Lukazewski Well Attended



Alan Lukazewski, RPh

Oakwood Village pharmacist Alan Lukazewski, who “moonlights” as SAIL’s personal health coach, captivated over 70 SAIL and West Madison Senior Coalition (WMSC) members last month as he discussed what he knows best: the health and wellness of older adults. “Alan talked about popular drugs and how they interact with other medications,” said SAIL member Betty Stern. “He emphasized how combining certain medications, that many

of us are taking, can be harmful. It was a great program.” Several audience members took his advice to heart. Barb Winter “learned a great deal” and is “definitely going to ask to make some changes because of what Alan said.” Alan believes there is an over-reliance on prescription medications in managing many older adult symptoms. More attention is needed in lifestyle changes and the use of dietary supplements.

Fall prevention was also a topic of interest to several guests, and SAIL member Phyllis Reisdorf added her own ideas about preventing falls. “Since we don’t see very well, we should turn on lights when entering a room when daylight is diminished; also hang onto the railing going up or down and watch stair edges, and sometimes it’s best to take an elevator.” Phyllis, who took a class on falls, has not fallen in the last two years. She mentioned that although a glass of wine at dinner is fun, with more than that we need to be even more careful getting about.”

Lunch followed Alan’s presentation and WMSC director Ingrid Kundinger noticed that “there was much continued discussion about medication throughout the meal.”

Many thanks to Alan for such an excellent program.

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### Ask Alan

Alan Lukazewski RPh, SAIL Personal Health

**Member:** Many of us take Fosamax (or similar drugs) weekly. We have been told to avoid taking calcium (and /or senior multi-vitamins containing calcium) soon after Fosamax. What is the appropriate interval between taking Fosamax and subsequently taking pills containing calcium?

**Alan:** It is best to wait at least one hour or more. Ideally, two hours would be the best.

If you have a question for Alan, call our office at 230-4321 or Alan at 230-4404.

**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!**

**Five Dietary Changes to Help You Feel Better**

*Feeling sluggish? Follow these simple steps to increase your energy and improve your health.*

1. Don't skip on breakfast. Try oatmeal, fruit, or peanut butter for high-fiber/high-energy.
2. Eat real food. Skip highly processed packaged items.
3. Stay hydrated with water, but not with coffee and soda. They actually dehydrate you.
4. Snack healthy. Avoid candy and cookies; instead grab nuts, an apple, or dipping veggies and hummus.
5. Get more ZZZZs. Avoid stimulants such as caffeine and alcohol before bedtime.

*Women's Health Advisor  
January 2008*

**DRINK  
MORE  
WATER**

**News, Information, Reminders, and Thanks**

**SAIL Appreciates Member Referrals**

Thank you to Sue Goldstein for referring new member, June Scott. Remember, refer a new member and receive one month free.

**Summer Active Care To Begin in May**

Our popular and successful fitness program, *Active Care*, will begin its third session on May 26th. An *Active Care* brochure is included in your newsletter this month. Reserve your spot now by calling SAIL at 230-4321.



**Theater Bus: A Good Thing!**

Theater Bus is an entertainment/transportation service for persons 55 and over. They provide main floor seating, round trip bus transportation, reminder calls, tickets, and trained escorts to all events. Pick-up locations are on west side, east side, and downtown locations. Future trips include *Barefoot in the Park & Lunch* (fireside Dinner Theater) and

*Brigadoon & Lunch* (Verona Area Community Theater). Reservations for all events are being accepted now at 608-257-0003. Please call immediately as these events fill up fast.

**Thank You Volunteers**

A huge thank you to Bette Barnes, Martha Christensen, Ken Engelman, Barb Gessner, Johanna Ghei, Sue Goldstein, Herb Hellen, Howard Kanetzke, Mary Ross, and Nancy Winton for driving this month. Thanks, also to Barb Gessner and Lois Curtiss for office assistance. You're all terrific!

**Too Much Junk Mail?**

You ask and we take action! A member asked what she can do to reduce the amount of junk mail that comes to her home. Thanks to her we created an informative guide called "Reduce Your Junk Mail." Call 230-4321 or put a note on your statement and we'll put one in the mail for you.



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**The Next Chapter**

*The Next Chapter* collection, created with a gift to the library from SAIL members Bob and Carroll Heideman and RSVP, is a one-stop shop where retirees or persons approaching retirement can find the information they need to take charge of their future and create a life they love living. This collection consists of books, DVDs, magazines, articles, and other information. This collection is housed at the Alicia Ashman branch of the Madison Public libraries. If you would like to receive *The Next Chapter* newsletter, go to the library's website at [www.madisonpubliclibrary.org](http://www.madisonpubliclibrary.org). Halfway down on the left you will see an e-newsletters sign-up box. There, you can subscribe to *The Next Chapter*.



A selection of titles in the collection includes: *On Retirement: 75 Poems*, by Robin Chapman; *The Art of Growing Older: Writers on Living and Aging* by Wayne Booth; and *Tales of Graceful Aging from the Planet Denial*, by Nicole Hollander.

# SAIL May Programs of Interest

## Member Advisory Group

Tuesday May 13, 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. Snacks provided.



## Men's Book Group

Wednesday, May 21 at 2:30 p.m.

Heritage Oaks Board Room, Oakwood Village West

The selection for discussion is Jay Winik's *April 1865: The Month That Saved America*, a brilliant description of the last month of the Civil War. It is now out in paperback or available at local public libraries.

All interested or just plain curious SAIL members are invited to come and join in the discussion whether or not they have read the book selected. A book for the June meeting will be chosen at this May meeting. **If there are any questions, please do not hesitate to call SAIL members John McNelly at 233-0346 or C. H. (Connie) Blanchard at 238-7337.**



## SAIL Book Club

Tuesday, May 20, 1:00 to 3:00 p.m.

Nakoma Room, Heritage Oaks, Oakwood Village West

The book for this month is Ruth Reichl's autobiography *Tender at the Bone: Growing Up at the Table*. Reichl, a longtime food critic for the *New York Times*, is now editor-in-chief at *Gourmet* magazine.

Margaret Murray (238-0354) has copies if anyone is interested in joining. The Nakoma Room is directly behind the main desk at Heritage Oaks. All members are always welcome to join.

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## Ages and Stages of Community Services

Tuesday, June 4, 2008, 2:00 to 7:30 p.m.

Monona Terrace, Madison

Group Health Cooperative (GHC) along with several community partners is hosting a health fair focusing on seniors, caregivers, people with disabilities and professionals working in these areas. Planned sessions are on advanced directives, fall prevention, osteoporosis, yoga and Pilates, and caregiver support. Screenings such as blood sugar, chiropractic, bone density, and balance will be available throughout the day. **Alan Lukazewski, RPh will be a presenter!** There is no charge for admission, however registration is required by May 28. Call GHC directly at 828-9333 for an application or call SAIL and we'll get one for you.

## Attic Angel Continuing Education

*"A View of the Madison Region's Economic Future"*

Jennifer Alexander,  
President, Madison  
Chamber of Commerce

Monday, May 19

The Attic Angel

Coffee: 10:00

Program: 10:30

8301 Old Sauk Road

No charge.



## Bring Your Unneeded Medicine to

Dane County's  
MedDrop

Saturday, June 7

9 am to 1 pm

121 E. Olin Ave at

City Transfer Site

Free service.

## Sunday Oakwood Village West Movie

*August Rush*



May 25, 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

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#### Laura Adell

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### 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.

## Get Ready for Spring with a SAIL Vendor

*Laura Adell, Member/Vendor Services Coordinator*

After 100 plus inches of snow this winter you might be surprised to see that your yard and house could use some maintenance. How lucky for you that we have many great SAIL vendors to help you. If you are in need of a handyman or someone to do some landscaping or light yard work we've got the perfect vendor. We have already had several calls and schedules are starting to fill up fast so call soon if you are going to be needing these services in the near future.



On another note . . . If you are curious about the background of someone you are considering hiring and he/she is not listed in the SAIL vendor list, we will conduct background checks on the person for a small fee of \$4.50 (to cover the cost of the check) which can be charged to your account.

## SAIL S.O.S. - A Popular Service for Many

Most personal response systems cost somewhere between \$30-\$50 per month. We offer this service for \$18 per month for SAIL members and \$25 per month for non-members. Often people think this type of service is meant for those with significant limitations or risks.



Interestingly, about 50% of our subscribers signed on knowing they can summons help if the need arises yet realizing the need may never arise. Or, they know that SAIL S.O.S. is not only a good thing for them in the event that they do need help, but also something that helps their family members feel more secure about their well-being. Please spread the good news about the availability of this valuable (and affordable) service! Thanks to our partnership with the United Way, we have been able to offer subsidized SOS to several qualifying SOS clients.

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*Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO, what a ride!"*

*Submitted by SAIL member Betty Dovenbarger*