



# The SAIL Messenger

A monthly publication from SAIL-Supporting Active Independent Lives



Volume V, Issue 5  
May 2009



## Advice for the Modern Grandparent

A book review by Alice Punwar, SAIL Member

Grandchildren are one of the greatest joys of life, but these days so many of us are widely separated from our grandchildren and it becomes difficult to establish and maintain a close relationship with them. A recent book entitled *Totally Cool Grandparenting* offers practical advice on sharing your life and memories with them.

First, how can we establish communication in a way that will be meaningful to them? Leslie Linsley, the book's author, suggests a variety of ways. Since few of us write letters any more, the telephone might be more practical. Weekly phone calls can help us to connect.

Some grandparents sing songs or tell stories to their very young grandchildren. Faxes or e-mails are another alternative, and now there are videos and Skype-ing as additional means of communication. Visits are wonderful but Linsley warns that grandparents must be careful not to take over the parental role. The parents' wishes as to diet, safe activities, and values must be respected. She recommends that grandparents always ask for the parents' permission before planning events or activities with the grandchildren.

Some grandparents love to baby sit while others prefer to live their own lives free of childcare. Parents should not automatically expect grandparents to fill in when they wish to go on vacation or take on a new job. And if grandparents do baby sit, whose

*(Continued on page 3)*

\*\*\*\*\*



## Supplements for Older Adults—How Much is Really Necessary?

Part 2 in a series by Alan Lukazewski, SAIL Personal Health Coach and Pharmacist, Oakwood Village West

This four-part series helps answer the age-old question of "What supplements do I take if I am an older adult?" As we age we may need more of certain nutrients that may not be available in our diets.

### VITAMIN B-12

Vitamin B-12 is an important vitamin for older adults. In fact, vitamin B-12 deficiency can lead to serious anemias but also irreversible nerve damage or even

*(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

Spotlight on SAIL Members - 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
- John Noreika
- Susan Phillips
- Nancy Widder

# Spring Greetings!

*A note from Ann Albert, Executive Director*



Recently I had the pleasure of meeting Katie Duren, Assistant Dean at the UW Division of Continuing Studies and Sarah Schutt, Program Specialist. I learned a great deal about the wealth of opportunities for people who consider themselves lifelong learners in the Madison area. Intellectual health is a key component of successful aging and SAIL recognizes the importance of offering resources that will meet this need.

Rather than re-create the wheel, we endorse the UW's continuing education programs, especially the two stellar membership programs in our own backyard: OLLI- Osher Lifelong Learning Institute and PLATO - Participatory Learning and Teaching Organization. For \$50 per year one can attend any of the 30 discussion groups on topics ranging from "All That Jazz" to "Frontiers in Life Science." Through OLLI one can also enjoy on-line classes, in-person classes, bus trips, social events, etc. Although over 26 SAIL households are already members, current president of PLATO and SAIL member Fred Ross encourages others to consider joining. If you would like more information, give us a call!

## A Fond Farewell to John Noreika

With grateful hearts we thank John Noreika for his valuable contributions to SAIL throughout these past four years. John recently announced his retirement from Oakwood Lutheran Homes and is in turn resigning his position as secretary of the Madison Area Continuing Care Consortium, Inc. John has always been passionate about improving the quality of life of older persons and lowering the costs of aging at the same time through improved coordination and an emphasis on prevention. John spent countless hours writing grants, attending SAIL gatherings, working with staff, and many other activities that moved SAIL from concept to reality. Tom Rivers, retired executive from American Family Insurance will serve in John's MACCC role until the new executive director is hired at Oakwood. We will miss your leadership, John, but are looking forward to your continued membership to SAIL!

\*\*\*\*\*

## Supplements for Older Adults: Vitamin B12

*(Continued from page 1)*

memory loss. And this is another vitamin that is affected by low acid levels in the stomach and was also shown to be poorly absorbed in those taking the acid suppressing drugs mentioned above. As we get older we can also lose the ability to absorb vitamin B-12 efficiently so it is recommended to take higher doses to ensure you get enough absorbed. You can take up to 1000 micrograms each day and it would be safe. Vitamin B-12 tablets are available over the counter and are inexpensive.

## Upcoming Programs and Events

### SAIL Quarterly Get Together and Volunteer Recognition



Wednesday, May 20, 2009—Brunch: 9:45 to 11:45 a.m.

Olbrich Botanical Gardens—330 Atwood Avenue

Our spring quarterly get together will be held at Olbrich Botanical Gardens. Join us for a delicious brunch, which will include fresh baked goods, Racine Kringles, egg casserole, a choice of home style or hash brown potatoes, coffee, and juice, catered by *Cranberry Creek Café and Grill*.

Retired UW professor Henry Hart, who has inspired and energized many with his commitment to harnessing resources and avoiding the harmful effect of the human impact on the climate, is our guest speaker and will present “*Global Warming and What Wisconsinites Can Do About It.*”

We will also recognize our dedicated volunteers and thank them publicly for their hours of service to SAIL and its members. Members and guests: \$9.00. General public, \$13.00. Please RSVP by calling SAIL at 230-4321 by May 14.

\*\*\*\*\*

### MedDrop: Get Rid of Old Medicines



Saturday, June 6, 2009 from 9 a.m. to 1 p.m.

City Transfer Station, 121 E. Olin Avenue

MedDrop is a free, drive-thru service for prescription and over-the-counter med disposal. They accept prescription and over-the-counter meds, pet medicines, vitamins, inhalers, but no needles or sharps please.

Call SAIL at 230-4321 if you would like us to come and pick up any of the above medications with the exception of prescription pain medications. We will deliver them to the site for you.

\*\*\*\*\*

### Advice

(Continued from page 1)

rules apply? This should be worked out in a mutually agreeable way.

Linsley includes a chapter on the art of giving presents to grandchildren. She points out that grandparents should not feel obligated to give gifts, but if they do they should seek advice from the parents. We all remember that terrible purple sweater from Grandma that we never wanted to wear! Find out what the children really want or need and give accordingly. And pets are an absolute no-no! Unless the parents really want to welcome a companion animal into the family, please restrain that impulse.

I found the book full of good advice and wish that I had read it earlier when my grandchildren were younger. A copy is available for loan at the SAIL office. Happy grandparenting!

### Attic Angel Continuing Education

Monday, May 4, 2009

#### *The Return of the Whooping Crane to Wisconsin*

George Archibald, PhD,  
Co-Founder,  
International Crane  
Foundation, Baraboo

Attic Angel Place

Coffee: 10:00

Program: 10:30

8301 Old Sauk Road

No charge.

For other Attic Angel  
lectures info  
call 662-8842.

\*\*\*\*\*

### Sunday Oakwood Village West Movie



#### *Atonement*

May 24, 2009


1:00 p.m.

Oakwood Village West  
Auditorium

Admission free for  
SAIL members.

Subtitles available!

## Volunteers Needed to Make Connections

At its April 2009 meeting,  SAIL's Member Advisory Group enthusiastically recommended the formation of a new SAIL committee, the *Connections Committee*. This new committee's charge would be a broad one: to encourage various types of connections among members interested in getting to know other SAIL members while enjoying SAIL functions - familiar or new. Possible activities might include a SAIL afternoon playing games or encouraging greater attendance at SAIL events by offering rides or carpooling.

Volunteers to serve on the Connections Committee are urgently needed! Please call the SAIL office at 230-4321 to indicate your willingness

\*\*\*\*\*



Our deepest condolences to the family of Donald Renlund.

Our thoughts are with you.

## Spotlight on SAIL Members: Hugh and Joyce Russell

Lynn Pauly, Member Services

There is no doubt that family is the heart of the Russell's home of 52 years. Like many SAIL members, the prominent photos are family pictures, but I've never seen one as clever as the Russell family portrait. Each of their four children's families is dressed in identical shirt colors, so one can easily tell which of the 10 grandchildren belongs to whom.



Their home is comfortable; filled with plants, books, photos, a spoon collection, and various other collections. Joyce is on her fourth computer, which she uses for e-mail and to keep her calendar and check book. In one corner of the family room is a bucket of photos. Hugh's current project is to label and organize family snapshots in time for a family gathering at Lake Nebagamon this summer so everyone can enjoy them.

Both attended the same schools in Oshkosh, but didn't actually meet until they were house fellows at the University here in Madison. Joyce, having attended Michael Reese School of Nursing in Chicago later became a medical "fellow" at Elizabeth Waters dorm. Hugh, in law school, was a house fellow at the same time. Joyce remembers one of her friends asking her, "Do you remember Hugh Russell? He needs a date for a house party, *would you mind* being his date?" It was then that they discovered that they both went to the same high school and had a lot in common.

After they were married, Hugh practiced law and was Deputy Director of Wisconsin's Workers Compensation for over 30 years, and worked for several different law firms. Hugh enjoyed the challenge of handling disputed cases.

Joyce worked weekends as a visiting nurse. She gave insulin injections, changed dressings, and checked on newly released hospital patients. "You never knew what you were getting into, and that is what I liked about it," she said, "You had to think on your feet and improvise."



Joyce and Hugh Russell

While their daughter was living in France for five years Hugh and Joyce would spend 6 weeks with her every year, and it was then that they traveled Europe by rail. The Russells have toured England, Scotland, and Ireland. They also toured Germany and Pilsen, Czechoslovakia, where Hugh was stationed during WWII. While walking down the street in downtown Pilsen, Hugh turned to Joyce and said, "This is where a sniper shot at me." Joyce said that was the first time she'd ever heard of that. Hugh

(Continued on page 5)

# News, Information, Reminders, and Thanks

## Thank You To Our SAIL Volunteers

Our volunteers this month were Howard Kanetzke, Herb Hellen, Ed Phillips, Herb Hellen, Roland Rueckert, Bette Barnes, Nancy Winton, Jack Tiffany, Martha Christensen., Jan Rom, Barbara Gessner and Marion Anderson. You are all very special people. Thank you.

## Refer a Member—Get a Month Free

Thank you to member Carol Tarr for referring our newest member, Nancy Townsend. Word of mouth is the best advertisement for SAIL, and by referring a new member you receive one month membership free. A win-win!

## New Travel Service for Seniors Vendor

SAIL members now have access to a new service to help senior travelers navigate

the increasingly complex world of airline travel. The new vendor will be the travelers’ personal travel companion accompanying them on the plane, coordinating airport check-in, managing luggage, providing wheel-chair assistance, and guiding them through airport security. It’s kind of like having a security blanket when you travel.

## Active Care Classes Begin May 26

Just a reminder that the summer Active Care class will begin the week of May 26. It’s never too early to reserve your spot. Active Care is our 8-week personalized fitness class which takes place at Oakwood Village West on Tuesdays and Thursdays. Call SAIL at 230-4321 to “get active!”



\*\*\*\*\*

## Spotlight

*(Continued from page 4)*

replied dryly, “Well. . . he missed.” The memories of that time are still very vivid to Hugh, especially haunting are the memories of the Gestopo and all that he saw while in Nuremberg and Pilsen.

The family history is just as important as the current family to the Russells. Their daughter Beth, a teacher in Milwaukee, is very involved in genealogy, and has traced the Russells to England in 1505. Their other daughter Sharon discovered that Hugh’s great grandfather convinced a congressional committee to increase his pension after being thrown from a horse in the battle of Atlanta. Levi Russell (Edward) had volunteered for the cavalry in Ohio and rode down to Murphysboro during the Civil War. Besides Their son Jay lives in Greenfield and daughter Sue in Oregon, WI.

Here in Madison life is quiet, although during Badger football season, the house fills with children and grandchildren and “Somehow,” Joyce says, “everyone gets in a car and goes to the game. Those are fun times, having the family here.”

Thank you Hugh and Joyce for sharing your story with us.

## 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**

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

### **Personal Memoirs Project Group**

*Monday, May 4, 2009 at 2:00 p.m.  
2021 Van Hise Avenue*

### **Member Advisory Group (MAG) Meeting**

*Tuesday, May 12, 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, May 19, 2009 from 1:00 to 3:00 p.m.  
The New Sequoya Library, 4340 Tokay Boulevard  
Atonement by Ian McEwan*

### **SAIL Non-Fiction Book Group**

*Wednesday, May 27, 2009 from 1:30 to 3:00  
Heritage Oaks Board Room, Oakwood Village West  
The House of Wisdom: How the Arabs Transformed Western Civilization, by Jonathan Lyons*

Thank you MAG participants John McAnelly, Sue Goldstein, Kato Perlman, June Weisberger, Heinz Pfaeffle, Dorothy Batt, Carol Brown, and Faith Miracle. Your input is what keeps SAIL vibrant and moving forward!

\*\*\*SAVE the DATE\*\*\*

SAIL Quarterly Get-Together  
Wednesday, May 20  
Brunch at Olbrich Gardens