



The SAIL Messenger

A monthly publication from SAIL-Supporting Active Independent Lives



Falls Prevention Workshop Attracted Many Area Seniors

“It was perfect! A well organized event”

“I especially liked the medication overview.”

“It was quite informative – a very good program”

“An excellent workshop, very valuable!”



Madison-area seniors packed the October 8, 2008 Falls Prevention Workshop. Co-sponsored by SAIL and the West Madison Senior Coalition, the workshop featured several members of the Safe Communities Falls Prevention Task Force. Seventy-six seniors attended, hearing presentations by Dr. Andy Kosseff, Alan Lukazewski, R.Ph. and Mary Ehrlinger, PT. Over 50 attendees stayed after the luncheon and visited the various screenings offered.

“The thread throughout the entire workshop was that proper medication management, good nutrition, attention to details, and regular exercise can significantly lower one's risk of falling,” said SAIL's Laura Adell.

After the workshop, attendees listed life changes that they intended to make in order to help prevent falling. Such comments included: removing rugs, no more walking on rocks, get rid of clutter on stairs, wear Yak Trax, get more exercise, watch medications carefully, and watch my feet.

Many also enjoyed Tai Chi demonstrations and group discussions pertaining to a person's risk for falling. Another workshop is scheduled for the spring!

October MAG (Member Advisory Group) Meeting

June Weisberger, SAIL member

SAIL members attending the October MAG meeting discussed several proposals for future SAIL activities, projects, and events. They heard about the success of the October 8th SAIL co-sponsored Falls Prevention Workshop with 76 attendees and plans for additional future workshops. Ed Phillips, SAIL member and Assistant Organizer of Madison Area Seniors Meetup Group, reported on past, present, and future Meetup events which might be of interest to SAIL members. The discussion which followed pointed out a need for more information from members about their interests and availability for future Meetup events (see enclosed).

Two additional project suggestions were brought up by Jim Batt which generated much interest from those present. The first related to developing materials to encourage members to record their life reminiscences tentatively called “Echoes of One’s Life”.

Volume IV, Issue 11
November 2008

**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
- Peace of Mind

**Contact Us
Today!**

230-4321

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November Madison Seniors Meetup Group Events

Dinner at Imperial Garden

Wednesday, Nov. 19
6:00 p.m.
2039 Allen Blvd
Middleton

Monday Breakfast Get Together

Monday, November 24
9:00 a.m.
Pancake Café
6220 Nesbitt Road
Fitchburg

RSVP for any of the Meetup events by calling SAIL at 230-4321 or by visiting the Meetup website at www.meetup.com/madisonseniors.



Thank you to Helen Wirka and Lee Weiss who donated their artwork to the Attic Angel Silent Auction with proceeds going to SAIL!

Our deepest sympathy to Elizabeth Willink on the passing of her husband Donald. Our thoughts are with you and your family.



News, Information, Reminders, and Thanks

Don't Pass Up This Free Cookbook!



All SAIL members may receive a free Attic Angel Cookbook at no charge, courtesy of Attic Angel. Call SAIL if interested.

Free Magazine Subscription for SAIL Members!



50 Plus Lifestyles, a locally published magazine, has shortened its name to *Lifestyles!* And with this new name comes good news for

SAIL members. Just call the SAIL office at 230-4321 and you will receive a free subscription to the magazine *Lifestyles*.

Your magazine will be delivered to your door every month, just by being a SAIL member! How cool is that?

Merci, Thank You, Grazie!

Many thanks to Jan Rom for her assistance in the SAIL office this month, to Rosemarie

Lester for lending a kind ear, Shannon Whiting for home visits, and Ed Phillips for working on Meetup events. Thanks to the MAG members, Dick and Fran Erney, June Weisberger, Jim and Dorothy Batt, Ed Phillips, Maria Schnos, Mary Gage, and Carol Brown for their time. Thanks to drivers Herb Hellen, Martha Christensen, Ed Phillips, Bette Barnes, Ken Engelman, Howard Kanetzke, and Tom Popp, and to Betty Scott for making sure everyone got to their destination. Thanks to John McAnelly for representing SAIL at the *Lifestyles* show on October 22.

Harbor Athletic Club

SAIL members receive a very "healthy" discounted membership to Harbor Athletic Club, effective through September 30, 2009. Amenities include a warm water pool and a state of the art wellness center, including classes such as Gentle Joints, and Yoga Made Easy. Call SAIL for info.

October MAG Meeting

(Continued from page 1.)

The project would include assembling information about available technologies, interviewing protocols and training, sample key questions, etc. - all designed to encourage the preservation of members' memories for family and the wider community. Jim suggested that a small group meet to refine the scope of the project and draft initial materials with assistance from experienced professionals in our community. This group is now in the process of holding its initial meeting(s).

Jim's second proposal related to the fact that post World War II baby boomers are beginning to retire in large numbers. This is a key fact for SAIL's future growth and direction. Directly related is the desirability of keeping SAIL members' families informed about SAIL, perhaps through a newsletter to be mailed to members' "younger generation" about SAIL and/or perhaps through SAIL's website. (Note that past issues of our Messenger newsletter are readily available at www.sailtoday.org.)

All interested SAIL members are invited to attend the November 11th MAG meeting.

SAIL November Programs of Interest

Member Advisory Group (MAG) Meeting

Tuesday, November 11, 2008, 1:00 to 3:00

Home Health United Building, 4639 Hammersley Road

We encourage all members to attend at least one MAG meeting per year so you can voice your opinion on future programs for SAIL, learn about SAIL developments, discuss vendors, member benefits, and plan activities. All are welcome!

Caregiving: A Balancing Act

Wednesday, November 12, 2008, 8:30 a.m. to 3:00 p.m.

Covenant Presbyterian Church, 326 Segoe Road, Madison

Spend the day meeting people who understand the joys and challenges of caregiving and learn practical ways to care for your loved one—and yourself. Cost \$10 per person, which includes lunch, workshops, and activities. For a brochure, call SAIL at 230-4321.

SAIL Tuesday Book Group

Tuesday, November 18, 2008 from 1:00 to 2:30

Nakoma Room, Heritage Oaks, Oakwood Village West

My Antonia, by Willa Cather. Contact Alice Punwar at 274-0428 for a copy of the book. New readers always welcome to join!

SAIL Non-Fiction Book Group

Thursday, December 4, 2008 from 2:30 to 4:00

Heritage Oaks Sunroom, Oakwood Village West

No November meeting, but the December selection is *American Creation*, by Joseph J. Ellis. Any SAIL member, male or female, interested in discussing this or any future selection is cordially invited to attend.



Book Group Readers
C.H. Blanchard and John McNelly

Young at Heart Film Screening with Party Afterwards

Sunday, November 23, 2008

Movie begins at 1:30 (see right for details) Party after the film.



SAIL Members are invited to Rock On with the SAIL staff in the Heritage Sunroom for light snacks and beverages directly following the screening of the film *Young At Heart*.

This documentary is about a group of seniors living in Northampton, Massachusetts, who refuse to let age and ill health get them down. The current group of 24 seniors have been singing together for 25 years. Young@Heart is not your ordinary singing chorus, because they sing rock, punk, disco, and the average age is 81. The film follows the group over a rigorous rehearsal schedule, plus practicing at home for an upcoming concert in their home town. **Please RSVP by calling 230-4321 so we can be sure to have plenty of snacks and beverages.** \$3 donation suggested for the party.

Attic Angel Continuing Education

“Bicycling the Chateaux of the Loire Valley, France”



Sandy Wilcox, President,
UW Foundation

Monday, November 10

Attic Angel Place

Coffee: 10:00

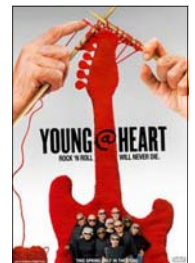
Program: 10:30

8301 Old Sauk Road

No charge.

For other Attic Angel lectures info call 662-8842.

Sunday Oakwood Village West Movie



Young At Heart
November 23, 2008
1:30 p.m.

Oakwood Village West Auditorium
Admission free for SAIL members.



Supporting Active Independent Lives

SAIL

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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.

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Norene Mostkoff
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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.

From Trees to Everything Else: Two New SAIL Vendors

Laura Adell, Member/Vendor Services Coordinator



Two SAIL members have referred a new arbor service that does tree and shrub pruning, tree removal, stump grinding, spring and fall tree planting, consulting and landscape design. With 10 years experience, 40% of their current clients are older adults.

Another new vendor referred to us by one of our (your) favorite handymen does everything from construction, remodeling, gutter cleaning and power washing to lawn care, landscaping and snow removal. These young energetic guys will get the job done for you! They come highly recommended by their current customers.

Both vendors will be included in the January '09 vendor listing. Call 230-4321 for more information about these or other SAIL vendors.

Snow Removal – Are you ready? We are always looking for back-up snow removers. Please let me know if you have a recommendation. Thanks for your assistance in helping out other SAIL members.



MACCC Board Welcomes Lois Buelow



Lois Buelow is a retired registered nurse, who moved to Madison with her family in 1966 when her husband, Fred, joined the UW faculty. They have four children (all UW Engineering graduates) and seven grandchildren.

Lois has been an Attic Angel volunteer since 2002 and has served as Co-Chair of the Health Center/ Household Committee, as an Attic Angel Place Board member, and is currently an Attic Angel Association Board member.

UW-Extension Needs Your Help!

Every June the UW Extension hosts "College Days" which attracts hundreds of participants across Wisconsin to the UW-Madison campus for three days of classes and social opportunities. Typically, the majority of attendees are retired women, although they hope to diversify their audience. Michele Dickinson, the coordinator of this event, is looking for volunteers to help develop the content for the June 2009 workshop. If you'd like to do this, please call her at 265-9101. She anticipates a meeting in November and a couple of meetings in early 2009.