



The SAIL Messenger

A monthly publication from SAIL-Support for Active Independent Lives



SAIL On to Harbor Athletic Club



In the spirit of wellness, we are pleased to offer SAIL members a very “healthy” discounted membership to Harbor Athletic Club starting October 1st, 2008! This discount is effective October 1, 2008 through September 30, 2009.

Harbor Athletic is a full service health club located at 2529 Allen Blvd. in Middleton. A twenty-one year recipient of the Best of Madison Awards, Harbor has expanded steadily to include a warm water exercise pool and a state of the art wellness center. This is a “spandex not required” atmosphere, where members of all ages feel welcome and at home.



Warm Water Pool



Yoga, Pilates, Tai Chi

Several months ago, SAIL contacted Harbor to explore membership opportunities because of Harbor’s stellar reputation in the community and their comprehensive approach to improving one’s health - mind, body, and spirit. We like the fact that several classes are geared toward older adults. These classes include Gentle Joints, Joints in Motion,

Free to Move, Joints in Motion/Tai Chi, Pilates/Free to Move and Strength Training, Yoga Made Easy, and Body Vive.

We hope you will consider a membership to Harbor! For more information about this exciting offer call SAIL at 230-4321.

SAIL Volunteer Needed One Day a Week



SAIL is looking for some volunteers to come into the office for a couple of hours once a week or once every other week to perform various administrative jobs. If we had our “druthers” we would love to know that the volunteer could come on a regular basis. Typical jobs include telephoning members, assembling SAIL information packets and Member Services Folders updating member files and labeling

envelopes. There’s much to do so please feel welcome to volunteer with a friend!

Please call or e-mail Lynn at 230-4321 or lynn@sailtoday.org. Your help would be greatly appreciated.

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October 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 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

SAIL is a visionary membership community devoted to staying healthy and at home.

News, Information, Reminders, and Thanks



October Madison Area Seniors Meetup Group Events

Monday Lunch Get-Together

Monday, October 6
11:30 p.m.
Imperial Garden
2039 University Ave.
Middleton

Birthday Celebration for Lillian Redding



Sunday, October 19
2:00 p.m.
5002 Dorsett Drive
Madison

Monthly Dinner at Imperial Garden in Middleton

Wednesday, October 22
6:00 p.m.
2039 University Ave.
Middleton

For more Madison Area Senior's Group information see the brief article on this page.

Update!

So far 20 people have joined the Meetup group either on line or by calling SAIL.

Get Rid of Those Old Paint Cans

On Thursday, October 23, SAIL will come to your home and pick up old oil-based paints (not latex), solvents (such as stains, shellacs, and furniture stripper), pesticides, and poisons. Items will be brought to the Dane County Clean Sweep location. Call SAIL before October 21 to get your name on our pickup list.

Merci, Thank You, Grazie!

Many thanks to Lois Curtiss, Barbara Gessner, Jan Rom, and Sue Goldstein for their assistance in the SAIL office this month, and also to Ed Phillips for working on Meetup events. Our drivers this month were Ken Engelman, Herb Hellen, Bette Barnes, Carol Briscoe, Sue Goldstein, Johanna Ghei, and Ed Phillips. Thank you!

Field Trip to Sharper Vision Store

A small group will be taking a trip to the *Council of the Blind and Visually Impaired* store on **Thursday, October 16 at 10:00 a.m.** This store has a good selection of products, such as magnifying glasses,

calendars, watches, and general household items. If you would like to join us, call the SAIL office no later than Tuesday the 14th.

Farewell and Thank You

Many thanks to Pat McClure for her work on the MACCC Board of Directors. Pat has devoted countless hours assisting SAIL through her Board work and also in promoting SAIL throughout the community. We appreciated all of this plus the many kind words and notes Pat sent throughout the past two years!

Madison Area Senior's Group

The Madison Area Senior's Meetup Group is growing and would love to see more of you at the events. We have listed the events on the left column of this page, and you can read more about them on the website at www.seniors.meetup.com/131/. There is a luncheon and a dinner planned as well as a birthday celebration at the home of Lillian Redding and Ed Phillips. Call SAIL to RSVP for each of these events or RSVP on the website.

Complimentary Cookbook for SAIL Members

Free Cook Book Courtesy of Attic Angel Association

There may be no free lunch in life, but there is a free cookbook, courtesy of the Attic Angel Association. Of course, you need to be a SAIL member to take advantage of this perk. You can now receive the lovely cookbook, *The Collection II Simple & Elegant Recipes*, simply by letting us know you want one. Those who entertain regularly will especially appreciate this cookbook, as it has more than 100 recipes featuring delectable dishes. These dishes offer a certain charm, and thankfully, do not require the skills of a gourmet cook. Attic Angel Association appreciates your support of SAIL and offers this \$19.95 value at no charge—just call us, (608) 230-4321, at SAIL to get your very own copy!



SAIL October Programs of Interest

Falls Prevention Workshop

Wednesday, October 8, 2008, 10:45 to 2:30

Midvale Community Lutheran Church, 4328 Tokay Boulevard

Presented by SAIL and West Madison Senior Coalition, in collaboration with Safe Communities Falls Prevention Task Force. RSVP required for \$6 lunch. 230-4321.

Member Advisory Group (MAG) Meeting

Tuesday, October 14, 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!



SAIL Tuesday Book Group

Tuesday, October 21, 2008 from 1:00 to 2:30

Nakoma Room, Heritage Oaks, Oakwood Village West

A Thousand Splendid Suns, by Khaled Hosseini. Contact Alice Punwar at 274-0428 for a copy of the book. New readers always welcome to join!

SAIL Non-Fiction Book Group

Thursday, October 23, 2008 from 2:30 to 4:00

Heritage Oaks Board Room, Oakwood Village West

The October selection is *The Dark Side* by New Yorker writer Jane Mayer.

The title refers to the dark side of Vice-President Cheney's call for expanded U.S. intelligence work and techniques. Any SAIL member, male or female, interested in discussing this or any future selection is cordially invited to attend.



MedDrop: The Best Place to Get Rid of Medicines

Saturday, October 18, 2008 from 9:00 a.m. to 1:00 p.m.

City Transfer Station, 121 E. Olin Avenue

MedDrop is a free, drive-thru service for prescription and over-the-counter med disposal. You may cross off your name and address, but please do not cover up the name of the medication. Some things you may bring are prescription and over-the-counter meds, pet medicines, vitamins, inhalers. No needles or sharps please.

Special Pick-Up Service for SAIL Members!**



****SAIL members are invited to call us to schedule pick up for Saturday, October 18th from 9:00 a.m.-11:00 a.m.** Together with UW

Pharmacy students, we will pick up any of the above medications that are expired or no longer used with the exception of prescription pain medications, and we will deliver them to Med Drop at the Olin Street Transfer site. Call SAIL at 230-4321 to schedule.

Attic Angel Continuing Education

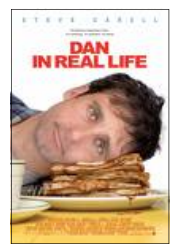
“What You Need to Know About Age Related Macular Degeneration”

Stephen J. Srameck, MD,
Ophthalmologist
Davis Duehr Dean

Monday, October 6
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



Dan In Real Life
October 26, 2008
1:30 p.m.
Oakwood Village West Auditorium
Admission is free to SAIL members.



Support for Active Independent Lives

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

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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.



Some Vendors Go Above and Beyond the Call of Duty . . . Or Do They?

Laura Adell, Member/Vendor Services Coordinator

Here's a funny story we thought we'd share with you all. While driving past a certain client's house, one of our SAIL vendors noticed that her grass was ready for mowing. Without hesitating he jumped out of his truck, pulled his mower onto the lawn and got to work. After he was about halfway through mowing the lawn, a bewildered gentleman came out of the house, "May I ask you why you are cutting my lawn?" he asked. The vendor looked at the homeowner and suddenly realized he was at the wrong house! When he called the SAIL office with this story, Program Director Ann Albert commented, "I sure hope our house painters don't do that!"

Computer Classes Offered

NobleLogic, one of our senior-friendly computer assistance vendors is offering three computer training classes during the month of October. Classes include Microsoft Word 2007, Microsoft Excel 2007, and Getting Around on Your Computer. Students are invited to bring their own laptops for an even more personalized experience. Call NobleLogic at 441-9630 for more information about fees and registration. Remember to tell them you are a SAIL member! Please update NobleLogic's new phone number in your Member Services Directory.

Consumer Cellular: AARP Recommendation for Cell Phone

Consumer Cellular has teamed with AARP to provide wireless service that is specifically for seniors.



Consumer Cellular offers free phones and shipping for first time users, low cellular rates, and no long-term contract. Rates start at \$10/month and you pay 25¢/minute. Or you can pay \$20/month which includes 200 minutes/month. AARP members qualify for a 5% discount, too. The range of plan offerings is also good; perfect for those emergency only cell phone users to those with heavy usage.

SAIL has also provided information about the popular Jitterbug phone. It is recommended that you have difficulty navigating the menu of a cell phone, reading the text, hitting the tiny buttons, or need operator assistance, Jitterbug is still the better phone.

For information on Consumer Cellular call 888-345-5509 or visit
www.consumercellular.com.