



The *SAIL* Messenger

A monthly publication from SAIL-Support for Active Independent Lives



Full House at SAIL's Midsummer Night Celebration 2008

SAIL's third annual Midsummer Night's Celebration brought together members, vendors, guests, and staff, and resulted in many new friendships and enthusiasm for our unique and growing membership organization. Once again harpist Jacquelyn Whisenant provided the elegant background for our favorite event of the year.

SAIL Program Director Ann Albert welcomed guests and introduced member Ed Phillips, who explained



Carol Tarr and Lillian Redding

the new *Madison Area Seniors Group*, an online "meetup" group, sponsored by SAIL, that plans get-togethers for all seniors in the Madison area. Many thanks to Ed for his exuberance and willingness to spearhead this ambitious endeavor.



Bob and Nancy Dott

Author Stephen Busalacchi spoke of his book, *White Coat Wisdom*, which includes gripping, heart wrenching

stories of those who have found fulfillment in life through service to others. Steve generously designates a percentage of sales to SAIL!



Steve Busalacchi
Photo courtesy of Capital Times

We would like to thank our vendors, BrightStar Health Care, Home Instead Senior Care, and NobleLogic, for sponsoring our event.

Their longstanding relationship with SAIL has been appreciated by staff and members alike. Thank you to HospiceCare Inc. for the donation of delicious appetizers and Capital Brewery for their beverage donation. Thank you all for attending and making this the best Celebration yet!

August MAG (Member Advisory Group) Meeting Minutes

June Weisberger, SAIL member

At its August 2008 meeting, the Member Advisory Group reviewed suggested designs for a new SAIL logo. It also heard from Ed Phillips, SAIL member and co-founder of *Madison Area Seniors Group*, about the new "meetup" group's initial events as well as possible future activities. (*For more information on the group see page 3.*)

Due to scheduling conflicts, there will be no September meeting of the Member Advisory Group. The Group will next meet on Tuesday, October 14, 2008 from 1 to 3 p.m. at the Home Health United Building, 4639 Hammersley Road. All are welcome!

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September 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

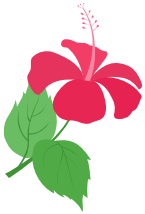
**Contact Us
Today!**

230-4321

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

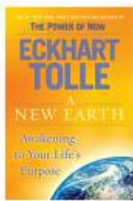
News, Information, Reminders, and Thanks

Old Age On the New Earth



On the new earth, old age will be universally recognized and highly valued as a time for the flowering of consciousness. For those who are still lost in the outer circumstances of their lives, it will be a time of a late homecoming, when they awaken to their inner purpose. For many others, it will represent an intensification and a culmination of the awakening process.

From *A New Earth*, by Eckhart Tolle



Our condolences to member Jane Ayer for the passing of good friend Phyllis Hill.



Thank You Volunteers!

Johanna Ghei, Sue Goldstein, Bette Barnes, Ed Phillips, and Barb Gessner all provided rides for members this month. Zoom-zoom! Jan Rom and Barb Gessner assisted with office work; Carol Brown and Margaret Murray accepted RSVP calls, and Carol Briscoe, Lois Curtiss, and Janice Gary were the official greeters for our Midsummer Night's Event. Kato Perlman, Faith Miracle, Ed Phillips, John McAnelly, Carole Brown, June Weisberger, Sue Goldstein, and Dorothy Batt all contributed to our Member Advisory Group. We are so fortunate to have such an active group of people working to make SAIL the best it can be!

Happy Anniversary to Transportation Coordinator, Betty Scott

One year ago, SAIL member Betty Scott assumed the position of Transportation Coordinator. Since then Betty has arranged over 150 rides for members! Betty's "can do" attitude is exactly what the spirit of SAIL stands for, and we are grateful for her consistent professionalism. I am sure we are not alone



when we say, "thank you Betty", for all of your hard work.

Is the Small Print Shrinking?

The Sharper Vision Store is probably one of the best kept secrets of Madison. Nestled among coffee shops at 754 Williamson Street, this store, which is run by the *Wisconsin Council of the Blind and Visually Impaired*, is a haven for those who are tired of not being able to read the small print. Magnifying glasses, calendars, watches, computer accessories, and general household aids are all available for purchase. At our Meetup breakfast we decided that a field trip to the store was needed. Let us know if you are interested by calling 230-4321. We'll add your name to the list and contact you when something is planned.



Time to Flip Your Mattress!

Our strong and hearty "flippers" will come to your house on the afternoon of Thursday, Sept. 11 to flip your mattress and replace your hard-to-reach light bulbs (bulbs not provided). Call 230-4321 by noon on Tuesday the 9th.

Exciting News!

SAIL is pleased to announce a partnership with Harbor Athletic Club beginning October 1, 2008! SAIL and Harbor are a great match for members who recognize the value of regular exercise, socializing with others, and lifelong learning. Harbor Athletic Club's owner, Paul Ernst, attributes their success to honoring their mission which is to "serve our community and our members...knowing that fitness is a lifelong pursuit."

Call SAIL for more information on rates, classes, warm water pool schedule, etc.

SAIL September Programs of Interest

SAIL Book Clubs



Women's Group: Tuesday, Sept. 16, 2008 from 1:00 to 2:30

Nakoma Room, Heritage Oaks, Oakwood Village West

Tears of the Giraffe, by Alexander McCall Smith. Contact Alice Punwar at

274-0428 if you need a copy of the book. New readers always welcomed!

Men's Group: Wednesday, Sept. 24, 2008 from 2:30 to 4:00

Heritage Oaks Board Room, Oakwood Village West

The Nine: Inside the Secret World of the Supreme Court, by Jeffrey Toobin.



Madison Area Seniors Group

Dinner at Imperial Garden Chinese Restaurant, 2039 Allen Boulevard, Middleton—Wednesday, September 24 at 6:00 p.m. RSVP required.

Breakfast at Pancake Café, 6220 Nesbitt Road, Fitchburg—Monday, September 29 at 9:00 a.m. RSVP required.

For further information about joining the *Madison Area Seniors Group* (at no cost) and the Group's calendar of events, please contact Ed at 274-7920 or go to the group's website at <http://seniors.meetup.com/131/>. For everyone interested in getting together with like-minded seniors in one or more special interest activities, the Madison Area Seniors Group appears to be an easy and creative way to do so!



2008 Dane County Triad Crime Prevention and Safety Conference

Tuesday, September 9, 2008 from 9:00 to 3:00

Blackhawk Church, Intersection of Mineral Point Road and South Point Road

For more information or to register contact RSVP of Dane County (441-7897)

Come and Preview PLATO's Fall Schedule

Wednesday, September 17, 2008 from 1:30 to 3:30

Madison Senior Center, 330 West Mifflin Street

PLATO (Participatory Learning and Teaching Organization) is a self-directed learning organization of 700 adults in collaboration with UW Madison.



Medication Use in Older Adults: The Good, the Bad, and the Ugly

Alan Lukazewski, SAIL Personal Health Coach and Oakwood Village Pharmacist

Tuesday, September 23, 2008 at 7:00 p.m. at the Alicia Ashman Branch Library

This is a program of The Next Chapter, sponsored by SAIL members Bob and Carroll Heideman, RSVP, and the Madison Public Library.

Attic Angel Continuing Education

"Slow Food and a More Hopeful World"

Neil Heinen, writer and Editorial Director for WISC-TV



and Madison Magazine.

Monday, September 8

Attic Angel Place

Coffee: 10:00

Program: 10:30

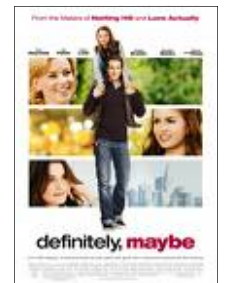
8301 Old Sauk Road

No charge.

For other Attic Angel lectures info call 662-8842.

Sunday Oakwood Village West Movie

Definitely, Maybe



September 7, 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

Ann Albert

Program Director
608-230-4453
Cell: 575-4915
ann@sailtoday.org

Lynn Pauly

Member/Volunteer Services
608-230-4454
lynn@sailtoday.org

Laura Adell

Member/Vendor Services
608-230-4452
laura@sailtoday.org

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.

Know Who You're Dealing With

Laura Adell, Member/Vendor Services Coordinator

Just a reminder to always be aware of who you're dealing with whether it's a vendor or just someone with a good line. As Bob Dott recently found out -- being a good Samaritan sometimes does not pay.

"I was mowing my lawn recently when a fellow came over and claimed that his son was injured badly in an auto accident near Beloit and he needed money for gas to drive down there. He claimed to be the custodian at nearby church. He said that the minister had left for the day, so he couldn't ask him for assistance. After some hesitation I gave him \$10 and asked him to write down his name and address, which he did. I doubted if I would ever see him or the money again.

The next day we called the pastor who knew nothing about him, which verified that it was a scam by a good actor with a good line. One likes to believe people, and in a residential neighborhood something like this is hardly to be expected. It is a clever new trick."

Thank you Bob for sharing your experience with all of us.

On another note: Rudolph's Workshop is no longer a SAIL vendor. Please remove them from your list.

What to Do When Gypsy Moths Invade Your Neighborhood

By June Weisberger, SAIL member



Have gypsy moths invaded your neighborhood this year?
Will you be faced with a gypsy moth problem next year?

For timely information about this growing area problem which results in serious tree defoliation, there are two useful UW-Extension leaflets. "Identifying & Managing Gypsy Moth Egg Masses" (FR-171a) and "Guide to Predicting Gypsy Moth Damage" (FR-156) may be obtained from your local Extension office, a DNR Service Center, or the SAIL office.

For additional information on gypsy moths, call 1-800-642-MOTH or visit www.uwex.edu/ces/gypsymoth.

Brochure FR-171a details the steps that need to be taken anytime between now and April to reduce tree damage during the following year. It is also important to report any sign of gypsy moths (typically egg masses found on trees from the time they are laid in August until well after caterpillars hatch in May) to Madison's City Forester, 266-4816.