



Providing PURPOSE AND COMMUNITY

BY ANN ALBERT

During a long, successful career as a healthcare in aging executive, Christine Klotz became familiar with The Village to Village Network and had seen the positive value of community as people age. Christine and her husband, Chuck Henderson, moved to Waunakee from central New York. "I was delighted to know that one of the oldest and most successful villages was here with Sharing Active Independent Lives (SAIL)," says Christine. "I knew that finding and maintaining purpose is a critical part of

staying healthy. Being a member of SAIL and volunteering with SAIL has been part of that purpose for me."

Often ranked as one of the best places to retire in the nation, Madison and Dane County are home to a growing number of older adults seeking to live the next chapter of life on their own terms. AgeBetter, Inc.'s unique membership program, SAIL, offers the support they need to achieve their goals.

SAIL, founded in 2005, has evolved into a thriving membership program designed to support the health and well-being of people as they age. It has been a leader in the growing village movement and is a charter member of the Village to Village Network, a national association of 250 villages throughout the nation and abroad. Members benefit from social and educational opportunities; access to a fully vetted list of service providers to assist with the tasks to ease the path

to maintaining life in their own home; and additional support, such as an optional morning check-in program and transportation to appointments and events.

"We know the risks that isolation can create as people age, and we view SAIL as a way to support member independence to stay in their own home and membership interaction to reduce the risk of isolation," says Christine.

Members drive the direction of SAIL's programs and services, and select the parts of the program that work



Christine

best for them at each stage of life. Christine offers her experience and leadership skills to assist in areas she feels she can make a difference, including as chair of the Communications Committee and as a member of the SAIL Operating Council. "We don't need many services yet, but we feel it is appropriate to support the organization now so that it is strong when we face inevitable challenges in the future."

Members are encouraged to share their time and talents to support fellow members and the organization. The wide range of backgrounds, talents, and experiences of its members build the strength of the organization. "Using my knowledge and experience and being a part of identifying needs within the organization now and for the future has been rewarding," says Christine. "Other members bring different skills and perspectives; sharing those keeps us all engaged."

Members and their families find that the peace of mind provided by SAIL membership when aging in place is the right choice.

Ann Albert is the executive director of AgeBetter, Inc., the parent organization of Sharing Active Independent Lives (SAIL).

Photographs provided by Sharing Active Independent Lives (SAIL).



**Sharing Active
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