



Attic Angel Community Connection

Attic Angel Community • Middleton WI • www.AtticAngel.org

NOVEMBER 2023

Perfectly Imperfect: Living Separately Together

When health tries to tear a couple apart, our Angels and staff will move heaven and earth to keep them together.

Enter Ron and Lorraine Bornstein and their six-decade love affair.

The two had moved to Madison from Michigan in 1967. Both had grown up in Detroit and both attended graduate school at the University of Michigan for degrees in education (Lorraine) and communication arts (Ron). Both were outward-focused and mission-driven in their careers as a kindergarten teacher and a public broadcasting professional. In fact, Ron was inducted into the Wisconsin Broadcasting Museum's Hall of Fame in 1993, in part, for his role as "savior of NPR (National Public Radio)" when he turned around the financially failing network. (Watch his award video here: <https://www.wisconsinbroadcastingmuseum.org/hall-of-fame/ronald-bornstein/>) Many more fascinating layers of his broadcast career also contributed to this Hall of Fame honor.

Thanks to Ron's vision, he led Wisconsin's public broadcasting from a faculty service toward a public service that educates the greater community. It's here that Ron's and Lorraine's careers and servant hearts intersect professionally while also showcasing their personal desire to help others. It lays the groundwork for their connection to Attic Angel.

The Angel Asylum

"I knew of Attic Angel's good reputation through my work in outreach," says Ron, who went on to serve in vice presidential roles in the University of Wisconsin-Madison and UW System. Upon retirement, the Bornsteins lived in Arizona for

20 years before moving back to Madison, just about the time Lorraine was experiencing early dementia.

"My standards in selecting a place for us to live was that it be nonprofit, a combination of mission and business, and have a great reputation. Attic Angel is also accepted as a leading institution with a strong volunteer base," he explains. "The Angels were an instrumental part of our decision to come to Attic Angel. They're terrific and make the place very special."

Another major aspect was the continuum of care. The couple had been on the Prairie Point waitlist, but when they were ready to move in 2018, they decided a life lease home was more than they could take on. With proximity, clinical quality and the care of Angels on their side, the Bornsteins decided to move into levels of service that allow both to live their best lives. Ron took an independent-living apartment and Lorraine moved into The Haven for memory care.

The decision was relatively easy, Ron recounts. "It was 100 yards away, I could see her anytime, and I knew she had good care: the three pillars of safety, happiness and health." Ron visits his wife daily and enjoys many of The Haven's activities with her.



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As time progressed, Ron encountered his own health challenges and knew that a move within Attic Angel would keep him close to the love of his life. Now living in Gorham Glen (formerly the Health Center) and relying on a wheelchair much of the time, the staff and Angels transport him every day to a side room where he and Lorraine share meals. “We appreciate that they will go outside of their routines to make things work for us.”

An Attitude of Gratitude

“The House That Angels Built” moniker exemplifies the blood, sweat, loving care and financial gifts given by the volunteer Angels and others over the organization’s long history. From their own experience, Ron describes those who make a difference as “cheerful,” “remarkable,” “thorough” and “committed.”

In response, the Bornsteins – including their three children and eight grandchildren– make generous gifts each year to the Employee Appreciation Fund, and the couple has contributed two major gifts to benefit other residents, both now and in the future. Last year, they created a performance fund to supplement programming in The Haven and Gorham Glen, and in 2021 they gifted technology for The Haven that offers hundreds of personalized applications from music and movies to wellness and interactive games and so much more.

“Wearing my public broadcasting hat, I realize that the organization grew by 10 times due to citizen support,” Ron explains. “Our gifts today follow a career of civic involvement, and we are giving back to the community from which we received. We’re happy that our gifts are making a quantitative and qualitative difference for a lot of people.”

As the two mark their 64th wedding anniversary in December, the Bornsteins celebrate their love for each other, their family and Attic Angel. “There’s no question in my mind that this is the best place in Madison,” Ron says. “That’s reinforced every day we live here.”

And what does he look forward to the most?
Their 65th anniversary!

Gratitude

By Rev. Kim Devore, Community Chaplain

Happy November! I cannot believe we are already into the season where turkeys are stuffed, roasted, and adorned with various delicious side dishes. As many, like myself, look forward to the delightful meal and delectable desserts, I invite you to reflect on Thanksgiving with gratitude.



Gratitude is “the quality of being thankful; readiness to show appreciation for and to return kindness.” Studies have shown the positive impact gratitude can have on one’s life. The benefits include better sleep, improved mental health, lessened stress, and improved resiliency. Therefore, take a moment each day and name 2-3 things you are grateful for. You may be thankful for your new connections, friendships, or even the air you breathe. If you want to take your gratitude habits even further, you can begin a gratitude journal by reflecting on your day and writing what you are grateful for in the morning and the evening before bed. Ending your day with gratefulness can provide gentleness and peace before sleeping for the night. After practicing gratitude for a time, you may find yourself offering words of thankfulness from November into December and the New Year.

As you gather for Thanksgiving, sitting next to your neighbors, friends, and family, think of moments and those people whom you are thankful for. From the beauty of the fall leaves to the smell of fresh Fall rain, may you see the beauty and gratitude from all that surrounds you this Thanksgiving. And as I am invited to the table, I will reflect on moments and people I am grateful for. Many of those moments and people are you! Happy Thanksgiving!

Chaplain Kim’s office is located in Gorham Glen next to the Rehabilitation Center. She can be reached at 608-662-8865 or Kimberly.Devore@atticangel.org

Angels Receive Their Halos

Back in 1889 Elva and Mary Bryant decided to help families by sewing new baby garments and gathering used clothing stored away inside their home. One day the sisters came down from their attic, arms filled with items to share and their father exclaimed “Here come my attic angels!” and that’s how it all started.

Throughout the years the Angels helped establish Madison’s first hospital and first Visiting Nurse Service as well as started and ran the city’s first well-baby clinic. In 1953 the Angels opened the first non-government run nursing home on East Gorham Street and later built a health center and independent living apartments for seniors on Segoe Road.



In 2000, the current Attic Angel Place (AAP) and Attic Angel Association (AAA) opened and in 2001 ground broke for Attic Angel Prairie Point (AAPP). The Haven was opened in 2007. In 2018, Attic Angel Management Services (AAMS) was formed and expanded the ability to serve seniors in Dane County by managing 55+ senior housing offerings.

The Angels were there through it all. In addition to volunteering with residents, Angels are members of the Association and fill positions on the Board of Directors for AAA, AAP, and AAPP and serve on many Association committees. Through the years Angels have organized fundraising events to raise money for the Resident Aid Fund and for community grants.

In October, Angels who actively served the Attic Angel Community from 15 to 45 years were honored with “Halo Awards”.

45-Year Emerald Halo Award

Gail Buschke is a second generation Angel, following in the footsteps of her mother, Helen Cooper. When Gail started in 1978, Attic Angel had its nursing home and independent living

apartments on Segoe road. As a fiber artist, Gail’s main focus and passion at Attic Angel has been the studio. She was in charge of the studio at the Segoe Road facilities and has enjoyed watching the studio evolve over the years. One of Gail’s three children, Tobin Bushke, has worked in Dining Services for a number of years.

40-Year Diamond Halo Award

Back in 1983 when Christy Mayer, Kay Steffen, and Enid Weygandt joined Attic Angel, first-year Angels were called “probationers”. All three women served on the AAA Board at some point during their Angel tenures. Enid was Chair in 1993 when Attic Angel began to seriously look for a new campus. Christy has worked in the café since it started, back when Angels did everything from cooking to cleaning up. Angels were so grateful when employees were hired to help. Kay started Catholic Communion and introduced cocktail hours. She has chaired the Attic Sale three times. Christy, Kay, and Enid are all now residents of Florida for part of the year, but are still active Angels.



35-Year Ruby Halo Award

When Jeri McCarthy and Harriet Stoll started in 1988, they distributed juice and water to residents in the nursing home, read to residents, and wrote notes for them. Jeri fondly remembers working one on one with residents after they moved from Segoe Road to Attic Angel Place. Harriet was very involved in the House and Garden Tour working her way up from helping with the luncheon to chairing the whole tour. She has been on the Development committee for many years.



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30-Year Gold Halo Award

Karole Leadholm also started as an Angel when Attic Angel had its nursing home on Segoe road. Back then, Angels walked residents to picnics and concerts at Rennebohm Park and pushing wheelchairs was a workout due to the big hill between Segoe Road and the park. Karole lead “Rhythm and Song” for 20 years and has been in the Angel choir for 29 years. She noted how much music means to residents.



25-Year Amethyst Halo Award

Sally Lorenz and Marilyn Butz joined Attic Angel in 1998, just as plans were underway to move from Segoe Road to Junction Road. Sally recalled being assigned to dust all the chair rails in the new building before the residents moved in. Sally has served on many committees and taken on leadership roles including Board Chair in 2005-2006 and again in 2018-19. Marilyn has worked at the Attic Sale counting cash for 21 years.



20-Year Silver Halo Award

Pat Meloy, Sandy Spengler, and Sherri Stafford (pictured) all joined Attic Angel in 2003. Some of Pat’s favorite memories at Attic Angel are music related. She sang with the holiday choir and helped lead the sing-along session in memory care. Pat also enjoys driving residents to medical appointments. Sandy’s focus for many years has been the Second Chance Shop that is open to residents and staff who can choose a certain number of items to “buy” for free. Sherri’s passion was working as one of the chairs of Continuing Education and, like Pat, she counts Medical Transport as one of her favorite activities.



15-Year Pearl Halo Award

In 2008, Lynne Jacobson, Nancy Porter, and Patty Schultz all joined Attic Angel and were among the first volunteers in the Haven. It remains one of their favorite places to volunteer. Lynne loves to sing and shared her beautiful voice with residents during her many years in the Angel Choir. Some of her fondest memories are helping with Hymn Sing in Gorham Glen. Nancy has a creative streak and often thinks up unique activities for the residents and even once rode through the Haven on a three-wheeled bike with a container of ice cream treats for the residents. One of Patty’s favorite memories is playing balloon volleyball with the Haven residents, even if it could get a little competitive at times. Patty is also the current Chair of the AAA and AAP Boards of Directors.



Congratulations to all our Halo recipients! Collectively, these seven classes have given a total of 212,562 hours to care for our residents and to support Attic Angel’s mission. We are deeply grateful for all you have done.

New Horizon Fund

Every year Attic Angel Association adds an amount to the New Horizon fund in honor of each Halo award recipient. The New Horizon Fund was established in 1989 to provide financial aid to students in a medically-related field and to provide staff education and training in Attic Angel facilities. This year a total of \$2,080 will be added to the New Horizon Fund! Thank you Angels.

Attic Angel Association Mission

The Attic Angel Association is a not-for-profit, independent organization of volunteers who improve the quality of life within Dane County. Members meet health and human service needs through volunteer and financial support with special concern for children and the elderly. A major focus is Attic Angel Community which provides living and health care options for older adults.

Book Review: The Lost Girls of Willowbrook

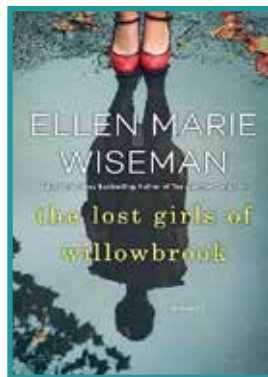
By Janelle Taylor, Residential Community Manager

This mystery by Ellen Marie Wiseman is both thrilling and heart breaking and available on our DEI Library shelf.

Though a work of fiction, the story is set in Staten Island at the infamous Willowbrook State School, the real-life mental institution that was later shut down for the unspeakable conditions the patients were living in. The plot of the book even features some of the true events that occurred at Willowbrook from 1947-1987. The story of what happened in institutions such as Willowbrook --- where good, well-meaning individuals mistreated thousands of the most vulnerable and fragile people for what they thought was the best of reasons --- is a story that deserves to be told. It's a story that has to be taken seriously, and credit to Ellen Marie Wiseman for sharing that narrative with honesty and respect.

Here is a short synopsis on *The Lost Girls of Willowbrook*. "Sage Winters always knew her sister was a little different even though they were identical twins. They loved the same things and shared a deep understanding, but Rosemary—awake to every emotion, easily moved to joy or tears—seemed to need more protection from the world.

Six years after Rosemary's death from pneumonia, Sage, now sixteen, still misses her deeply. Sage is stunned to discover that Alan, her step-father, has kept a shocking secret: Rosemary didn't die. She was committed to Willowbrook State School and has lingered there until just a few days ago, when she went missing.



Sage knows little about Willowbrook. It's always been a place shrouded by rumor and mystery. With no idea what to expect, Sage secretly sets out for Willowbrook, determined to find Rosemary. What she learns, once she steps through its doors and is mistakenly believed to be her sister, will change her life in ways she never could imagined..."

If interested in reading this story, I'd advise checking the trigger warnings for this book before deciding if you are going to give it a chance. However, I highly recommend this book for its clear look into a system that not so long ago, was ever too expected, for individuals with disabilities.

Thank you for reading!

National Cyber Security Month

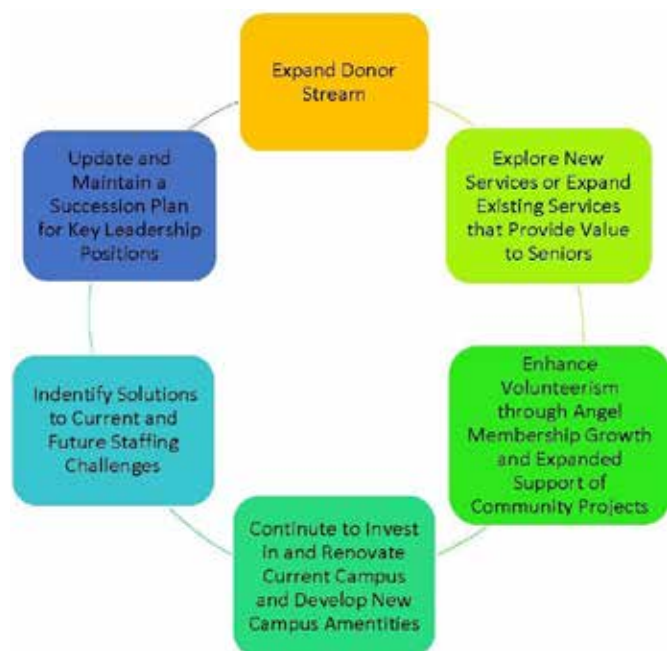
By Tara Bauer, Director of Quality Assurance & Risk Management



October was National Cyber Security Month, but being safe from cyberattacks should be daily. One of the best and easiest ways to help protect yourself from a cyberattack is to think before you click. Phishing emails are a type of a scam that deceives people into revealing sensitive information or by accessing personal information typically through emails and links. Scammers will send out an email that appears to be from a reputable source. Once the victim clicks on the link it opens their technology up to the scammer. If you get an email from a source you do not know or receive an email with or without a link, you can click on the 'report phishing' option in your email for it to be reported. You should also delete the email if it does not automatically do that when reported.

There are many different email accounts out there, but it is important to learn how to report phishing emails to your email provider right away. Most email accounts make the ability to do so rather easy, but when in doubt, report suspicious emails and never click on the links from sources you do not know.

Long Range Planning Update: 3rd Quarter



Goal One: Expand Donor Stream

The objectives of this goal are to explore new donor programs and events; to explore external grant opportunities; and to expand our estate and donation planning for residents and Angels.

3rd QUARTER UPDATE: There are no action items or recommendations at this time. The Development Committee is continuing to have ongoing education to begin to think differently about engaging donors.

Goal Two: Explore New Services or Expand Existing Services that Appeal & Provide Value to Seniors

The objectives of this goal are to evaluate home health or supportive home care; to evaluate the needs in our continuum; to explore wellness offerings and services; to expand Management Services; to evaluate what technology may be used to enable “aging in place”; and to look to find partners or other organization for collaboration.

3rd QUARTER UPDATE: The team toured the memory care Cottages at Cedar Community in West Bend to gain insight into what other communities are doing in terms of memory care. The team is in the process of creating smaller teams within the goal and bringing in outside employees and community members to focus

on individual topics and areas identified for improvement.

Attic Angel has applied for Community Based Residential Facility (CBRF) licensure in Bryant Ridge so that we are able to welcome folks in who may already have an activated Power of Attorney (POA).

The team is also working on an education plan and introduction of SAIL membership for Attic Angel Managed Communities and Attic Angel Prairie Point (AAPP).

Goal Three: Enhance Volunteerism through Angel membership growth and expanded support of community projects

The objectives of this goal are to identify new ways to recruit and retain members; to develop shadowing opportunities for prospective Angles; to explore alternate member levels; to develop partnerships with other volunteer organizations; and to identify Angel amenities to offer tangible benefits programs.

3rd QUARTER UPDATE: Kelly DuBois is working to put together an Angel Marketing plan proposal for this team to work to share what Angels are doing with the community and promote Angel membership. Michelle Godfrey is reaching to outside organizations to source what they are doing to solicit new volunteers. The team will be meeting in the 4th quarter.

Goal Four: Continued investment in and renovation of current campus and development of new campus amenities

The objectives for this goal are to evaluate the campus and identify areas of opportunity to repurpose space or create new space; to identify what amenities are lacking, no longer used, or need improvement; to pilot offerings with residents to build a business plan for new services; to identify if current space is available to accommodate current and future needs; and to identify service levels now and into the future.

3rd QUARTER UPDATE: The AAA board has approved a recommendation from this team to solicit Requests for Proposals to gain bids for a

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Master Site plan effort in our next fiscal year. All recommendations from the LRP teams first go through the Planning & Outreach committee and then to the AAA board for approval.

The maintenance team has worked to refresh the employee breakroom. Other action items include evaluating the rehab entrance to see if we could convert this space to wellness, as well as identifying a place for pickleball and an area for a possible convenience store pilot.

The team will meet again in the 4th quarter.

Goal 5: ID Solutions to Current & Future Staffing Challenges

The objectives for this goal are for Attic Angel to be an employer of choice; to identify what employees want in an employment relationship to create engagement and retention; to identify employee amenities to offer tangible benefits; to create career ladders, mentoring opportunities, and enhanced training; to formalize relations with minority organization and schools in the Madison area; to evaluate and identify how to formalize an immigrant worker program; and to evaluate positions to match current and future needs.

3rd QUARTER UPDATE: The team met in July. Cindy Zellers and Michele Joslyn are working on creating a survey to current Angel members to gauge interest on mentoring employees and identify career experience and skills to pair with employees.

Jennifer McLaughlin is the champion leading the Geriatric Career Development program which identifies High School students Sophomore through Senior year who will shadow and learn from our employees to learn about careers in our field.

The HR team is working to implement DEI training for employees. They are also working to build relationships with Urban League and Centro Hispano. The team is also working on a values exercise to identify our organization's 5 core values and implement these values on employee recruitment, retention, and performance evaluation processes.

AAA Board Highlights



By Deb Ankowicz, AAA Asst.
Board Secretary

The leaves are changing color and a nip is in the air! Fall has officially arrived.

The September Attic Angel Association (AAA) Board meeting kicked off with an introduction to the new Director of Plant Operations, Josh Anders. He brings experience and great energy to the position. Please join us in welcoming him to the Attic Angel Community. Michelle Godfrey provided updates to the Long Range Plan. A focus group of women ages 28-40 is planned to gain insight into new ways to meet the needs of this age group of potential Angel volunteers. A Board retreat to hear informational "pearls" gleaned by staff and Board leadership, from the recently attended Leading Age National Conference, is up coming. Patty Schultz reviewed the Chairs Goals for 2023-24. She stressed that these goals are not just the Chair's goals, rather are our shared goals for the good of the community.

The Board approved three proposals made by the Planning and Outreach Committee: to establish and fund a Habitat for Humanity Frame-Up Day to help build a home, for interested Angels, staff and residents to participate in; adopt the Geriatric Career Development Program, as presented; and the development of Request for Proposals (RFP) for a Master Site Plan for the AAC Campus. The Board also approved two proposals made by the Human Resources Committee: the proposed leadership team bonus structure, as fiscally feasible; and to reduce the 401K match age from 21 years to 18 years, to be in line with our competitors. Finally, just a reminder that the Holidays Galore & More signature sale is coming up on November 3 & 4 at the Association Building. Hope to see you there.

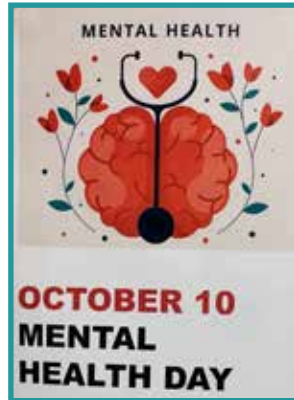
The AAA Board meets monthly. Directors include: Patty Schultz, Chair; Terry Mouchayleh, Vice Chair; Michele Joslyn, Past Chair; Cindy Zellers, Treasurer; Joyce Behrend, Assistant Treasurer; Christina Barley, Secretary; Deb Ankowicz, Assistant Secretary; Meredith Degen, Development Coordinator; Patsy Miller, Development Assistant; Deb Dieter, Relations Coordinator; Julie Reneau, Director-at-Large; Claudia Brown, Director-at-Large

World Mental Health Day

October 10th marked World Mental Health Day, and Angel Chair Patty Schultz and Chaplain Kim Devore partnered to plan an event to recognize the day. Mental health includes emotional, psychological, and social well-being and affects how one thinks, feels, and acts. It is one's mental health that helps determine how stress is handled, as well as relating to others and making choices. The importance of caring for one's mental health is something many do not make a priority, and Patty and Kim wanted to help change that by organizing a Mental Health Fair.

The fair provided attendees with various resources and opportunities to learn about mental health and its effects on an individual. There were speakers from the National Alliance on Mental Illness (NAMI), Aging and Disability Resource Center (ADRC), and the Journey Mental Health Center who came to the Mental Health Fair to present on many areas of mental health and self-care. Each speaker thoroughly explained topics of stress, anxiety, depression, grief, and how to care for oneself through the speaker's educated and professional lens.

In addition to the presentations, multiple tables provided attendees different engaging activities and resources regarding mental health. From temporary tattoos to worry stones, the fair



offered much information for all who stayed for the presentations and perused the resource-filled tables.

It is crucial to remember that mental health is just as important as one's physical health. Unfortunately, there is often the notion that mental health is taboo. The hope for the mental fair and guest speakers was to start the conversation surrounding mental health and help empower individuals to seek help from a professional and support from those they are close with.

For those who could not attend the fair, there are extra resources in the Chaplain's office in Gorham Glen. The Hartford Employee Assistance Program (EAP) is available for employees at 1-800-964-3577 or www.guidanceresources.com.

AAP Board Highlights

By Nancy Olson '18, AAP Board Secretary

The Attic Angel Place (AAP) Board met on September 21 at Attic Angel Place where they listened to three AAP residents share their assessments of the positive aspects of life at Attic Angel and the areas of need. All expressed gratitude for the pleasant, capable, friendly, and attentive staff. Areas of needed improvement included staff recruitment and upgrades to dining/kitchen equipment. Each of them expressed pride in being a part of Attic Angel Community.

Resident Services Director, Kim Blum, reported on resident recruitment efforts. The department is actively recruiting staff in order to decrease the need for agency personnel. The Community Based Residential Facilities (CBRF) license application for Bryant Ridge is in process. The next AAP Board meeting is scheduled for November 16.

The Attic Angel Place board meets every other month. Directors include Patty Schultz, Chair; Terry Mouchayleh Vice Chair/Treasurer; Nancy Olson, Secretary; Barbara Berven, Director at Large; Michele Joslyn, Director at Large; and Kim Kundert, Director at Large.





Heads Up: Reminders



COVID-19 Vaccination Clinic

Monday, November 20th

10-11am: Gorham Glen, Bryant Ridge & Haven
11am-1pm in the Quiet Room: Segoe Heights, Prairie Point & Staff*

*vaccinators may be a few minutes late to the Quiet Room as they will be finishing up in other levels of care

Dates of No Wellness Classes

- Nov. 1** - No Fit Circuit or Balance Class
- Nov. 2** - No Chair Yoga or Bar & Chair Exercise
- Nov. 3** - No Fit Circuit or Balance Class
- Nov. 6** - No Fit Circuit or Balance Class
- Nov. 23 (Thanksgiving)** - No Classes
- Nov. 27** - No Fit Circuit
- Nov. 29** - No Fit Circuit

Prairie Point Association Voluntary Dues

The PP Association dues periods:

- Current donation period - May 1, 2023, thru April 30, 2024
- 2024-2025 donation period – May 1, 2024 thru April 30, 2025 – donations will be solicited at the May 2024 Semi-Annual Meeting.
- Donations for both years are \$10 per resident.

If you gave a donation during the most recent Semi-Annual meeting on October 10th, it will be applied to the 2023/2024 fiscal year's list.

Any future donations made during the 2023/2024 fiscal will be applied for this fiscal year.

If you are not sure whether you have donated, contact Arthur Emery (arthuremery15@gmail.com), Treasurer, for information regarding the timing of your donation. If you have not already donated for 2023/2024, you may place your donation in the locked drop box attached to 329 Samuel Drive (Treasurer's home). Thank you to all who have contributed to the fund primarily used for Social Committee functions.

Prairie Point Ladies Lunch: November 2023

Prairie Point Ladies: Come enjoy lunch out before the busy holiday season! The Prairie Point Ladies Luncheon will be Thursday, November 16 at 11:30am at Hawk's Landing, Dahmen's Restaurant.

There will be 6 menu choices: 2 salads, burger, quesadillas, chicken wrap and steak sandwich \$20.00 will cover meal, including non-alcoholic beverage, tax, and tip.

Call Judy Tuttle 608-203-9216 or Beverly Green 608-831-6126 to reserve. Brought to you by Betty Keeney, Beverly Green and Judy Tuttle. Hope to see you there!

Continuing Education

Attic Angel Place - Community Room

Coffee: 10:00 a.m. Program: 10:30 a.m.

Nov. 6 - *National Register of Historic Places: Highlights from Dane County (And a Little Beyond)*

Daina Penkiunas, State Historical Preservation Officer and Division Administrator, 20 year staff member in Wisconsin's State Historic Preservation Office

Nov. 13 - *MYARTS, A New Youth Art Center*

Jessica Courtier, Director of Community Partnership for MYARTS

Nov. 20 - *Native American Burial Mounds in Wisconsin*

Robert Birmingham, Author, Editor, former Wisconsin State Archaeologist, Wisconsin State Historical Society

Nov. 27 - *No Program - Thanksgiving Break*

To stay up to date on community events, residents may check activity calendars or reach out to their Life Enrichment Coordinator. Staff may check their email or the monitor by the employee entrance.