



Attic Angel Community Connection

FEBRUARY 2024

In This Issue:

Page 2: Love, From and For the Attic Angel Community
(continued)

Pages 3-4: Livin' In Love

Page 5: Livin' In Love
(continued) & Resident Surveys

Page 6: Men's Golf League
& Happy Valentine's Day
from the Chaplain's Office

Page 7: Long Range
Planning Update

Page 8: Long Range
Planning Update (continued) &
Garden Gab

Page 9: Heart Month

Page 10: Reminders

Pages 11-12: Community
Happenings

Attic Angel Community
Middleton WI
www.AtticAngel.org

Love, From and For the Attic Angel Community

By Janelle Taylor, Residential Community Manager

The month of February is all about celebrating love, so we asked Attic Angel Community residents and staff to share what they love most about our community. Below are the statements received in response. We think they do an amazing job highlighting some of the key components that make Attic Angel Community unique and easy to love.



- "I love that this community is considerate of its neighbors. I loved to see that AAPP residents took it upon themselves to throw a holiday open house for other AAPP residents, so no one had to be alone for the holiday."
- "I feel proud to be a long time staff member and resource of Attic Angel Community. I love that our organization supports a variety of local agencies that truly make a difference for our community. It brings me joy to connect daily with our residents, families and staff while holding space on a personal level. I am honored to hear the many life stories and experiences that are shared with me in confidence."
- "I love the people the most- both the residents and employees."
- "I remember with gratitude how the Angels, every year, make the holidays so lovely with their decorations at AAP."
- "I am proud of how we welcome new residents and help them to become members of our community."
- "When my husband passed, many people, not just one person, helped me survive my greatest tragedy. My husband and I were happily married for 64 years. Losing him was devastating but AAP residents and employees helped me soldier on. I am grateful to live here."

Continued on page 2

- “Last year there was an open invitation on the calendar for lunch at the home of a long-time Angel. I signed up with other residents, not knowing our hostess or location. After a 20 minute bus ride to a lovely suburban home in Waunakee, we were greeted by Mrs. Barbara Berven who happened to be both our bus driver’s wife and President of the Madison Symphony Orchestra League (MSOL). What followed was a lunch with wine, fresh avocado salad, and a 1,000 calorie ice cream dessert. We even received a fun takeaway token, all managed by the Berven’s themselves and their beautiful China service. The conversation around the table was fun and easy due to the Berven’s hospitality. How very generous their dedication to the community and Attic Angel is!”
- “I. Did. Not. Want. To. Move. To. Attic Angel. My sons wanted me out of the apartment I had lived in for about ten years. They claimed that I needed the protections of a place like Attic Angel as I grew older and I needed an attention not available where I was. I loved my apartment. I liked my landlord. I liked my position near the southwest bicycle path. I almost never locked my door. I liked and trusted my neighbors. I did not want to leave my apartment. And yet, I knew my body was changing. So, reluctantly, I moved to Attic Angel. I did not make friends easily. My first year here was an uneasy one. And then I found the Writer’s Group. I had found my home! I belong. I feel safe here. I am at home here.”
- “Very high on a list of what I like about Attic Angel is the Arbor Café. Every time we have eaten in the Café and every time we have used the takeout option, Barb and I have found the food and the service to be the best. The Café has been a great place to have a conversation with other residents. The takeout option during Covid and afterward has been much appreciated. So, thanks to Bri and her staff and volunteers!”
- “As an employee of Attic Angel, it is easy to say that I love coming to work to assist and advocate for our residents. I am infinitely grateful for everything that our residents have taught me and will continue to teach me! I have worked for a few different long term care organizations and the wealth of knowledge and expertise in our resident population is impressive in comparison. However, what I truly love most about working for this organization is the value it sees in me and the educational opportunities it offers me to help me grow and develop my career path. I have never worked in an organization where I have felt so seen and appreciated by both the residents and the staff. Everyone believing in me has helped me to believe in myself and that is an invaluable feeling.”
- “I had only been living here for a short time when I came down with the flu and pneumonia. I was hospitalized and of course, feeling down. Not to mention the awful hospital food I had to eat. After some time, I requested to transfer back to Attic Angel Place for a recuperative stay before going back to my apartment. The transfer was approved and upon my return, I remember coming through the front doors near reception. There was a group of Attic Angel residents and staff smiling upon me and clapping for my return. That moment made me feel so welcomed and at home. Moments like this are why I love Attic Angel Community.”
- “David Schrank was an LPN in Bryant Ridge. He passed away unexpectedly a few years back. Often times he would stop in to Central Storage and bring pieces of artwork that he found at St. Vinny’s. Most times it was paintings or pictures of outdoor scenery with sunshine and sometimes animals. He said there were no windows in Central Storage, so he wanted to bring some of the sunshine inside, so when we looked at them we could feel it. I still have a couple of those pictures on the walls in CS and will never forget his thoughtful kindness.”

Livin' In Love

By Hannah Dosch, Life Enrichment Coordinator

Bryant Ridge (formerly Households) is home to six amazing couples who call Attic Angel home and are able to stay side by side throughout different stages in their lives. Each couple has a unique and special story about how they met and how they have been able to have such a long and happy marriage.



Tom and Louise's love story is built on strong family and moral values. Tom and Louise both attended UW-Madison and met when Tom was a senior and Louise a freshman. They both went square dancing at the Memorial Union and ended up as partners. After talking and getting to know each other, Tom asked Louise if he could give her a ride home. He took her home and the next morning they both ended up at church, not knowing the other would be there. Throughout college they continued to write and call each other. Louise said, "I wasn't focused or looking for anything serious," but Tom was dedicated to showing her that he wanted her. After Louise graduated and Tom had his own pharmacy, the couple was married. Their marriage has been a smooth and happy union for the last 71 years. It has been full of teaching their six children the value of hard work, dedication, and reminding them to always do their best. When asked what their secret is for having such a long, happy marriage, Louise said, "We had such similar goals of what we wanted for our futures. We supported each other in whatever we thought was best whether it was with the kids or career wise, and the fact that we have such high, strong family values." Choosing Attic Angel was not a hard choice at all for them. They both knew they needed the extra support and that they wanted to be together. Louise being an Angel herself, knew that Attic Angel was where they were supposed to be since they could always be together no matter what happened.



Ann and Bob have been loving each other for almost 68 years. They met on a blind date at a local bar, when Ann was a student studying Occupational Therapy and Bob was in the Air Force. Together they have loved their three daughters, played many games of bridge, watched countless games of football and basketball and traveled to different countries. They even took college classes together at Rochester Institute of Technology just to be able to learn something new, side by side. When asked what has made their marriage last so long the response was having common interests, learning to compromise, and loving each other's personalities. Bob and Ann are so appreciative of the staff here at Attic Angel and soon learned after moving from New York to Wisconsin to be closer to their daughter, that it is a special place. Bob and Ann love that they can continue to do activities together and make it a point to learn every staff member's name and story.



Continued on page 4



When it comes to how they met, Chuck and Diane have slightly different stories. Chuck said he was dating Diane's sorority pledge daughter and after they broke up he eventually asked Diane out. Diane, on the other hand, says that they were both in the UW-Madison insurance society and he asked her out to a movie which turned into them riding to Chicago for a conference together and getting dinner. Either way, this turned into 68 amazing years together. They have so many good memories together that it was hard to describe just one. They would travel all over with each other, with the next destination always being their

favorite and often skiing together. They both agreed that their secret to a successful, happy marriage is just showing up for each other and ignoring the flaws that you don't like. Attic Angel has always been a comfort for them especially with Diane having been an Angel for almost 50 years. They both love the values and morals that Attic Angel stands for and feel so much comfort and appreciation, especially after being separated for a short while the last month and a half.

You could say that Guy and Dottie started off on a rocky boat but it has been smooth sailing for almost 68 years. Guy had been noticing Dottie for a while at their Michigan State sailing club meetings. She eventually became his skipper for the rest of their lives once he figured she was the best he could ever need. They have always been extremely active together whether it was sailing, skiing, taking bike trips, hiking, or chasing their three amazing kids. They have learned over the years that their secret to a long, happy marriage is having a tolerance for each other and having mutual interests in their hobbies. Attic Angel was their top choice when finding their new home because it's so well organized, with amazing views in a great neighborhood. It also was an easy choice because they could adapt together and could always be in the same building, no matter what their needs are.



Red and Gail met on the UW Campus, where they both attended. Red was driving his 1947 Coupe to pick up his friend when he spotted two girls on the corner in the snow and asked if they wanted a ride. You can call it love at first sight because that is where the beginning of this happy marriage began. Red asked Gail to go out for drinks and dancing, and this became a 67 year (and counting!) marriage full of sailing, skiing, playing golf, traveling, and loving each other through their careers. Their secret to a happy, long marriage is similar to Ann and Bob's. They say loving each other, having common activities, and being appreciative of each other, especially Red for Gail taking

care of their three, amazing kids and the house while he had a successful and busy career traveling for Oscar Mayer. They chose Attic Angel because Gail herself is an Angel. They learned to love the organization and have slowly traveled through Attic Angel together, loving that they can be together while doing it.

Pam and Jim were both students staying at the Mount Airy Lodge in the Pocono Mountains when they met. Jim knew Pam was the one and asked her out after spending the day out with Jim and his friends. When asked about their favorite memories, the response was that there are too many good memories to pick just one. Together they would go to shows, movies, go out with friends, and even played platform tennis, supporting each other during their separate games. Jim said, "The secret to our long marriage is actually that we had separate lives, but somehow it made us more connected. We could do our own things but we always came back to each other every day for the last 60 years." Being from Pennsylvania, their son chose Attic Angel but they soon have learned while living here how special Attic Angel is and how appreciative they are that they can continue spending their lives together here.

The common agreement throughout the six couples who share their lives together in Bryant Ridge is that Attic Angel is such a special place to them. They all are so appreciative of the staff and the organization for being able to adapt and accommodate their new lives here. They love that Attic Angel is such a loving, comfortable, and amazing community that they can continue to grow together as a couple, no matter where life takes them.

Resident Surveys

By Tara Bauer, Director of Quality Assurance & Risk Management

Every year we send out a survey to residents of AAP to ensure their satisfaction with our community is documented and any possible areas of improvement noted. This survey is generated by the Wisconsin Coalition for Collaborative Excellence in Assisted Living (WCCEAL) and distributed among assisted living facilities (ALFs) across the state.



WCCEAL is a group of dedicated people organized to improve the outcomes of individuals living in Wisconsin assisted living facilities. In 2009, WCCEAL was formed to redesign the way quality is ensured and improved for individuals residing in ALFs. This public/private coalition utilizes a collective impact model approach that brings together the state, the industry, the consumer, and academia to identify and implement agreed-upon approaches designed to improve the outcomes of individuals living in Wisconsin ALFs.

This resident satisfaction survey will be distributed at the beginning of February and will need to be returned before the end of the month. The survey includes specific multiple-choice questions and open-ended comment boxes, among other survey question formats. Family members of residents are encouraged to help residents with the surveys if needed. Employees are asked to ensure that residents complete the survey, know that this is not junk mail and that their voices matter. Residents have the option to remain anonymous or can include their names. They are going to be given an envelope to return the survey via mail or can be given to reception.

Completion of the survey is important to ensure we are measuring our resident's overall satisfaction with their services, care, and support while living here at Attic Angel Community.

Attic Angel Prairie Point Men's Golf League Gearing Up

The AAPP Golf League is a group that meets weekly at Odana Golf course. Our goal is to have fun and get better acquainted. There is no competitive scoring, record-keeping, or prizes. Tee time is usually Monday at 10:00 AM, playing nine holes. The 2024 season runs from May 13 through September 23. If time allows, we gather afterwards for a soda or just to chat.



Membership is open to all Attic Angel residents (Attic Angel Place & Prairie Point), regardless of skill level. Last year we had seven regular participants, but we want to expand our group to include others who might be interested. The expectation is that members will play regularly, although most of us will have some scheduling conflicts. If you are interested in joining, or just seeking more information, contact Dennis Dorn at nrodld@gmail.com or 608-772-1006.

A Valentine for You!

By Kim Devore, Community Chaplain

Did you know Valentine's Day is 2nd in greeting card sales at 145 million cards sold yearly? (Christmas is number one at 1.3 billion cards sold.) Did you also know that nearly 250 million roses are grown each year in preparation for Valentine's Day? Amazingly, this holiday has become quite popular since the 1300s when Pope Gelasius officially declared the date of February 14 "St. Valentine's Day." But whichever facts you may or may not have known, the holiday marks a time when Valentines are given to express love and affection for one another. You may be one who thoroughly enjoys giving sweet Valentines or be the one on the receiving end. Either way, love and thoughtfulness are being shared. When you walk into any store, you may notice that you will find aisles lined with chocolates, flowers, and pastel hearts with those sweet sentiments printed on each piece of candy. You may even feel the gravitational pull to bring you into those aisles to prepare to gift someone their very own Valentine. However, as we may enjoy sharing Valentines with others or receiving a Valentine from a loved one, what would it look like to push back against the norm and treat ourselves as the special Valentine? Could we look to ourselves to see how we can show ourselves some love?



In today's fast-paced living, there are many times that we care for others, and we forget to care for ourselves. Self-love is not being selfish; instead, self-love is acknowledging our needs and caring for ourselves versus sacrificing our needs to prioritize the happiness of others at times. We must ensure our buckets are being filled because it is challenging to pour our energy into others when our bucket is empty. Therefore, we must take time and practice self-care to fill our buckets. Self-care is different for everyone, and finding what self-care activities work best for you is essential. Some examples of self-care are meditation, exercise, eating a healthy diet, prioritizing sleep, gratitude, prayer, yoga, journaling, massages, reading your favorite book, etc. There are many forms of self-care and many that can fill your bucket. Therefore, this Valentine's Day, I challenge you to buy yourself that sweet heart-shaped box of chocolates and a bouquet of roses to enjoy during your time of rest and self-care. It is okay to take time for yourself. When caring and loving on your friends and loved ones, you will find an increase in energy and joy when your bucket is full. Peace and love to you, Valentine.

Long Range Planning Update: 4th Quarter

By Kathleen Roseboom, Executive Assistant

Goal One: Expand Donor Stream

Our current giving categories are Resident Aid, General Fund, and Wish List. Staff Development, Resident Experience, Spiritual, and Highest Priority will be added as categories. Our website's donation page will be completely redone with our overall website update. A new Customer Relation Management (CRM) software is in the budget request for 2024-25. A new approach for donor recognition is in the works. The team is still exploring ways to expand estate giving and legacy gifts.



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

Smaller team groups have been working on the following: Dementia training through a LeadingAge Wisconsin grant will be held this spring and is being coordinated. Work to gain Community Based Residential Facility (CBRF) license status in Bryant Ridge is continuing which would allow people with an activated healthcare power of attorney (HCPOA) to be admitted to Bryant Ridge. All paperwork has been filed and we are awaiting information from Department of Health Services (DHS). Education of the Sharing Active Independent Lives (SAIL) offerings has been done at AAPP, Olympic Village, and plans to share the information at Oakmont and Parkside are in the works.

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

The focus groups of 28-40 year old women were cancelled due to lack of response, but the group is considering sending out an email survey to them instead. We will be piloting some non-member volunteer programs including a Youth, Business, and Resident Volunteer Program. The team is discussing changing how we recruit volunteers and drafting a consistent elevator speech for member recruitment. Work through the Volunteer and Membership committees will be part of our next steps and engaging our membership for feedback.

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

We will be moving forward with our request for proposal (RFP) for a Master Site Plan. The group will meet in January to review RFP responses, and the process will be started in May. The breakroom has had some updates with more to come. Members of the team are surveying residents to determine offerings wanted at a "convenience store" and looking into incorporating this into our new resident App, Touchtown. Members of the team are reaching out to the City of Madison and the Capitol Area Pickle Ball Association to advocate for adding pickle ball courts at the city park near Prairie Point. Some furniture is being rearranged at Attic Angel Place to make better use of some spaces. Finally, we are hoping to try some different dining offerings at the Terrace Restaurant.

Continued on page 8

Goal 5: ID Solutions to Current & Future Staffing Challenges

The values exercise led to the following five values being recommended to the Association Board for our community to adopt: Compassion, Service Excellence, Community, Accountability, and Respect. The HR team is inquiring about an “Employer Choice” award survey, and is working on putting our WeCare Connect data into the Community Connections newsletter and employee breakroom. We have built relationships with Middleton High School, the Middleton Chamber, and Urban League. Michele Joslyn and Cindy Zellers identified VicNet would be the easiest way to capture Angel data rather than a survey. They are close to having this finalized. They will then request Angels to fill out their profile data and meet with specific Angels based on that data to gauge interest in mentoring. The team is looking into becoming an apprentice site for Madison College trade programs. The team brainstormed ideas for recruiting and engaging staff via social media that will be trialed by the social media team in 2024.

Garden Gab

By Grace Huddleston, Lead Horticulturist, Attic Angel Grounds Team

Did you know? Seeing de-icing agents, like salt, on the sidewalks in the winter doesn't always mean the ground is not slippery! When applying de-icing chemicals our staff have to take several factors into consideration including one called regain time. The salts work to help let the solid precipitation run off of surfaces just like rain in the summer. They do this by drawing moisture in towards the pellets and then “melting” into a saline solution. This solution has a lower freezing temperature than normal precipitation and is able to drain away. The typical regain time for de-icers can be up to 6 hours or as little as 20 minutes for liquid de-icers! (That's why your airplane might have to de-ice twice before takeoff if you've been delayed on the tarmac!) Some examples of factors that make salts less effective include extremely low temperatures, high humidity, and high winds. To stay safe in slippery conditions, wear properly soled shoes, keep your eye on changing weather conditions, and consider walking with mobility aids or hiking poles so that you can test how slippery the surface is before you commit to stepping on it. Remember, salt that does its job cannot be seen since it has dissolved. When in doubt, check it out – use your walking stick to check if its slippery. And then, walk like a penguin! – Even the maintenance crew does it!

In the January edition of the Community Connection, there was an opportunity for people within our community to come up with names for our new bed edger. We received 8 name suggestions, and people were able to vote on their favorite. The votes are in, and the winner is...

Fredgerick

Thank you to all who participated!





What comes to mind when you think about the month of February?

By Nicole Faust, Wellness Director

Who said Valentine's Day? Who said the shortest month on the calendar? Who said the month I consume too much chocolate or go broke spending all their money on roses? BUT did anyone say February is also known as Heart Month?! No? Well, then, let's learn a little about February and our hearts!

The Evolution of American Heart Month:

According to the American College of Cardiology, American Heart Month was an initiative started by President Lyndon B. Johnson in 1964. After suffering from a heart attack, he proclaimed the month of February 1964 American Heart Month. Since 1964, February has reminded Americans to focus on their heart health and commit to a healthy lifestyle. By making lifestyle changes and eliminating their risk factors, people will see more positive impacts on their quality of life.

Hard Truth about Heart Disease:

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. One person dies every 33 seconds in the United States from cardiovascular disease. About 695,000 people in the United States died from heart disease in 2021—that's 1 in every 5 deaths (CDC May of 2023). This is a scary statistic to think about. The only risk factors a person cannot avoid are family genetics or being born with a congenital heart defect. These are the only two risk factors you cannot control, but you can control your commitment to living a healthy life.

What are the risk factors you can control?

The five main modifiable risk factors for heart disease are high blood pressure, high cholesterol, diabetes, depression, and obesity. It is never too late to start making changes in your lifestyle. The hardest step in changing is taking that first step; the rest is history. Small changes equal significant impacts!

Did you know that Exercise is the cheapest prescription your Doctor can prescribe?

Exercise is the miracle cure we've always had, but we've neglected to take our recommended dose for too long. Some people say I am too old to start exercising, I have too many complications to exercise, my head, shoulders, knees, and toes hurt, or my favorite is "I HATE EXERCISE!" I always say there is an exercise routine for everyone, and if you hate exercise, it's because you haven't met the Attic Angel Wellness Team.

In conclusion, did you know February is Heart Month?

There is so much more that can be said about the prevention of heart disease and how change can make a difference not only in your life but also in the lives of your loved ones. During February, I challenge you to pick just one thing you want to work on. Don't look at the big picture and get overwhelmed by all the changes you need; choose the one you will feel most satisfied with.

The National heart, lung and blood institute says it just right— **"Your Health is Your Wealth" Friday, February 2nd is National Wear Red Day to bring awareness to heart health. Wear red to show your support!**



Heads Up: Reminders



Prairie Point Sloppy Joe Supper

The sloppy joe supper will be held on Sunday, February 18. We will meet in the Community Room at AA Place, at 5:00 p.m. Social committee will provide sloppy Joes, buns, potato chips and soft drinks. People whose last names begin with A through M are asked to bring a salad to share, and N through Z a dessert to share. If you would like anything else to drink, please bring your own. For reservations please call or contact Sue Buehler msuebuehler@gmail.com 608-829-0080 or 608-630-7394.

Save the Date

Attic Angel Community will be hosting on site a Habitat for Humanity Frame Up Day. This will be an all hands on deck approach to building the walls of a home as a community. More to come on specific details but mark your calendar now if you want to be part of this! You can plan to volunteer in 1-2 hour increments. Our date is April 24th with a rain date of April 25th. Time will be from 8:15am-12:30pm.

Writers Group Needs You

Did you know about the Attic Angel-Prairie Point Writers Group? We have been meeting for several years, sharing our life stories, fiction, haiku, and poetry. Most importantly we have a great time just enjoying each other's company. We normally have a short writing to share, which invariably leads to sharing of memories and experiences. We have our own little niche, 1:30 in the afternoons on the second and fourth Tuesday of each month. We typically meet in the intimate Quiet Room in Attic Angel Place. Stop by and find out who we are, and what we do.

For further information, contact Sue Smith (SUZEE745@icloud.com, 608-845-7773) or Dennis Keeney, (drkeeney@gmail.com, 515-450-9003).

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.

Continuing Education

Attic Angel Place - Community Room
Coffee: 10:00 a.m. Program: 10:30 a.m.

Feb. 5 - *Exploring Greenland by Land, Sea, and Air as a Harbinger of Global Change*

Gary Theisen, Retired Professor, Universities of Iowa and Virginia; Director of Research and Planning, Academy for Educational Development, Washington, D.C.; Photographer; Resident with wife Virginia, Prairie Point

Feb. 12 - *Minimizing Falls and Making Home More Safe to Reduce Risk of Falls*

Tina Heikens, Therapy Coordinator, Attic Angel Community

Feb. 19 - *What Does Lake Ice Seasonality Tell Us About Climate Change?*

John Magnuson, Professor Emeritus, Department of Integrative Biology; Director Emeritus, Center for Limnology

Feb. 26 - *Creating College Possibilities for Students with Disabilities*

Marissa Blackmore, Cutting-Edge Director, Edgewood College

Prairie Point Ladies Luncheon

When: February 20th @ 11:30 am

Where: Benvenutos - Fitchburg

Price: \$20 including tax and tip

Four preselected menu choices

Hosts: Judy Wilkins, Barbara Crabb

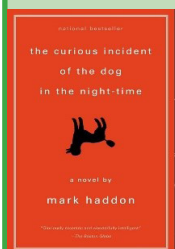
Invitation to follow

Book Discussion

The January Community Connection included a book review for *The Curious Incident of the Dog in the Night-Time*. There will be an event on March 28th at 1:00PM in the Community Room or via Zoom to discuss the book. Any

resident, staff or angel is invited to join us for the discussion.

Copies of the book are available for check out starting February 1, 2024. Please contact Janelle Taylor at 608-662-8906 or janelle.taylor@atticangel.org to check out a copy of the book.



Attic Angel Community Happenings



Treats and sweets! Angel volunteer Debbie lent her skills to make hundreds of delicious treats for staff during the holidays. They were made in memory of her mother, whom she would often bake with. Thank you, Debbie!



Staff and residents were able to give their well wishes to our wonderful Chef Steve, who retired last month. Refreshments and delicious chocolate cake were part of the festivities. We wish him all the best, and will miss his expertise in our dining department.

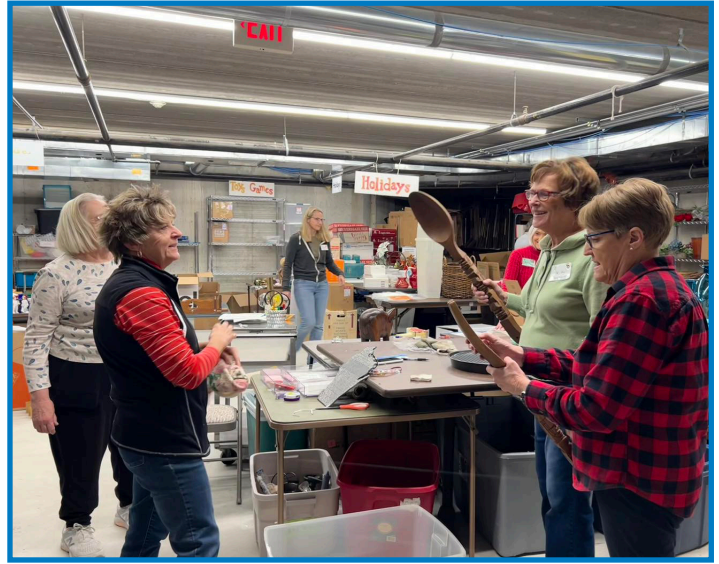
A message from Chef Steve:

*To Attic Angel Residents,
Thank you for attending my retirement party. What a delight to celebrate this special occasion with you. It was so fulfilling to see the many residents as well as team members who meant a great deal to me over the years. Thank you for your incredible kindness and I wish you all the very best.....
Steve Baltes*

Attic Angel Community Happenings



Our Angel volunteers have been busy preparing for our annual Attic Sale, which will take place on Friday, May 31st & Saturday, June 1st. We hope to see you there!



Walking in a winter wonderland! While the snow storms in early January may have brought freezing temperatures, it sure did make the scenery in our community look beautiful!





Attic Angel
Community Connection

Community Connection is a monthly newsletter for Attic Angel Community residents, family/friends, and staff. Published at the start of each month, it is posted on the resident portals and distributed by email to staff.

Submissions are due by the 15th of each month for the following month's publication. Submit notices, news, and interesting stories electronically to

NewsletterSubmissions@atticangel.org

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