



Attic Angel Community Connection

APRIL 2024

In This Issue:

Page 2: A Legacy for the Future
(continued)

Page 3: 'Sidewalk Queen' Chalks Up
Her Pastime to COVID

Page 4: CEO Giving Challenge &
Data Backup

Page 5: AAA Board Highlights

Page 6: Garden Gab & Welcome
Spring from the Chaplain's Office

Page 7: Habitat for Humanity Frame-
Up Day

Page 8: Parkinson's Wellness &
Pump It for Parkinson's

Page 9: Reminders

Pages 10-11: Community Happenings

Whistle Blower/ Corporate Compliance

It is everyone's responsibility to report compliance issues. Issues may be reported to any member of the Management Team or anonymously by calling our 24-hour hotline: (608) 662-8880 For more information, see section 5 of the Employee Handbook.

Attic Angel Community
Middleton WI
www.AtticAngel.org

A Legacy for the Future

By Janelle Taylor, AAC Housing Manager and Barrett Lione-Seaton, Midwest Solar Power

Thanks in part to a half-million dollar donation from Attic Angel Prairie Point (AAPP) residents John and Margo Hansen, all 123 homes in Prairie Point will eventually be powered completely or in part by renewable solar energy, installed by Midwest Solar Power of Madison.



Solar panels on the roof of Attic Angel Place

Attic Angel, thanks in large part to its residents, was already a solar leader. A group of Attic Angel Community residents started expressing interest in sustainability efforts in 2013, following a complete energy audit of the Attic Angel facilities. Two residents, Jon McCarthy and Red Thompson, worked diligently to propose solar panel installations on the two wings of Segoe Heights in 2018 and then the Haven in 2019. They also assisted with educating their neighbors and coordinating 40 solar installations for their ranch-style Prairie Point homes in 2019. In recognition of their work, they received the 2019 Renewable Energy Catalyst of the Year award from Renew Wisconsin.



Jon and Red

Finally, another round of resident-driven installations occurred in 2022. It was in that year John and Margo moved to Prairie Point and connected with like minded residents.

Continued on page 2



Within months, the couple had 26 solar panels installed on their own residence. The array supplies all their household electrical needs and fully powers their two electric cars.

Over the last several years a total of 46 AAPP units, including the community's model home, were equipped with solar. The Hansens' gift, now part of the Margo J Hansen Solar Fund, will allow for another 20 to 30 solar installations. Since the beginning of the MJH Solar Project, we have been able to equip 7 more AAPP units with solar, for a total of 53 AAPP units. Eventually, all 70 remaining AAPP homes will receive solar.

Midwest Solar Power was the contractor chosen to complete the project. The Madison-based company has specialized in turnkey residential and commercial solar installations in south central Wisconsin since 2009 and prides itself on high-quality, long-lasting work. Midwest Solar Power has already completed several installations for the MJH Solar project and more are ongoing.

Margo and John Hansen's interest in the environment dates to the 1960s, when John took a between-terms college course on environmental preservation. During the 1970s energy crisis, Margo's father built his own 20-foot-high solar panels. Both John and Margo enjoyed professional callings in health care; now in their golden years, their focus is on the health of the planet.

"Our vision is that the Prairie Point community will be a model for Wisconsin," says John.

Midwest Solar Power estimates that residents who have and will receive one of the 77 AAPP homes receiving solar through the MJH Solar Project will collectively save over \$50,000 per year in energy costs and keep 162 metric tons of planet-warming carbon dioxide pollution out of the atmosphere. That equates to almost one railcar worth of burned coal per year, or the amount of carbon that 200 acres of forest sequesters annually.

Attic Angel Community is proud to serve and support residents who strive for a better tomorrow. It has been exciting to watch the legacy they created continue to grow thanks to continued advocacy, contribution, and support.



Margo and John Hansen

'Sidewalk Queen' Chalks Up Her Pastime to COVID

Writing with chalk still seems to be second nature to retired home economics teacher Betty Keeney, and her expertise in making a "happy home" continues to spill onto the sidewalks within Attic Angel's Prairie Point neighborhood. Her messages and drawings bring smiles to a host of surprised recipients.

"I try to do birthdays, anniversaries, welcome home, thinking of you, things like that," says Betty, who serves on the welcome committee and pays attention to the birthday list printed in the community newsletter. During the summer, she tries to chalk messages two times for each of Prairie Point's 123 homes. Since she began chalking for others in May 2020, that translates to nearly 1,000 messages before summer 2024 even begins!



The genesis of her covert messaging was the pandemic, she explains, when many residents were isolating and not going outside very often. She was inspired by her friend's reaction to the chalk art that the friend's grandchildren created for Mother's Day that year. And so began Betty's new mission. An early riser, she heads out at about 6:15am with her basket of chalk and address list. "I chalk about 8 to 10 houses in a morning. That's the fun of it," she says, "to surprise them in the morning." Betty used to want to be anonymous, she confides, "but that went by the wayside." Now everyone knows Betty.

Just before Christmas, an unusually warm and snowless day allowed her to spread some winter cheer. "Enjoy the holidays" graced the sidewalks of about 30 homes. "That's too many for my age," she laughs, but she says the holiday spirit moved

her. Residents love the playfulness, and many express their appreciation via email and cards, all of which Betty keeps. "One even wrote me a poem," she says, beaming. She has garnered many nicknames, such as "The Chalk Lady," "The Sidewalk Queen" and "The Chalk Whisperer."

Betty, who is a neighborhood point person for recycling pill bottles, batteries, and ink cartridges, also volunteers with the Junction Ridge Neighborhood Association. Her commitment to doing good for others seems to reward her with doing well – and that's a "home ec" lesson worth writing in something other than chalk!



CEO Giving Challenge 2024

In honor and celebration of our 135-year history at Attic Angel, I am committing to give \$135 per month this year in addition to my ongoing giving efforts to the organization to support our mission. I am looking for 135 people to join me.....

Giving to an organization I serve in is easy, and it is rewarding to see how the dollars are used and the smiles on the faces who are directly impacted. It is an honor to be able to come to work every day in an environment that is welcoming, and in an organization that has touched so many lives and reaches beyond the walls of our main campus.



I invite you to consider joining me in this effort:

- A \$135 one-time donation
- \$135 spread throughout the year
- Donation of any kind that supports your interest in Attic Angel – some ideas may be:
 - Enhancing employee education and training
 - Supporting the growth of our Dementia and Cognitive Education offerings for Residents
 - Support of Life Enrichment offerings to enhance the lives of Residents
 - Support of Wellness for Residents
 - Staff Appreciation
 - Long Range Plan efforts to continue to carry out the Attic Angel Mission for years to come
 - Support of the Association overall to use money for the greatest needs
 - Resident Aid

Thank you in advance for your consideration,

Michelle Godfrey
President & CEO

If you would like more information, please contact Kelly DuBois, Vice President of Marketing & Donor Relations. She can be reached at 608-662-8911 or Kelly.DuBois@atticangel.org

Importance of Data Backup

By Alex Reckard, Resident Support Technician, Parasol Alliance

Did you know that backing up your data can be a lifesaver when tech troubles strike? Whether it's beloved photos, important documents, or priceless memories, having backups on an external drive and/or in the cloud means they're always within reach, even when your devices fail. Leading companies like Apple and Google prioritize cloud security, employing robust encryption to protect your data from unwanted eyes. With that being said, establish a routine today to actively safeguard your digital treasures for a worry-free tomorrow.

Alex holds IT office hours in the Private Dining Room every Friday from 10am-noon. You may also put in resident work orders through reception, or reach out to Parasol at techathome@parasolalliance.com or call (414) 219-9806.

AAA Board Highlights

By Kathleen Roseboom, Executive Assistant

The March Attic Angel Association (AAA) board meeting commenced with an educational presentation by President Michelle Godfrey on Risk Management as it impacts our Association. The board remains committed to mitigating risk in all aspects of our operation and continuing our work in some areas as we focus on additional risks that need to be assessed.



Cindy Zellers, on behalf of the Planning and Outreach Committee, presented several motions to the board for consideration. The following motions were unanimously passed:

1. An emergency fund of \$1,500 will be established before the end of the current fiscal year to purchase gift cards for food and gas to be provided to the Anana School as needed. The school social worker will determine the need, and the program will be supervised by the Anana School liaison, Jeanne Schultz.
2. With the St. Mark's food pantry no longer requiring our assistance, the board voted to develop a new relationship with the Extended Hands Pantry. The goal of this program is to provide access to the cultural foods some families prefer and which are not available at other food banks. Sally Lorenz has been the liaison for this group.
3. In conjunction with the food program, the board voted to incorporate a pen-pal program as well. Composition books would be utilized to implement a back-and-forth communication between Angels and residents with the children at Anana School. This program was well received by the core group and will be presented to the Anana School teachers for their input.
4. The board voted to approve the creation of new dining service offerings which will be rolled out in the next few months.
5. Lastly, based on a recommendation from the Long-Range Planning Staffing Solutions, the board voted to approve a motion that Attic Angel participate in the "Top Work Places" employee recognition program which will help us increase employee engagement and assist with recruiting new employees. The Board also approved starting a Leadership Academy training program as well as implementing a mentoring program.

The Annual Meeting will be on April 23 where members will vote on new AAA board members and updates to the bylaws.

Garden Gab

By Grace Huddleston, Lead Horticulturist, Attic Angel Grounds Team

To fairly decide which units will be bed edged this upcoming season we have run a “lottery.” The homes at AAPP were grouped into quadruples, quintuples, and sextuples then assigned a number from 1-27. Then a randomizer was used to decide which block would go first! Our first pick was group 24 which included the addresses: 327, 329, 333, 335, and 337 Samuel Drive. The second block in line is group number 3 which included the addresses 406, 408, 410, and 412 Meadow Rose Lane. We hope to complete at least a dozen homes with new bed edges in the spring season. Once the beds have been edged properly, mulch can be installed. Additional sections will be chosen as weather permits. These addresses will receive a notification about a week before the intended service date. Once the bed edges are cut, they will be cleaned (the same or next day), and mulch should be installed within 2 weeks. For those who do not want to wait, mulch will be available “self-serve” to residents in two locations across the neighborhood -- the Shawn Trail/Blackwolf Court cul-de-sac and the Elderberry yard compost site.

Welcome Spring!

By Kim Devore, Community Chaplain

April typically showcases the elements of the spring season, though spring came a little early for us this year. From the tiny buds intricately placed throughout each limb and branch of a tree to the small green shoots breaking through the cold dark soil of the earth, to which they work to blossom into an array of bold and beautiful colors. The earth has been dormant and preserved underneath the cold and wet blanket of snow weeks ago. Here in Wisconsin, the winters may feel long for some, and this year was a pleasant surprise as those individuals look forward to change and change to brighter, warmer, and more colorful scenes outside their windows and homes. Spring does do just that. Even as the air may still be crisp and a light jacket may be needed, the images brought forth by spring give hope to those looking for the change. Spring highlights the idea of new life, as plants and animals are hidden throughout the winter and come back into our world during this season.



When we apply change within our lives, there is friction or resistance to accepting that change. Change is known to remove an individual from being comfortable and feeling discomfort, as there are many unknowns. Change within our lives can be compared to the crocus shoots that break through the unyielding and dense soil, from months of being covered in snow and ice applying pressure onto the dry and loose ground it once was, to demonstrate to the world that they are still there. More beautiful each year, they come out to show their bold and bright colors.

Change can be difficult and cause times of discomfort through our own pressures and darkness, but as the crocus illustrates, much beauty can occur from the different journeys we may experience through change. Therefore, in those moments of discomfort from change, look up as you make your way through the dark and muddy soil because there is hope and beauty that is destined to shine through you!

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

Volunteers Needed for The House that Angels WILL Build

The Angels, residents, and staff of Attic Angel Community are teaming up with Habitat for Humanity to construct the wall frames for a home that will be built for a hardworking family in need. The volunteer frame-up event will be held Wednesday, April 24, on the Attic Angel campus, and the new homeowners will work alongside us!

No experience is necessary, and training will be provided. Up to 32 volunteers are needed for each of three 75-minute shifts (after training, it's essentially an hour of work). Volunteers may select more than one shift. Because it's a frame-up day, volunteers will focus mainly on hammering and nailing frames together, moving and carrying lumber frames, holding boards in place, etc. You'll be rewarded with a box lunch along with a t-shirt to wear at the event!

Volunteers must create an account, sign the online liability waiver, and click on the desired shift shown in the calendar box for April 24. Residents may get help from the Reception Desk.

TO SIGN UP: Type this exact information into the browser's address bar (*please note that the last part of the address includes two lower-case V's as in Victor - not a w – and a lower-case L before the p*): habitatdane.volunteerhub.com/vv2/lp/atticangel

Wednesday, April 24

(Rain date: Thursday, April 25)

Attic Angel Parking Lot Along Old Sauk Road

9:00 to 10:15 am - Shift 1

10:15 to 11:30 am - Shift 2

11:30 am to 12:45 pm - Shift 3



- **Residents and family members (age 16+)** – Anyone needing assistance with sign-up may feel free to stop by the Reception Desk between 7 and 11 am Monday through Friday. A notice with more details and a direct sign-up link will be posted on the resident portals.
- **Staff** – This is a great opportunity to use the new benefit of PAID volunteer time! Please discuss timing with your supervisor before submitting your request through Paycor. Please consider all three shifts if you can! Please note that an email with direct links will be sent to all staff.
- **Angels** – An email with direct links will be sent to all Angels and will be placed on the VicNet Home Page.

Walk-ins will be welcome on the day of the event. Anyone interested in joining as a spectator and cheerleader is welcome to offer moral support for this community-building event – no sign-up needed.

Parkinson's Wellness: Putting Together the Puzzle Pieces

By Catherine Still, Occupational Therapy Capstone Student



I want you to think about what comes to mind when you think of the word “wellness.” Perhaps you think of regular doctor’s visits. Maybe wellness makes you think of diet or exercise. All of these answers touch on a puzzle piece of wellness. Wellness encompasses physical, mental, social, emotional, and spiritual health. Focusing on wellness is especially important for people with chronic diseases like Parkinson’s disease, since the way they live their daily lives can affect their disease.

People living with Parkinson’s disease may experience symptoms that affect all areas of their life. They typically notice changes in the way they move, which we call motor symptoms. These symptoms, like tremors, stiffness, slower movements, and walking changes may be more obvious to people with Parkinson’s disease and their family members. Parkinson’s disease also has a wide range of non-motor symptoms, which may be less obviously connected to the disease. These symptoms include sleep disturbances, mood changes, challenges with thinking or memory, hallucinations or delusions, pain, sensory changes, constipation, and more. To promote wellness for people living with Parkinson’s disease, it is important to look at the whole picture.

So, what does this look like? To improve your wellness when living with a chronic disease like Parkinson’s disease, you can ask yourself these questions: How am I eating? How am I sleeping? How am I feeling emotionally? Am I still doing the activities I love to do? Am I staying connected with friends? Am I moving my body in a way that feels good? If you are struggling in any of these areas, I encourage you to set small goals and reach out to Attic Angel staff for extra support. Change may not happen overnight, but taking care of these wellness puzzle pieces can have a positive impact on your disease and improve your mental health.

In our Parkinson’s Wellness Program, we have been meeting weekly to work on a new wellness puzzle piece each week. Though taking care of your wellness is especially important for people with chronic diseases like Parkinson’s disease, everyone can benefit from checking in on their well-being. Stay well!

Pump It For Parkinson’s

April 11th is World Parkinson’s Day and Attic Angel Community is excited to join the National Institute for Fitness and Sport (NIFS) in Pump it for Parkinson’s! This event joins senior living providers across the country to help raise awareness of what Parkinson’s disease is and how exercise can help ease the symptoms people may experience every day! We will be hosting a NuStep-A-Thon in the Community Room to challenge residents, angels, and staff to achieve 30,000 steps with our Nusteps! There is a nationwide goal to accumulate 10 million total steps representing the 10 million people worldwide living with Parkinson’s. Everyone can sign up for 15-minute spots between 8:30am



– 3:30pm to get as many steps as they can to contribute to our goal! Sign-up sheets for this fun event will be placed at the front desk starting April 1st, so make sure to stop by and secure your spot! We will also be hosting an info booth where you can learn more about what your neighbors, family, and friends who live with Parkinson’s experience every day and why exercise is so important for them! In addition to the main event, there will also be an abundance of delicious food and exciting prizes to enjoy.



Heads Up: Reminders



Let's Get Fit with Kelly & Nicole

Attention Staff: Join Fit Circuit classes every Tuesday & Thursday from 4:30-5:15pm! Classes are held in the Wellness Room. It is \$10 for drop-in or \$50 for the month. Space is limited and you can sign up at the front desk--all fitness levels are welcome! Questions? Ask Nicole Faust at 608-662-8866 or email Nicole. Faust@atticangel.org

Continuing Education

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

April 1 - No Program (Easter Holiday)

April 8 - The Luckiest Boy in the World

Patrick McBride, cardiologist and author who shares experiences as a batboy for the Brewers, on the bench with the 1971 Bucks, and with the Packers in his youth

April 15 - Plans for a New Wisconsin State Historical Society Building Coming to the Capitol Square

Christian Overland, The Ruth and Hartley Barker Director and CEO, Wisconsin State Historical Society

April 22 - Overture's 20th Anniversary Celebration

Emily Gruenewald, Vice President of Development, Overture Centre for the Arts

April 29 - Human Trafficking

Marlene Sorenson, Zeteo Community; McKenzie Valenza, Certified Peer Specialist with Project Respect; and Former Dane County Sheriff Dave Mahoney

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.

Mahjong

Do you like Mahjong but don't have a group to play a game with? Please join the weekly Mahjong game!

They meet every Monday at 1:00PM in the small dining room.

If you have any questions please contact Beverly Kneebone at (608) 841-1024.

Prairie Point Ladies Luncheon

The April Prairie Point Ladies Luncheon is scheduled for Tuesday, April 16, at Petra's restaurant on Odana Road. Cost is \$20 per person, which includes tax and tip. Beverages are extra and should be paid for in cash.

There are four items to choose from. Except for the chicken nuggets, all the meat is shawarma, which is like gyros meat.

- 1 - Chicken topped Greek salad.
- 2 - Beef pita sandwich, with fries and extra sauce and one falafel.
- 3 - Chicken nuggets zinger wrap, with fries and extra sauce.
- 4 - Chicken, beef and rice bowl.

Please call Helen Eckerle, 608-833-0317, or Sue Buehler, 608-630-7394 for reservations and food choice, by Friday, April 12.

Attic Sale

Mark your calendars! The Attic Sale will be held Friday, May 31st and Saturday, June 1st at Keva Sports Center. You will find furniture, jewelry, art, and much more! Proceeds benefit older adults and children in Dane County.

WCCEAL Survey

In the February edition of the Community Connection, it stated that the WCCEAL (Wisconsin Coalition for the Collaborative Excellence in Assisted Living) survey for Segoe Heights, Bryant Ridge, Gorham Glen, and Haven was due by the end of February. Please note that survey responses must be post marked by **April 15th, 2024.**

Attic Angel Community Happenings



Breakfast at work? Why not! John Kaage, our Director of Dining Services, made ready-to-order omelets for staff. There was also fruit, bacon, sausage, and juice to enjoy.



Attic Angel hosted an International Women's Day Panel on March 8th. The panel included (from left to right): Nicole Faust, Wellness Director; Deb Cohn, Class of '15 Angel; Nancy Fredericks, Prairie Point Resident; Kim Blum, Director of Resident Services; Caroline Liedtke, Class of '89 Angel; Colleen Knudson, Director of Life Enrichment.

Attic Angel Community Happenings



Music to our ears! Segoe Heights resident Theresa recently gave a piano performance alongside her son, who played the Irish fiddle.



St. Patrick's Day fell on a Sunday this year, so we kept the celebrations going by wearing green on Monday the 18th! We sure are *lucky* to have such outstanding staff members.





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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