Covid News

By Carey Weiss, RN

The latest strains of the Omicron variant circulating in the US are known as BA.4 and BA.5. Knowledge is power and I hope that in providing you some information regarding the difference between these strains and what we have seen thus far, it will help you to make choices that are safe and comfortable for you.

The good news is that there does not seem to be additional risk of severity of illness with BA.4 & 5! There is some more risk from transmissibility. There is a mutation on the spike protein of BA.4 & 5 that evades protection from previous COVID infections/vaccinations and could allow some people to get COVID even if they have already had it. For every person infected with Omicron, they spread it to an average of 9.5 other people. Those infected with BA.4 & 5 spread it to an average of 18.5 people. Symptoms are similar to previous versions of Omicron COVID: Fever, runny nose, coughing, sore throat, headaches, muscle pain and fatigue.

Unfortunately we live in a world of COVID now and changes like these are part of the new normal. Attic Angel Community wants to emphasize the importance of social interaction for mental and physical wellbeing. We will continue to hold social programming for all of the Attic Angel community and ask that you make choices regarding attendance, social distancing and mask wearing based on your own comfort level. We do ask that if you develop any symptoms that you refrain from going to social programming or events and do an at-home test for COVID.

We are fortunate that the virus still doesn’t like fresh air and sunshine! It breaks down much faster under outdoor conditions. I encourage you to have a fun and safe August by holding visits and events outdoors as much as possible!

Falls As We Get Older

By Lisa Hill, Aegis Director of Outpatient Services

We all know that falls can lead to injuries that can make everyday activities challenging. In some cases, concerns about falls can lead people to cut back on activities they are capable of performing. This is a problem because being inactive can raise your risk of falling. Although falls are the leading cause of injury and accidental death in adults over the age of 65, they can be prevented. Each year, millions of people who are 65 and older fall. In fact, one out of three older people falls each year, but less than half tell their doctor. Did you know that falling once doubles your chances of falling again?

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Falls As We Get Older (continued)

But there are things you can do to reduce your fall risk! Here are just a few: Exercise—this can keep your leg muscles strong and improve balance, Good Posture, Proper Hydration and Nutrition, Take your medications as prescribed, Get eye exams regularly, Remove throw rugs, and Wear proper footwear. The Therapy and Wellness staff at Attic Angels work with people at risk for falls to help them better understand and manage their risk factors. Please stop in the therapy clinic if you have any questions or would like to know more. Or if you would like to leave a message for the Therapy Department, our phone number is: 608-662-8868 and we will get back to you as soon as possible.

AAP BOARD HIGHLIGHTS
By Pat McClimon, AAP Board Secretary

The AAP Board met on June 23rd. The Educational portion of the meeting was presented by CFO, John Kaiser. We learned that the acronym, GAFP stands for “generally accepted financial practices.” The Financial Services Department for the Attic Angel Community oversees the development and the execution of the annual budget and sees to it that there are adequate resources for operation (using, of course, GAFP). There’s the painstakingly developed budget and then there are the various challenges that come up during the year (such as, overtime, lower than expected resident census, unexpected expenses, etc) which keep life from getting dull in the Financial Services Department.

Cheryl Miller, Chief Operations Officer at AAP, reported that residents are feeling much happier now that activities have begun to resume and Angels are back in the facility. Some residents are enjoying community dining, while others remain cautious about joining others to eat.

Cheryl reviewed the results of the WCCEAL (Wisconsin Coalition for Collaborative Excellence in Assisted Living) survey taken by residents in all areas at AAP. She shared the top scores, improved scores as well as opportunities for improvement. She also presented action plans for areas needing improvement.

Staffing and resident census continue to be challenging. Training opportunities are being offered to some staff to enable them to take on leadership roles when RNs are not easily accessible. Also, some household units have been remodeled and marketing has implemented other strategies to increase census.

The Board discussed the possibility of substituting the money budgeted for outdoor LED lighting to purchase new, or refurbish the old, outdoor dining furniture. The old furniture is in bad shape and the outdoor dining is very much enjoyed by the residents in nice weather. Perhaps grants or other sources of revenue for the LED lighting can be determined.

The Board voted on the recommendation of the Finance Committee, to increase the threshold needed for two-signature check signatures. The increased threshold is more in line with what other organizations use for needing two signatures.

Next on the docket for the AAP Board is attending the upcoming Audit presentation.
### Birthdays

#### Health Center
- Ellie Fassbender 08/01
- Bill Rayne 08/04
- Marshall Saye 08/21
- Andy Devine 08/24
- Mary LaMar 08/29

#### Households
- Elaine Guderyon 08/04
- Audrey Karls 08/05
- Malcolm Crump 08/10

#### Apartments
- Carol McDonald 08/01
- Bill Licata 08/01
- Els Purvis 08/11
- Bob Darula 08/22

#### Prairie Point
- Nancy Smith 08/01
- Sue Buehler 08/03
- Mary Ann Rehberg 08/04
- Peter Wood 08/05
- Janice Pigg 08/10
- Mary Tripp 08/19

### Birthdays (continued)
- Gloria Turgeson 08/21
- Tom Browning 08/23
- Pamela Sacaridiz 08/25
- Regis Miller 08/29
- Tom Eckerle 08/30

### Moves and Transfers

#### Households
- Bette Duff HH 375

#### Apartments
- Nancy Schuler APT 322

### Staff Anniversaries
- German Pardo 1 year
- Vivian Dahlk 1 year
- Alicia Weber 1 year
- Maleakia Carter 1 year
- Victoria Knoke 1 year
- John Kaiser 2 years
- Namo Assignon 2 years
- Akakpo

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**ATTIC ANGEL COMMUNITY**

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Happy Anniversary!