Making Spirits Merry and Bright at AAP
By Pat PcClimon, Angel Volunteer

A flurry of activities is in the works for Attic Angel Place during December. There will be a multitude of groups arriving to serenade the residents with holiday songs. Then too, the Angel Choir is planning sing-alongs in the various areas during the holiday season. Life Enrichment staff are arranging outings for each level to view the holiday lights. This experience will be enhanced by traveling in the new bus where the vision will be much better.

Anticipation is high for a visit from a special visitor from the north on December 14th. This special visitor (a fella with a broad face and round belly that shakes when he laughs like a bowl full of jelly) will be escorted by elves from level to level to greet residents. Then too, there may even be a staff holiday attire contest.

A really fun activity has been taking place during October and November in the Studio. While the Angel volunteers decorate the halls of Attic Angel Place to a fare-thee-well, it was determined that it would be wonderful for the residents to feel a part of the holiday decorating by having an opportunity to make tree ornaments that they could view on trees in their own areas. The 2022 Intern volunteers and their Advisors, the Guardian Angels and their Advisor, and Kaitie Sauer, Art Program Coordinator teamed-up to make it happen.

The Interns moved their studio training ahead by a couple of months so that they would be ready to work in the studio. Deb Dieter, Intern Advisor for the class of 2020, volunteered to be the point person to work-out the details with Kaitie in the Studio. Deb, being a crafting guru and Pinterest aficionado, put together ornament kits. The kits contained everything needed to glue, paint, and embellish ornaments. The residents and angels worked together and assembled sleds, snowflakes, stars, trees, and even candy cane ornaments.

Several three-foot trees were purchased to place in various areas from which the ornaments could be hung. When Deb had some unexpected time on her hands, she decided to make tree skirts, complete with the Attic Angel logos, to complete the trees.

Seems the spirit of the season is on full display at the Attic Angel Community this year!
AAPP Board Highlights
By Kathleen Roseboom, Executive Assistant

The AAPP Board meeting on November 10 started with a review of AAPP’s Form 990. This is an informational tax form that must be filed annually with the IRS. The Board then approved recommendations from the Replacement Reserve Advisory Committee. The current $75/month facility fee will continue at that level for the next two years and the Annual Reserve Fund Advisory Committee will review that amount annually.

The next Board meeting on February 9 will include a budget review. The Board also hopes to review the results of a survey sent to all residents to try to understand what activities, services, and offering residents participate in as well as what services we may want to consider offering in the future. They will also review the results of a WeCare Connect resident satisfaction survey that will go out to AAPP residents within the next few weeks.

The AAPP Board wishes you all peace and joy this holiday season.

The Joy of Giving!

Think of the joy in your children and grandchildren’s eyes as they open holiday gifts! You can provide those wonderful memories for other families in our area this holiday season through The Giving Tree. For many years Attic Angel has partnered with Reach Dane to provide toys and books at the holidays for children enrolled in Head Start and Early Head Start programs. These are children who might not otherwise receive gifts. We’ve made it easy to purchase gifts from the comfort of your home! A gift registry has been set up at Target where you can select gifts and they will be sent directly to Reach Dane. Please shop soon so the gifts can arrive in time to be distributed on December 7th. Follow this link or scan the QR code and make holiday wishes come true! Your generosity will brighten lives!

https://www.target.com/gift-registry/gift/givingtree2022

AAP Board Highlights
By Pat McClimon, AAP Board Secretary

The Attic Angel Place Board met on Monday, November 14th. We were happy to meet and welcome two new staff members. Janelle Taylor will be the new Manager of the Faith Living facility and Tara Bauer will be the Quality Assurance and Risk Management Director.

We discussed the results of the Angel Volunteer Input Survey taken in October. Many angels answered the survey offering input into their volunteering experience, especially that at Attic Angel Place. We will be anxious to review the information from the Resident Interest Survey so that we can go forward with activities that will be enjoyable for all.

Rumor has it that there will be some beautiful holiday decorations going up soon at Attic Angel Place, and some special activities and events taking place as well. As is said, “It’s the Most Wonderful Time of the Year.” The Attic Angel Place Board wishes one and all a very happy holiday season!
Angels of a Feather
By Terry Mouchayleh, Angel Volunteer

If you have recently walked by the Art Studio at Attic Angel Place, you may have immediately noticed, as I did, the lovely feather art created by residents, Angels, and staff. Entitled “We’re All Winging It Because That’s What Angels Do,” the piece is a stunning arrangement of colorful feathers in the shape of wings.

I asked Kaitie Sauer, our clever art studio director, how she came up with the idea. She explained that she was looking for collaborative community projects to showcase and saw online a school classroom talk about the color wheel; instead of a wheel they painted paper feathers. Katie was taken with the concept: “I thought what a perfect idea since we are Attic Angels! I thought I could do a display of angel wings.” She looked online for faux fathers and started to have everyone (angels, staff, residents) paint them in whatever pattern or color they wanted. She then arranged them into an angel wing pattern by colors.

Kaitie’s goal was one that was exceptionally relevant in our currently challenging times: “I really wanted something that everyone could be a part of and see how we are all different but when we come together, we can create something beautiful.”

Impressively, the piece also caught the eye of others outside of the facility. It received the Best of Show for the WRAP (Wisconsin Representative of Activity Professionals) cultural arts submission. The cultural arts event is a chance for other facilities to submit work and showcase what residents have been working on.

The piece has been popular throughout the facility. Residents point out their feathers that they have made and even take pictures in front of it. Kaitie noted that “…it was definitely one of my favorite projects.” And it’s one of my favorites as well. If you get a chance walk by the Art Studio and enjoy it; I just bet it will lift your spirits as it did mine.

Mark Your Calendars!
New Leaders Meet n’ Greet

Drop in on Tuesday, December 13 to meet the following new leaders:

Nicole Faust, Wellness Director
Kim Blum, Resident Services Director
Tara Bauer, Quality Assurance & Risk Management Director
Kendell Wright, HR Director

AAP Community Room from
10:30-11:30 w/ coffee
AAPP Model 1:00-2:00pm
Grief and Holiday Coping
By Kristin Rice, Community Chaplain

‘Tis the season of lights, cheer, and positivity. Except, it’s also a season that can be very challenging and difficult to experience if you are not full of light, cheer, and positivity. ‘Tis the season where grief and loneliness also reside amidst bright lights and tasty cookies.

Perhaps this is the first winter holiday season without a loved one, or in a new place that isn’t filled with the same memories and nostalgia you’ve been accustomed with for most of your life. Perhaps you are far away from friends and familiarity.

It is absolutely okay to not feel okay during this season, no matter what anyone says. Grief and sadness are emotions and experiences that do not follow timelines or predictable patterns. They are with us even in the best of circumstances.

So here are some ideas to help you cope with grief you may experience in the days and weeks to come:

1) **Tune in to your emotions.** If you find yourself feeling short or more irritable than normal, it could be that your grief is making itself known. Take time to acknowledge the negative and the positive feelings you have right now, and remind yourself it is okay that these feelings coexist.

2) **Honor traditions and memories.** Even if the people we celebrated with are no longer here, we do not have to forget the traditions and stories that were shared and made together. Write down a cherished tradition or memory, or share the story with someone you trust.

3) **Practice grief coping skills.** Because grief can come at us without a moment’s notice, it’s important to have some skills in your pocket: find somewhere quiet and take some good, deep breaths. Go for a walk, even if it’s just around your floor. Listen to music. Journal and write about the feeling or memories.

4) **Ask for help, reach out for support.** I promise you, you do have people in your corner. Whether family, friends, professionals, or caregivers – you do not have to struggle with your grief alone. At Attic Angel Place, there are social workers, a chaplain, and many other care-giving professionals who will support you and listen to you.

5) **Self care can be a good boundary.** You get to choose when and how you participate in this season of winter holidays. You may feel excited to attend a holiday party or special activity, get there and become overwhelmed with grief. You do not have to stay, and it is okay. You may also find it helpful to plan ahead – choose which activities you want to attend ahead of time, and find a balance between engaging with your community and taking ‘me’ time.

Grief never leaves us, but we do learn to live with it differently as time moves on. Our capacity for love and laughter can live with our sadness and loss. Let this season be one where you give yourself permission to feel what is true for you, and to love yourself in the midst of it.
The Terrace Holiday Dinner

Thursday, December 15, 2022.

Dinner Served 5:30pm
Seating will begin at 5:00pm

Traditional Shrimp Cocktail
Homemade Cocktail Sauce, Lemon

Frisee Salad
Pomegranate Seeds, Bleu Cheese, Toasted Walnuts, Crispy Prosciutto, Apple Vinaigrette

Slow Roasted Prime Rib of Beef Au Jus
Rustic Redskin Parmesan Mashed Potatoes, Fresh Green Bean Almandine, Yorkshire Pudding, Honey Butter

Dessert
Turtle Pie
Cheesecake, Raspberry Coulis, Fresh Mint
Fresh Fruit Parfait

Non Alcoholic Beverage of Choice

Seating will be limited to Residents only.
Make your reservations by
December 10, 2022. Seating will be
Limited to tables of eight or less.
Please call the Terrace at 608-662-8860
To make your reservation.
Happy Holidays!
Dear Resident Family and Friends, Staff & Angels,

We are pleased to continue Attic Angel Community’s partnership with several local hotels offering discounted rates. Effective Nov. 1, 2022, these negotiated rates are available with Country Inn & Suites, Baymont Inn & Suites, Comfort Suites and Holiday Inn & Suites. These options offer you and your guests a nice variety of lodging choices.

*Country Inn & Suites – 2212 Deming Way. Rates starting at $81 per night for standard rooms and starting at $94 per night for suites. Country Inn & Suites offers many of the great comforts of home. Some amenities include: fresh baked cookies, self-serve hot complimentary breakfast, free Wi-Fi, complimentary newspapers, pool, hot tub, and fitness center open until midnight, and business center, which is available 24 hours a day.

For reservations call (608) 831-6970 and ask for the Attic Angel Community rate.

*Baymont Inn & Suites – 8102 Excelsior Dr. Rates starting at $75 per night for standard room. Baymont offers considerable amenities including complimentary continental breakfast and evening cocktail specials, fitness center, indoor pool and whirlpool, free Wi-Fi Internet access, shuttle to airport or destinations near to the hotel (7 days a week based on availability, must call in advance).

For reservations call (608) 831-7711 and ask for the Attic Angel Community rate.

*Comfort Suites – 1253 John Q Hammons Dr. Rates starting at $81 per night. Comfort Suites offers considerable amenities, including complimentary hot, deluxe breakfast and evening cocktails, fitness center, indoor pool and whirlpool, free Wi-Fi Internet access, shuttle to airport (7 days a week based on availability, must call in advance).

For reservations call (608) 836-3033 and ask for the Attic Angel Community rate.

*Holiday Inn & Suites – 1109 Fourier Dr. Rates starting at $119 per night for a standard room. Holiday Inn & Suites offers newly remodeled rooms and the IHG hotel group rewards program. Numerous amenities include: recreation center with waterpark, whirlpool and exercise facilities, full service restaurant, free Wi-Fi Internet access, complimentary hot breakfast, shuttle to airport and locations near to hotel (7 days a week based on availability, must call in advance).

For reservations call (608) 826-0500 and ask for the Attic Angel Community rate.

If you have any questions about these hotel partners, please contact Kendra Hinzmann in Marketing at (608) 662-8831.
**Birthdays**

**Health Center**
Carol F. Johnson 12/05

**Households**
Joan Skyles 12/01
Jean Stewart 12/11
Honner Cooper 12/27

**Apartments**
Kathleen Wessel 12/03
Hildy Hof 12/06
Ron Bornstein 12/09
Carl Behr 12/14
Lorna Saupe 12/16
Pat Krueger 12/22
Tom Wencel 12/28

**Prairie Point**
Ann Miller 12/05
Charles Stumpf 12/08
Jim Fitzpatrick 12/10
Shirley Mathison 12/10
Ronald Larson 12/12
Janet Bleckwenn 12/13
Nancy Schrader 12/18
Connie Little 12/20
Diane Stumpf 12/21
James Becker 12/23
Lynne Jacobsen 12/29

**Moves and Transfers**

**Haven**
Mary Lou Hogan HV 03

**Health Center**
Jean Rennebohm HC 146
Joann Rost HC 145
Carol F. Johnson HC 175
Rick Johnson HC 170
Leo Walsh HC 149
Carol McDonald HC 172

**Households**
Barbara Clinton HH 273

**Apartments**
Nona Suhr APT 318
Thomas Goedewaagen APT 10
Pat Soderholm APT 103

**Prairie Point**
George & Louise Douma 504 MRL

**Staff Anniversaries**
Cindy Morgan 1 year
Makayla Mitchell 1 year
Mark Rudin 1 year
Kathleen Roseboom 1 year
Carmen Rios Loya 1 year
Mariah Broge 2 years
Hailey Connors 2 years
Courtney Deters 4 years
Matthew Klutzke 6 years
Laurel Ostermeier 6 years
Melissa Phillips 6 years
Sid Ncube 7 years
Haddy Sillah 7 years
Jessica McIlhenny 8 years
Moussa Dissa 8 years
Kelly Schuette 10 years
Theresa Kalupa 11 years
Kelly Dubois 13 years

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**Happy Birthday!**

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**Continuing Education**
10:30-11:30am, Community Room

**Monday, December 5th**
“Badger Prairie Needs Network—Mission Impact and Partnership with the Community”
Marcia Kasieta, Prairie Kitchen/K2T Director

**Monday, December 12th**
Angel Choir—Open to the Public
ASSOCIATION

Gifts to Association
Sam Arneson
Ellen Jo Baron
Jeff and Angela Bartell
Carl E. Behr
Judith and Michael Dereszynski
Loretta Dichraff
Rose Fahien
Lee and Stevie Gjovik
Michelle Godfrey
Cathy Greer
Dave and Kathy Haley
Lois Harr
Nancy T. Heiden
Dale and Karla Henry
Kwik Trip, Inc
Fred Langlois
Patti Larson
Shirley Mathison
Amy and Jerry Nickles
Donna Peota
Jane Pizer
Gretchen T. Rieser
Twila Sheskey
Mary Smith
Susan Smith
Rob and Mary Stroud
Bjorn and Gail Thompson
Barbara Thomsen
Nancy Vuchetich
Louis F. Warrick, Jr.
Ellen Wickland

In honor of Jean Mortenson
Jerry and Karen Wallander
Barbara M. Peterman

In loving memory of Hope Bakken
Keith and Ellen Sperling

In memory of Dorothy Dunn
John H. Dunn

In memory of Janet Emmerich ’80, AAP
Barbara Tensfeldt
Carolyn L. White
Jackie Wyss

In memory of Harriet Fish ’67, AAP
Sue Bush
Jane Schaefer

In Memory of Lucy Hall ’79, AAP
Bruce and Mary Westervelt
Susan M. Arthur
Janet Bleckwenn
Barbara M. Peterman
Robin Sherwood
JoAnn Six
Barbara Tensfeldt
Mary F. Webster
Robert Westervelt

In memory of Arlene Hovel, AAP Employee
Pat Mcclimon

In memory of Dr. William "Bill" McKinney, husband of Carolyn McKinney ’85
Keith and Ellen Sperling

In memory of Peter Moretenson, AAP, husband of Jean Moretenson ’75
Susan M. Arthur
David and Kristin Bernhardt
Janet Bleckwenn
Cathie Burgess
Sue Bush
Marvin and Sue Busta
Thomas and Jean Choate
Kari-Ellen Cole
Joan Collins and Bill Waldbillig
Kay Coombs
Lucille Copas
Marian Dean
Anne C. Dorn
Mary and Peter Duff
Dick and Judy Ela
Mary Anne Farley
Diane and Jon Fehring
John Fitschen
Connie Grogan
Sue Haen
Susan Hanauer
Lanette Hansen
Linda Harvey
Lynn and Bobette Heller
Paul and Lynne Jacobsen
Bill and Peg Jones
Michele Joslyn
Lori and Dick Kalnicky
Stan and Faye Kiefer
Beverly Kneebone
Judith Lee
Melanie and Jeffrey Lee
Caroline and Jim Liedtke
Pat Mcclimon
Patricia J. McClure
In memory of Peter Moretenson, AAP, husband of Jean Moretenson ’75 (continued)
Philip and Belle Mortenson
Timothy and Gabrielle O’Brien
Cecil and Joyce Parker
Sally Patti
Barbara M. Peterman
Barbara A. Saeman
Julie and William Schmitt
Tracy Schramm
Patty and Dan Schultz
Katie Sekelsky
Jane Shaughnessy
Ann Shea
JoAnn Six
Tricia Smith
Sherri Stafford
Scott Staples
Joan Sumkin
Barbara Tensfeldt
Marilynn G Thompson
Judy Topitzes
Sharon and Charles Trecek
Jerry and Karen Wallander
Tom and Karen Weaver
Mary F. Webster
Carolyn L. White

In memory of Susie Perina Steinmetz ’78, AAP
Susan Dickert

In memory of Celeste Wencel ’87, AAP
Renee Moore
Barbara M. Peterman

Legacy & Planned Giving
Beverly Kneebone
Lorna Saupe

Holiday Appeal
Barbara Tensfeldt

ATTIC ANGEL PLACE

In Memory of Lucy Hall ’79, AAP
Sue and Kare Hanson

RESIDENT AID

In honor of Sheila Luhman
Sandra J. Nuernberg

In memory of Sandra Balfour ’91, AAP
Sandra J. Nuernberg

In memory of Janet Emmerich ’80, AAP
Janet Renschler
Anne E. Kunes
Carol Ruhly

In memory of Harriet Fish ’67, AAP
Carol Ruhly

In memory of Ruth M. Hutchinson, AAP
Patricia Bernhardt
Carol Ruhly

In memory of Joan Kuyper’s ’75
Sandra J. Nuernberg

In memory of Jean McKenzie ’68
Christy Mayer

In memory of Richard "Dick" McKenzie
Christy Mayer

In memory of Dr. William "Bill" McKinney, husband of Carolyn McKinney ’85
Sandra J. Nuernberg

In memory of Peter Moretenson, AAP, husband of Jean Moretenson ’75
Linda Argue
Patricia Bernhardt
Marilyn Butz
Dennis and Jean Carlson
Christy Mayer
Sandra J. Nuernberg
Carol Ruhly
Ann C. Walser

In memory of Joanne Powels
Sandra J. Nuernberg

In memory of Margaret Schroeder ’78, AAP, AAPP
Janet Renschler

In memory of Charles "Chuck" Stoll, husband of Harriet Stoll class of ’88
Sandra J. Nuernberg

In memory of Susan Strini, sister of Patty Schultz
Patricia Bernhardt