

Health Center Rolls Out New Services

by Carey Weiss, Staff Enrichment Coordinator

We are excited to announce that starting October 1, 2019, Attic Angel Health Center will roll out an exciting and progressive health care option. Attic Angel is collaborating with UW Health Systems and other local professionals to provide tools of Integrative Medicine (medical care that combines practices and treatments from alternative medicine with conventional medicine) to our residents.

Integrative therapy options include massage, Tai Chi/yoga classes, grounding mats, weighted blankets, essential oils, sound healing and dietary therapies; with more options to come in the future.

We are one of the first communities to offer this kind of holistic health care in our state and across the nation. Opportunities to learn more about the new services and modalities will be coming available in the weeks and months that follow the launch of the new program.

What is...

Grounding- Connecting to Earth via bare feet or grounding surface (pad) in order to absorb naturally occurring electrical energy which improves sleep, reduces anxiety/depression, heals wounds, etc.

Weighted Blanket- Blankets filled with weighted pellets to simulate Deep Pressure Touch (DPT), like getting a hug. This has been shown to release dopamine (pleasure neurotransmitter) and reduce the stress hormone, cortisol, creating a more relaxed internal environment.

Essential Oils- The science of utilizing aromatic essences (terpenes) from plants to balance and promote the health of body, mind and spirit. These can be diffused, administered topically or inhaled.

Sound Healing- A practice that uses vibrations (tones, Tibetan singing bowls etc.) to heal the body. Each part of the body has its own vibrational frequency. By utilizing sound frequencies, the body can alter its frequency into alignment and optimize healing. Doing so can improve/relieve certain ailments, including anxiety, pain and insomnia.

Dietary Therapy- Looks at healing the whole person through the use of food, vitamins, minerals, and dietary/herbal supplements as medicine. Our dietary team can counsel residents on healing/improving specific disease processes- migraines, pain, irritable bowel, depression, etc. and much more.

If you are interested in learning more or have questions, please reach out to a staff member so that you can be directed to the right department.



Rose Essential Oil

Prairie Plant Grant

By Gill Moreland & Lois Harr, AAC Residents

Last winter one of our residents, Lois Harr, missed out on ordering prairie plants from Plant Dane for herself and other Prairie Point residents. But, after a little discussion on the phone, Susan Sandford, coordinator from Dane County, encouraged her to write a grant for the Attic Angel Community. Thinking of Attic Angel celebrating 130 years and many residents wanting to put the prairie back into our landscape, she wrote the grant.

Lois knew that AAP resident Gill Moreland had already been working with staff on the original remnant of the prairie that borders the buildings. Gill, a retired Field Rep from The Illinois Nature Conservancy, agreed to be our leader on this Attic Angel project. Gill had worked for sixteen years as an assistant to Steve Packard, a leader on prairie restoration in Illinois.

Under the leadership of Gill and Jim (maintenance) 300 plants were chosen which had been raised by Dane County volunteers. Then, on a Monday morning, Outdoor Gardening Co-Chairs Margo Hansen '94 and Barb Tensfeldt '97 and seven volunteers from the Apartments and Prairie Point came ready for the planting event.

Jim, assisted by Gordon Putney, got the trailer in place and then scurried around using his auger to drill 300 holes for the volunteers to plant, water, and label the various species. Gill had the group plant 64 in the original prairie (some types were not there before), 112 along the edge closest to The Haven and about 120 on the berm.

It was a very warm, sunny day for planting so we were refreshed with bottles of water that Betty Ptacek supplied along with granola bars. She also took the photos so that we could share this project with others.

On Tuesday, on her morning inspection walk, Gill saw a little yellow sulphur butterfly on the only flowering plant! So we are already blazing a trail for insects and pollinators. Sean (maintenance) set up a watering system so the volunteers can water the new plants.

Beautiful weather helped the plants settle in to their

new home so that future residents and visitors can continue to enjoy the native plants in our backyard.

A big thank you to Plant Dane for the plants and to the Attic Angel Community for their vision.



Angel Generosity Strikes Again!

By Judy Brannstrom, Development Officer

The Snow Angels and Mah Jongg Angels have designated the net proceeds of their 2019 events to fund wonderful activities for our Attic Angel residents.

The 2019 Snow Angel Luncheon proceeds of \$1,455 will fund:

- Sentimental Reflections Video Magazine – a one-year subscription to quarterly seasonal videos
- A petting zoo event
- A big band or jazz event
- Music Together Generations Program - a ten-week session
- New leg bands for exercise programs in the Haven and Health Center

The Mah Jongg Fun Day proceeds of \$988 will fund:

- A big band or jazz event
- Music Together Generations Program - a ten-week session

Special thanks to Snow Angel Luncheon Chair Kay Steffen and her team, and to Mah Jongg Fun Day Co-Chairs Pam McDonald and Melinda Pellino for organizing the 2019 events. Thanks, too, to all of the Angels and guests who participated.

Won't you join us next year for these events?

Come for a Shot and a Beer!!

Resident Prairie Point and Apartment Flu Clinic

Happy Hour- Thursday, October 10 from 3:00 pm-5:00 pm in the Private Dining Room.

If interested, please sign up at Reception- bring your Medicare card at sign up.



Planned & Major Gifts Education Program ~

Save the date for this annual event featuring continental breakfast and a panel of experts on "unpuzzling IRAs."

Tuesday, November 12
9:00 am Breakfast, 9:30 am Program

Holidays Galore & More Sale

By Delwyn Keane, Holiday Sale Co-Chair

As summer wanes and fall peeks around the corner, it's time to put the Holiday Sale dates on your calendar and share them with your family and friends.

Friday, November 1, 9:00 am - 4:00 pm

Saturday, November 2, 9:00 am - 2:00 pm

You can drop gently used/new holiday items in the Association basement. No trees or light strings, please!

PRE-ORDER specialty food products for personal use, or as a hostess gift, using the form below.



Attic Angel Holiday Sale Order Form

Dried Cranberries: 1 lb. bag @ \$8 ____ 10 lb. box @ \$45 ____

Local Liquid Honey: 1 lb. @ \$8 ____

Organic Fair Trade Ancora Coffee: (12 oz)

Regular Ground @ \$13 ____ Decaf Ground @ \$13 ____

Regular Beans @ \$13 ____

Dried Cherries: 8 oz. @ \$8 ____ 1 lb. @ \$13 ____

Please attach a check payable to Attic Angel Association. Orders must be in to the Association office **NO LATER than Friday, October 11**. Pick up products at the Holiday Sale.

\$ ____ Cranb.

\$ ____ Honey

\$ ____ Coffee

\$ ____ Cherries

\$ ____ **Total Due**

Name _____ Telephone _____

Aegis Therapies

by Stacey Roberts PT, Director of Rehabilitation

I hope you all are well. We had a great turnout to our accident prevention talk on September 9 and those who attended shared some excellent information with each other. This is one reason I love doing these talks, i.e. the resident interaction and helping each other out with fantastic information about the topic I discuss each month. Thank you to all of you for your participation. And remember, if interested, one of our therapists can do a home safety evaluation to see if there are areas in your home where you are at an increased risk of experiencing an accident, like a fall, and let you know what to do about it.

In October we will discuss sleep, its importance, and if you are not getting enough, what you can do about it. I will present some of the latest research on how to improve sleep in the senior population. I promise it won't be a yawn!

I look forward to seeing you there on October 6 at 3:30 pm in the Community Room.

Aegis Therapies bringing you Home Health to you and Outpatient Therapy on Attic's campus. Call 608-662-8868 for free balance screenings, home safety assessments, or questions about our therapy programs.

Resident Suggestions

By Colleen Knudson, Director of Activities

Thank you to everyone who has made suggestions in an attempt to improve life in Attic Angel Community! Your suggestions are reviewed in the Operations Team meetings.

1. Suggestion: The patio furniture behind the dining room and near the garden is visibly rusting. Is there any way to fix the chairs?

Action: Maintenance is checking to see if there is anything that can be done to improve the appearance of the furniture this year. Funds for new patio furniture will be added to the budget in the coming years.

2. Suggestion: The garden is so amazing and we are lucky to have it to enjoy.

Action: Thank you for this lovely comment! Residents, staff, family members and volunteers volunteer hours of time and talent to create this beautiful space- an area that can be enjoyed by all.

3. Suggestion: Could the new pergola by the gardens have an extra roof covering like the one by the front porch? It would help the glare from the sun.

Action: Thank you for the suggestion. A pergola was chosen for this space so those sitting underneath it would have a mix of sun and shade. Bringing a parasol with you or wearing a hat will allow you to get some extra shade and reduce the glare of the sun.

Please keep your suggestions coming! As you can see, your feedback is taken very seriously, and it can have a wonderfully positive effect on life for all at AAP.

Prairie Point News

by Derek Buckley, Chief Operations Officer

Water Infiltration

A number of AAPP units had issues with water penetrating the units the last couple of years. Larry Long has been working with civil engineers to identify a solution, budget for the correction and find a reputable contractor to perform the work. We are pleased to report many of the units that were affected in prior years have been wonderfully dry with the wet spring and summer we have had thus far.

The work on one particular unit, 430 Samuel Drive, has been in need of extensive work that was finally started this summer. Unfortunately, it has not gone smoothly and the project remains in disrepair. There have been a series of setbacks through city departments that staff of Prairie Point, the contractor and the civil engineer have tried to expedite. The Alder has also been informed of the situation to see if he might be of assistance.

We deeply regret the inconvenience and long delays of this unsightly project for the resident of 430 Samuel Drive and all of Prairie Point.

Grounds Schedule

A team from Attic Angel Maintenance Department will be completing Fall Checks beginning this month. The planned dates for each unit may be found by accessing the pdf file on the Prairie Point Portal. Work will be completed between 8:00 am and 3:00 pm. Please be advised that we will enter your unit if you are not home to complete the checks. If you have any questions please call Larry Long or leave a message at 662-8828.

Other projects in October include:

| | | | | |
|------------------|--|-----------------------------|----------------------|---|
| AAPP | Perennial cutbacks and scrub trimming | October-November | | |
| Bruce Co. | Fall herbicide application to all turf areas for broadleaf weed control. | Mid October | Endrun Herbicide | Spray Application to lawn |
| Bruce Co. | Fall fertilizer application to all turf areas with balanced blend of nitrogen and potassium. | Late October | 30-0-10 fertilizer | Granular application to lawn |
| Bruce Co. | Irrigation blow out. | Late October | | |
| AAPP & Bruce Co. | Fall Clean-up | Late October - Mid November | | |
| Bruce Co. | Grass mowing | End of April - October | | |
| Bruce Co. | Edging of Sidewalk - 3 times | Mid June-October | | |
| Bruce Co. | Herbicide application in all bark mulched areas, gravel beds, sidewalks, curbs and plant beds for control of weeds and grasses | May - October | Ranger Pro Herbicide | Select spray application to weeds observed and growing in planting beds |

An Extraordinary Student Volunteer

By Kathy Schultz, Volunteer Coordinator

In March, I received an email through the Attic Angel Community website. Excerpts, and my comments, follow: "I'm Daphne, a freshman (15 years old) living nearby". "I am interested in volunteering at

Happy Hour

Do not forget that every Thursday from 4:30 pm to 6:00 pm is Happy Hour at AAP. Come join your neighbors and friends in the relaxing Community Room for lively conversation and fun. A soup and salad bar is available for the low price of \$5; you can even take it with you in the Styrofoam containers provided. Because events may be canceled due to inclement weather, please make sure to check the daily calendar or call AAP for any changes in programming.

your retirement community to talk with the residents and to help out. It would be such a pleasure to spend my time at Attic Angels. I looked on your website, and I saw that Attic Angels Community is a non-profit organization, and they hold many projects that help society in general. I think this is very empowering, and it would



be so great if I could help out and be a part of this association.”

Daphne began volunteering in June (38 hours) in the Health Center, AM & PM Activities and in July (50 hours), a combination of Health Center and Haven, AM & PM, including most weekends. On July 22, she played three beautiful classical piano pieces in the Households for Music Monday. One resident, a career piano teacher, commented that she had never had a student who played so well! Daphne has connected well with Activity staff, Angels and residents. She even spent a little time speaking Mandarin with a resident, brightening her day!

It has been a pleasure to work with this young woman. Since the time I met her, I can envision her accomplishing any goal she sets for herself. What a gift Daphne has been to the Attic Angel Community!

The 2019 Legacy Event: Happy Birthday Attic Angel!

by Judy Brannstrom, Development Officer

Over 100 Attic Angel Legacy Members and friends gathered in the AAP Community Room on the evening of September 10 to celebrate generosity. Good food, friendship and fellowship warmed the room.



With a 130th birthday theme, the event focused on Attic Angel Association's strong legacy of giving.

Board Chair Amy Nickles welcomed attendees who then joined in a rousing chorus of “Happy Birthday!” She thanked all Legacy Members for their devotion and loyal support. President Mary Ann Drescher shared highlights of the new strategic plan that will guide the Attic Angel Community over the next five-year period.

Legacy Members are those with cumulative gifts to

Attic Angel of \$10,000 and above. The Mahoney Society, a subset of Legacy, includes those who have included Attic Angel in their wills or estate plans or who participate in the Attic Angel charitable gift annuity program. Development Officer Judy Brannstrom welcomed the following new and renewing Legacy Members:

New Legacy Members

- Paul & Lynne Jacobsen – Legacy
- Bruce & Ruth Marion - Mahoney Society
- Rosanne Raemisch – Legacy
- Rotter Family Fdn., *in memory of Arlene Rotter* - Legacy
- Ray & Jeanne Sanna – Legacy
- Estate of Bruce & Judy Wencil - Diamond Legacy
- John & Celeste Wencil – Legacy
- Barbra Winter - Legacy

Renewing Legacy Members

- Anonymous - renewing to Gold Legacy
- Norman & Barbara Berven - renewing Gold Legacy
- Arlen & Judy Christenson - renewing to Silver Legacy
- Edward & Cathy Felten - renewing to Diamond Legacy
- Joan Kuypers - renewing to Gold Legacy
- Madison Investment Advisors, renewing Silver Legacy
- John Palmer & Family, *in memory of Carol Palmer*, renewing Gold Legacy
- Barbara Peterman, renewing to Silver Legacy
- Mary Jo Prieve, *in memory of Al Prieve* - renewing to Silver Legacy
- Jim & Carol Ruhly - renewing to Silver Legacy
- Joe & Jamie Steuer - renewing to Gold Legacy

Legacy Members empower Attic Angel to accomplish great things. Our 130 year history bears that out – and the future stretches ahead with great possibilities and opportunities. This local organization is small but mighty.

It is said that “in every community there is work to be done, and in every heart is the power to do it.” Happy Birthday, Attic Angel! May the warm and generous collective heart of the Attic Angel Family continue to do great things!

Contributions August 2019

Legacy-Association

In loving memory of his wife, Carol Palmer '84, AAP

John Palmer and Family

In memory of Arlene Rotter '80, AAP
Rotter Family Foundation, Inc.

130th Anniversary Playground fundraiser

Anonymous
Sally Billing
Jan Dorschel
Dick & Judy Ela
Bernie Geoghegan
Mary Goers
Dr. & Mrs. Jeffrey Kushner via Schwab Charitable Fund
Richard & Meg LaBrie
Clare Nordman
Richard & Karen Perzentka
Beverly Richgels
Fred & Mary Ross
Tim & Jill Sherry via Schwab Charitable Fund
Jeanne Silverberg
Carmen Skilton
Dennis & Kay Steffen
Joan Sumkin
William Tishler
Judy Von Bergen
Ellen Wickland
Joseph & Joyce Wilson

In honor of 130 years of Attic Angel Assn.
Renee Moore

In honor of their grandchildren, Theo & Samara Maron

Lon & Sue Sprecher

In memory of Gary Alber, husband of Anne Alber '03

Terri Wiedenbeck

In memory of her husband, Robert Bonebrake

Beth Bonebrake

In memory of Arnie Chandler, husband of Donna Chandler '04

Pat McClimon

In memory of Jonathan Greer, son of Cathy Greer '98

Sally Lorenz

In memory of her son, Brian Smart
Avis Smart

Association

Mary Frey
Timothy Dale Webb Foundation
In honor of Judy Brannstrom, Development Officer
Pat Bernhardt

Association (cont.)

In honor of Sue Buehler '89, AAP, on her birthday

Peg Jones

In honor of Jim & Caroline '89 Liedtke
Amy Nickles

In memory of Gary Alber

William & Treva Brauch

Betty Brunner

Jean Carlson

Peg Jones

Art & Pat McClure

Dorothy Traisman

In memory of our cherished friend, Gary Alber

Dick & Patti Peterson

Remembering 14-year Gyro Club member Gary Alber for his friendship & delightful sense of humor

Madison Gyro Club

In memory of Paul Butz, husband of Marilyn Butz '98

Sally Lorenz

Marilynn Thompson

In memory of Arnie Chandler

Sue Bush

Janice Grutzner

Peg Jones

Sally Lorenz

Marilynn Thompson

In memory of Audrey Faulkner '69
Renee Richter

In memory of Carol Palmer '84, AAP
Beverly Davison

Ann Shea

Leahrae Wenning

In memory of Len Riha, AAP

Vincent Arts

LeeAnn Glover

+ matching gift from American Family Dreams Foundation

In memory of Arlene Rotter '80, AAP
Mary Ann Mueller

In memory of Diane Wilcox '03
Mark Rottger

AAP

In-Kind

Norm & Barbara Berven

In-Kind Haven

Anonymous

Resident Aid

Denise Baylis

Mary Frey

Betty & Dennis Keeney

In memory of Ken & Audrey Hindman, AAP, on their 65th wedding anniversary

Dick & Karen Jones

Sandy Spengler

Resident Aid (cont.)

In memory of Ardyce Acker, AAP

Anonymous

Vickie Hauser

Douglas Meier

Jim & Faye Schieffer

Ann Streiter

In memory of Gary Alber
Pat Bernhardt

Lois Born

Peggy Dean

Joe & Marian Dean

Dottie Dittmann

In memory of Jo Ann Ashley, AAP/AAP
Jon & Joan McCarthy

In memory of Paul Butz
Art & Pat McClure

Jane McGinn

Jane Pizer

In memory of Arnie Chandler
Art & Pat McClure

Ann Walser

In memory of Marge DeVault
Marge Davenport

In memory of Carol Donnelly, AAP/AAP
Jon & Joan McCarthy

In memory of Ed Felten, AAP, father of Anne Dorn '14
Jon & Joan McCarthy

In memory of John Flesch, husband of Jeanne Flesch '01
Renee Richter

In memory of Jonathan Greer
Pat Bernhardt

In memory of Sherri Hahn
Marge Davenport

In memory of Dale “Buzz” Nordeen
Marge Davenport

In memory of Cynthia Norvell '91
Renee Richter

In memory of Carol Palmer '84, AAP
Pat Bernhardt

Sarah Rose

In memory of Norma Petchler, AAP
Pat Bernhardt

In memory of his wife, JoAnn Reiners, AAP

Jack Reiners

In memory of Arlene Rotter '80, AAP
Ruthann Grantham

Beverly Kneebone

Jon & Joan McCarthy

In memory of Eric Rude, AAP/AAP
Jon & Joan McCarthy

Birthdays

Households

| | |
|----------------|-------|
| Vera Wilson | 10/05 |
| Rollin Jansky | 10/06 |
| Sandra Balfour | 10/16 |
| Dorothy Kremer | 10/17 |
| Nancy Schensky | 10/17 |

Apartments

| | |
|---------------------|-------|
| Mary Jo Warnke | 10/05 |
| Charlotte Henderson | 10/12 |
| Helen Straw | 10/14 |
| Leroy Rathert | 10/23 |

Prairie Point

| | |
|-------------------|-------|
| Dick McCoy | 10/04 |
| Anne Thompson | 10/06 |
| Dennis Dorn | 10/06 |
| Jack Reiners | 10/08 |
| William Johnson | 10/11 |
| Sharon Lantis | 10/15 |
| Jon McCarthy | 10/15 |
| Paul Jacobsen | 10/17 |
| Mike Gringrich | 10/19 |
| Donna Lotzer | 10/19 |
| George Hess | 10/20 |
| Clyde Bryant | 10/23 |
| Nancy Fredericks | 10/23 |
| William Tripp | 10/25 |
| Richard Prezentka | 10/30 |
| Audrey Braucher | 10/30 |
| Robert Kraft | 10/31 |

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Mainstream Boutique,
Terese Zache Boutique, and
von Briesen & Roper, SC

Moves and Transfers

Haven

| | |
|-----------------|------|
| Walter Roth | HV18 |
| Patricia Murphy | HV14 |

Health Center

| | |
|-----------------|-------|
| Mary Volkman | HC182 |
| James Rasmussen | HC154 |
| Mary Frey | HC146 |
| Nosrat Soltani | HC134 |

Households

| | |
|-----------------|-------|
| Elaine Guderyon | HH350 |
| Jim Guderyon | HH350 |

Apartments

| | |
|------------------|--------|
| Jeannette Coombs | APT221 |
| Gerald Kraemer | APT207 |

Moves and Transfers cont.

Prairie Point

| | |
|-----------------|---------|
| Dennis Dorn | BWD8601 |
| Katherine Dorn | BWD8601 |
| Thomas Browning | WIL414 |
| Nina Browning | WIL414 |

Staff Anniversaries

| | |
|-------------------|----------|
| David Pan | 21 years |
| Jonelle Secard | 20 years |
| Joann Buie | 19 years |
| Becky Newman | 13 years |
| Kelly Onesti | 7 years |
| Jerry Burke | 5 years |
| Cynthia Reyes | 5 years |
| Bob Rosencrantz | 5 years |
| Colleen Knudson | 4 years |
| Lillian Kessinger | 3 years |
| Chantel O'Malley | 3 years |
| Sabrina Wills | 2 years |
| Ashley Holmes | 1 year |

Continuing Education

Coffee at 10:00 am, Speaker at 10:30 am
Community Room

Monday, October 7

“Community Outreach Mental Health Division”
Sergeant Sarah Shimko
Madison Police Department

Monday, October 14

“Everything and the Kitchen Sink: Local Food Business Incubation at
FEED Kitchens”
Chris Brockel, Manager
FEED Kitchens

Monday, October 21

“Anabaptist Communities: Amish, Mennonite and Hutterites”
Lisa Weaver, Director
Children’s Ministry at Bethany United Methodist Church - Madison

Monday, October 28

“What We do for our Community at Madison Urban Ministry”
Shawna Lutzow
Volunteer and Community Engagement Coordinator