

Community Connection

JANUARY 2025

In This Issue:

Culture Connect (continued) & Survey Results | 2

Survey Results (continued) | 3

Garden Gab | 4

What Do Attic Angel Residents Think About Changing Their Carbon Footprint?, Welcome Greenfield Rehab & Sustainability | 5

Sustain-Ability (continued) | 6

Heads Up & Reminders | 7

Community Happenings | 8-9

Holiday Greetings

As we enter the winter season and celebrate the holidays, I want to share my appreciation and admiration to all of you. We will begin to see snow cover the ground, temperatures change, and the warmth of the glow of the lights within our community and homes shine brightly. It is a gift and privilege to come to Attic Angel and serve each day. The smiles, heartfelt conversations, teamwork, and appreciation of one another is a welcoming feeling to all who enter our doors. I want wish you a holiday season filled with love, laughter and time spent together.

- Michelle Godfrey

'Culture Connect' Brings the World to Attic Angel

By: Kelly Cheramy, Outreach Coordinator

Attic Angel's music-based Culture Connect program offers an easy bridge to world cultures, thanks to a generous gift from Joyce Bell, Angel Class of 1987, and her husband, Hugh.

The life enrichment program, presented twice each month – once for Haven residents and once for the community at large, features university-level scholars and performers from different countries. Residents enjoy the music, which is oftentimes played with instruments not generally found in the United States, along with two-way live-streaming cultural exchanges and lifelong learning opportunities.

"I believe it's incredibly valuable to take ourselves out of our comfort zones to explore something new," explains Haven Life Enrichment Coordinator Mike Thurston.



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.

continued on page 2

"Culture Connect" continued from page 1

One notable program featured a Chinese Erhu (similar to a cello-pictured on the right), which yielded breath-taking sounds with roots of more than a thousand years. But a favorite session was the Celtic Fiddle Program, which included the performers' gift of gab amid songs both familiar and new, both raucous and tender.

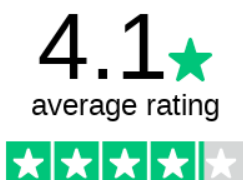
"Residents were asking for more access to cultural education," says Colleen Knudson, VP/Member Services & Life Enrichment, "so we are very thankful for the Bells' gift that helped make it happen."



Community Connection Survey Results

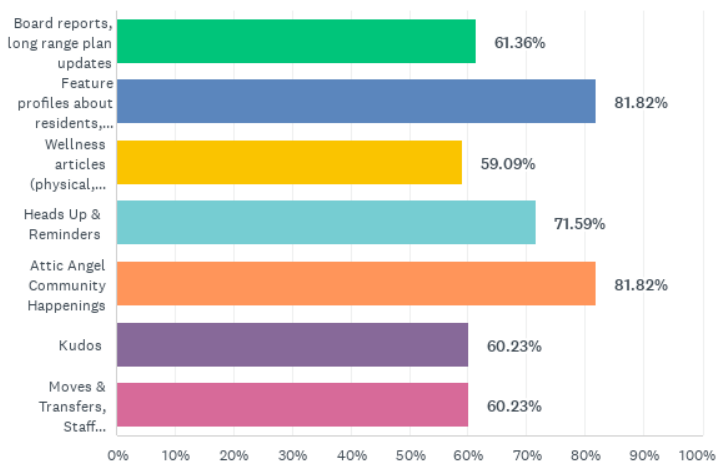
Thank you to everyone who responded to our survey about the *Community Connection* newsletter. We had a total of 90 responses with 55% being residents, 40% being employees. Additionally, three Angels and one family/friend of a resident responded as well. We're proud of our average rating of 4.1 out of 5.

Q5 On a scale of 1 to 5, how satisfied are you with the content of the Community Connection? One star being very dissatisfied and 5 being very satisfied.



About 53% of the respondents read the newsletter online/email while about 46% read a printed version. Features about residents, employees, and/or Angel volunteers are popular as is the Attic Angel Community Happenings section.

Q4 What types of articles do you enjoy reading? (Choose as many as you wish.)



We appreciate the comments about how the newsletter could be improved and suggestions for features/articles you'd like to see. We will look at incorporating some changes in future issues. The goal of the *Community Connection* newsletter is to create a shared space where residents, employees, and Angels can access information about each other's work, achievements, and initiatives to foster a sense of community and connection. Some comments were asking for information specific to their needs, so we wanted to share other communication avenues for the different groups.

Prairie Point Residents

Prairie Point specific information can be shared:

- Via Janelle's weekly event and operational email updates
- Via unigest – events, messages, resident features
- Discussed at monthly “Jam with Janelle” sessions
- Prairie Point also has their own resident-led newsletter the *Prairie Pointer*

Attic Angel Community Housing Manager Janelle Taylor is a great resource for Prairie Point and Segoe Heights residents. You can email her at Janelle.Taylor@atticangel.org



Attic Angel Place

Attic Angel Place specific information can be shared:

- Via unigest
- Via flyers sent to room and posted on bulletin boards and by elevators
- Via activity monitors/calendars
- Via resident forums

Our wonderful front desk team can assist residents and guests with questions.

Employees

Employee specific information can be shared:

- Via Paycor Engage
- Via HootBoard
- Via bulletin board by the time cards
- Via the lower level breakroom



Employees can contact the HR department with any specific questions they have.

Angels

Information specific for Angels and the work of the Association can be shared:

- Via week Volgistics email updates to Angels
- Via VicNet home page
- Via *Angel Herald* newsletter

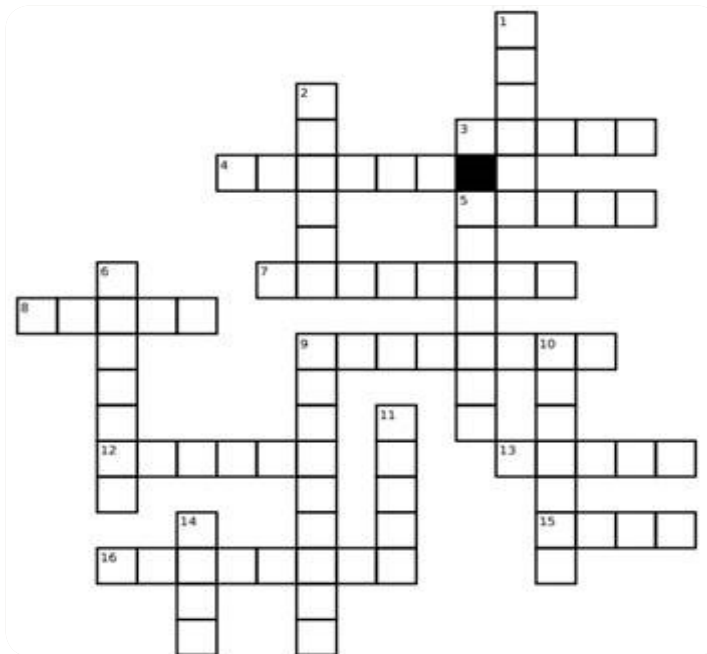
Allyce Fahrney, Community Experience & Member Support Specialist, is a good place to start with any questions related to Angels and the Association.



Garden Gab

By: Grace Huddleston, Lead Horticulturist, Attic Angel Grounds Team

How many words for snow do you know? Play the crossword to find out! And an honorable mention to sun dogs – spots of bright light like a rainbow which are visible when the sun or moon shines through thin cirrus clouds that are composed of ice crystals. (Crossword puzzle answers are on the Heads Up & Reminders page)



Down:

1. A naturally occurring cylinder of snow formed by the wind, usually tumbling across a road.
2. A brief, intense snow shower that does not qualify as a blizzard due to its short duration.
5. Also called snow pellets, these are opaque snowflakes that almost look like polystyrene pellets. They form when regular snowflakes fall through ice-cold liquid clouds. Droplets from the clouds freeze onto the crystals, forming a solid mass.
6. Shallow, bowl-shaped hollows formed by irregular patches of intense sunlight.
9. Frost that resembles spiky hairs. It happens when water vapor freezes instantly after coming into contact with a very cold surface. It tends to form on small surfaces, such as wires, tree branches, plant stems, and leaf edges, and sometimes over existing snowfall.
10. An overhanging accumulation of ice and wind-blown snow, such as might be found on a cliff face.
11. A hard, frozen layer of snow over top of a softer, less-supportive layer.
14. Snowflakes coated in tiny frozen water droplets

Across:

3. Rain mixed with snow.
4. A Brief snowfall that produces little to no accumulation.
5. A light dusting of snow that isn't deep enough to cover all the blades of grass
7. A violent winter storm that combines subfreezing temperatures, strong winds, and snowfall. To officially qualify as a blizzard, a storm must reduce visibility to less than a quarter of a mile and last for at least three hours.
8. Partially melted snow on the ground.
9. Snow that has undergone a cycle of melting and refreezing, resulting in a hard and icy crust on top of the snowpack
12. New snow composed of loose, fresh crystals. Also sometimes simply referred to as pow.
13. Snow mixed with dirt.
15. Coarse, granular wet snow formed by cycles of melting and refreezing.

What Do Attic Angel Residents Think About Changing Their Carbon Footprint?

By: Joan McCarthy & Dennis Keeney, Prairie Point Residents

I've always had a special relationship with trees. From the time I was in grade school one of my favorite places to play was in the woods behind our house. I would sit with the trees and listen to them talking to one another. Trees are going to be even more important to our future as the climate changes. Shouldn't we all be listening to our trees? Lately, there has been lots of talk about what actions WE can take to reduce our carbon footprint by interacting with our environment differently. "Low Mow May" and "solar farms" are just examples of what's happening in Madison. Solar panels are going up on our roofs. What else could we be doing in our neighborhood? I asked Dennis Kenney to write about Aldo Léopold and trees. This is what he wrote.



"When the Leopold family restored the worn-out farm adjacent to the Wisconsin River near Baraboo, they were not aware of carbon storage in trees nor of climate change. But they planted trees, mostly pines. Some years, the little seedlings flourished, but other times they all died of drought. Now the magnificent Leopold pines provide a beautiful setting for the Leopold shack. One of Aldo's famous quotes, and the one I have on my Leopold bench follows:

"Acts of creation are ordinarily reserved for gods and poets, but humbler folk may circumvent this restriction if they know how. To plant a pine, for example, one need be neither god or poet; one need to only own a shovel. By virtue of this curious loophole in the rules, any clodhopper may say: Let there be a tree - and there will be one." *Let us be glad that Prairie Point was established by humbler folk.*

Welcome Greenfield Rehab

Greenfield Rehabilitation Agency is proud to be the exclusive provider of physical, occupational, and speech therapy services for Attic Angel. We strive to provide an exceptional experience for you! When you have a need for therapy services, please contact us by calling a member of our team on campus. We verify your insurance benefits prior to treatment and are in network for most major insurance companies including: Medicare, United Health Care, Humana, Anthem Blue Cross, Cigna, UMR, ...and many more! To contact Greenfield Rehab, call: 608-662-8868 or stop by their offices located in Gorham Glen.



Sustain-Ability

By: Grace Huddleston, Lead Horticulturist, Attic Angel Grounds Team

Nothing can match the treasure of common memories, of trials endured together, of quarrels and reconciliations and generous emotions. "It is idle, having planted an acorn in the morning, to expect that afternoon to sit in the shade of the oak." - Antoine de Saint-Exupéry, *Wind, Sand, and Stars*. Each year on our journey around the sun we fall through the seasons. continued on page 6

Even in our bustling urban lives, despite our best efforts to build an indoor refuge, our days are punctuated by moments with nature like the awe of a total whiteout snow, the incessant honking of nesting geese in the spring, the radiant (and sometimes blistering) warmth of the sun on our skin throughout summer, and the smell of an autumnal air soaked with humidity and tannins from decomposing leaves as it rises into a dense fog. I write to this *Community Connection* to celebrate a great advancement for our organization, but more importantly for the joys of the natural world, for the joy of the senses, and the joy of what it means to be alive in a world that is living!

If I may, please allow me to open this letter with a personal anecdote; and as you read I would like to invite you to recall a time in your life that is marked with similar stillness, awe, and enjoyment.

As a young elementary student we used to invent games to keep us busy during recess. We'd make forts out of sticks, play "house" by making "food" out of mud, and we would compete to see who could climb the highest on the playground's spider climber. We were also fortunate enough to have been able to plant small saplings around the recess yard. Nearly implicitly we understood that there was a difference between our young saplings and the great oak tree we used as the supplier for our sticks, whose roots we used to mix 'pots" of mud, and which was much much taller than the spider climber. We couldn't run over the saplings lest we crush them and kill it, but the same knowledge did not keep us from running full-force toward the big tree to see if we could topple it or shake it for some more sticks.

The day I remember, and the reason for this story, is the day that I really began to realize just how much that tree had seen in the time it took it to grow from a sapling to now. I remember looking up into the branches and beyond the yellow-green light of the sun through its leaves and wondering, how, how did it survive all the odds, and I began to muster something of a wish – a wish that all whom I loved could play under this tree!

Of course, as things go, the tree was removed a little over 15 years ago. And now I know, not only was I so fortunate to have played under that tree, I only hope to be as fortunate to plant a sapling and see it grow to begin to carry out such a legacy. A legacy oak in Wisconsin could be as old as 350 to 400 years old! And with my vantage point, I now see that stewardship isn't an individual responsibility – it takes generations of care to keep trees like this.

The Angels at Attic Angel, and the residents alike, have a strong connection to their legacy! For 135 years Attic Angels has successfully carried out their mission of demonstrating caring compassion which has changed Madison and the world for the better. In 2024, we have begun the process of stewarding yet another dimension of our mission, environmental stewardship for the purpose of quality and longevity in senior living spaces.

Attic Angel Community is proud to make known that we have begun a Sustainability Committee comprised of member Angels, residents, and administrative staff who will seek to support the Attic Angel mission and legacy of care. The Sustainability Committee seeks to share in stories like these, investigate solutions and partnerships for sustainability, and define and steward a process for the successful implementation of sustainability projects. Our goal is to reduce our reliance on finite resources, lower our environmental impact, and maintain an ecological balance. We believe that these activities and goals will help to bring an enhanced quality of life to all residents, visitors, volunteers, and staff. We hope you will join us in looking out with wonder at all we can accomplish together! Please stay tuned for more sustainability "life hacks," talks hosted by the Sustainability Committee, and future projects.

Heads Up & Reminders

To stay up to date on community events, residents may check activity calendars, Uniguest, or contact to their Life Enrichment Coordinator. Staff may check their email or Paycor.

Continuing Education

Jan. 6th: "Strap In: American Politics in A New Era"

Kenneth R. Mayer, Professor Emeritus, Department of Political Science, UW-Madison

Jan. 13th: "Outsmarting the Scammers"

Ryan Krause, Financial Advisor, Edward Jones

Jan. 20th: "Unlocking the Secrets of Antarctic Meteorology"

Dr. Matthew A. Lazzara, Senior Scientist/Meteorologist, UW Antarctic Meteorological Research & Data Center

Jan. 27th: "Grief: Taking Care of Yourself and Supporting Others"

Kathleen Paris, Educator, Management Consultant, Author of *Gentle Comforts*

Wellness Update

There will be no Wellness classes or one-on-ones Wednesday, January 1st.

Happy New Year!

Employee Appreciation Events

January events include Bingo and some fun surprises and treats. Check your email and posted flyers for details!

Staff: Want to help plan employee appreciation events? Join the committee! They meet the 3rd Wednesday of every month at 2:30pm in the Quiet Room.

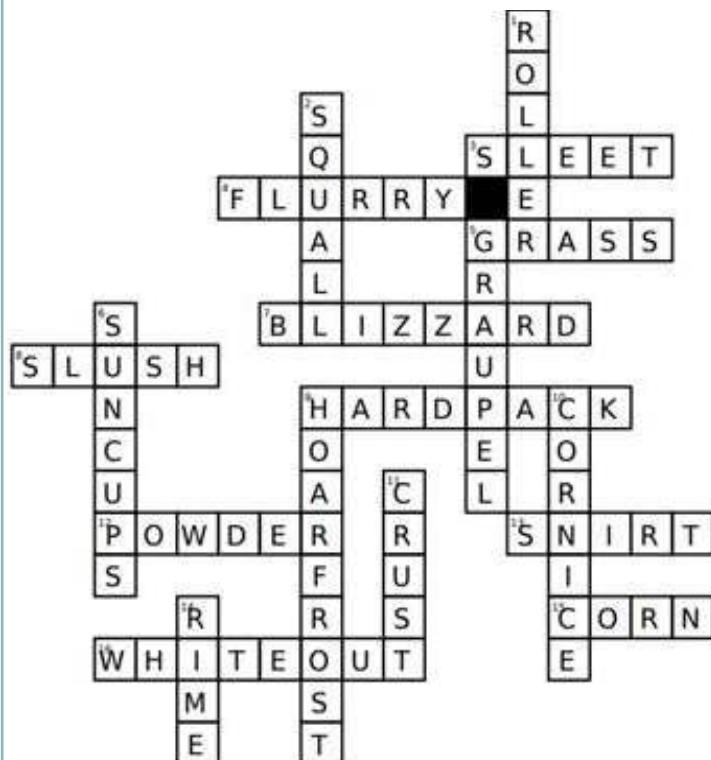
Library Magazines

Please be sure to keep all magazines in the Library! They are for all residents to read and enjoy. If you would like a copy of an article, the reception team would be happy to assist. Thank you!

Salt Cups

Be sure to visit AAP Reception to pick up a salt cup for the winter months and use the self-serve salt bins to refill them as needed!

Crossword Puzzle Answers



Attic Angel Community Happenings



The weather outside is frightful, but the cookie & hot cocoa bars we had were so delightful! A big thank you to our employee appreciation committee for putting on these great events in December.



The Angel Choir brought the cheer to our Community Room on Monday, December 9th! We are so thankful that they shared their wonderful singing talents with us!

Attic Angel Community Happenings



There were many holly jolly ways to celebrate the season at Attic Angel!

Festivities included a pajama day, lots of delicious cookies and treats, and our very own Life Enrichment Team did some caroling around the facility!

Community Connection



He made a list and checked it twice....

Santa Claus made the journey to Attic Angel all the way from the North Pole!

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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