

Community Connection

APRIL 2025

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AtticAngel.org

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.

Top Workplace

Attic Angel has been named a Top Workplace in the Wisconsin State Journal! The list was announced on March 23rd by WSJ. The award is based solely on the feedback many of you offered through the employee survey we administered just a few months ago. Thank you! More than 124 of you participated, and your input is much appreciated. Being named a Top Workplace is a big deal – only 81 companies made this year’s list. We’re honored, especially because the judges were you, our employees!



Rock Steady Boxing

By: Nicole Faust, Wellness Director

In this Corner, we have Joan.....

Here’s a personal testimonial on why you should sign up for Rock Steady Boxing!

“Eleven years ago, I was diagnosed with a neuro illness with symptoms similar to Parkinson’s. When we moved here, I wrote: If I focus on this illness, I feel more sick; if I focus on being well, I feel better, so I try not to focus on the things I CAN’T do but the things I can do. I started taking exercise classes at Attic Angel in the community room, led by volunteers. Now, there is the Wellness Center, a wellness director (Nicole Faust), and Rock Steady Boxing! I realized how very fortunate I am to have this available to me. I never thought I would ever do something like boxing. I challenged myself to go ahead and try it. I found out that it’s not about boxing. It’s because this exercise is going to strengthen my legs, my arms, and my stamina!”

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“Rock Steady Boxing” continued from page 1

From our Wellness Team:

Our program offers a comprehensive approach to fitness and wellness, specifically designed for individuals with Parkinson’s disease. During our sessions, you will participate in a range of activities that extend beyond traditional boxing. We incorporate strength training exercises to enhance muscle stability and overall strength, ensuring participants can maintain functional movement. Cardiovascular workouts are also a key component, helping to improve endurance and heart health. Our balance exercises are specifically designed to enhance coordination, which is essential for daily activities and preventing falls.

In addition to physical training, we include brain teasers and cognitive challenges to stimulate mental activity, promoting brain health and cognitive function. We also offer social-emotional support, creating a welcoming and encouraging environment where participants can share experiences and build connections with others facing similar challenges. All of these elements work together to enhance your overall experience and contribute to your “Rock Steady Box” experience. You will find that our sessions not only help you stay active but also empower you to gain confidence in your abilities, all while having fun in a supportive community!

If you are interested in Rock Steady Boxing, reach out to Nicole Faust (662-8866, or Nicole.Faust@atticangel.org), Kelly Schuette (662-8882, or Kelly.Schuette@atticangel.org), or Trevor Little (trevor.little@atticangel.org).



Attic Angel/Prairie Point Golf League Resumes Play

By: Dennis Dorn, Prairie Point Resident

Formed in 2022, the Attic Angel/Prairie Point Golf League hopes to expand its membership during its fourth season, which will run from May 5th through September 29th, weather permitting.

There is no competitive scoring, record-keeping, or prizes. The format is a choice: best ball or stroke play, determined at the course. If time allows, we may gather after the round for drinks, lunch, or just to chat.

Golfers typically play Monday mornings at either Odana Municipal Golf Course or Pleasant View Golf Course, with a targeted 10:00am tee time. The cost per individual is approximately \$27 per round, plus an additional \$12 if you wish to use a cart. Golfers are required to arrive at the course 30 minutes before their tee time.

Membership is open to all Attic Angel and Prairie Point residents, and commitment requires an intention to play in at least 70% of matches. Whenever possible, please commit two weeks in advance. Pairings will be made at the course by consensus, with a preference for 4-somes and 3-somes.

To sign up, or get more information, contact: Dennis Dorn, 608-772-1006 or nrodd@gmail.com.

Front Desk Focus: Services For You

By: Attic Angel Reception Team

The Attic Angel reception desk is here for all of your clerical needs! Do you have a letter to mail, copies to be made, or a fax to be sent? We've got you covered!

If you want to send out a piece of mail, the reception desk has a postage metering machine that allows us to apply postage to your envelope or package, even for international destinations. This machine is available at a discounted rate compared to visiting the post office. Certain size and weight restrictions apply depending on the item being sent. You may choose to purchase a "book" of stamps, which contains 20 postage stamps, for you to use at your convenience. Each book costs \$14.60, and our stamp designs vary based on what is available from the post office.

If you need copies, our printers can make black-and-white or colored copies. If you have a newspaper or magazine article you would like to keep or share with friends, we can make copies of that, too! Copies are 10 cents per page.

Lastly, if you have a document to be faxed, we can send it at no cost to you! All you need to do is get the document to reception, and from there, we will use our faxing system to send it off. If the recipient of your fax needs to return a document to you, we can receive it via our fax system and print it for you.

The AAP reception desk is open from 7 a.m. to 9 p.m. Monday through Friday and 8 a.m. to 4:30 p.m. on weekends. You may call 662-8842 to reach the desk, or if you are a resident and have an Attic Angel landline, simply press "0," and you will be sent directly to the desk.

Garden Gab

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

Keep your eyes peeled for this exciting new project from the grounds team. Late next month, work will begin to add to the existing community room patio. This will bring opportunities for even more outdoor events and activities. Please be alert to work in the area and follow all posted cautions once work begins. Stay tuned for more information about upcoming events which will be hosted on the Community Room Patio.



What Can Attic Angel Residents Do On EARTH DAY?

By: Joan McCarthy, Prairie Point Resident



There are so many things you could do for our earth on EARTH DAY that it was too hard to choose just one. So below you will find many possibilities. Each of these activities will help you learn more about how to reduce your carbon footprint. Choose one or all!

FIRST LEARN ABOUT EARTH DAY! WHERE DID IT START? Earth Day was first celebrated on April 22, 1970, spearheaded by U.S. Senator Gaylord Nelson from Wisconsin. Millions of people across America participated in rallies, clean-ups, and educational initiatives. The success of this grassroots movement led to the formation of the Environmental Protection Agency. For more information about the impact that Senator Nelson had on the earth visit this link. <https://www.epa.gov/history/epa-history-earth-day>

THEN PARTICIPATE IN AN EARTH DAY EVENT. Each year, the Junction Ridge Neighborhood Association hosts an Earth Day event. This year, the event will include displays on recycling, composting, and home energy solutions. In addition, there will be a recycling drive, work in the prairie, and free product samples for sustainable living. (The recycling drive collects the following items: batteries, athletic shoes, pill bottles (with labels removed), empty egg cartons, and used printer ink cartridges.) Watch for the day and time for this event as well as others.

PLANT A GARDEN. Gardens sequester carbon and reduce greenhouse gas emissions. Residents of Segoe Heights that are interested in a community garden plot should contact Grace Huddleston by email or by calling the front desk. The plots are available on a first-come, first-served basis. Please call to be added to the waitlist. Prairie Point residents had an opportunity to sign up for a garden package. The last day to sign up for spring planting was March 14th! Watch for another opportunity in the future.

SHOP LOCALLY AND SUSTAINABLY. Buy vegetables grown in Wisconsin! For years, the Attic Angel Association has hosted a place for distributing produce from a local Community Supported Agriculture (CSA). It was where we picked up vegetables grown for us by the Crossroads Community Farm. If you participated and have discontinued your share because the pickup is now too difficult, we may be able to find a volunteer to pick it up and deliver it to you. If CSA does not work for you, find out what produce your grocer sells that is grown in the Midwest.

IN HONOR OF GAYLORD NELSON, FOLD ORIGAMI FISH. Help save the Great Lakes from future oil spills by folding Origami fish to protest pipeline 5 that could leak into Wisconsin and the Great Lakes. Visit <https://www.fishforfuture.org/> to find out more and how you can participate.

SIGN UP FOR ALLIANT ENERGY SMART HOURS. Enroll your qualified smart device in Alliant Energy Smart Hours and earn rewards for each season you participate while also reducing your carbon footprint. If you live in Prairie Point and have one of the smart thermostats and signed up for Smart Hours, Alliant Energy will, at times, control your thermostat to automatically cool your house in a way that saves energy for everyone! Attic Angel staff are familiar with smart thermostats and will help with the installation.

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.

2025 Signature Events

Be sure to mark your calendars for our upcoming sales & events:

Attic Sale: May 30 & 31

Golf Open: August 25

Fashion Finds Sale (formerly Classic Clothing): Sept. 26 & 27

Holidays Galore & More Sale: Nov. 14 & 15

Pump It For Parkinson's

Thursday, April 10th

8:30am-3pm

Location: Wellness Room

Residents, Staff, and Angels can sign up for this event at the front reception desk. There will be food and drawings for prizes such as free one-on-ones and gift cards!

The Community Awareness Network (CAN)

The Community Awareness Network (CAN) meets **Tuesday, April 1st, at 11am in the Private Dining Room** at Attic Angel Place--and we're not foolin'!

"We are a group of Prairie Point and Attic Angel Place residents who examine environmental and social issues affecting our neighborhoods and support practical creative solutions leading to a better quality of life in our communities."

Come check us out on April 1st!

Employee Appreciation Events

Tuesday, April 22nd

Earth Day

More information will be posted as the event gets closer!

Continuing Education

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

April 7: "Opera and the Art of Crisis Management"

Kathryn Smith, General Director, Madison Opera

April 14: "Foundation for Madison Public Schools Community Partnerships"

Mary Bartzen, Community Partnerships Director, Madison Public Schools Foundation

April 21: "An Inside Look into Authoring Books on Mike Leckrone, Tommy Thompson and Fred Risser"

Doug Moe, Award-winning columnist and Author, Former Editor, Madison Magazine

April 28: "Uplands Cheese"

Michael Gingrich, Award-winning Artisan cheesemaker (samples available)

Save the Date!

There will be an Easter-themed Intergenerational event on **Thursday, April 17th from 2-3:30pm**. Details to be announced!

Joke of the Month

If April showers bring May flowers, what do May flowers bring?

Pilgrims!

Attic Angel Community Happenings



We let the good times roll at Attic Angel when we celebrated Mardi Gras!



On National Employee Appreciation Day, we "popped in" to show our thanks to our incredible staff by taking around a sunshine cart filled with popcorn, fruit snacks, chips, and more!



We are so grateful to have the very best staff!

Attic Angel Community Happenings



We had a sham-rocking time at our St. Patrick's Day event put on by our Life Enrichment Team!

Residents were able to participate in a beer tasting, and snack on some delicious soft pretzels!



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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