

# Community Connection

JULY 2025

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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.

## Clay, Creativity, and Connection

By: Kaitie Sauer, Studio Coordinator

Last month, a group of our residents enjoyed a special trip to a local pottery studio called *Crimson Artist Collective* located in Verona.

The studio is owned by the daughter-in-law of one of our very own residents, adding a warm, family touch to the experience. They were treated to a behind-the-scenes tour and a live wheel-throwing demonstration. They explored shelves of beautiful handmade ceramics and learned about the pottery process from start to finish.

Residents were especially captivated by the potter at the wheel, skillfully shaping clay into elegant forms right before their eyes. The outing sparked curiosity, conversation, and even a few fond memories, making it a wonderfully engaging and inspiring experience for all who attended.



*If you are interested in attending a Studio outing or activity, you may check the Resident Activity Binder at the front reception desk or reach out to Kaitie Sauer. The Studio is located on the first floor of Attic Angel Place, down the hallway from the main reception desk.*

# SustainAbility Committee Report

By: Sue Robinson, Angel Volunteer



Trim the Trash! This is the new catchphrase for the waste stream initiative you will be hearing about from the Sustainability Committee. We are dedicated to improving Attic Angel's waste stream management. Waste stream management generally is defined as the way an organization handles and controls different types of waste (e.g. food scraps, general household garbage and recycling, yard waste, hazardous waste).

A first step in improving waste stream management is “trimming the trash” and learning how to reduce the amount of material we put in the garbage and increase the amount of material we recycle. There is a lot to learn about trimming our trash and the Sustainability Committee will provide information and educational opportunities in which you can participate to increase your knowledge about trash vs. recycling.



Here are some waste management tips for common items you may encounter this summer. Did you know that clean, small flowerpots with the recycling triangle on the bottom with the numbers 1, 2, and 5 can be put in recycling bins? Going on a picnic? Of course, aluminum cans go in the recycling bin but do not crush them. The recycling facility needs cans to retain their 3-D shape to be properly recycled. You can put clean aluminum foil in your recycling bin too but it needs to be crumpled up into a baseball sized ball so it can be processed properly.



*Aluminum cup*

Consider alternatives to plastic water bottles and plastic cups like using refillable water bottles, paper cups, or reusable aluminum cups. Did you know that clean and dry paper cups can go in the recycling bin? If you do recycle water bottles, please keep the lids on the bottles to help them retain their 3-D shape for proper processing. Plastic cups with a #1, 2 or 5 on the bottom can go in the



*Bamboo eating utensils*

recycle bin. Plastic eating utensils are not recyclable. Alternatively, consider washing them and reusing them or consider using bamboo utensils which can be reused and are also compostable. When in doubt, you can utilize this resource to look up particular items and learn how to dispose of them: <https://www.cityofmadison.com/streets/trash-recycling/how-do-i-dispose-of>. Discover how you can improve on waste management this summer as you Trim the Trash!

Have an idea for a sustainability practice or project? Contact one of these committee members: [Janelle.Taylor@atticangel.org](mailto:Janelle.Taylor@atticangel.org) or [Sue Robinson susanrobinson299@gmail.com](mailto:Sue Robinson susanrobinson299@gmail.com)

# Breathe Harmony

By: Nicole Faust, Wellness Director

Having past experience in Pulmonary Rehabilitation, it has always been the goal to try and discover innovative programs to enhance patient experience. After having the opportunity to attend a conference and learn about compelling methods for teaching pursed lip breathing, it seemed possible that individuals suffering from asthma, COPD, and restrictive lung disease could greatly benefit from these kinds of programs too.

This goal became a reality recently when a resident's family asked for assistance with their mother. She was experiencing shortness of breath, and they wanted to develop a tailored exercise program focused on breath retraining.

Recalling a harmonica program that had previously been implemented, it seemed logical to revisit this approach. After three years of not playing, dusting off the old harmonica and preparing the necessary music sheets, it was time to see if this resource could effectively support the resident's needs.

In a short time, her breathing has already improved—going from a two-line song to six-lines. Not only has it increased breath control and lung capacity, it has an added benefit of increased memory function too! The repetition of doing the exercise three times per day, hearing the familiar song, and learning to recognize the color-coded notes have played a part in this.

Incorporating breathing exercises like pursed-lip breathing into your daily routine can have remarkable benefits. For starters, like with our resident, it helps increase your lung capacity—the total volume of air your lungs can hold—allowing you to take in more oxygen with each breath. Additionally, strengthening your diaphragm and other key muscles involved in respiration will enable you to breathe more efficiently, making everyday activities feel easier and less strenuous.

Beyond the physical and mental advantages, these exercises also play a significant role in promoting relaxation. As you focus on your breath, you can slow your breathing rate, which can help to reduce stress and anxiety. Adopting this simple yet powerful technique can lead to a more balanced, healthy lifestyle and a greater sense of well-being. Start incorporating pursed-lip breathing today, and experience the transformative impact it can have on your life!

*If you are interested in Wellness classes or one-on-ones, reach out to Nicole Faust at Nicole.Faust@atticangel.org, or (608) 662-8866.*





# Attic Angel Place Board of Directors

By: Sue Bush, AAP Board Chair

Attic Angel Place is one of the three subsidiaries of Attic Angel Association, and like the Association it is a non-profit organization. The Association is our member organization, which Angels belong to, and is responsible for setting policies and strategy. Attic Angel Place is responsible for the operation of the facility including Segoe Heights, Bryant Ridge, Gorham Glen, and the Haven.

Attic Angel Place has a board of directors separate and distinct for the Attic Angel Association Board of Directors. The Attic Angel Place Board has expanded this year from five to seven members, all of whom are Angels. The expansion is an effort to tap into the expertise of a larger cross-section of Angels as we make decisions. Joining returning board members Sue Bush, Chair; Mary Miedaner, Vice Chair; and Kim Kundert, Secretary; Shannon Davidson, Treasurer; Carolyn McKinney, Amy Nickles, and Cathy Rotter, Members at Large. These new board members bring a wealth of Angel experience, ranging from five to forty years, diverse professional expertise, and three of the four have prior board experience at Attic Angel. Staff under the leadership of President/CEO Michelle Godfrey are hired to operate all aspects of the facility including any regulatory compliance. The Attic Angel Place Board oversees this operation and collaborates with the leadership team. Major operational changes are discussed and approved by the board. Financial oversight is also a crucial aspect of the board's role. Both the capital and operating budgets, including rate changes, are approved by the board and the latest financial statements are reviewed at each meeting. Any decisions made by the board are guided by the five core values of the Attic Angel Community: Service Excellence, Compassion, Accountability, Community, and Respect.



*Front row (left to right): Kim Kundert, Mary Miedaner, Cathy Rotter, Carolyn McKinney, Amy Nickles*

*Back row (left to right): Sue Bush, Shannon Davidson, Michelle Godfrey*

## Meet Our New Groundskeeper



We are excited to welcome Finn Polman to Attic Angel! Finn joined our team in the beginning of June as our new groundskeeper, and has been working closely with Jim and Grace to learn his new role. Finn is from Mount Horeb and comes to us after working at Epic Systems as their Seasonal Horticulture Turf Team Technician. Finn has two younger siblings, a brother and a sister, and enjoys fishing, hunting, and being outdoors. He also plays baseball for the Pine Bluff Hometown Talent Team, the Pine Bluff Bluffers.

He chose Attic Angel because he is excited about the opportunity to work on custom garden bed packages for Prairie Point, assist AAP residents with their garden beds, and get to know the residents.

If you see Finn around the grounds, be sure to say hello!

# 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.

## Share Your Moments With Us!

We're always looking for special moments to share from around the Attic Angel community — whether it's a laugh with friends, a creative project, photos from a recent activity, or any other glimpse of your daily life. Send your photos or ideas to [SocialMediaProject@AtticAngel.org](mailto:SocialMediaProject@AtticAngel.org) for a chance to be featured on our social media pages!

## Prairie Point Ladies Luncheon

**When:** Tuesday, July 15th, 2025

**Where:** North and South Seafood & Smokehouse

**Cost:** \$20 cash/per person, includes tax & gratuities

Entree Choices:

Honey Lemon Shrimp Salad

Cheeseburger w/French Fries

Chicken Salad Sandwich w/Creamy  
Coleslaw

All entrees include ice cream dessert with optional chocolate or caramel sauce. Call with your choice of entree before July 11, 2025. Beverages are available for cash. Call Patti Larson (608-516-0332) or Joan McCarthy (608-345-4166).

## 2025 Signature Events

**Golf Open:**

August 25th

If interested, reach out to [golf@atticangel.org](mailto:golf@atticangel.org) or call 608-662-8900

**Fashion Finds Sale:**

September 26th & 27th

**Holidays Galore & More Sale:**

November 14th & 15th

## Prairie Point Driveway Party

**When:** July 26th, from 4 to 6:30pm

**Where:** 457 Wild Indigo Lane

Please wear your name tag for this event & bring your own chair, something to drink, and an appetizer to share. We hope to see you there!

In case of rain, this event will be held in the Community Room at Attic Angel Place.

## Continuing Education

Programming will resume in **September 2025**. Enjoy your summer!

## Save the Date!

You won't want to miss our Safety & Wellbeing Community Fair happening next month! Join us on **Tuesday, July 29th from 10:00am to 4:00pm in the Community Room**. This event is open to the entire community, and we're bringing together a variety of vendors and resources focused on enhancing your safety and well-being, both at work and at home. You'll find a wide range of offerings, including vendors specific to employee benefits (like Baird, M3, & Guardian, for example!), alongside many others relevant to everyone.

While we're still finalizing the list of participants, we wanted to give you an early heads-up about this exciting event. Stay tuned for more details on the fantastic vendors and activities we'll have! We look forward to seeing you there.



# Attic Angel Community Happenings



Another successful Attic Sale is in the books! Thank you to all Angels, staff, and shoppers who made this possible. We raised more than \$84,000 to help children and older adults in Dane County!



# Attic Angel Community Happenings



We were able to honor our outstanding retirees with a celebration in our Community Room. Good cheer was shared by all!

We will certainly miss all of these exceptional staff members!



Retirees (left to right):  
John Kaiser, Tim Johnson,  
Joanne Streich, Kelly  
Cheramy, Susan Gill-  
Kloppenburg

Not pictured: Brenda  
Grabandt



# Attic Angel Community Happenings

Every day is a good day to show our appreciation to our C.N.A. staff, but especially during C.N.A. week! Festivities included a mocktail cart, fun shirt Friday, pancake bar, trail mix bags, an ice cream truck, and more!



## 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 15<sup>th</sup> of each month for the following month's publication. Submit notices, news, and interesting stories electronically to

**NewsletterSubmissions@  
atticangel.org**

### **Publisher:**

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