

Community Connection

OCTOBER 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.

Life Stories Initiative

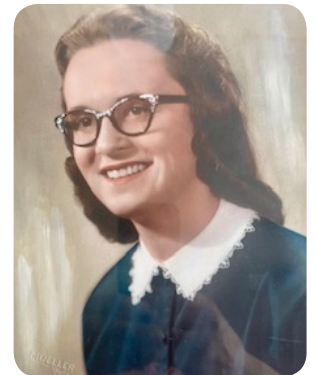
By: Brad Murphy, Volunteer

Interview Assistance: Mike Thurston, Life Enrichment Coordinator

Attic Angel Senior Living Community has some amazing residents! To help capture and share some of their stories, we have begun a process of interviewing residents and documenting their stories, with their consent and the participation of family members. With permission from the resident and family, Attic Angel staff will also distribute an electronic/digital copy of their stories to the entire Attic Angel community. This includes residents, staff, and members of Attic Angel. The purpose of this distribution is to share more details about our residents to increase and improve social and caregiving interactions. We are excited to share the first of these stories, and hope you enjoy the memories and adventures shared:

The Amazing Lives of Barbara & Carl Sherbeck

I, Barbara, was born on September 1, 1937, in Aurora, Illinois with older sisters, Carol and Lorraine, and a younger brother, Richard. My parents, Earl and Bernice Herren, were cattle farmers near Plainfield, Illinois. During high school, I became serious about my faith, and when I graduated in 1956, I enrolled in the Moody Bible Institute in Chicago to discover God's calling for my life. I hoped to gain biblical knowledge, spiritual growth, and skills I would need to go wherever God lead me. As it turned out, I gained all of that and more!



I, Carl, was born July 17, 1935, in our farmhouse in the little township of Navarino, Wisconsin, northwest of Green Bay. My parents, Henry and Olga Sherbeck, were dairy farmers and appreciated my help and that of my older brother, Marvin, and younger sister, Marilyn. My "faith journey" started in elementary school and deepened in high school, leading me to enroll in Moody Bible Institute after my brother returned from military service.

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We, Barbara and Carl, met at Moody Bible Institute. Barb pursued this shy young man to capture his attention. Barb and Carl became engaged and planned their wedding for the day after graduation, June 7, 1958. Carl enrolled in the Fort Wayne Bible College to complete a bachelor's degree in preparation for ministry, pastored a small church in Fox Hollow, and we began our family. Denis was born in 1959, Tim was born in 1960, and Barry was born in 1963.



We joined "The Evangelical Alliance Mission" (TEAM). In 1966, we were assigned to the United Arab Emirates (UAE). We went to the desert community of Al Ain as the first non-medical team members supporting the Oasis Hospital (now known as Kanad Hospital), a private institution established in 1960 by American medical doctors to help address the high infant and maternal mortality rates. Carl used his construction skills to help with the hospital expansion and maintenance. Barb served in an administrative capacity with patient registration and bookkeeping. During this time, our son Steve was born in 1967. In 1970, we returned for a time to Aurora, Illinois, where our daughter Carrie was born in 1971. Between 1972 and 2003, we worked in Abu Dhabi, Al Ain, and Dubai, with periodic visits to the U.S. to maintain connections with our supporting churches and care for our family.

1972-1977-Abu Dhabi: We founded both English and Arabic speaking churches in our home, building community with people from a variety of cultural and denominational backgrounds.

1977-1979-Sheboygan, WI: Reconnected with supporting churches and provided care for Barb's father and nephews during a family transition, and Barb worked at a phone company. Remodeled and sold a house.

1979-1982-Abu Dhabi: Pastored the Arabic-language church

1982-Madison, WI: Short furlough to connect with supporting churches

1982-1985-Al Ain: Carl served as Field Chairman during a period of transition and growth at the Oasis Hospital. Barb coordinated language lessons and taught introductory Arabic to new or short-term missionaries serving at the hospital.

1985-1987-Madison, WI: We worked with Intervarsity Christian Fellowship, providing administrative support and counselling for students considering international ministry. Provided care for Barb's father in his declining health. Built a home for our family.

1987-2003-Dubai: We pastored and grew a small Arabic-language church. Carl supported getting a land grant for a new church facility in Abu Dhabi, which opened its doors in 1993. Carl facilitated a long-term development project which led to the Dubai Evangelical Church Center (DECC) opening its doors in 2003.

Reflections on our story:

- We had a vision for how to serve our Lord, and we followed it.
- We are satisfied with what we did and what we accomplished; we have no regrets.
- Our life choices have benefited ourselves and our family.
- Our ministries made a very positive impact on the world.
- We are grateful to the Lord for the opportunities to contribute to multiple cultures.

Even in retirement, we have been blessed. We continued to live in our home in Madison for many years and were active at High Point Church. We enjoyed gardening and time with our friends and family. We even enjoyed refurbishing projects in our condominium when we moved there in 2011. Since we moved to Attic Angel in 2021, we have appreciated their support and social opportunities. Attic Angel is a wonderful place for us!

Internet Safety

By: Alex Reckard, Resident Support Technician, Parasol Alliance

The internet is a great way to connect and learn, but staying safe is key. Avoid sharing personal details, and don't click links or open attachments from strangers. Using strong passwords and privacy settings help keep your accounts secure, allowing you to enjoy the online world with peace of mind.



Do you have a device that's giving you trouble, or just curious about what it can do? Bring your phone, tablet, laptop – or other mobile device – to IT Office Hours on Fridays from 10:30 AM to 11:30 AM. I'll be happy to provide my assistance!

Residents that need an IT work order can call in at (414) 677-3357, email techathome@parasolalliance.com, or call the front reception desk at (608) 662-8842.

Garden Gab: Understanding Invasives

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

You've likely heard of Kudzu destroying timberlands and starving livestock of pasture. But do you know what makes this plant especially destructive? It isn't actually the plant's fault at all, but instead that Kudzu is an introduced garden novelty – an exotic species with no natural predators. Its widespread use by the Soil Conservation Service in 1935 – to prevent erosion from dust storms – was particularly clever. However, the effects still linger to this day. With a growth pattern unlike most plants in the North American continent, kudzu can *outcompete* native species.

The natural process of *plant succession* continues, and soon you are left with a complete decimation of native species and a monoculture of what should've stayed as an ornamental species. Control is never that easy; if you plant it, it will grow. Plants, insects, animals, and even other organisms, such as mollusks, can become invasive when the ecological balance is disturbed. Native species live within a *community* which is always changing in composition, and these communities ensure that each role an organism fulfills is well balanced in the food chain, the carbon cycle, the water cycle, and so on. In a garden, this is known as a matrix. A stable matrix will change slowly over time (like a shrubland). Highly variable matrices may change from year to year (prairie is a great example!)

Exotic garden species, also known as *ornamentals* or *horticultural varieties*, have been linked to land-use changes, habitat destruction, and reduction of native species. Indeed the habitat loss from invasive species is second only to human development in terms of land-use changes. Natural disasters and extreme weather also account for a large share of biodiversity loss. Creating garden matrices without invasive species is the best way to create a resilient garden – one that will remain stable through climate change and support our local ecosystems and plant communities. Attic Angel's most common invasive species are the burning bush and barberry. Native alternatives, such as American bittersweet and Aronia, are being provided over time. For more resources on invasive species, visit the Wisconsin DNR.

Jingle All the Way to the Holiday Sale!

By: Christina Barley '18, Event Co-Chair

Our Fashion Finds sale is now a fond memory, which means it is time to get enthusiastic about the upcoming Holidays Galore and More sale! The Angel elves will transform the Association building into a festive shopping emporium with rooms dedicated to decorations, gift ideas, handcrafted items, jewelry, holiday attire, and a delicious array of baked goods.

It is always enjoyable to see a line of eager shoppers when we open the doors! This year, that will happen on Friday, November 14th, at 9:00 a.m., and we hope for steady business until we close at 4:00 p.m. Don't miss the half-price sale on Saturday, November 15th, from 9:00 a.m. to 1:00 p.m.

We will continue to accept donations of new/gently used holiday items in the Association basement through October 31st (please note that we do not accept trees or electrical string lights).

Make note that residents and staff can pre-order any of the food items from our selection of trail mix, dried fruit, organic granola, coffee, and honey. The order form can be found at the AAP reception desk, or you can order online via this link: <http://weblink.donorperfect.com/HolidaySaleOrderForm>. The deadline for these orders is 12:00 noon on October 10th. Your items will be ready for pick-up at the Holiday sale.

In addition, residents and staff may order some of Sue Bush's mouthwatering caramels and/or Cindy Zeller's yummy peanut brittle. Add your name to the list, which will be available at the AAP reception desk starting October 1st. Payment should be made when ordering, and you will have your choice of picking your order up on November 19th (ordering deadline of November 11th) or December 10th (ordering deadline of December 2nd).

Finally, please share information about our sale on your social media pages with friends and family, and bring them with you when you come to shop! We look forward to seeing you there, and we thank you for your generosity and support. The proceeds from our sale this year help fund our community grants to address food insecurity for seniors and families with children.

Holiday Sale Order Form

Origin Breads Organic Granola (12 oz, NCGS)

- _____ Maple Pecan @ \$12/ea \$_____
- _____ Dark Chocolate Cashew @ \$12/ea \$_____
- _____ Golden Cherry Almond
(w/ tumeric & ginger) @ \$12/ea \$_____
- _____ Organic Fair Trade Angel Blend Coffee
(12 oz) _____
- _____ Regular Ground @ \$15/ea \$_____
- _____ Decaf Ground @ \$15/ea \$_____
- _____ Regular Bean @ \$15/ea \$_____

"bee's knees" Honey by Mike Livesey & Delwyn Keane '15

- _____ Creamed Honey 1 lb. Tub @
\$12/ea \$_____
- _____ Liquid Honey 1 lb. Tub @ \$10/ea \$_____

Rubi Reds, LLC (resealable bags)

- _____ Sweetened Dried Cranberries 1 lb. Bag @
\$9/ea \$_____
- _____ Sweetened Dried Cherries 1 lb. Bag @
\$16/ea \$_____
- _____ Dark Chocolate-Covered Cranberries 1 lb.
Bag @ \$14/ea \$_____
- _____ Cranberries Outdoor Trail Mix 1 lb. Bag @
\$14/ea \$_____

TOTAL: \$_____

Holiday Food Sponsor: Donny's Painting
Please attach a check payable to Attic Angel Association. Orders must be returned to the association office NO LATER than **NOON on FRIDAY, OCTOBER 10**. Products will be available for pickup during the Holidays Galore & More Sale at the association office.

NAME: _____

PHONE: _____

SustainAbility: Sustainability Committee Report

By: Grace Huddleston & Sue Robinson, Sustainability Committee Members

Attic Angel's *Trim the Trash* initiative is steadily moving forward. In the spring of 2025, the Sustainability committee conducted an audit at Attic Angel to identify locations in all of our buildings that were lacking proper recycling and trash receptacles. The result of this audit led to the purchase of a number of new recycling and trash bins, which are being placed throughout the community. If you have not already noticed the new blue recycling bins and the black trash bins throughout the buildings, you will soon. Programs, signage, and newsletter articles are being rolled out to educate residents, staff, and angels on what should be placed in recycling bins and how the items should be prepared. While local governments and environmental agencies provide overall guidance for recycling management, real change begins with each of us. As individuals, we need to be thoughtful and take responsibility for what goes in our recycling bins. Don't overlook the power of your individual actions. When everyone at Attic Angel places the correct items in our recycling bins, it creates a collective positive impact on our environment.

Did you know that in the City of Madison, almost 18.9% of what goes into recycling bins is actually trash, and about 13% of material in the Dane County landfill could be recycled? That means 26% of what we are tossing away is going to the wrong place! When items are recycled, they are transformed into new products rather than ending up in landfills. When we recycle, we reduce waste, save energy, conserve natural resources, and reduce pollution.

Pellitteri Waste Systems collects trash and recycling here at Attic Angel. An analysis over the past five years shows that our garbage tonnage at Attic Angel Place has averaged 117.46 tons!! (Holy Cow! That's about the weight of 150 Holsteins). The Sustainability Committee will monitor this data to evaluate the effectiveness of our *Trim the Trash* initiative. Our goal, with your help, is to notice a reduction in waste tonnage, showing that our efforts to improve recycling are working!



The New Attic Angel Sustainability Fund

By: Attic Angel Development Team

At Attic Angel, we know that caring for people also means caring for the world they live in. That's why we're proud to introduce the Attic Angel Sustainability Fund, a new initiative designed to help us explore, test, and implement innovative sustainability projects for our community.

This special fund was created to honor Bjorn (Red) Thompson, whose vision and leadership shaped Attic Angel's sustainability efforts for over a decade. From commissioning the first energy audit in 2012 to spearheading water and lighting efficiencies and leading solar projects in Prairie Point, Red's work set a standard for both creativity and responsibility. His legacy of innovation is now the foundation for this new fund.

The purpose of the Sustainability Fund is simple yet powerful: to provide start-up resources for pilot projects that fall between regular budget cycles. As the committee explains, "One of the most challenging questions we face when reviewing proposals is whether

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initiatives can be supported and remain beneficial long term. This fund allows us to test different initiatives and make recommendations to the board to make better informed decisions for Attic Angel Community."

For Jon McCarthy, a resident leader who has championed sustainability alongside Red, this fund is about ensuring good ideas have a chance to prove themselves. "In developing complex instruments or technologies, you always begin with a prototype," he explains. "The same is true here. A small investment up front can show us whether an idea will work, how it impacts residents and staff, and how it might reduce costs over time." He points to the solar projects at Prairie Point and Attic Angel Place as prime examples, noting that early pilot testing led to significant energy savings and long-term benefits.

Looking ahead, Jon sees this fund as an essential step in preparing for the future: "Attic Angel has a 135-plus-year history of caring for seniors and supporting families in Dane County. By incorporating renewable energy and waste-reduction practices, we can sustain this mission affordably, while reducing our environmental footprint. This fund will help us explore solutions that support both the planet and the people who call Attic Angel home."

Through this new fund, we celebrate Red Thompson's legacy, lift up the passion of leaders like Jon McCarthy, and invite our whole community to be part of shaping a sustainable future. Every gift to the Sustainability Fund ensures that Attic Angel can continue caring for generations to come.

New Administrative and Program Coordinator

By: Jess Smith, Life Enrichment Supervisor

Please join me in welcoming Cathy Salwin to our Life Enrichment team as the new Administrative and Program Coordinator. She will serve as the Life Enrichment Coordinator for residents of Segoe Heights and Prairie Point. She will also assist with Audio Visual needs. Cathy started on September 15, 2025.

Cathy is a marketing and operations professional with expertise in strategic communications, program and event coordination, and member engagement. She has worked with a national architectural, engineering, and development firm dedicated to healthcare and senior living environments, and most recently held leadership roles with the REALTORS® Association of South Central Wisconsin and South Central Wisconsin MLS. In these positions, she supported executive priorities, managed teams, and led member-focused initiatives.

With a passion for building community and creating meaningful experiences, Cathy is inspired to apply her skills in service of seniors, bringing creativity, attention to detail, and compassion to her work.

Cathy's email is Cathy.Salwin@atticangel.org. Her office is on the first floor of Segoe Heights, down the left-hand side of the hall, towards rooms 116-128. Her phone number is (608) 662-4216.

Please join me in giving Cathy a warm welcome to Attic Angel!



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

Oct. 6th

"Day in the Life of a TV Meteorologist"

Alex Harrington, CBS Weatherman

Oct. 13th

"Nazi Art Plunder"

Jeanne Ferreira, President, Association of Wisconsin Artists

Oct. 20th

"The History of Medicine According to Dr. Conrad Andringa"

Dr. Conrad Andringa, Pediatrician

Oct. 27th

"A Haunted History Tour of Madison"

Lisa Van Buskirk, American Ghost Walks Guide

Alzheimer's Walk

Join us **Friday, October 17th from 10am-12pm** for our 2nd Annual Attic Angel Memory Walk! This year donations will fund educational programming offered specifically to families, residents, and our Angel volunteers. The walk will start at 10am followed by hot cider and entertainment in the Community Room! Keep an eye out for more information!

To make a donation, use the following link:

<http://weblink.donorperfect.com/AtticAngelMemoryWalk>

Prairie Point Resident Association Fall Semi-Annual Meeting

Tuesday October 14, 2025

Refreshments will be available at **1:00pm** and the meeting will be held from **1:30-3:30pm** in the **Community Room**.

Residents should email their questions for senior management to acting PPRA Chair Paulette Lewis at paulette.lewis17@aol.com
Your questions will be kept anonymous.

Upcoming Prairie Point Social Committee Events:

Halloween Party: Sunday, October 26th, 4:30pm to 7:30pm (pizza at 5:30pm), in the Community Room

Pizza, wine, beer, and soda will be provided by the Prairie Point Social Committee.

RSVP no later than Saturday, Oct 18th to:

Audrey Braucher 608-469-6291 acb1016@gmail.com Or Marsha Gregg 608-354-2616 mbgregg@tds.net

Attendees are encouraged to wear a mask, a favorite costume, or something orange or black.

Small Group Holiday Dinners: Tuesday, December 2nd, at the homes of friends and neighbors

Ladies Holiday Get-Together: Tuesday, December 16th, 5:00 to 7:30, in the Community Room

Watch for flyers in the Prairie Pointer

Segoe Heights Movie Matinee

**Sunday, October 19th, 2:30pm
Community Room**

We will be watching parts 3 & 4 of the mini-series *All the Light We Cannot See*. Hope to see you there!

Prairie Point Ladies Luncheon

Please join us for lunch at Blackhawk Country Club (3606 Blackhawk Drive, Madison)

Tuesday, October 21st, 11:30am

Select from:

Quiche Lorraine with Broccoli and Ham, small salad with fruit garnish Or Parmesan Chicken, and Spinach Salad with strawberries, feta cheese and maple dressing

Price: \$25.00, Payable at door includes entrée, muffin, cookie, soft drink, coffee, or tea (tax and gratuity included)

Please reserve by Monday, October 13th to Faye Kiefer, (608) 332-8032 or Betty Keeney, (515) 451-6225

Attic Angel Community Happenings



We had a tee-rific time at the Attic Angel Golf Open! Mike "Jocko" Jacques, Sports Director at Channel 15 News, was our emcee. Thank you to Angels and our Sponsors for making this such a great outing!



Walk for a Cause!
Attic Angel participated in a Heart Walk in Fitchburg. This was the final event of Heart Month, which also included our spaghetti dinner!

Attic Angel Community Happenings



We had some new visitors to Attic Angel: a petting zoo!
The zoo included a camel, donkey, alpacas, llamas, bunnies, goats, and more.

Grandparents'
Day was
celebrated with
donuts and
a slideshow
of photos
displaying
residents and
their families.



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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