

ATTIC ANGEL

Community Connection

NOVEMBER 2025

In This Issue:

Homegrown Collaboration &
Don't Let the Cold Stop You -
Move Safely All Season! | 2

Don't Let the Cold Stop You
- Move Safely All Season!
(continued) & Sustain-Ability | 3

Heads Up & Reminders | 4

Community Happenings | 5-6



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.

Message from President & CEO, Michelle Godfrey

November often indicates a time of year to begin to slow down, reflect, and get ready for the season to come. It means the leaves are changing, the air becomes chilly, and we begin to see preparation for more time inside as we witness the changing of season from the comfort and warmth of our homes.



I would like to take time to express my gratitude to the Attic Angel Community.....

To the *residents* and your *families* for choosing Attic Angel as your home, for welcoming us into your home and lives, and sharing your time and wisdom with us.

To the *employees* who come to work each day ready to share your time, talents, and skills with your fellow employees delivering services to residents and being available to all who walk through the door.

To the *Angels* who continue to live and carry out the mission and vision of the Bryant sisters. Your time, devotion, and caring spirits are evident and leave a lasting impression on all of us.

Thank you for enhancing my life, creating moments of joy, and contributing to the overall welcoming feeling of Attic Angel.

Homegrown Collaboration: From Garden to Table

By: Katie Gruber, Sales & Marketing Manager

Our grounds team and dedicated Garden Angels have once again shown how collaboration makes our community thrive. Together, they not only keep our campus beautiful but also bring fresh, healthy food to our tables.

This season, Swiss chard was planted on the mound just outside the Garden Room. Grace, our lead horticulturist, was recently spotted harvesting the colorful greens and placing them in the communal garden basket, available for both residents and staff to enjoy.

To take the harvest a step further, Grace partnered with the kitchen to create a fun challenge for all the Swiss chard fans among us: submit your favorite recipes for a chance to have one featured as a special dish in the Terrace.

One of our biggest super fans, Karen, especially enjoys chard for its many health benefits. She isn't alone in her enthusiasm—an Angel shared how the sight of Swiss chard brought back fond memories of enjoying it often with her father. It's a reminder that food connects us not only to the earth but also to one another.

Thanks to the teamwork of our grounds crew, Garden Angels, and dining staff, we can all share in the beauty—and the flavor—of the season's harvest.



Don't Let the Cold Stop You - Move Safely All Season!

By: Nicole Faust, Wellness Director

As the fall season rolls in, it's tempting to cozy up and skip your regular exercise. But staying active during the colder months is one of the best things you can do for your strength, balance, and overall well-being. With a few adjustments, you can keep moving safely and enjoy our Wisconsin fall days.

Dress in Layers

Stay comfortable by dressing in layers:

- Wear a **moisture-wicking base layer** to stay dry.
- Add a **fleece or warm mid-layer** for insulation.
- Finish with a **wind- or water-resistant jacket** for protection.
Don't forget your **hat, gloves, and warm socks** — heat escapes fastest from your head and hands!

continued on page 3

Warm Up Indoors

Before heading out, warm up inside for 5–10 minutes with gentle marching or arm circles. This increases circulation and reduces stiffness once you hit the cold air.

Stay Hydrated

You might not feel as thirsty in cold weather, but your body still needs fluids. Drink water before and after exercise to support your joints and energy.

Bring Your Workout Inside

Bad weather? No problem! Try:

- Chair-based strength or balance exercises
- Stretching or light yoga
- Fitness classes to stay motivated and connected

“Cold weather doesn’t have to mean hibernation!”

Keep moving, stay safe, and embrace the season with energy and confidence.

If you are interested in wellness classes or would like to schedule a one-on-one, reach out to Nicole Faust at 608-662-8866 or Nicole.Faust@atticangel.org

Sustain-Ability

By: Janelle Taylor, AAC Housing Manager

First, we want to extend a big thank you to everyone who joined us for the **Recycle Better Workshop with Sustain Dane**. It was inspiring to see our community’s commitment to sustainability in action! The event was a great compliment to our Trim the Trash initiative and the continued roll out of our new waste receptacles throughout the community. For those of you who were not able to attend, don’t worry-Sustain Dane has generously shared all of their presentation materials with us. If you would like to receive a copy, please email the request to Janelle.taylor@atticangel.org.

One particularly helpful resource shared during the workshop is the Streets and Urban Forestry website extension called “How do I dispose of...?” This online waste encyclopedia makes it easy to determine how to dispose of or recycle specific items. Since most of us carry a smartphone, you can access this tool anytime, anywhere. Simply enter the item you need to dispose of, and it will guide you to the correct disposal method — including local drop-off sites for items that cannot go into your regular trash or recycling bins.

We’re excited for everyone to experience our new trash and recycling bins throughout the community. Here are a few fun facts about them: All new receptacles are made with 30% recycled materials. When they reach the end of their life cycle, they are 100% recyclable. Each unit is modular, lined, and lidded to maintain a clean, sleek appearance. We’re also pleased to share that our Sustainability Committee co-chairs, Janelle Taylor and Sue Robinson, will be attending the Sustain Dane Annual Summit on November 7th. This event brings together local leaders and innovators to share ideas and explore new strategies for a more sustainable future. We look forward to bringing back insights and inspiration to continue improving our own community initiatives. Together, these updates represent a meaningful step toward reducing waste and promoting sustainability in our shared spaces at Attic Angel. Let’s continue to work together to keep our community clean, green, and forward-thinking — one recycled item at a time.



Heads Up & Reminders

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

Continuing Education

Coffee: 10am Program: 10:30am
Community Room

Nov. 3rd:

"Native Americans and Indian Mounds in the Area"

Amy Rosebrough, Wisconsin State
Archaeologist, Leading Expert on Effigy
Mound Builders

Nov. 10th:

"An Overview of the Edgewater History"

Scott Faulkner, Former Owner,
The Edgewater Hotel
Amy Supple, Senior VP and COO,
The Edgewater Hotel

Nov. 17th:

"Use It or Lose It - Why Daily Joint Movements Can Keep You Moving"

Brent Berger, Owner/Personal Trainer,
The Transformation Center

Nov. 24th:

No Program - Thanksgiving Break

Upcoming Prairie Point Social Committee Events:

Small Group Holiday Dinners

Tuesday, December 2nd, at the homes of
friends and neighbors

Ladies Holiday Get-Together

Tuesday, December 16th, 5:00 to 7:30pm, in
the Community Room

Watch for flyers in the Prairie Pointer

Café Items

Reminder:

The grab-n-go items in the café are no longer
complimentary, but can be paid for either in
the café with staff, or at the reception desk.

**The café doors are closed at 9pm on
weekdays, and at 4:30pm on weekends.**

Grab-n-go items are not available for purchase
after those times.

Thank you for your continued support of our
café & Terrace Restaurant!

Community Reading Event: The Music of Bees

Open to All!

We still have a few copies available! Join us as
we step into the world of *The Music of Bees*
by Eileen Garvin, a moving tale of resilience,
connection, and the quiet magic of bees. Read
the book between now and November 11th, then
join us for an engaging discussion as we reflect
on the novel's themes of hope and friendship.

Discussion Date:

November 11, 2025 at 10:30 AM

Location: **Community Room**

Sign up at the Reception Desk! Remaining
copies of the book are available on a first-come
first-served basis. Questions?

Contact: cathy.salwin@atticangel.org

Prairie Point Ladies Luncheon

Tuesday, November 18th, 2025

11:30am - Babes at Vitense Grill & Bar
(5501 Schroeder Rd)

Menu Options: Cobb Salad, Reuben Sandwich,
Pasta Primavera, Chicken Burrito, Gyros

RSVP to Lila Jean Stahnke (608) 381-3070
lilajeانبob@yahoo.com
by November 8th, 2025

Price: \$20 payable at the door, includes
entree, tax, tip and decaf coffee
(No-Shows or Late Cancellations are
responsible for \$20 cost)

Attic Angel Community Happenings



Strike a pose! People from all over our community were able to shop the latest fashions at our Fashion Finds sale.

If you want more shopping fun, check out our Holidays Galore & More Sale **Friday, November 14th from 9am-4pm** and **Saturday, November 15th from 9am-1pm at the Association!**



Building a legacy, right here at Attic Angel!

Our Legacy Event brought Angels and staff together for an unforgettable evening commemorating all who give so much to make Attic Angel a great organization.

Attic Angel Community Happenings



Our Angels had a great time at the Association Fall Luncheon, which was held at Blackhawk Country Club.

Some Angels were specially recognized with "Halo Awards," celebrating their years of service with Attic Angel. Thank you, Angels!



To honor & remember:
Attic Angel's
Memory Walk
was to bring
recognition to
all who have
been impacted
by dementia

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**

Publisher:

Attic Angel Community
8301 Old Sauk Road, Middleton
WI 53562 • 608.662.8842
www.AtticAngel.org