

ATTIC ANGEL

Community Connection

DECEMBER 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.

Stay Connected With Us on Social Media!

Want to keep up with all the wonderful things happening in our community?

Follow us on social media! It's the easiest way to stay up to date on the fun activities we're doing with residents, the opportunities and events we're offering to staff, and the inspiring moments we're seeing from our Angels each week.

If you haven't already, take a moment to *like* and *follow* our pages so you never miss a highlight. Just search Attic Angel!

If you'd like to share your experience with others, we'd love to hear from you! Just head over to Google and leave a quick review—your feedback helps us grow and continues to spread the good word about the work we're doing together. Scan the QR code below, and it will take you directly to the review page on Google.

Thank you for being part of our community and for all you do!



Eat Well, Age Well: The Power of Minimally Processed, Nutrient-Dense Foods

By: Rebecca Beran, Dining Services Director



As we age, our nutritional needs evolve—but one principle remains constant: the importance of eating foods that nourish the body and support overall well-being. Minimally processed, nutrient-dense foods are key to maintaining energy, supporting immune function, and promoting healthy aging.

Why Choose Minimally Processed Foods?

Minimally processed foods—like fresh fruits and vegetables, whole grains, legumes, nuts, seeds, and lean proteins—retain their natural nutrients and fiber. Unlike heavily processed items, they are free from excess sugars, sodium, artificial additives, and preservatives that can contribute to inflammation, chronic disease, and digestive issues.

The Nutrient-Dense Advantage

Nutrient-dense foods pack a powerful punch of vitamins, minerals, antioxidants, and healthy fats in every bite. Think leafy greens rich in vitamin K, berries loaded with antioxidants, and fatty fish brimming with omega-3s. These foods help protect against heart disease, support brain health, and keep bones strong.

Simple Shifts for Better Health

- Swap sugary snacks for fresh fruit or Greek yogurt with nuts.
- Choose whole grains like oats, quinoa, or brown rice over refined options.
- Incorporate colorful vegetables into every meal.
- Stay hydrated with water infused with citrus or herbs instead of sugary drinks.

The Bottom Line

Eating well doesn't have to be complicated. By focusing on whole, nutrient-rich foods and minimizing processed ingredients, you're giving your body the best tools to thrive—at any age.

In the upcoming weeks, a focus in Dining will be diving into the world of superfoods – nutrient-rich ingredients that offer powerful health benefits in every bite. From antioxidant-packed berries and leafy greens to omega-3-rich seeds and heart-healthy grains, superfoods support energy, immunity, and healthy aging.

Starting in January, featured specials in both the Terrace and Arbor Café will highlight one of these food ingredients every month by incorporating them into daily snacks and meals; helping you eat smarter and feel better.

From the Chaplain's Corner...

By: Brian Baker, Community Chaplain



Thanksgiving, and now Christmas just right around the corner... it seems things can change just like the Wisconsin weather. In a fleeting moment we go from spring, summer, fall, and to winter in what seems like the blink of an eye. Ahh...but what a blessing to have the reality of four seasons pouring their beauty, love, and inspiration into us throughout the year.

As I sit here and reflect on this cold day while sipping a steamy robust coffee from the café; the smell of sweet caramel and vanilla enhanced flavors wafting in the air (that's for dramatic effect, I don't drink coffee)... You thought about those flavors, smells, and how holding that cup just warms you up inside though, didn't you? Well, that's what we have to do during this time of year. When the sunlight fades and the bitter cold sets in; remember to think about the good times (and smells) you enjoyed this year.

Those times that made you laugh out loud, those times that brought you tears of joy, or maybe it was the sun shining on your face as you felt the gentle breeze giving you a hug? For me it's the smell that fills the kitchen when Carisa bakes her wonderful chocolate chip cookies, or apple pie, or carrot cake; or...well you get the point (I've got a problem). It's when I hear the ball bouncing outside in the driveway with intermediate sounds of sibling rivalry. It's when I hear laughter from the boys that lets me know they're in a safe space. It's when family and friends come to visit and we throw something on the grill and sit on the patio enjoying nature and each other's company. It's when I'm not feeling the best and my dogs cuddle up next to me letting me know of their unconditional love and support; these are all moments that bring me peace and joy, and they're found all throughout the year.

As you look for peace and joy over the holidays it might be more difficult this time around than it was in the past; maybe you've had to endure an illness (I feel you), maybe you've gone through some other unforeseen circumstance that left you feeling drained, lost, or alone? Maybe you've lost a loved one or close friend and the season just doesn't seem to have the joy and peace you remember from past times of celebrating whatever holiday or season you celebrate this time of year? If that's you, I want to acknowledge that what you're going through is normal, that you have someone to listen and validate that it is okay to "feel" the way you feel, and that you are loved. I've said it before and will continue to say it, my philosophy in life is that people and relationships are most important. You are important! Whatever I can do as your Community Chaplain to help support you during this time (and during any other season of your life), that's what I'm here for, for you.

I also want to take this time to say "Thank you" from the bottom of my heart for the overwhelming outpouring of love and support you have provided during this year. Every kind thought and all the well wishes, cards, prayers, and check-ins has restored my faith and given me hope. No matter how cold the season or world might seem, with people like you and this community, it warms my heart with a joy and peace that is both simply beautiful and profound. As I gather around the table with family and friends in the coming weeks, I'll reflect back on fond memories of each of you and praise God I have another year to celebrate life. Thank you for your kindness to me and my family. I am beyond blessed and forever grateful to be a part of this community. From my family to yours, Merry Christmas and Happy Holidays!

Chaplain Brian's office is located in Gorham Glen, next to Greenfield Rehab. He can be reached at (608) 662-8865 or Brian.Baker@atticangel.org

Sustain-Ability

By: Janelle Taylor, AAC Housing Manager

In November, the Sustainability Committee co-chairs, Sue Robinson and I, attended the Sustain Dane Annual Summit. This event brings together local leaders to share ideas and explore new strategies for a more sustainable future. Sue and I did not know what to expect from the Summit but were eager for the opportunity to attend. Following the event, we took some time to reflect on our experience and highlight a few of our key takeaways to share with Attic Angel.

We found the Summit to be truly inspiring. One of the most uplifting parts of the day came from listening to participants in small discussion groups. Attendees shared stories of positive, concrete change already happening in their workplaces and communities: cleaner copier machines and printers, efforts to bring solar panels to Verona High School, and the development of rapid bus transit. We also learned about the Ho-Chunk Nation's ongoing work to reclaim and restore plant and tree seeds. This was a powerful reminder of the deep connection between environmental stewardship and cultural heritage. These examples proved that meaningful progress is happening in Dane County.

Another theme that resonated deeply was the concept of ecological grief - the emotional impact of witnessing environmental changes over our lifetimes. Many of us can relate to remembering cooler, less humid summers; clear skies unclouded by wildfire smoke; or the presence of tree species that are now threatened by invasive insects. Acknowledging this grief is an important step in understanding our profound and dependent connection to the environment.

The Summit also highlighted the growing importance of trade work as a career pathway, particularly roles that center environmental efficiency and green technologies. As our community invests in sustainable buildings, energy systems, and infrastructure, skilled tradespeople will continue to be essential.

A standout moment was the key note speaker, Arielle V. King's, presentation highlighting underrepresented individuals and groups within the environmental movement. Her work in education and outreach illustrated how critical it is to ensure all voices are included in shaping a sustainable future. The panel discussion on housing sustainability and affordability further emphasized this point, offering new insights into homeownership demographics in Dane County and equitable access to sustainable housing solutions.



Perhaps the most powerful idea Sue and I carried home was the concept of Radical Imagination - the encouragement to envision bold, long-term possibilities, even if the outcomes may not be realized in our lifetimes. This mindset invites us to dream big while still taking small, meaningful steps today that can pave the way for significant change. This was affirmed when Attic Angel Community was recognized as a 2025 Sustainability Accelerator, for the Trim the Trash project, the day of the summit.

Overall, the Sustain Dane Annual Summit sparked a further sense of hope and purpose. It reminded us that progress is not only possible - it is already unfolding through the collective efforts of individuals, organizations, and communities committed to a healthier, more sustainable Dane County. Attic Angel Community has a place in that effort and we should be proud of our work thus far and the work yet to come.

Life Enrichment Highlights

By: Cathy Salwin, Administrative and Program Coordinator, Segoe Heights and Prairie Point

November has been full of meaningful moments and connection. We honored all who have served with a heartfelt *Veterans Day Recognition*, reflecting on their service and expressing our gratitude. Thank you for your service!

We enjoyed a beautiful outing to *Violins of Hope*, where music and history came together for a moving experience. Our *Hard Cider Tasting* was also a hit—made even more special by the addition of a new group of volunteers from the University of Wisconsin's pre-nursing program. We look forward to learning from one another and continuing to build these relationships.



We had great turnout for our Bingo Event in the Community Room, along with two outstanding musical performances—the 40-piece Studio Orchestra and Dimensions of Sound, its sister 35-piece big band that filled our space with energy and nostalgia.

Looking Ahead to December

As we step into the holiday season, we have many festive activities planned, including holiday gatherings, caroling, holiday lights outings, and a New Year's Eve celebration.

We look forward to a joyful month ahead!

ANNOUNCEMENTS:

Music of Bees Book Return:

All Music of Bees books are now due. If you still have a copy, please return it to the Front Desk as soon as possible. If you'd like another copy checked out for you, please let us know and we can arrange that for you. We hope you enjoyed the book and the discussion. A huge thank you to Angel Sandy Nuernberg for her thoughtful insights and for leading the book discussion. We look forward to bringing another community reading event to you in the Spring.

Madison Symphony Christmas Show on December 7th.

We will be offering bus transportation for the December 7th Madison Symphony Christmas show at the Overture Center for Segoe Heights and Prairie Point community members. You must purchase tickets on your own.

- If you have tickets and would like transportation, please contact Cathy Salwin at 608.662.4216 or cathy.salwin@atticangel.org
- The bus will depart at 12:30 p.m. so we can enjoy the caroling before the performance.

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.

Mail During Christmas Season

Residents: When giving out your address to family and friends, please give them the correct address, and let them know if you recently moved rooms or recently moved to Attic Angel.

Correct Address:

**YOUR NAME
c/o Attic Angel
8301 Old Sauk Road (ROOM/APT #)
Middleton, WI 53562**

Please also remind your loved ones to address an envelope with your first AND last name.

Upcoming Prairie Point Social Committee Events:

Small Group Holiday Dinners

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

Watch for flyers in the Prairie Pointer

Take It Slow on Ice and Snow!

With the winter season upon us, be sure to take it slow on roads and sidewalks. Wear proper footwear and warm clothes to keep you safe and warm all season long!

If you see areas around Attic Angel that may need to be salted, let the front reception desk know right away.

Holiday Studio Sale!

Thursday, December 4th

1:00pm in the Studio

Find all sorts of treasures to gift to loved ones, or to add to your own collection! This sale will be cash only.

Continuing Education

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

Dec. 1st: "The Evergleam Aluminum Christmas Tree"

Joe Kapler, Head Curator, Wisconsin Historical Society Division of Museums and Historic Sites

Dec. 8th: Angel Choir

Dec. 15th: No Program

Dec. 22nd: No Program - Winter Break

Dec. 29th: No Program - Winter Break

Prairie Point Ladies Night Out

Tuesday, December 16th from 5-7pm

Attic Angel Community Room

Wine, Egg Nog, and Soft Drinks will be provided. Bring an Hors d'oeuvre to share, plus a \$10 gift for a Christmas Game.

Questions?

Call, Text, or Email: Sue Buehler at
608-630-7394 or
msuebuehler@gmail.com

Attic Angel Community Happenings



All Hallows' Eve at Attic Angel featured scary good costumes and a caramel apple bar!

Attic Angel Staff recently attended a Greater Madison Chamber of Commerce dinner to hear from leaders in the community.



Attic Angel Community Happenings



Our annual Holidays Galore & More Sale at the Association was full of happiness & good cheer!



Many thanks to the students at Edgewood High School! They helped us with some landscaping as part of a service day project before the cold weather hit.

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:

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