

ATTIC ANGEL

Community Connection

JANUARY 2026

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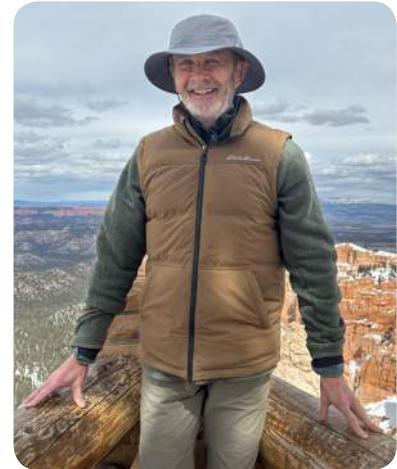
Life Stories Initiative

By: Patrick Scott, MD, Attic Angel Resident

Edited By: Lydia Scott, Patrick's Wife

Transcribed By: Bradford Murphy, Volunteer

I was born on May 16, 1955 near my hometown of Medford, Wisconsin. I was the third son among seven sons, and one daughter, of Raymond (Ray) Scott and Ruth (Kelly) Scott. Dad was a prominent attorney in Medford, District Attorney for a time and served on numerous bank and other community boards. Mom stayed very busy trying to corral us kids while dad seemed to work 24/7.



Our family was well known for our sense of humor. We were enrolled in Holy Rosary Catholic Grade School in Medford where we had many "misadventures," in spite of the discipline imposed by the nuns. Ask me about Sister Innocence!

I am proud of many childhood accomplishments, including earning 64 merit badges in Boy Scouts, topped off with receiving the Order of the Arrow and Eagle Scout designations. One of my fondest memories is attending Tesomas Scout Camp near Rhinelander where I astounded my buddies by swimming across Crystal Lake and back again.

My childhood wasn't all easy for me – especially when I was diagnosed with a hip dysplasia at three years of age. I was able to overcome this thanks to surgery and a cart built by my father. This led me to a life full of athletic and academic accomplishments. While attending Medford Area High School I participated in the swim team (breaststroke), the track team and cross country. In my free time, I enjoyed snowshoeing, skiing (downhill and cross-country), tennis, biking and even learned to curl.

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 ATTIC ANGEL
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.

I was honored to receive an appointment to the U.S. Naval Academy from the Governor of Wisconsin when I graduated in 1972. I decided that a military career was not for me and instead enrolled at UW – Stevens Point as a Philosophy major. However, this plan didn't last long. After participating in a summer Health Mission trip to Africa, I decided to enroll in a pre-med curriculum at UW – Madison.

During my undergraduate and medical school years, I lived in various apartments in Madison, including a basement apartment in a home on Lake Monona owned by Ellen Moore. At dinner one evening, I met their daughter, Lydia, and we became friends. I think it is fair to say that I was "smitten" immediately, but we were both so busy with our lives, the romantic part had to wait until later – eight years later!

Following graduation from UW Medical School, I completed my residency and began my career as a General Practitioner in La Crosse, Wisconsin working for Gunderson Health System for over five years. I later worked in Tomah for about ten years. During this time, I became the Medical Director of the Emergency Department at Tomah Memorial Hospital. I was very committed to helping my patients in this difficult and often chaotic environment. Finally, I worked for Vernon Memorial Hospital in Viroqua for the remainder of my career.

Lydia joined me in La Crosse, where we were married in 1991 and began our family together. Lydia and I have been blessed with our three children: Sarah, born in 1993, Adam, born in 1996, and Emery, born in 1999. They have been the lights of our lives. Today, Sarah lives in Boise, Idaho. Adam is in Houston, Texas but will be moving soon to Chicago. Emery lives in the Madison area, so he is able to be a regular part of our lives. To date, we have no grandchildren, but several "grand-dogs and grand-cats."

Our family has had so many adventures together. One that stands out is the summer we rented an RV and visited all of the state parks in Utah. Another time we drove our auto and motorcycle to Mount Rushmore, touring the South Dakota badlands on the way out there. I have also undertaken several adventures of my own. My first adventure was the bicycle trip with a friend from Medford, WI to San Francisco, California. This trip took over two months and was grueling at times (160 miles across Wyoming in one day).



Lydia & Patrick

In the 1980s I went on a mission to Nicaragua during the "contra war," the conflict between the Sandinista government of Nicaragua and the Contra rebels. Somehow, I survived and returned safely!

We have also been adventurous in acquiring farmettes that our family could enjoy when not working. We own a small farm near Viroqua, Wisconsin, not far from La Crosse. Lydia's parents owned a farm near Hollandale, Wisconsin. After their passing, we settled there when we left the La Crosse/Viroqua area. While we don't maintain typical farm animals, we do have two dogs, a goat and a cockatoo! We owned a cabin near Cable, Wisconsin and enjoyed many

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snowshoeing and skiing trips in that area. Exploring the Kickapoo Valley Reserve, near our Viroqua farm has been one of our passions.

I decided to retire from active medical practice in 2019. The COVID pandemic brought many new challenges to the medical profession, and I decided this was the right time to leave my practice.

Just in April of this year, we decided that renting an apartment at Attic Angel was the best solution for my current physical and cognitive needs. After looking at a number of Madison-based facilities, we are so pleased to receive the support we need at Attic Angel. They have beautiful facilities and excellent staff and activities.

As I think about my life, I feel very proud of my years of working as a medical doctor. When I think about the stress of directing my own Emergency Department, I am proud of the patients I was able to help. I am also proud of my family and the many adventures I participated in during my amazing life. I have been very blessed.

Welcome New Senior Living Consultant

By: Katie Gruber, Sales and Marketing Manager

We're excited to welcome our newest team member, Jessica Gonzales, to the Attic Angel team! Jessica has accepted the Senior Living Consultant Position within the Sales & Marketing Department and her first day was Monday, December 8th, 2025.

Here is a quick message from Jessica:

"Hi Team,

I'm Jessica Gonzales, and I'm excited to join your team! I bring over seven years of experience in the senior living industry, along with a background in bookkeeping. I'm originally from San Diego, California, and recently moved to Wisconsin with my family this summer. I traded in the beaches for the snow! In my free time, I enjoy spending time with my husband and kids, discovering new places around Madison, and collecting vintage items like Pyrex and swung vases.

I'm looking forward to getting to know each of you and working together."

Jessica's office will be to the left of reception, and she can be reached at 608-662-4211. Please join us in giving Jessica a warm welcome to the Attic Angel community!

Attic Angel Marketing Team:

Kelly DuBois - VP of Marketing & Donor Relations

Katie Gruber - Sales and Marketing Manager

Becky Saliby - Senior Living Consultant (Bryant Ridge, Gorham Glen, Haven)

Jessica Gonzales - Senior Living Consultant (Prairie Point, Segoe Heights)

Kendra Hinzmann - Brand & Design Coordinator

Brianna Webster - Member Fundraising & Outreach Coordinator (Attic Angel Association)

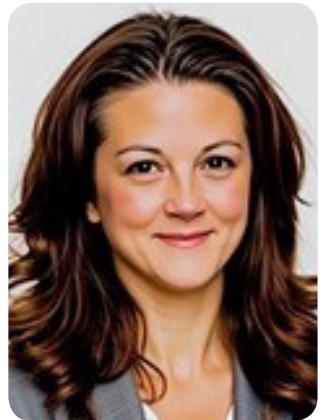


Eat Well, Age Well: Avocados

By: Rebecca Beran, Director of Dining Services, New Horizon Foods

Our monthly focus on healthy eating and the value of incorporating 'Superfoods' starts in January as we highlight AVOCADOS.

The avocado has a storied history that stretches back at least 10,000 years, rooted deeply in ancient Mesoamerica. Archeological evidence from sites like Tehuacan Valley (Mexico) and El Gigante (Honduras) shows that wild avocados were consumed by foraging communities as early as 11,000 years ago. By around 7,500 BCE, indigenous farmers began selecting them as larger fruit with thicker skins, marking the earliest steps toward domestication – predating the widespread cultivation of maize, beans, or squash. In Aztec and Maya societies, avocados held both practical and symbolic significance. They were revered not just as a nutritious food rich in healthy fats, but also as symbols of fertility, vitality, and ritual power. Avocados appear in Maya iconography and calendars, and Spanish conquistadors described its flesh as smooth "like butter", noting its medicinal and culinary appeal as they introduced it to Europe and beyond in the 16th century. Over a millennia, the avocado evolved from a wild, megafauna-dispersed fruit into a cornerstone of Mesoamerican diet and culture – and eventually a global superfood.



For seniors, this versatile fruit is more than just delicious; it's a powerhouse of nutrients that support healthy aging. Here are some key benefits:

- **Heart Health** – Avocados are packed with monounsaturated fats, which help maintain healthy cholesterol levels and reduce the risk of heart disease.
- **Brain Support** – They contain folate and vitamin E, nutrients linked to cognitive health and memory function
- **Joint Comfort** – The anti-inflammatory properties of avocado can ease discomfort associated with arthritis.
- **Digestive Health** – High in fiber, avocados promote regular digestion and help maintain gut health.
- **Nutrient Absorption** – Healthy fats in avocados improve absorption of fat-soluble vitamins like A, D, E, and K.

Please join us in the Terrace and Arbor Café in January as we showcase avocados in featured specials – and, maybe try this simple recipe at home:

Creamy Avocado Smoothie:

½ ripe avocado

1 C unsweetened almond milk

½ banana

1 tsp honey (optional)

Pinch cinnamon

Instructions: Blend all ingredients until smooth; serve chilled.

SustainAbility: Sustainability Committee Report

By: Sue Robinson, Sustainability Committee Member



Now that Attic Angel has distributed the new recycling bins around our community, here are some tips and tricks about what you can put in the bins and how to prepare them!

All the items we put in a recycling bin get taken to a Materials Recovery Facility (MRF). The material that the MRF accepts depends on the economic market. If the MRF can transfer the material to a manufacturer who wants it, then they will accept it. A very simple example would be a manufacturer making decking material out of #4 plastic. The MRF will accept it. Currently, the Dane County MRF accepts all plastics #1-#7. You will usually find the triangular code number for the plastic on the bottom of the container.

The other important thing to know is that Dane County's MRF has automated equipment that can only process materials in a certain way. Did you know that there are dozens of workers on the front lines of the MRF picking out our non-recyclable items as they are dumped on a conveyor belt before it goes to the automated machinery? Almost 19% of what we put in our recycle bins is really garbage and these workers are picking our garbage out of the recycling!

The machine at the MRF that processes plastic bottles has a laser that shoots light through the plastic to determine what type of plastic it is. If that bottle still has liquid in it, the laser cannot read the plastic, and the bottle ends up in the trash. That's why we need to empty and rinse out plastic containers. The machine that processes aluminum cans uses puffs of air to push them off to the side for recycling and if they are crushed, the air can't push them. The crushed cans can then end up in the trash. The machine that processes paper needs the paper to be flat. If it is crumpled, the machine sees it as a 3-dimensional item, and it gets sent on to the wrong machine. The Dane County MRF does not accept plastic bags at this time. Their machines cannot process the bags and they end up clogging the machines instead. Plastic bags returned to bins at some grocery stores go to specialized MRFs that shred the bags or melt them. There is a link on Uniguest for anyone wanting to view a video of the Dane County MRF in action. Future articles will give you more recycling tips. Next month's article will tell you if you keep the lid on or take it off!

Life Enrichment Update

By: Cathy Salwin, Life Enrichment Coordinator

Happy New Year!

The Life Enrichment Team wishes everyone a happy and healthy New Year. We're thankful for the many moments of joy, creativity, and connection shared over the past year, and we're excited to continue creating meaningful experiences together in the months ahead.

December Highlights

December was a month filled with music, celebration, and togetherness. Throughout the month, we enjoyed wonderful outings, including an afternoon with the Kromrey Middle School 8th Grade Jazz Ensemble at Middleton Community Church, a memorable Madison Symphony Christmas performance at the Overture Center, and evening adventures to see the holiday lights at Olin Park and the Santas of Monroe Street.

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We were also grateful for the many entertainers who brought holiday cheer to the halls—and hearts—of the Attic Angel Community. Festive piano recitals were provided by the Students of Carol Nuelle as well as the PianoPath Music Studio. We also enjoyed caroling by Madison Church of Christ and Boy Scout Troop 420. Musical performances included the Mood Family Band, Mad City Jug Band, and The Dapper Whimsey – just to name a few!

Seasonal celebrations included Angel Parties, our Winter Celebration on December 22, and a festive New Year's Eve Celebration on December 31, helping us close out the year on a truly joyful note.

Upcoming Activities:

- **Attic Angel Art Show – January 20th from 3:00 – 4:30pm**

Stroll, Sip, and Celebrate the creativity of the community and showcase your artwork. Everyone is welcome to submit their artwork to Kaitie by January 16th or just stop by and enjoy the display.

- **Embracing The Light – February 2nd from 3:30 – 5:00pm**

This thoughtful gathering offers a time for connection and hope during the winter season.



2025 Intern Class Happenings

By: Michele Joslyn, Angel Volunteer, 2025 Intern Advisor

The 2025 Interns have been busy spreading their wings and sharing their compassionate hearts throughout Attic Angel since joining the community in April. This amazing group of women continue volunteering in each level of care, as well as the Studio. In addition, they've worked at our Signature Events and are enjoying time with residents by volunteering for Love-a-Pet, Special Friends, One-on-One Errands, and Wednesday Worship. Most recently, this creative group, along with the Class of 2024, transformed Bryant Ridge and Gorham Glen for the holidays. Wreaths were hung, garland was draped, and trees were decorated. Residents joined in on a special Studio activity, making holiday ornaments in October and November with the Interns and the 2024 Class, to be displayed on resident holiday trees in these areas.



December was capped off with the 2025 Class hosting a "Merry and Bright" themed holiday sing-a-long (with help from a few members of the Angel Choir!) for residents in Bryant Ridge. "Engaged" doesn't begin to describe their commitment to enriching the lives of our residents, as evidenced by the number of hours they joyfully log. As one intern has been heard saying, "this is my happy place!", and it certainly shows. Oh, what fun we've had working together to support our residents, staff, and fellow Angels as we form lasting friendships, laughing all the way.

Understanding Your Lower Back Pain

By: Barbara Schweitzer, OTR, Rehab Director, Greenfield Rehabilitation

As one of the Greenfield therapists at Attic Angel, we often receive referrals for those suffering from pain. Back pain is a pervasive and often times a debilitating issue that affects many causing issues with mobility and self-care. Our role as therapists serving this community is to improve the quality of life for all residents. We do so by improving mobility through the use of an assistive device or improving postural strength with PT. OT can address deficits in self-care through the use of adaptive equipment or environmental modifications. The article below provides information regarding low back pain and how to manage this type of injury. Let us know if there is anything the Greenfield therapists can do to help you recover from this type of injury or anything else that is effecting your quality of life:

How Does the Spine Work?

Your spine, made up of bones called vertebrae, is like a mast on a ship. The muscles that attach to the spine are the ropes that support the mast and prevent it from curving and becoming unstable. If the supporting muscles are weak or imbalanced, the spine experiences a lot of stress. By strengthening these muscles, you can take pressure off of your spine and reduce your back pain.



What Causes Low Back Pain?

While there are many causes of low back pain, most people have “non-specific low back pain.” This means that there is not a specific disease or abnormality causing the pain. Common causes of low back pain include trauma, lack of physical activity, poor health, and poor or repetitive postures and movements. However, sometimes there is not a direct cause of low back pain.

You may have a higher chance of developing low back pain if you smoke, are overweight or obese, do physically strenuous work, have a job where you sit down most of the time, have a stressful or dissatisfying job, or if you experience anxiety or depression.

What Can I Do?

Exercise: It is important to stay active and continue as much of your regular activity as possible during your recovery. Low-impact exercises like walking, stretching, yoga, and swimming are common activities that will help you recover from low back pain.

Icing: Place a cold pack on your back for 10-15 minutes every 2 to 3 hours to help ease the pain. Be sure to place a thin cloth layer between the cold pack and your skin.

Posture: Practice good posture in the office, during rest, and in your day-to-day activities. Having healthy posture will lessen the strain on your muscles, tendons, and ligaments.

Contact your healthcare provider if back problems persist or worsen.

References:

1. Deyo RA, Mirza SK, Martin Bl. Back pain prevalence and visit rates: estimates from US national surveys, 2002. *Spine*. 2006;31:2724-7.
2. Ngyuen TH and Randolph DC. Nonspecific Low Back Pain and Return to Work. *Am Fam Physician*. 2007; 15:76(10):1497-1502.
3. Patel, AT and Abna, OA. Diagnosis and Management of Acute Low Back Pain. *Am Fam Physician*. 2000;15;61(6):1779-1786.

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: 10:00am

Program: 10:30am

Jan. 5th: "Civilizations in Italy from Antiquity to the Present: All Roads lead to Rome"

Prof. Chris Kleinhenz, Professor of Italian,
UW Madison

Jan. 12th: "The Issues Shaping the 2026 Midterm Elections"

Charles Franklin, Professor of Law and
Public Policy, Director, Marquette Law
School Poll

Jan. 19th: Martin Luther King, Jr. Day

No Program

Jan. 26th: "Wisconsin Historical Society New History Center Project"

Don Schott, President, Board of Curators,
Wisconsin Historical Society

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.

Prairie Point Ladies Luncheon

Tuesday, January 20, 2026

11:30 am – North and South
6604 Mineral Point Road

Menu choices: Chicken Club Sandwich,
50/50 (pulled pork) Sandwich, Cubano
Sandwich, Smoky Chicken Salad,
Fish Tacos

RSVP to Lois Krantz (608) 833-3608 or Lois
Baseler (608) 220-1840
by January 14, 2026

Price: \$20 payable at the door,
includes tax & tip

No Shows or Late Cancellations are
responsible for \$20 cost

Art Exhibition 2026

Date: Tuesday, January 20th

Time: 3:00-4:30pm

Location: Community Room

Any Art is Welcome! Ceramics, paintings,
drawing, photography, weaving, etc.

Drop off artwork to Kaitie in the Studio
no later than January 16th

Donate Your Winter Items!

If you have any gently-used winter
coats, hats, or mittens, you can drop
them off in the donation box in the
lobby at Attic Angel Place!

All items are donated to people in need
in the Madison community through the
company WellRive.

Attic Angel Community Happenings



It was music to our ears when our Angel Choir visited to sing us some Christmas tunes!



Our Angels celebrated the season with a holiday luncheon. We are grateful for all they do, all year long!

All our days were merry and bright in December: festive sweater day and tree decorating to name a few!



Attic Angel Community Happenings



Smiles & cheers for a holiday bonus! Our residents and their families generously donated to our employee appreciation fund in order to give staff a bonus for all their efforts this year. Another special bonus was the hot cocoa bar!



Volunteering is a gift at any age! Many thanks to Gus who recently assisted us with flower arranging. With his help, residents were able to enjoy a beautiful bouquet right in their own home.

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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