

ATTIC ANGEL

# Community Connection

FEBRUARY 2026

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## Reflecting on 2025: A Year of Progress, Partnership, and Purpose

By: Michelle Godfrey, President/CEO

As we begin the new year, we want to take a moment to reflect on the accomplishments and highlights that made 2025 such a meaningful year for our community.

2025 marked the final year of our five-year long-range plan. Through the dedication and collaboration of our teams and partners, we achieved major milestones, including the completion of a master site plan and earning recognition as a Top Place to Work in Madison. As we move into 2026, we are actively gathering data and listening to the experiences of our community to help shape our next strategic plan, ensuring it reflects both our mission and the voices of those we serve.



In May, we proudly celebrated 25 staff members who received employee service awards based on their years of service at Attic Angel. We are grateful for their contributions and dedication to our community.

Thanks to the hard work of our Angels during our Signature Events, we were able to award more than \$140,000 in community grants to organizations in Dane County addressing food insecurity.

In addition, we welcomed 12 Angel interns who joined our organization and have already contributed to our mission in great ways. We also completed the second year of our mentoring program, continuing to invest in growth, learning, and connection across our organization.

 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.

continued on page 2

Other highlights from 2025 include:

- Reaching higher census targets
- Continuing our solar expansion efforts
- Welcoming a new partner, New Horizon Foods, to support our dining program
- Celebrating the reopening of the Arbor Café

As we look ahead to 2026, we do so with gratitude for what we've accomplished together and excitement for what's to come. Thank you for being part of a community that continues to grow, innovate, and make a difference.

## Smart Driver Course

By: Jessica Smith, Life Enrichment Supervisor

Please join us for the AARP Smart Driver Course on Saturday, February 21st, 2026 from 9:00 am - 1:00 pm! This workshop will cover many useful topics, including, but not limited to: new technology in cars, driving changes specific to WI, reviewing what to do in rain, snow, and fog, safety in roundabouts, and much more! By taking this course you might also qualify for a discount in your auto-insurance! (Be sure to check with your auto-insurance to confirm.)

Registration is open to Attic Angel Place Residents, Prairie Point Residents, Angels, Staff, and the families of all residents, angels, and staff. AARP member: \$20, non-member: \$25

Call Don Walker to Register:  
608-820-1703



## Front Desk Focus: Appointments

By: Attic Angel Reception Team

Please contact the reception desk if you'd like to make appointments for in-house podiatry, audiology, and dentistry services. Give us a call at (608) 662-8842, email us (receptionist@atticangel.org), or stop by the desk and we can give you the information you need to set up an appointment.

Additionally, for Bryant Ridge, Gorham Glen, and Haven residents & families: please inform the front desk of upcoming medical appointments for staff awareness and so that residents can be ready to go at the appointed time.

*The reception desk is open from 7am-9pm Monday thru Friday, and from 8am-4:30pm Saturday and Sunday.*

# Superfood: Spinach

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

**Spinach:** Its reputation withstands myths and time because its nutrient density, culinary versatility, and sustainability combine to meet modern health and food security needs. Whether tossed raw in salads or gently sautéed, it remains a key ingredient for wellness-focused diets and eco-conscious agriculture. In every leaf of spinach lies millennia of cultivation, a burst of nutrition, and a legacy of sustainable farming – making it a true superfood staple on your table.

## Origins & Historical Journey

Spinach is believed to have originated in Ancient Persia (modern-day Iran), where it was cultivated from wild relatives. From Persia, spinach traveled to India and by 647 CE reached China via Nepal, earning the moniker “Persian vegetable.” Arab traders introduced spinach to Sicily around 827 CE. By the 10<sup>th</sup> century, it appeared in medical and agricultural texts by scholars. The Moors brought it to Spain in the 12<sup>th</sup> century, where it was hailed as the “Chieftain of leafy greens.” It reached England and France by the 14<sup>th</sup> century, becoming especially popular in early spring diets when few vegetables were available. By the 1500s, smooth-seeded and savoy types were bred across Europe, with Catherine de’ Medici famously favoring spinach in French cuisine – giving rise to dishes “à la Florentine.”

## Nutritional Powerhouse

Spinach is exceptionally nutrient-dense yet low in calories and fat. A 100 g serving of raw spinach contains approximately:

- 23 kcal, 3 g protein, 3.6 g carbs, 2.2 g fiber
- Vitamins: K (402% DV), A (52% DV), C (31% DV), folate (49% DV)
- Minerals: Magnesium, potassium, iron, calcium, manganese, copper

It's rich in antioxidants and plant compounds like lutein, zeaxanthin, quercetin, beta-carotene, and nitrates – supporting:

- Eye health

## Cardiovascular Health

- Anti-inflammatory and antioxidant effects
- Gut and bone health

## Recipe: Garlic Sautéed Spinach

### Ingredients:

- 2 T olive oil
- 3 cloves garlic, thinly sliced
- 10 oz fresh spinach leaves
- Salt and pepper to taste
- A squeeze of fresh lemon juice



### Instructions:

1. Heat olive oil in a large skillet over medium heat
2. Add garlic and sauté for 1-2 minutes until fragrant (careful not to burn)
3. Add spinach in batches, tossing gently until wilted, about 3-4 minutes
4. Season with salt, pepper, and lemon juice
5. Serve immediately as a side dish or over grains for a quick meal

# January Update: New Beginnings & Meaningful Connections

By: Cathy Salwin, Administrative & Program Coordinator

January brings a sense of fresh beginnings, and we're excited to share some new programs and opportunities to connect, learn, and have a little fun along the way.

On January 9th, we were delighted to welcome **Kindermusik** to **Gorham Glen**. What began as a long-term goal has now become a reality, and we're thrilled to have them join us weekly. These intergenerational visits create moments of joy, connection, and shared laughter, bringing delight to everyone around.

We were also honored to be invited by the **Middleton-Cross Plains School District** to attend a special **art show and coffee klatch** featuring artwork created by **Middleton High School Students** as part of The Memory Project—a service-learning initiative in which students create meaningful portraits to foster empathy, connection, and global awareness. Our visit was graciously hosted by the **Fundamental Student Life Class**, who shared their time, hospitality, and thoughtful conversation with us. Adding to the experience, members of the **Middleton High School Orchestra** stopped by for an impromptu performance. We look forward to continuing to grow our relationship with MCPSD and participating in future programs together.

We're also pleased to introduce the **Care Partner Resource Group**, a supportive space for anyone who has a loved one living with cognitive decline, dementia, or Parkinson's. The group's inaugural meeting was January 16<sup>th</sup> and will continue monthly. The group offers training and discussion on topics such as communication strategies, caregiver burnout, introductions to hospice care, and more. We hope that this group provides a welcoming space to learn, find emotional support, and connect with other families facing similar challenges.



## February Features

Don't miss these opportunities to connect and grow in February:

### **Embracing the Light – February 2nd**

Be sure to sign up and join us for this welcoming, relaxed gathering to reflect, explore creativity from within, and connect with our community. Enjoy cozy conversations, fresh bread, and warm mulled beverages.

### **Forward Theater Outing – February 7th**

Transportation is available to the Forward Theater for the Second Saturday performance of *Ironbound*. Sign up at Reception to reserve your spot.

# Sustainability: Sustainability Committee Report

By: Sue Robinson, Sustainability Committee Member

In last month's article by the sustainability committee, you learned the importance of not only putting the correct items in the recycling bins but also the importance of proper item preparation. Here are some more recycling tips. As promised, here is the answer to lids on or lids off!

There is no national standard or state standard for recycling. That is why you will see different recycling rules in different localities in the state and country. It depends on what the local Materials Recovery Facility, or MRF, can process. At the Dane County MRF, #1-#7 plastic containers are accepted. They are recognized by machinery based on their 3-dimensional properties. Keeping lids on PLASTIC containers allows the container to hold its 3-dimensional shape and the machinery is able to "read" what kind of plastic it is. Also, the MRF equipment cannot process plastic lids on its own because they are too flat or too small. What if the container and lid have different recycling codes? Keep the lid on. Specialized MRFs are able to sort out the different plastic resins.



GLASS containers with metal and plastic lids are different. Take metal lids off glass containers. If the metal lid is 3 inches or more in diameter, put it in the recycling bin. It may be helpful to think about the size of a Post-It note. If the metal lid is the size of a Post-It note or larger, put it in the recycling bin. Small metal lids fall through the machinery's grating and end up in the garbage. So, if the metal lid is smaller than a Post-It note, put it in the trash.

If you are really enthusiastic about recycling like I am, you can put small metal items like jar lids, paper clips, metal bottle caps, nails, and screws in a larger metal container, pinch the top shut, and put that in the recycling container. Remove plastic lids from glass containers and put them in the garbage.

MRFs can be fined if their recycled products are contaminated with excessive amounts of incorrect material. For example, if plastic bottles are flattened and put in a recycling bin, they are not correctly identified by the machinery. They may get bundled in with cardboard. These bundles get sent to another MRF that processes cardboard. When too many materials are improperly mixed, the receiving MRF cannot process them correctly. The sending MRF can be fined for the contamination.

It all starts with us! We need to put the correct items in our recycling bins and prepare them properly. There is a phrase in recycling that says, "When in doubt, throw it out." It's better to throw out an item that you aren't sure is recyclable than putting it in the recycling bin, hoping it gets recycled.

In summary, keep lids on plastic containers. Take metal and plastic lids off glass containers. Recycle metal lids that are larger than a Post-It note. Throw away plastic lids that are on glass containers.

# 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

### **February 2nd: "Tuscan Hill Tours: History, Art, Literature & Scenic Tours"**

Prof. Chris Kleinhenz, Professor of Italian,  
UW Madison

### **February 9th: "Update on Ukraine"**

Yoshiko Herrera, Professor, UW Madison

### **February 16th: "What it Takes to Put an APT Season Together"**

Sara Young, Managing Director, APT and  
Brenda DeVita, Artistic Director, APT

### **February 23rd: "Unjust Deeds: A History of Racial Covenants in Dane County and Beyond"**

Rick Bernstein, Executive Director, Dane  
County Historical Society

## AAP Staff Book Club

If you enjoy reading and want to join your  
co-workers in discussion, come to staff  
book club!

Our February read is  
*The Midnight Library* by Matt Haig

We will be discussing on **Tuesday,  
February 24th at 12pm in the Library at  
Attic Angel Place**. Reach out to reception  
with any questions.

## Prairie Point Chili Dinner

**What:** A Prairie Point Chili Dinner, including both meat-based and vegetarian chili and bread.

There will be birthday cake (celebrating everyone's birthdays!) for dessert.

**When:** Sunday, February 15th, from 5 to 7 pm

**Where:** Community Room at Attic Angel Place

RSVP by February 4th to Marsha Gregg,  
(608) 354-2616 or email [mbgregg@tds.net](mailto:mbgregg@tds.net)

## Literary Group

Hear ye, hear ye! Join the Literary Group on the **second Tuesday of every month from 1:30-2:30pm in the Private Dining Room at Attic Angel Place**. This group consists of people who want to share original short essays, life stories, poetry, haiku, past writings, memoirs, favorite books, or discussions of anything literary. While we are not a book club or coffee group, even if you do not have a written piece, come anyway!

Reach out to Dennis Keeney with any questions at (515) 450-9003 or [drkeeney@gmail.com](mailto:drkeeney@gmail.com)

## Prairie Point Ladies Luncheon

**Tuesday, February 17th - 11am**

La Brioche

2862 University Ave, Madison

Cost: \$20 includes tax & tip - beverages not included

To receive menu options and select your food choice, RSVP by February 13th to Marcia Jesperson (608) 334-8912 or Lila Jean Stahnke (608) 381-3070

# Attic Angel Community Happenings



## Ringing in 2026 at Attic Angel!

Residents and Families enjoyed music, great food, and festivities at our New Year's Eve party.

We might be biased, but our staff & Angels have the cutest pets!

For National Dress Your Pet Day, we conducted a contest on our Facebook page. The pet with the most "likes" won!

Sia, pictured on the top row, far left, was our winner.  
Congrats Sia!



# Attic Angel Community Happenings



Attic Angel Art Exhibit 2026. Many thanks to Kaitie, our Life Enrichment Team, and all who shared their beautiful artwork with us!

We are grateful to have such talented musicians on staff! Casey Olson (pictured on the right) and Mike Thurston, both Life Enrichment Coordinators, provide music to our residents for various activities and events.



## 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](mailto:NewsletterSubmissions@atticangel.org)

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