ATTIC ANGEL

Community Connection

MARCH 2026

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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.

Coming Soon! Announcing the Attic Angel Online Store

We are pleased to share that we will soon be launching the Attic Angel Store, featuring branded merchandise available to employees, volunteers, and residents. This new offering creates an opportunity for everyone in our community to participate in and celebrate what makes Attic Angel so special.

This initiative is designed to honor the meaningful, compassionate work and vibrant community spirit that define Attic Angel each day. Whether you provide care and service, generously volunteer your time, or call Attic Angel home, each of you plays an important role in shaping our culture.

By making the store accessible to all, we hope to foster unity, strengthen connections across our campuses, and reinforce the shared values that bring us together. We believe this will be a positive, morale-building initiative that supports engagement and celebrates the important contributions made throughout our community.

In preparation for the store launch, we invite you to join us on **Friday, March 6th** from **10am-2pm** when we will be giving away Attic Angel T-shirts to all! There will be three styles to choose from in a variety of sizes.

We look forward to sharing additional details as we prepare for the launch. Thank you for the many ways you help make Attic Angel a place we are all proud to be part of.

From Playground to Wellness Room: Why Movement Never Gets Old

By: Nicole Faust, Wellness Director

From our very first steps on the playground to our favorite stretches in the wellness room, movement has always been part of who we are. As children, we move for fun. We run without thinking about steps. We climb without worrying about calories. We play simply because it feels good. Movement is curiosity. It is laughter. It is discovery.

As we grow older, something interesting happens. The playground may change, but the need to move never does. In fact, movement continues to give us the same powerful gifts throughout every stage of life: connection, confidence, and joy. It strengthens our bodies, sharpens our minds, and protects our independence.

If we think about it, we never truly stop playing — we just change the equipment.

Childhood Skills	Wellness Room Skills
Balancing on Logs	Balance Boards/Urban Poling
Playing Tag	Cardio Drumming/Chair Boxing
Monkey Bars	Resistance Bands
Hopscotch	Agility Dots
Hide and Seek	Cognitive Games and Mobility Work

Building the Foundation: Childhood Movement

Movement in childhood is far more than just playtime. It lays the foundation for lifelong health and confidence. Physically, movement builds strong bones and muscles, improves balance and coordination, supports heart and lung health, and strengthens posture. These early experiences help develop motor patterns that stay with us into adulthood. However, the benefits go beyond the body. Movement enhances brain development. It improves concentration and memory, boosts creativity and problem-solving skills, and supports emotional regulation. Active children often develop stronger learning pathways because physical activity stimulates the brain in powerful ways. When children move, they are not just burning energy — they are building their future.

Maintaining Strength Through Adulthood

Adulthood becomes a season of maintenance and preservation. The movement habits formed in childhood help carry us forward, but they must be nurtured. Regular movement in adulthood keeps the heart and lungs strong, helps manage weight, and reduces the risk of chronic diseases such as diabetes, heart disease, and hypertension. It maintains muscle mass and flexibility — both essential for injury prevention and long-term mobility. Equally important are the mental and emotional benefits. Movement reduces stress and anxiety, improves sleep quality, and boosts mood and productivity. In a world filled with responsibilities and demands, physical activity becomes a powerful reset button. Functionally, movement allows adults to remain capable and independent in daily tasks. From carrying groceries to climbing stairs, these everyday movements are sustained by consistent physical activity.

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The Rise of Intergenerational Wellness

A growing trend in health and wellness is intergenerational programming — bringing together children, teens, adults, and older adults to move, learn, and connect. Senior living communities and schools are collaborating for fitness classes, storytelling sessions, technology exchanges, and creative arts programs. These interactions are proving to be mutually beneficial. For children and teens, intergenerational experiences improve empathy, emotional intelligence, language skills, and communication. They help reduce ageism and provide valuable life lessons from older adults. For adults, these programs strengthen community bonds and increase motivation for health and movement. For older adults, the benefits are encouraging. Intergenerational engagement reduces loneliness, increases purpose, improves mobility and motivation, and provides meaningful cognitive stimulation. Movement becomes more than exercise — it becomes connection.

Why Movement Never Gets Old

There is a saying: we do not stop playing because we grow old; we grow old because we stop playing. The truth is, our bodies do not age out of movement – just the equipment changes. From playgrounds to wellness rooms, from childhood to older adulthood, movement continues to shape who we are. It supports our strength, fuels our minds, and keeps our independence strong. The playground never disappears. It just evolves.

Life Enrichment Update: Reflections on February

By: Cathy Salwin, Administrative & Program Coordinator

February brought many opportunities to gather, learn, and enjoy time together as a community. The Embracing the Light Celebration provided a meaningful space for reflection and connection, with thoughtful conversation, warm hospitality, and a spirit of comfort that brightened the winter days. We are grateful to everyone who participated and helped create such a welcoming atmosphere. To read Chaplain Brian's poem from this event, see page 5.

Our Red Wine & Chocolate Pairing was a delightful afternoon filled with rich flavors, laughter, and conversation, offering a chance to savor both the season and one another's company.

Love was truly in the air throughout the community this Valentine's season - from creating heartfelt Valentine's messages to festive gatherings and celebrations, to unforgettable performances by Sullivan Saliby, Opera for the Young, and other wonderful entertainers who helped make the days especially memorable.

Opera for the Young

We also appreciated the learning and engagement during the AARP Safe Driving Course, where participants gained valuable insights to support safe and confident driving. Programs like these reflect our shared commitment to lifelong learning and well-being.

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Looking Ahead to March

As we turn the calendar, we look forward to a month filled with enriching conversations and joyful celebrations:

Community Book Discussion — March 3rd at 10:30 a.m. (Community Room)

Join friends and neighbors for a thoughtful discussion of James. Whether you've read every page or simply enjoy listening, all are welcome to take part in the conversation.

Author Visit — March 24th at 10:30 a.m. (Community Room)

Author and creativity coach Richard Wilberg will be joining us to discuss his new book *Moments of Presence* and share reflections on unlocking your creativity, storytelling, and the power of personal expression. We look forward to this inspiring time together.

St. Patrick's Day Celebration — March 24th at 2:00 p.m. (Community Room)

We invite you to gather for an afternoon of festive cheer, music, and camaraderie as we celebrate the spirit of the season together.

Red Wine & Chocolate Pairing Event

Seeking Bridge Players

Join the Community Bridge Players for fun and fellowship. We are seeking community members who are interested in playing bridge. An interest form is available at the Reception desk—please stop by and fill out your information, and we will help connect you with the group. There may even be a future tournament in the cards!

We are grateful for the warmth and participation that make our community so special and look forward to the meaningful moments the coming month will bring.

“Embracing the Light”

By: Brian D. Baker

The cold settles in, the only comfort it seems,
Is to nestle up in a warm blanket, comfy clothes;
The crackling of logs on the fire, it sets the mood; I glean…
I have to embrace the light, even though the season with less of it I loathe.

Yet I can see that more light is coming; slowly, but tis true,
The days are a little longer, my mood a little lighter;
As I sense an anticipation of color that hopefully soon burst through.
I eagerly await when the days and my mood becomes a little brighter.

I have to embrace the light, my mindset, my heart, my life…
It depends on it, a new perspective it brings, silly as it might seem,
Just knowing in anticipation what goodness envelopes after the night.
I breathe in the delicacies, just a hint of a little more serene.

I have to embrace the light; for what good is it for me to sit in darkness?
What good is the heaviness of thoughts that lay bare the fears of my mind…
When will this end? When will I feel warmth in my body, spirit, soul? Hark!
I listen intently to nature as she wakes, slowly, creeping, the flow and echo of her design…

As always, right on time, she reveals just enough, “I’m coming, she says, “be patient.”
“Walk with me as I’ve walked with you, the big picture takes one step at a time.
You have to embrace my light, in due time she will be multivalent;
Providing you more than you can ever imagine; in the meantime…

Settle in with the smells, sounds, sights of the season; for there are many in which we can relate.
Settle in with good company; maybe you will find new connections to make.
Embrace opportunity that maybe you left unattended before,
Seek new purpose, let happenstance and chance walk through that door.”

Ahh…I have to embrace the light; even if that means a new perspective in my mind.
I’ll move forward; maybe slowly at first,
But knowing each advance, more light gives birth to a new design;
One that you freely give, in due season of course,
Remind me to be patient, for your beauty is worth the wait.
It is nearing, I can sense it, I feel it, and there is no remorse.
As I look forward to what is next; nature’s beautiful discourse.

Little glances in the moment, now I hold dear,
I embrace the light with hope, courage, feelings of being sincere.
Knowing at last I shall see with anticipation what I felt missing all along…
As I embrace the light; I feel it, at last…I’m home.

Sustainability: AAC Sustainability Report

By: Janelle Taylor, AAPP Housing and Sustainability Manager

As the days grow longer and we begin to feel the first hints of warmth, March brings us to the vernal equinox, better known as the spring equinox. This time of year is special because day and night are nearly equal-as the name implies. For many cultures, the equinox represents balance, renewal, and fresh starts. It's a reminder that small actions, repeated consistently, can help create meaningful change over time.

In that spirit of renewal, the Sustainability Committee is excited to share progress on our food scrap composting pilot in partnership with GreenBox. This project was the next logical step in our Trim the Trash initiative. As you may recall, we started with new waste receptacles and recycling education. These efforts continue but our committee is ecstatic to be adding another project in support of our overall waste reduction initiative.

Since launching the program on January 22nd, our dedicated dining staff have been separating food scraps into collection bins that are picked up weekly and commercially composted. We fill four 35-gallon bins each week, and by our third pick-up on February 12th, we had already diverted approximately 365 gallons of food waste from the landfill.

You may be wondering, "Why is this important?" In a January Article from Project Drawdown authors Emily Cassidy and Paul West, Ph.D wrote "The food system contributes methane along the entire supply chain, from farm to landfill, including from cattle, manure, rice farming, biomass burning, and food waste. When combining all of these links in the chain together, it is responsible for over 210 million tons of methane, more than half of global human-caused emissions, making food systems the largest source of the super pollutant." Composting keeps valuable organic material out of the trash, where it would otherwise produce methane. Instead, those scraps are turned into nutrient-rich compost that can support healthy soil and future growth. This is a perfect reflection of the approaching spring season.

As with any new program, we've encountered a few barriers such as staff safely lifting the weight of their compost buckets as they discard them into the provided commercial receptacles and sourcing affordable compostable receptacle liners. We'll continue monitoring participation, contamination, staffing impacts, and overall feasibility as the pilot progresses to determine whether this is a solution with impact that we can sustain long-term. Regardless of how the program turns out, we are excited to have an opportunity to try.

If you too are excited about efforts like this and would like to help expand sustainability initiatives at Attic Angel, please consider contributing to the Sustainability Fund. Donations directly support projects and community education that help us reduce waste and care for our shared home.

Here's to longer days, new growth, and a greener community!

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

March 2nd:

"Foot Health: Fall Prevention, Gait Training, and Proper Shoe Wear"

Dr. Shaun M. Latshaw, Foot and Ankle Surgeon, PPG

March 9th:

"The State of the Wisconsin Girl"

Lisa Smith, CEO, Girl Scouts of Wisconsin-Badgerland

March 16th:

"Eagle-eyed Citizen Science: Bald Eagle Nest Watch"

Brenna Marsicek, Director of Outreach, Southern Wisconsin Bird Alliance

March 23rd:

"Time, Beauty, and Grief: A Hike Through Wisconsin's 50 State Parks"

Betsy Korbinyr, award winning author and retired Social Worker

This will be a fragrance-free event; kindly refrain from wearing scented products such as perfumes, colognes, and fragranced lotions

March 30th:

"Understanding Bus Riding and Paratransit at Metro"

Chuck Kamp, Former Madison Metro Transit, General Manager

Prairie Point Pie Day Celebration

Join us for a Prairie Point get-together for a slice of pie and cup of coffee on **Saturday, March 14th** in the Garden Room, from 1-2:30pm

Prairie Point Ladies Luncheon

Tuesday, March 17th, 2026
Johnny's Italian Steak House
8390 Market Street, Madison, WI

Cost: $20 includes tax & tip - soda or coffee included

For entrée options and to RSVP, reach out to
Graciela Aubey (818) 808-5342 or
Mary Booth (608) 217-9818
by March 13th

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

Attic Angel Community Happenings

Presenting our 2025-26 Community Grants recipients! Over $146,000 in grants were allocated to 9 organizations that support children and older adults throughout Dane County. Your support & participation of events such as the Attic Sale, Golf Open, Fashion Finds & Holidays Galore and More help make this happen!

Recipients included: Badger Prairie Needs Network, Community Action Coalition, East Madison Community Center, Extended Hands Pantry, Madison Area Food Pantry Gardens, RISE, The River Food Pantry, Rooted, and Sunshine Place

Attic Angel Community Happenings

Residents and Angels came together to make blankets for children in need for Project Linus.

Residents felt loved on Valentine's Day when our Angel volunteers came by to bring cards & treats!

February was Heart Month! And to bring awareness, our Wellness & Greenfield Rehab Teams wore red for National Wear Red Day.

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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