

# Community Connection

APRIL 2026

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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.

## My Life Story

By: Wanda Rickman, AAP Resident

I was born on January 9th, 1938 in Jacksonville, Illinois, just west of Springfield, Illinois. My parents were Elmo and Helen Tipps. My dad was a builder of residential houses. He served as his own architect, designer, builder, and business owner. My mother also stayed very busy, not just raising me, but serving in the unique role of foster mother for newborn infants until they could be legally adopted into more permanent families.



Wanda at the Gold Coast, Australia

Our family moved 18 times over 22 years. My mother really loved Florida, so we moved there first. We relocated to Laverne, Oklahoma, where my dad's family was located. I learned to ride horses, shoot a rifle and even showed beef cattle at the county fair. My friends, cousins, and I used to shoot prairie dogs (pests not appreciated by the cattle farmers) and I became quite good at recreational horseback riding. Riding horses became my passion.

In high school, I loved to read, play the accordion and piano and sing in the chorus and Methodist church choir. My friends Judy Lukeman and Nancy Godfrey enjoyed riding horses with me. I was asked to give the Solutatorian speech at graduation in 1956. I remember my topic was "Love Is an Itch That Cannot Be Scratched."

Following high school, I enrolled at UW Madison. Early in my college years I met a young man, Dale Boness, enrolled as an Agriculture Science major. Dale and I were married after my graduation and started our life together. In 1963 we had a son, Andrew. Unfortunately, we were divorced shortly thereafter. I graduated with a degree in Occupational Therapy and a minor in Psychology in 1960 with high honors.

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After graduation I worked at the Mendota Mental Health Institute in Madison. Then I was offered a job by the Wisconsin Division of Vocational Rehabilitation (DVR) as an occupational therapist. My job at the amputee clinic was to assist handicapped people get the education and vocational training they needed and to successfully enter the labor market.

I bought a house in Monona where Andrew and I lived during the entire time he was growing up. I introduced Andrew to downhill skiing early in his life and he took to it with great enthusiasm.

While I enjoyed my career with the DVR, I eventually moved to a different state agency where I served as a Disability Claims Examiner for Social Security. I stayed in this role until I retired many years later. I am very proud of my career, especially working with amputees.

My son, Andrew, has been a very important part of my life. His love of skiing led him to Colorado after he graduated. Andrew now lives in Steamboat Springs, Colorado with his wife Joanie. They have two children, Anna (20 years old) and Julia (17 years old).

I have had many enjoyable activities in my life – riding horses, needlework, watercolor painting – all bringing great joy into my life.

I found it necessary to sell my house and move into Attic Angel community. I have been here about two years. I do participate in the activities available to us, and appreciate the care and support provided for residents. I receive regular phone calls from my son, Andrew, and my cousin, Harold Dean Schuster.

As I think back on my life, I feel very proud of my education, productive career, my independence, and my family. I have been blessed with 88 years of adventure and accomplishment.



Wanda & Friends at a German restaurant



A farmhouse belonging to Wanda's grandfather & father that she briefly lived at

## Welcome Chaplain Bob

By: Life Enrichment Team

Chaplain Bob Stine joined the team as a PRN (as-needed) chaplain to support Chaplain Brian during his medical treatment. Chaplain Bob will assist with resident visits, spiritual support, and scheduled services to help ensure availability for anyone who would like pastoral support.

Please give a warm welcome to Chaplain Bob when you see him. We are happy he is here!

Bob can be reached at 608-662-8865 or [Robert.Stine@atticangel.org](mailto:Robert.Stine@atticangel.org)



# Where Is Our Dollhouse?

By: Barb Danahy, Angel Volunteer

The short answer: The dollhouse is undergoing some repairs by Dennis Hiorns at The Heirloom Craftsman in Mount Horeb. Dennis has graciously offered to donate his time and expertise. He is a skilled wood working craftsman, trained in England and specializing in quality antiques repair and restoration. Check out his website to see some examples of his work: [www.Heirloom-Craftsman.com](http://www.Heirloom-Craftsman.com). Our dollhouse is currently in the front window of his shop at 212 E Lincoln Street (see photo on the right).



The longer answer: Our dollhouse was donated to Attic Angel by the family of John and Jane Secord (Angel Class of 1968) upon their deaths in 1993. “Jane’s Tee House” was built by John in 1987 from an unfinished shell and customized to reflect the Victorian style. Jane’s lifelong passion for dollhouses was inspired by a dollhouse given to her as a Christmas gift at age 7 by her grandfather.

As an adult, she and her husband John would visit museum, gift, and hobby shops and browse catalogues and magazines to purchase miniatures and unique dollhouse accessories. Our dollhouse is filled with those treasures!

Over the years the dollhouse has been in many locations in the former Segoe Road building and in this facility. In its current location it is seen daily by Segoe Heights residents going to get their mail or leaving the building. It is also seen by anyone coming up the grand staircase. It has been loved and admired by all who have paused a moment to peer into its rooms and spaces to see what is going on with its residents.



However, the dollhouse is showing its age, with some missing pieces and many loose parts. Most of the repairs involve gluing but we hope that the lighting and the plexiglass cover can be repaired too.

Watch for our refurbished dollhouse to return to bring smiles to residents and visitors for years to come!

The dollhouse at Attic Angel over the years

# Top Place to Work

By: Jackie Aguilar, Director of People & Culture  
Allyce Fahrney, Member Support & Strategy Specialist

We're proud to share that Attic Angel has been named a Top Place to Work in the Madison area based on feedback from our team through an independent survey conducted by Energage.

Because of your voices, your experiences, and your honesty, we were also honored with a Meaningfulness Award. This recognition reflects something powerful: the work happening here is about making a real difference, building connections, and positively impacting the lives of those we serve. When people feel that sense of purpose in their work, it shows, and this award is a direct reflection of that. This recognition truly belongs to our employees. We couldn't have done it without you and the impact you make every day.

Stay tuned for details, we are looking forward to celebrating together on May 12th!



From left to right:  
Jackie Aguilar, Director of People & Culture  
Nona Aclan, HR Generalist  
Renee Krueger, Total Rewards Specialist  
Michelle Godfrey, President/CEO  
Allyce Fahrney, Member Support & Strategy Specialist  
Derek Buckley, Residential Community Manager & Interim Project & Property Director

Thank you to everyone who participated in our community-wide Wellness Challenge! It was great to see so much engagement and commitment to prioritizing well-being across our community. We would also like to congratulate the winners of our Wellness Baskets during the final stretch of the challenge: Kaitie & Kelly!

A big thank you to the Angel class of 2019 for putting the beautifully crafted baskets together!



Kaitie Sauer  
(Art Studio Coordinator)



Kelly Schuette  
(Wellness Specialist)

# SustainAbility: Sustainability Committee Report

By: Sue Robinson, Sustainability Committee Member

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In January and February's sustainability articles, you learned about Materials Recovery Facilities, or MRFs. As you will recall, MRFs sort recyclable material for distribution to manufacturers who then use those materials to create new products. And you learned that MRFs only accept certain materials because that is what they can process.



Some lesser-known items that can go in our recycle bins at AAP and in the recycle bins that the City of Madison collects are properly prepared, clean aluminum foil, small paper scraps/shredded paper, and small metal items. Clean aluminum foil needs to be crumpled up into a ball the size of a baseball. Why the size of a baseball? As we all now know, the MRF cannot process the foil if not prepared properly. If the aluminum foil is flat or if it is crumpled up in too large of a ball, the MRF equipment will not recognize it as aluminum, and it will get sent to the wrong area resulting in contamination of other material or it will be routed to the trash.

As was reported in the February sustainability article, but worth repeating, is that small metal items (paper clips, bottle caps, metal lids smaller than a 3" x 3" Post-it notes, nails, bolts, etc.) can be put into a larger metal can that you can then pinch shut so the small pieces don't fall out. A metal cookie tin works well too. Put the whole container into the recycle bin. Why do they have to go into a larger metal container? You know the answer now! It is so the machinery at the MRF can process the material. Individual, small metal pieces will fall through the machinery and end up in the trash.

Paper scraps smaller than 3" x 3" (think of a Post-it note) will not be recycled unless they are attached to a larger piece of paper or placed in a larger paper sleeve or envelope. I save envelopes from junk mail and put scraps of paper in them, seal them and put them in the recycle bin. Shredded paper will only be recycled in a specialized MRF but can be put in your recycle bin in a clear plastic bag the size of a basketball. Why? A clear plastic bag allows workers to see that the bag contains shredded paper.

The workers can remove that bag from the regular stream of recyclables and put it in a separate container that will be shipped to another MRF. Workers put the clear plastic bags with shredded paper in a container that has an opening slightly larger than a basketball. Larger bags won't fit in the container and they will get sent to the trash. Proper preparation is necessary to make sure the material actually gets recycled!

In summary, you can put the following in the recycle bins at AAP and in your bins that are collected by the City of Madison. Clean aluminum foil crumpled into the size of a baseball, small metal items placed in a larger metal container and closed, paper scraps placed in a sealed envelope or larger paper sleeve, and shredded paper placed in a clear plastic bag the size of a basketball.

# Eggs: A Simple Superfood with Big Benefits for Seniors

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

Eggs are often called “nature’s multivitamin,” and for good reason. They are one of the most nutrient-dense foods available, offering high-quality protein, essential vitamins, and healthy fats – all in an inexpensive, easy-to-prepare package. For seniors, eggs can play an important role in maintaining strength, energy, and overall wellness.



## Why Eggs Are a Superfood for Older Adults

### 1. Excellent Source of Protein

Each egg contains about 6 grams of complete protein, which helps maintain muscle mass and supports mobility and independence.

### 2. Rich in Vitamins and Minerals

Eggs supply vitamin B12 for brain and nerve function, vitamin D for bone health, and selenium and riboflavin to help support the immune system.

### 3. Support Eye Health

Egg yolks provide lutein and zeaxanthin – nutrients linked to reduced risk of age-related, macular degeneration and cataracts.

### 4. Brain-Supporting Nutrients

Eggs are one of the best natural sources of choline, a nutrient essential for memory and cognitive function.

### 5. Easy to Chew, Digest, and Prepare

Eggs are gentle on the stomach, versatile, and quick to cook; making them ideal for seniors with changing appetites or chewing challenges.

## Recipe: Spinach & Cheese Scrambled Eggs

### Ingredients:

- 2 large eggs
- 2 T milk or water
- ¼ cup fresh spinach, chopped
- 2 T shredded cheese (cheddar, Swiss, or similar)
- salt & pepper to taste
- 1 t butter or oil

### Instructions:

1. Whisk eggs with milk (or water), salt, and pepper in a small bowl
2. Heat butter or oil in a nonstick pan over medium heat
3. Add spinach and saute for 30-60 seconds, until slightly wilted
4. Pour in egg mixture
5. Cook gently, stirring slowly until eggs are softly set
6. Sprinkle cheese on top and let it melt before serving

# 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.

## Prairie Point Ladies Luncheon

**Tuesday, April 21st, 2026**

11:30am

Oliva Italian Mediterranean Cuisine  
751 N High Point Road

Cost: \$20, includes tax & tip  
(beverages extra)

For food choice and to RSVP, reach out to Lynne Jacobsen (608-841-1576 or lynnjcbnsn@gmail.com) or Sharon Lantis (608-225-2828 or sllantis238@gmail.com) by April 14th

## Resident Events for April

**Madison Parks Department Presentation  
Tuesday, April 7th, 3:30 PM**

Representatives from the Madison Parks Division will share insights about the City's parks, programs, and opportunities to enjoy Madison's natural spaces.

**Movie Matinee**

**Saturday, April 11th, 3:00 PM**

Our Saturday matinee series continues with a screening of A Foreign Field.

**Forensic Science Presentation  
Thursday, April 16th, 10:00 AM**

Join us for an engaging look into the fascinating world of forensic science and the methods investigators use to uncover evidence.

**Wisconsin Chamber Orchestra Outing  
Friday, April 17th, 7:30 PM**

Please sign up with Reception if you are interested. Tickets for the event will be available for a discounted price. Contact Cathy Salwin with questions:  
cathy.salwin@atticangel.org or 608-662-4216

**Drug Take Back Event  
Thursday, April 23rd & Friday, April 24th,  
12:00 PM - 2:00 PM**

To provide a safe and responsible way to dispose of unused or expired medications.

We also have opportunities for transportation to upcoming performances with the Madison Symphony Orchestra and the Overture Center Broadway Series at the Overture Center for the Arts. See the Reception Activities binder for details.

## Continuing Education

**April 6th:**

**"Why a Parkinson's Disease Registry is Important"**

Stephanie Johnson, Director, Parkinson's Disease Alliance of WI

**April 13th:**

**"Traveling in Cambodia"**

Gary Theisen, Professor, Univ. of Iowa, and Univ. of Virginia, and Virginia Theisen, Teacher, Financial Accounting, George Mason University, photographers and residents of Prairie Point at Attic Angel

**April 20th:**

**"Going to Prison - Restorative Justice and So Much More"**

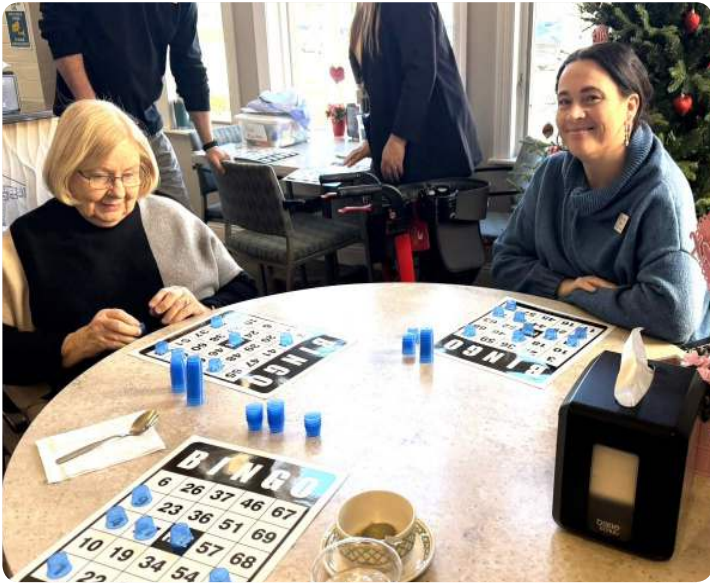
Jerry Hancock, Director, The Prison Ministry Project and Cindy Zellers, participant, PP resident

**April 27th:**

**"Wisconsin Virtual Academy"**

Dr. Sara Cutler, Executive Director of Wisconsin Virtual Academy

# Attic Angel Community Happenings



B-I-N-G-O!

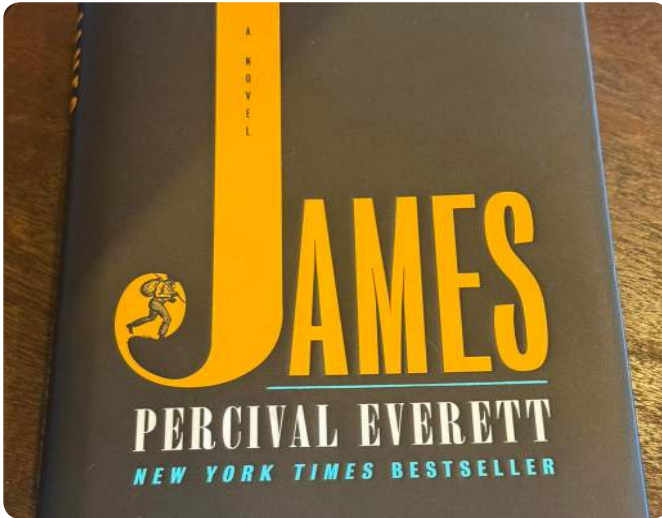
The Arbor Café hosted an afternoon of bingo for staff, residents, and Angels! Great food & prizes were enjoyed by all.



One of our latest Studio activities: worry stones. Clay worry stones act as a fidget in times of feeling worried or anxious.

Thank you Kaitie for all the new and unique craft ideas you bring to our Studio!

# Attic Angel Community Happenings



Members of Attic Angel Community participated in a book club discussion of *James* by Percival Everett.

The book takes the story from *The Adventures of Huckleberry Finn* and shifts it to the perspective of Jim (James) and his escape from slavery and journey with Huck Finn down the Mississippi River. The book was a finalist for the 2025 Pulitzer Prize!



Spring is here!

This photo of flowers blooming in our courtyard are a great sign of warmer months to come.

## 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**

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**[www.AtticAngel.org](http://www.AtticAngel.org)**