

Community Connection

JULY 2026

In This Issue:

What Is The Horticulture Team Up To? & Front Desk Focus | 2

Keeping Your Brain Happy and Healthy | 3

Heads Up & Reminders | 4

Community Happenings | 5-6



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 Safe During Summer Heat

By: Colleen Keegan, VP of Member Services & Community Education

As temperatures rise, it's important to take extra precautions to stay safe during periods of extreme heat. Extreme heat occurs when temperatures exceed 90°F for several days and can be especially dangerous for older adults, young children, and individuals with chronic health conditions.

To stay cool and healthy this summer:

- Stay hydrated by drinking plenty of water throughout the day.
- Wear loose-fitting, lightweight, and light-colored clothing.
- Limit outdoor activities during the hottest part of the day and seek shade whenever possible.
- Take cool showers or baths to lower your body temperature.
- Spend time in air-conditioned spaces such as libraries, shopping centers, or community cooling centers if your home is not adequately cooled.
- Never leave people or pets in a parked vehicle, even for a short time.
- Check regularly on family members, neighbors, and older adults who may be more vulnerable to heat-related illnesses.
- Ensure pets have access to fresh water and shaded areas when outdoors.

Know the warning signs of heat-related illness. Heat exhaustion may cause heavy sweating, weakness, dizziness, headache, nausea, or muscle cramps. Heat stroke is a medical emergency and may include a body temperature above 103°F, hot dry skin, confusion, or unconsciousness. Call 911 immediately if you suspect someone is experiencing heat stroke.

Summer Safety for Families

With children home for summer break, now is a great time to review family emergency plans. Practice evacuation procedures, teach children how and when to call 911, identify an emergency contact, and establish a family meeting place in case you become separated. A little preparation can help keep everyone safe all summer long.

What Is The Horticulture Team Up To?

By: Jessa Tripalin, Lead Horticulturist, Attic Angel Grounds Team

Greetings!

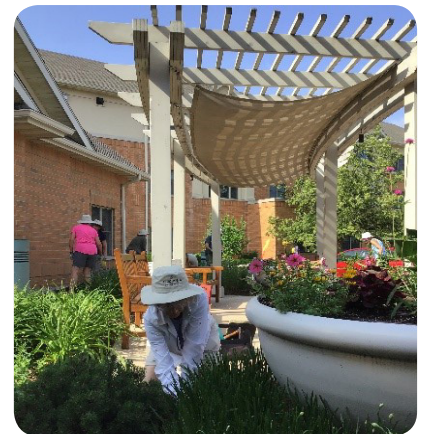
I am so happy to be sharing an update from the Horticulture Team at Attic Angel. Many of you have seen us around the grounds cruising in the white trucks, the orange utility vehicle, or on foot in your home spaces, creating room for the flora and fauna to thrive.

We are a small but mighty team! Currently, our crew includes Jim Breunig, who has been with the team for 13+ years and is well known throughout the community, Kayla Grimm, our seasonal intern, and me, the lead of this incredible team. I joined in March and have been running at full speed to keep pace with this growing season.

Together, we have been getting to know one another's strengths and building a team dedicated to excellent horticultural care and outstanding customer service. We have also been working alongside the Angels on Wednesdays, building on the momentum they have created on the grounds over many years. What a beautiful group of women we have helping our spaces shine!

This season, we have been busy chasing and protecting ducks, trimming shrubs to create better sightlines for residents to enjoy from their favorite indoor and outdoor spaces, preparing the community gardens, and so much more.

We are grateful to be here, helping create room for everyone and everything to grow!



Front Desk Focus: Work Orders

By: Attic Angel Reception Team

If you have work orders for groundskeeping, these can be placed under the "maintenance" tab in worxhub. This would include items such as tree/shrub trimming, landscaping needs, questions on plants/flowers, and more! If you would like, our reception team can assist you in placing work orders as needed.

The AAP reception desk is open from 7am-9pm Monday thru Friday, and from 8am-4:30pm on weekends. The desk can be reached at (608) 662-8842, then hit "0".

Keeping Your Brain Happy and Healthy: Little Changes, Big Impact!

By: Nicole Faust, Wellness Director

Just as our muscles thrive on exercise, our brains also need regular activity to stay healthy and vibrant. It is completely natural to experience some changes in memory or thinking as we age, but the good news is that there are many ways to nurture and engage our brains.

One of the most beneficial things you can do for your brain is to stay physically active. Exercise boosts blood flow to the brain, which can help enhance memory, attention, and mood. Even gentle activities like walking, dancing, gardening, or joining a fitness class at Attic Angel can make a meaningful difference in how you feel.



Keeping your mind active through learning is another powerful tool. Reading books, solving puzzles, playing games, learning a new skill, or trying a new hobby all help create new connections in the brain. It's never too late to learn something new!

If you are ever looking for a new puzzle or book, we have plenty right here at Attic Angel! Puzzles can be found in the cabinet in the conservatory, and you can always check out or request books in our library. Not only that, but there are plenty of options to sign up for activities around our community like chess or bridge. If you are interested, you can stop at the front reception desk to learn more.

Equally important are the social connections we maintain. Spending time with family, friends, and neighbors not only stimulates the mind but can also help alleviate feelings of loneliness and isolation. Meaningful conversations and shared experiences are wonderful ways to challenge our brains and enrich our lives. Remember, taking small steps can lead to big improvements in your overall well-being.

Move your body, challenge your mind, and connect with others every day. These three habits are some of the best ways to support lifelong brain health.

On that note, I'd love to hear about a memory that brings a smile to your face. What was your favorite activity as a child? And how are you doing with your steps today?

Every little bit counts!

If you are interested in learning more about our wellness classes or signing up for a one-on-one, reach out to Nicole Faust at 608-662-8866.

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.

Second Chance Shop

Our next second chance shop will be on **Tuesday, July 14th from 9am-5pm and Wednesday, July 15th from 9am-12pm** in the Community Room

Save the Date!

Attic Angel Golf Open

Monday, August 31st, 2026

Hawks Landing Golf Club
88 Hawks Landing Circle
Verona, WI 53593

18 holes of golf & cart, box lunch & drink tickets, skills contests & Beat Jocko Challenge, 50/50 raffle, wine & bourbon pull, post-golf reception & networking

Questions about the golf open?
Email golf@atticangel.org or call Attic Angel Association at 608-662-8900

Fashion Finds Sale

Friday, September 25th &
Saturday, September 26th, 2026

Attic Angel Association Building
640 Junction Road, Madison

Shopping Hours:

Friday: 9 a.m. to 4 p.m.
Saturday: 9 a.m. to 1 p.m.

Continuing Education

Programming will continue in **September 2026**. Enjoy your summer!

Prairie Point Event

What: A Summer Fling on the Patio (a Prairie Point get-together in place of the Driveway Party)

Who: Prairie Point residents

When: Saturday, July 11th, 4 to 6 pm

Where: The Patio at Attic Angel Place (In case of rain, we will move indoors to the Community Room)

The Prairie Point Social Committee will provide water, soda, wine, beer, and non-alcoholic beer. Participants are asked to bring an appetizer to share.

If a ride is needed, please call Dorothy Brown at 608-469-1610 or post on the Google Group email.

Junction Ridge Farmer's Market

Attic Angel is proud to partner with the Junction Ridge Farmer's Market. **Running now through September 25th, the market will be open Fridays from 9:00 a.m. to 1:00 p.m. at Junction Ridge Park (8502 Elderberry Rd, Madison).** Enjoy a variety of offerings including fresh produce, meat, eggs, honey, maple syrup, flowers, and more.

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

Attic Angel Community Happenings



Another successful Attic Sale at Keva Sports Center is in the books!

We couldn't do it without our wonderful volunteers and staff to assist with set-up, clean-up, and everything in between.



We had some special visitors checking out our grounds recently: a hawk and a fawn!

Attic Angel Community Happenings



Attic Angel Summer Fest, made complete with great music and Chocolate Shoppe Ice Cream!



The dollhouse is back! It was residing at The Heirloom Craftsman in Mount Horeb for repairs, but is now back for all to enjoy. You can find the dollhouse back in its spot by the grand staircase near the entrance to Segoe Heights.

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: Attic Angel Community
8301 Old Sauk Road, Middleton, WI
53562 • 608.662.8842

www.AtticAngel.org