

ATTIC ANGEL Community Connection

AUGUST 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.

A Little Surprise for the Prairie

By: Cathy Salwin, Administrative & Program Coordinator

Have you ever heard of guerrilla gardening? It's a fun movement focused on spreading beauty by planting flowers in unexpected places. Inspired by the idea, members of the Gorham Glen community celebrated Earth Day by making native wildflower seed bombs for Attic Angel's Prairie. Working with our Lead Horticulturist, Jessa Tripalin, we carefully selected a mix of Wisconsin native prairie flowers, including yellow coneflower, purple coneflower, bergamot, and other pollinator-friendly varieties.

Using clay, seed-starting soil, and native wildflower seeds, the group worked with Art Coordinator Kaitie Sauer and I to craft over a dozen seed bombs. Once the danger of frost had passed, the seed bombs were tossed into the prairie just before a multi-day rain event. As the clay dissolved, the seeds were naturally sown, giving them the perfect start.

As you stroll through and around the prairie this summer, keep your eyes open for colorful surprises popping up in unexpected places. Those beautiful blooms are a little gift from the Gorham Glen community—and a reminder that sometimes the smallest acts can grow into something wonderful.



Sustain-Ability

By: Janelle Taylor, Vice President of Operations

Sustainability is often about making thoughtful improvements behind the scenes that create lasting benefits for our community. This summer, we're excited to share two ongoing initiatives that are helping us reduce waste, improve efficiency, and continue our commitment to sustainable stewardship.

Hot Water Pipe Insulation in Prairie Point Homes

This project came about thanks to the Prairie Point Green Committee and their provided education and proposal on this topic. We have greatly appreciated their partnership with the Sustainability Committee over the years. As a result of their proposal, our maintenance team is currently insulating the first 6 feet of pipes from the hot water heater in each Prairie Point home. While it may seem like a small upgrade, insulating these pipes helps reduce heat loss as hot water travels through the system. In many cases, this can increase water temperature by an immediate 2-4 degrees, meaning less energy is required to maintain comfortable hot water temperatures. The cost for this upgrade is very minimal, which is an added benefit. The result is improved energy efficiency, and less water wasted while waiting for hot water to reach the tap.

Taking a Closer Look at Food Waste

We also recently partnered with Sustain Dane to evaluate our food systems and identify opportunities to further reduce food waste. They also took the time to provide further education and materials for our community to reference. I personally found the visual to the right to be incredibly helpful in identifying food waste solutions. Their assessment highlighted many practices our Dining Services team is already doing well.

Some of our noted successes include:

- Repurposing excess food into new menu items for specials whenever appropriate or making it available for staff to enjoy, helping prevent unnecessary waste.
- Using resident order counts and historical usage data to guide purchasing and food preparation, reducing over ordering and over production.
- Providing regular staff training and communication, creating opportunities to reinforce waste reduction best practices.
- Maintaining excellent recycling habits, with very little contamination observed in our recycling containers during the site visit.

The report also identified opportunities for continued improvement, and we'll be working alongside Sustain Dane to explore additional strategies that can further reduce food waste while maintaining the high-quality dining experience our community enjoys.

Thank you to all of our community members for supporting these efforts. Together, these everyday improvements help reduce our environmental impact, lower energy costs, and ensure we are caring for both our community and the resources we all share.



Rediscovering Joy: The Importance of Play in Adulthood



By: Barb Schweitzer, Greenfield Rehab Director

“We don’t stop playing because we grow old; we grow old because we stop playing.”

- George Bernard Shaw

Summer always reminds me of my childhood when my siblings and friends spent time swimming, playing board games, and learning a new craft. With these memories, I wonder why I am not spending more time laughing and having fun. When did I lose the joy of play? Engaging in activity for the enjoyment and recreation rather than for a serious or practical purpose = play. Play is essential for learning, creativity, and development.

As adults, we often spend our time doing what we have to do and may not prioritize what we want to do, simply because it brings us happiness. For older adults, reintroducing unstructured, joyful play is not a luxury—it is a vital pillar of cognitive, physical, and emotional health. When we engage in play—whether that’s pickle ball, strategic board games, collaborative improv, or goofing around on the floor with grandchildren—our bodies and brains experience deep therapeutic benefits, which includes:

1. Mitigating Cognitive Decline

Standard brain training apps can feel like homework. Play, on the other hand, hides the medicine in the candy. Games that require strategy, rapid adaptation, or memory (like bridge, mahjong, or interactive video games) stimulate neuroplasticity—the brain’s capacity to build new neural pathways. This mental flexibility is one of our best defenses against cognitive decline and dementia.

2. Preventing Social Isolation

Isolation is one of the quietest health risks for older adults and carries a health impact similar to smoking 15 cigarettes a day. Play is a social magnet. It naturally breaks down barriers, invites shared laughter, and builds community. When you are laughing over a botched move in a game, you are actively lowering your cortisol levels and building an emotional safety net.

3. Staying Active

Physical exercise can feel like a chore, but physical play shifts the focus from effort to enjoyment. Activities like casual dancing, lawn bowling, or ping-pong improve balance, hand-eye coordination, and spatial awareness. With play, the focus is on the game’s goal rather than the mechanics of movement; people often push their physical boundaries further than they would on a treadmill.

4. Finding Your Play Style

If it has been decades since you “played,” the concept might feel a bit awkward. The secret is finding activities that match your natural energy and interests. There are eight different types of play personalities: The Collector, The Competitor, The Artist, The Director, The Explorer, The Joker, The Kinesthetic, and The Storyteller. If you are interested in finding your play personality, read about how adults can have fun using the *Lindsay Braman Adult Play Styles Guide*.

The Golden Rule of Adult Play: There are no scoreboards for lifestyle points. If an activity feels stressful, rigid, or judgmental, it is not play—it’s work. Look for the things that make you lose track of time and leave you laughing at your own mistakes.

Front Desk Focus

By: Attic Angel Reception Team

Tumblers, Mugs, and T-Shirts Oh My!

The front desk has been selling some Attic Angel merchandise and is slowly adding to the offerings. While supplies last you can stop by and purchase an Attic Angel mug, tumbler, or T-shirt. Pricing for these items is as follows: *Mugs* - \$5.00, *Tumblers* - \$14.00, *T-Shirts* - \$5.00



Horticulture Team Update

Article By: Kayla Grimm, Seasonal Horticulturist Intern

Photos By: Laura Hofstad, Horticulturist

Greetings Attic Angel,

I thought I would give an update on the things growing around the community! The prairie is thriving and full of different colors and textures. If you take an adventure through the meandering path within the prairie, you will see timeless beauties such as Purple Coneflowers, Black-Eyed Susans, and Bee Balm. Many others including Rattlesnake Master, Culvers Root, and Prairie Blazing Star are also putting on a show.

We have had many pollinators come and visit, including monarch butterflies, bumblebees, and black digger wasps. We have even spotted a hummingbird moth hanging around some milkweed!

The Gardening Angels have worked hard this spring to create a lively cutting garden, with most plants in bloom now. If you desire a fresh pop of color in your home, come visit the cutting garden and make a bouquet!

I encourage everyone to explore outdoor spaces this month, whether that is sitting in one of the many courtyards, visiting the community gardens, or making your way up to the prairie. There is much beauty to behold!



Benefit Hub

By: Renee Krueger, Total Rewards Specialist

We're excited to introduce Benefit Hub, our new discount website! You can access exclusive savings on a wide variety of products and services, including travel, cell phone plans, entertainment, shopping, dining, and much more.

Take advantage of discounts designed to help you save on everyday purchases and special occasions. Visit the website today to explore available offers and start saving!

Start browsing: atticangeeeperks.benefithub.com

Be sure to enter this referral code: QLCLGJ

The Pursuit of Joy

By: Vann Trapp, Community Chaplain



IQ, EQ, and JQ

We've all heard of IQ. That's our Intelligence Quotient – how smart we are. Many of us have heard of EQ. That's our Emotional Intelligence – how well we do in relationship with others. But what about JQ, our Joy Quotient? How often do we think about how content and uplifted we are in the midst of being so smart and well balanced in our lives? It seems like figuring out how to find more joy in our lives would be one of the most important pursuits we could take on.

What About Happiness?

How do we pursue joy? Is it the same as pursuing happiness? Our Declaration of Independence tells us that “the pursuit of happiness” is one of our inalienable rights as human beings. So, is this where we find joy? Not really. Joy and happiness are two different things. Happiness is a feeling of well-being and inner elation we get when good things happen in our lives. In fact, those two words, “happy” and “happen,” come from the same root word in Old English, “hap.” The problem is that the Old English word, “hap,” means luck or chance. How do we pursue that? Is it even possible to increase luck, or chance?

The Pursuit of Joy?

Joy, on the other hand, is not dependent on our circumstances. Instead, joy comes from within us as we invest our lives in five key areas and see the inevitable results that come about from that investment. Joy can be pursued, increased, and there is no limit for it. So, what are these five areas?

- The first is our investment in **Giving Honor**. This means acknowledging the greatness that exists in those around us and our need for their contributions and presence. But most importantly, the greatness in who they are as a Being who reflects the indescribable nobility, complexity, immensity, and greatness of their Creator. Joy arises in us when we give others this honor and respect.
- The second area is our investment in our own **Transformation**. Each new season brings out new challenges that allow us to grow in new ways. We grow in intellect through reading and learning. We grow in ability through acquiring new skills and finding new talents. But most importantly, we can grow our character through developing kindness, patience, perseverance, gentleness, and contentment.
- The third area is in **Sharing Hope**. Hope is the ability to see a good outcome in spite of the immediate circumstances. Hope isn't just wishful thinking, or creative imagination--it's looking deeper than that. Hope is discovering an ending and a purpose that reaches into the eternal and finally satisfies the eternal questions within us. When you find hope and share it, joy begins to dominate your life.
- The fourth area is in **Service**. Service is doing for others what is needed, no matter the cost. Sometimes the selfless love that is expressed through service is the very thing that gives people hope in bleak circumstances. Service brings joy to others, but also brings joy to us. We can even find joy in our losses and challenges when they come about as a result of helping others.
- The final area is our investment in **Prayer**. Prayer is when we take time to reach out with all our questions, concerns, disappointments, needs, as well as our joys, victories, hopes, and thanks to see if there might be Someone or Something behind it all Who actually cares about what is happening (there's that word!) in our lives. And if this One proves to be good, loving, gracious, and strong, believe me, there is joy that floods our lives. So, take a chance. Take time to pray, and see what happens.

Don't settle with pursuing happiness in your life. Happiness is fleeting. Instead, pursue joy. Invest in honor, transformation, hope, service, and prayer, and see your JQ go through the roof!

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.

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.

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.

Continuing Education

Programming will continue in **September 2026**. See you next month!

Prairie Point Brat Party

Date: Sunday, August 23rd

Time: 4:30pm socializing, 5pm dinner

Location: Attic Angel Community Room

Price: \$14.50 per person added to monthly statements

Menu: Johnsonville Brats, baked beans, potato salad, chips, and cookies.
Water, beer, and soda available.

RSVP required, no later than Wednesday, August 12th, to Marsha Gregg, 608-354-2616, mbgregg@tds.net
or

Audrey Braucher, 608-469-6291,
acb1016@gmail.com

(Please indicate if gluten-free or vegan options are required)

Prairie Point Ladies Luncheon

Tuesday, August 18th at 11:30am

Golden Nest Pancake Café
3416 University Avenue
Cost: \$20 includes tax and tip

Food Choices: Reuben Sandwich, Cobb Salad, Salmon BLT, or Classic Eggs Benedict

For reservations and food choice, RSVP by Tuesday, August 11th to Lila Jean Stahnke, 608-203-5277, lilajeانبob@yahoo.com or to Treva Breuch, 608-203-8170, tcbreuch@gmail.com

Second Chance Drop-Off

The next second chance drop-off will be on **Thursday, August 20th** in the Parlor at Attic Angel Place from 11am-1pm.

Attic Angel Community Happenings



The petting zoo was back to Attic Angel this summer and brought lots of joy, smiles, and even bunny snuggles!



We feasted our eyes on the delicious (and creative!) food put together by our New Horizons Dining Team for the featured Camp Out dinner.

Attic Angel Community Happenings



The Middleton Community Church Summer Servants program came to make bird houses with residents!



Three Gaits Therapeutic Horsemanship Center in Stoughton made for an exciting outing for residents, staff, and Angels.



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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