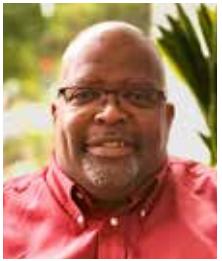


Life. Love. Legacy.™

602 N Segoe Road  
Madison, WI 53705

**YOUR  
LEADERSHIP  
TEAM**



**Sira Nsibirwa**  
Campus Executive Director



**Bruce Beckman**  
Sales & Marketing Director



**Chris Johnson**  
Business Development Director



**Jamison Toepel, LPN**  
Resident Services Director



**Kadija Diallo, BSN, RN**  
Harbor Director



**Rachel Kohlmeyer**  
Life Enrichment Director-The Harbor



**Alisia Lovely**  
Life Enrichment Director-AL



**David Beach**  
Dining Services Director



**James Clark**  
Maintenance Director



**Jim Hergenroether**  
Chaplain



**RENAISSANCE**  
SENIOR LIVING of HILLDALE



**A MESSAGE FROM YOUR EXECUTIVE DIRECTOR: JANUARY 2026**

There's a certain feeling that comes over you in a great old cathedral—something that hushes the world outside and draws you into a kind of quiet awe. Sunlight streams through stained glass, scattering blues and reds

across smooth wood, intricate railings, and sometimes the gleaming pipes of an ancient organ, each sound echoing up into spaces shaped perfectly to carry music and prayer. It's hard to put into words, but you can almost feel the place hum inside your chest—a comfort, a stillness, a mysterious sense that something inside you is being soothed.

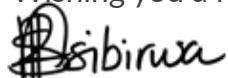
For centuries, we've chalked up the beauty of these buildings to faith and artistry. Yet, as science has peeled back more of the mystery, another truth emerges: their creators may have been working with a level of knowledge that still astounds us today. Many cathedrals were built to magnify certain sounds—low chanting, the deep swell of an organ, even a single clear bell—so that their vibrations linger long after the last note fades. Researchers are now finding that some of these sonic frequencies, by pure design or ancient intention, may even help calm our minds, steady our breath, and encourage a gentle kind of healing that everyone, regardless of background or belief, can sense.

It leaves me wondering—what else did those master builders understand about lifting spirits and fostering togetherness, knowledge that we're only now rediscovering? Perhaps it's not just the architecture or music, but the experience of being in a space built by many hands for the well-being of all. Maybe it's the simple fact that when people gather under a shared roof, supporting each other through silence or song, something in us finds a sense of belonging and peace.

We don't need stained glass or soaring arches to benefit from this ancient wisdom. Every day, in our own spaces—dining halls filled with laughter, patios humming with quiet conversations, even hallways lit by a friendly greeting—we create our own kind of resonance. The kindness, patience, and encouragement we offer ripple out, reaching further than we imagine and carrying a subtle, lasting comfort.

As we step into a new year, let's remember that we're all builders in our way—shaping environments with our choices and the warmth we share. May our community continue to be a place where hearts are lifted, spirits are steadied, and the gentle music of acceptance and care never fades.

Wishing you a harmonious and hopeful year ahead,







## Norah Justinger JANUARY WINNER

"If anyone forces you to go one mile, go with them two miles."  
Matthew 5:41

We are delighted to present the Going the Extra Mile Award to Norah from our Life Enrichment

team—a recognition that truly reflects the heart and spirit she brings to our community every day.

Norah is someone you can always count on for genuine care and positivity. Whether she's painting nails with residents, sharing easy conversation, or serving snacks and drinks during happy hour, she does it all with her signature smile and a warmth that makes everyone feel welcome.

But what really makes Norah stand out is her

unwavering openness and dependability. She's the first to pause whatever she's doing to answer a question, offer guidance, or lend a helping hand—no matter how busy the day might be. Residents and staff alike are reassured by her calm, friendly presence, knowing they can turn to her whenever they need support.

It's the little moments Norah creates—those everyday gestures of kindness and connection—that truly go above and beyond. Her dedication shines through in all she does, and it's this spirit of service that makes her so deserving of the Going the Extra Mile Award.

Thank you, Norah, for the joy you bring and for always going the extra mile for our community!



## MEET AUGGIE!

Auggie is a gentle, lovable pup who made quite the journey from Texas to Wisconsin—his fluffy



coat never did agree with that southern heat. Now, he's right at home in our chilly winters. Auggie is always eager to make new friends, bask in attention, and collect as many treats and head pats as he can. Keep an eye on the calendar for visits from our favorite comfort dog.



## HANDCRAFTED SNOWMEN, HEARTFELT JOY



## What is your favorite thing about yourself?

**Tom L.** I'd say my height. That's my favorite thing about me.

**Vivian P.** I really like that I have a giving spirit.

**Sharon L.** I like that I'm always willing to help someone out.

**Jean M.** My favorite thing about myself is that I'm a people person.

**Pete S.** I've always liked that I'm pretty good looking.

**Susan E.** I enjoy that I have a good sense of humor.

**Bill O.** My strength is what I like most about myself.

**Kamal M.** I'd say my intelligence is my favorite thing.

## THE OLIN PARK LIGHTS WITH A VIEW



## HIGHLIGHTS & HAPPENINGS

### COMBINED AL & HARBOR EVENTS

- 2<sup>nd</sup> Angelina & Friends Music Performance
- 9<sup>th</sup> Richard Shaten Piano Performance
- 14<sup>th</sup> 10 Strings Performance
- 17<sup>th</sup> Go Dog Therapy
- 26<sup>th</sup> Waunakee Big Band

### TRAVEL CLUB DESTINATIONS

- 6<sup>th</sup> China
- 13<sup>th</sup> Patagonia
- 20<sup>th</sup> Amazon Rainforest
- 27<sup>th</sup> Fiji

### EBULLIENT EXERCISE

- Exercise with Debbie on Thursdays
- Chair Exercise at 9:30am daily
- 12<sup>th</sup> Drum Circle with Dan
- 20<sup>th</sup> Ballroom Basics for Balance

### TUESDAY SHOPPING TRIPS

- Sign up at the front desk
- 6<sup>th</sup> Dollar Tree
- 13<sup>th</sup> DeJope Casino (Sign up required)
- 20<sup>th</sup> Kohl's
- 27<sup>th</sup> Target

### MYSTERY MONDAYS

- 5<sup>th</sup> The Skeleton in the Chimney
- 12<sup>th</sup> Terracotta Warriors
- 19<sup>th</sup> The Ark of the Covenant
- 26<sup>th</sup> Field of Pots



## WINTER WREATHS


 **THE SCOOP**

## FOOD COUNCIL

Our monthly Food Council at Renaissance is a great chance to share your ideas about dining. Join David for a friendly chat about the menu, what's working, and what you'd like to see. Your feedback shapes our meals, and every voice matters. Hope to see you there!

## BIBLE STUDY WITH CHAPLAIN JIM

Bible Study with Chaplain Jim is now a weekly event! Starting in January, join us every Friday morning in the chapel for a relaxed time of reflection, learning, and connection. Chaplain Jim leads with warmth and welcomes questions and conversation. Whether you're new to Bible study or a regular, all are invited to join neighbors for thoughtful discussion each week. See you Friday!

IF YOU LOVE WHAT WE DO, PLEASE LEAVE A REVIEW!



Your feedback helps others!

TEAM MEMBER SPOTLIGHT: **DAVID BEACH**

We're excited to introduce David Beach, our Dining Services Director, who joined us in October and has quickly become a familiar, friendly face in our community. David brings not only a wealth of experience from his years working in smaller communities but

also a genuine passion for making each day brighter through great food and warm hospitality.

David was encouraged to join our team by a former director—a stroke of luck for all of us! He loves his role because it gives him countless opportunities to make people smile, whether it's through a thoughtfully prepared meal or a welcoming conversation over breakfast. His mornings start early, always lending a hand with breakfast, ensuring the coffee is hot, checking in with residents, and making sure life in the kitchen runs smoothly.

Originally from Ohio, David's path has been anything but ordinary. He's lived in Louisiana, Tennessee, and even spent time in Rhode Island for college. When the time came to put down roots, he left the decision up to chance—a coin toss between Iowa and Wisconsin. Madison won, and since 1997, David has called Wisconsin home, never regretting the choice.

Outside of work, David is always on the move. He loves traveling—or planning his next adventure—and is just as happy volunteering, bowling, golfing, or sharing his passion for all things Disney. Some of his favorite destinations so far include the Galápagos Islands, Alaska, and the Mediterranean. One day, he hopes to set foot in Antarctica for a truly one-of-a-kind experience.

David is also a devoted father and grandfather, cherishing time with his two adult children and energetic 9-year-old granddaughter.

We are so grateful to have David leading our dining team, and we look forward to seeing where his energy, creativity, and sense of adventure will take him—both inside and outside the kitchen!

FOOD FOR THOUGHT: **THE MIGHTY LEMON**

- Lemons might look simple, but they've had quite an interesting journey. Originally from Southeast Asia, lemons didn't reach Europe until the Middle Ages, where they quickly earned a reputation for both their flavor and health benefits. Sailors carried them on long sea voyages to ward off scurvy, making the lemon a true lifesaver throughout history.
- These days, lemons work behind the scenes in kitchens everywhere. A little squeeze adds brightness to drinks and desserts, and can even keep cut apples and avocados looking fresh. Just a little zest can wake up an entire dish. In many ways, lemons remind us that small things can have a big impact—both in the kitchen and in life.

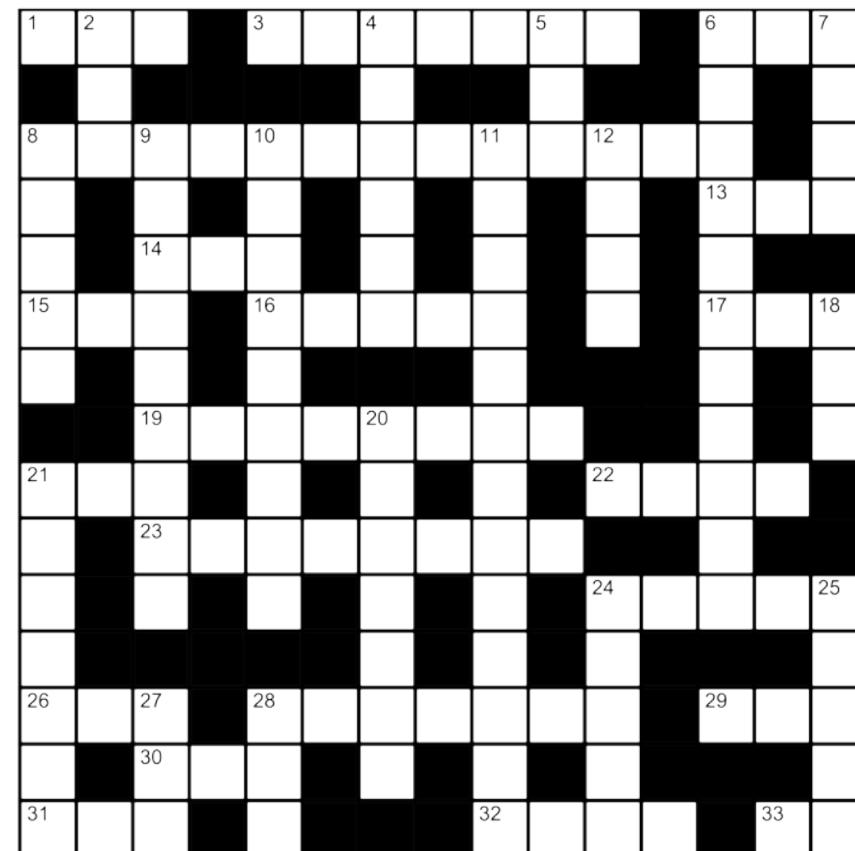


## ACROSS

1. Preserves
3. Least difficult
6. Squid's defense
8. Music to support a solo instrument
13. Dust remover
14. None; zero
15. Disc jockeys, abbrev.
16. Give the slip
17. Archaeological site
19. Closing something
21. Warmed the bench
22. Slo-o-ow leak
23. At the \_\_\_\_\_ hour (in the nick of time)
24. Sucrose, for one
26. \_\_\_ and outs
28. Place to store china
29. Break a commandment
30. Meadow
31. In high spirits
32. Folk follower
33. "You Are \_\_\_ Sunshine"

## DOWN

2. Circle segment	10. Groups of atoms	21. Coming down in flakes
4. Poem subsection	11. Global; multiple countries	24. Stringed Indian instrument
5. A character from <i>Casablanca</i>	12. "Green with ____"	25. Like the yolk of a poached egg
6. Presenting	18. Neon or helium, for example	27. Cunning
7. Double-decker checker	20. As a result	28. Soup container in store
8. "All kidding ____"		
9. Was made of		


*Georgia*

The words listed can be found vertically, horizontally, diagonally, forward, and backward.

ATHENS	LIVE OAK
BASS	LUMBER
BEACHES	MOULTRIE
BULLDOGS	OAK
CHEROKEE	PEACH
COTTON	PEANUTS
DOUGLASVILLE	PINE
THE VARSITY	ROME
FALCONS	SAVANNAH
FISHING	SPANISH MOSS
FLINT	THOMASVILLE
FOX THEATER	TIFFON
GRITS	VALDOSTA KIM
JEKYLL ISLAND	VIDALIA





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>January 2026</h1> <h2>The Harbor Activities Calendar</h2>		9:30am Daily Chronicle <b>1</b> <b>Happy New Year!</b> Afternoon: New Years Coloring Pages and Trivia New Year's Day	9:30am Daily Chronicle 10:00am <b>January EZ Does It Trivia</b> 10:30am <b>Morning Movement</b> 1:00pm <b>Geo Guesser</b> <b>2:00pm Music Performance</b> 3:00pm Movie Social: Viva La Vegas	9:30am Daily Chronicle <b>2</b> 10:00am <b>January EZ Does It Trivia</b> 10:30am <b>Morning Movement</b> 1:00pm <b>Geo Guesser</b> <b>2:00pm Music Performance</b> 3:00pm Movie Social: Viva La Vegas	9:30am Daily Chronicle <b>3</b> -Puzzles, Games, & Coloring available in the Activity Corner
9:30am Daily Chronicle <b>4</b> -Puzzles, Games, & Coloring available in the Activity Corner	9:30am FOX Therapy Exercise Class 10:15am Travel Club: <u>China</u> 10:30am Daily Chronicle  <b>1:30pm January Group Up</b> 2:30pm <b>Snow Day Would You Rather</b> 3:00pm <b>Balloon Volleyball</b>	9:30am Daily Chronicle <b>5</b> 10:15am Travel Club: <u>China</u> 10:30am Daily Chronicle  <b>1:30pm Alaska and Moose Trivia</b> <b>2:30pm Make &amp; Take: Snowflake Suncatcher</b> 3:00pm Bingo	9:30am Daily Chronicle <b>6</b> 10:00am <b>Morning Movement</b> 10:30am Travelouge: Anchorage, Alaska  <b>1:30pm Make &amp; Take: Be Kind Sunflowers</b> 2:30pm <b>UNO</b> 3:00pm Nail Painting	9:30am Daily Chronicle <b>7</b> 10:00am Church Service 10:45am Exercise w/ Debbie  <b>1:30pm Bake &amp; Take: Blueberry Oat Bars</b> 2:30pm <b>EZ Music Trivia</b> 3:30pm <b>Music and Memories</b>	9:30am Daily Chronicle <b>8</b> 10:00am Church Service 10:45am Exercise w/ Debbie  <b>1:30pm Bake &amp; Take: Blueberry Oat Bars</b> 2:30pm <b>EZ Music Trivia</b> 3:30pm <b>Music and Memories</b>	9:30am Daily Chronicle <b>9</b> 10:30am <b>Richard Shaten Piano Performance</b> 1:00pm <b>January Random Trivia</b> <b>1:30pm Water Coloring</b> 3:00pm Movie Social: Famous Last Words: Dr. Jane Goodall
9:30am Daily Chronicle <b>11</b> -Puzzles, Games, & Coloring available in the Activity Corner	9:30am Daily Chronicle <b>12</b> 10:00am <b>Morning Movement</b>  <b>1:30pm Drum Circle w/ Dan</b> 2:30pm <b>A Winter's Day Coloring Pages</b> 3:00pm <b>UNO</b>	9:30am Daily Chronicle <b>13</b> 10:15am Travel Club: <u>Patagonia</u>  <b>1:00pm January Modern Jeopardy Trivia</b> 2:00pm <b>Balloon Volleyball</b> 3:00pm Bingo	9:30am Daily Chronicle <b>14</b> 10:00am <b>Make &amp; Take: Winter Owl Magnet</b>  1:00pm <b>Nail Painting</b> <b>2:30pm Wendy &amp; Dan Smith 10 Strings Performance</b> 3:00pm <b>Musical Hangman</b>	9:30am Daily Chronicle <b>15</b> 10:00am Church Service 10:45am Exercise w/ Debbie  <b>1:30pm Bake &amp; Take: Apple Oatmeal Crisp</b> 2:30pm <b>Puzzle Palooza</b> 3:30pm <b>Music and Memories</b>	9:30am Daily Chronicle <b>16</b> 10:00am <b>Make &amp; Take: Cozy Bear Craft</b> 10:30am <b>Morning Movement</b>  1:30pm <b>Google Earth Tour: Winter Wonders</b> 2:30pm <b>Travel Would You Rather</b> 3:00pm Movie Social: The Sound of Music	9:30am Daily Chronicle <b>17</b> <b>10:30am Go Team Therapy Dogs</b> -Puzzles, Games, & Coloring available in the Activity Corner
9:30am Daily Chronicle <b>18</b> -Puzzles, Games, & Coloring available in the Activity Corner  <b>1:30pm Make &amp; Take: Build a Crown</b>  Martin Luther King Jr. Day	9:30am FOX Therapy Exercise Class 10:15am Travel Club: <u>Amazon Rainforest</u> 10:30am Daily Chronicle  <b>1:30pm Bake &amp; Take: Alaskan Raspberry Buckle</b> 2:30pm <b>UNO</b> 3:00pm <b>Geo Guesser</b>	9:30am Daily Chronicle <b>19</b> 10:15am Travel Club: <u>Amazon Rainforest</u> 10:30am Daily Chronicle  <b>1:30pm January Jeopardy Trivia</b> 3:00pm Bingo <b>7:00pm Dimensions In Sound Band Performance</b>	9:30am Daily Chronicle <b>20</b> 10:00am <b>Morning Movement</b>  <b>1:30pm Make &amp; Take: Smiling Frog</b> 2:30pm <b>Music and Memories</b> 3:00pm <b>Nail Painting</b>	9:30am Daily Chronicle <b>21</b> 10:00am Church Service 10:45am Exercise w/ Debbie  <b>1:30pm Water Coloring</b> 2:30pm <b>UNO</b> 3:00pm <b>Puzzle Palooza</b>	9:30am Daily Chronicle <b>22</b> 10:00am <b>Morning Movement</b> 10:30am <b>Go Fish!</b>  <b>1:30pm Make &amp; Take: Accordion Snowman</b> 2:30pm <b>Balloon Volleyball</b> 3:00pm Movie Social: Singin' in the Rain	9:30am Daily Chronicle <b>23</b> 10:00am <b>Morning Movement</b> 10:30am <b>Go Fish!</b>  <b>1:30pm Make &amp; Take: Accordion Snowman</b> 2:30pm <b>Balloon Volleyball</b> 3:00pm Movie Social: Singin' in the Rain
9:30am Daily Chronicle <b>25</b> -Puzzles, Games, & Coloring available in the Activity Corner	9:30am Daily Chronicle <b>26</b> 10:00am <b>Morning Movement</b> 10:30am <b>Would You Rather?</b>  1:30pm <b>Google Earth Tour: Iconic Small Towns</b> 2:30pm <b>Puzzle Palooza</b> <b>6:00pm Wauakee Big Band Performance</b>  Australia Day (Observed)	9:30am Daily Chronicle <b>27</b> 10:15am Travel Club: <u>Fiji</u>  <b>1:30pm January More Jeopardy Trivia</b> 2:30pm <b>Water Coloring</b> 3:00pm Bingo	9:30am Daily Chronicle <b>28</b> 10:00am <b>Morning Movement</b> 10:30am <b>Music and Memories</b>  <b>1:30pm Make &amp; Take: Winter Bookmark</b> 2:30pm <b>UNO</b> 3:00pm <b>Nail Painting</b>	9:30am Daily Chronicle <b>29</b> 10:00am Church Service 10:45am Exercise w/ Debbie  <b>1:30pm Beach Dreaming Coloring Pages</b> 2:30pm <b>Beach Day Hangman</b> 3:00pm <b>Balloon Volleyball</b>	9:30am Daily Chronicle <b>30</b> 10:00am <b>Ballroom Basics for Balance</b>  <b>1:30am Make &amp; Take: Snowman Mosaic</b> 2:00pm <b>Afternoon Puzzle</b> 3:00pm Movie Social: Grumpy Old Men	9:30am Daily Chronicle <b>31</b> -Puzzles, Games, & Coloring available in the Activity Corner  <b>1:30pm Luke Hrovat-Staedter</b>