



Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going in our community.

Let's Celebrate!!

Resident Birthdays

Barb Kampe	03/01
Jumbo Simon	03/13
Mary Ann Lindh	03/16
Harry Stitgen	03/18
Kathleen Bolstad	03/22
Marlene Volkmann	03/24
Kay Kurz	03/24
Sue Cunningham	03/25
Deb Tetzlaff	03/26
Jim Kirchstein	03/28
Mary Vickers	03/31



March

March is Here!

By Lenore Hetrick

When the bare, gray boughs
Creak and bend,
When the tall trees toss like wild,
When there is a roaring
Around the chimney
That frightens every small child!
When the clouds in the sky
Rush swiftly past
In shapes that you would fear,
Then there cannot be
The slightest doubt.
March! Wild March is here!

March Community Events

March will offer various opportunities to connect with neighbors, friends, and family at Cardinal View.

On March 16th, there will be our St. Patrick's Day Celebration and Open House offering drinks, tours and live Irish music from Patricia Stone from 4:00-5:00PM. To learn more or to RSVP please contact Taylor or Lisa at 608.909.3100 or by email at taylor.powless@twsl.com. You can also follow our Facebook page for updates!



March Community Events

Elvis is in the building! On March 10, Elvis impersonator, Kevin Murphy will be performing all of the King of Rock n' Roll's biggest hits all at our weekly Friday Happy Hour from 4:00-5:00PM.



On March 23, John Daley with the *Friends of Pheasant Branch Conservancy* will be presenting on the Pheasant Branch Conservancy, the evolution of the conservancy, and the various programs and opportunities coming up in the near future.



This educational opportunity will be held in the Good Neighbor Community Room and is open to the public.

Walk to End ALZ 2023

Last fall, Cardinal View participated in the annual Walk to End Alzheimer's Dane County. This walk is the first Sunday in October in Madison. We would like to grow our team this year! Our fundraising goal this year is \$1,000.00 as a community team. We will look to fund raise and have a team walk this year in October.



Please visit our *Crazy Cardinals* Team page and register. You can use the QR code or stop by the front desk for more information.



Housekeeping & Maintenance Updates

We had a new Housekeeper Sue join our Cardinal View in January. We are working on adjusting our housekeeping schedules so our staff can be more efficient with their time. For those residents that receive housekeeping services you may see a slight adjustment. If you have any questions about housekeeping please direct them to Maintenance Director Jim Larson.



Please submit any maintenance requests through the Front Desk. This process allows us to prioritize work orders, track routine items, and improve our efficiencies. If you mention something to Jim in the hallway, please still submit a work order through the Front Desk.

New Resident Orientation

In February, we held our New Resident Orientation. It was a great opportunity for each of us to learn more about our new neighbors, Cardinal View team members & to ask specific questions about our community procedures.



We all left the meeting learning a fun fact about each other!

We plan to continue to provide this opportunity each month. If you would like to attend for the first time or for a "refresh", all are welcome!

One "fun fact" that we learned about Jim, our maintenance director, is that he is a certified severe weather spotter!

Here Comes Spring

Daylight Saving Time

SPRING FORWARD 1 HOUR



**Daylight Savings
Sunday, March 12th**

**1st Day of Spring
Monday, March 20th**

**Spring
Equinox**



Welcome Kathy Community Life Assistant



My name is Kathleen Deinlein. I recently joined the team at Cardinal View Senior Living as the Community Life Assistant. I have 16 years of experience providing direct care and life enrichment programming to the geriatric population.

I am a graduate of Montclair State University, NJ, Chippewa Valley Technical College and Mount Mary University, where I received my masters degree in Art Therapy. I love to create and find great pleasure in being able to challenge myself and to refine my artistic skills through the use of a variety of mediums. Stained glass has always been a favorites, however, I also paint with oil and acrylic, carve wood and stone into animals, and create just about anything with the natural materials that I find around my country home. I often take wildlife photographs and use them in my artwork.

My husband Roger and I live in Cambridge, WI. It is not unusual to see both of us outdoors enjoying the scenery and the wildlife. For the past 5 years I have been a volunteer at the Wildlife Center at Dane County Humane Society, where I work and train in wildlife rehabilitation. I assist in the care and treatment of animals that are sick, injured and orphaned. The goal is to return healthy animals back into their natural environment. Recently, I have become a licensed Wildlife Rehabilitator in the state of Wisconsin.

I have many interests and engage in activities that offer new and exciting experiences. I love to exercise, ride my bicycle, hike, fish, go birding, and more. I love spending time with my family and friends and going for walks with my dog "Willie G". I also enjoy traveling across the country and riding my motorcycle.

Chaplain's Corner

*Rev. Kent Lee
Senior Living Chaplain*

Ask a community of people to pick the next paint color for a room or wall and there usually is an infinite color palette of possibilities! It's impossible to please everyone – therefore, one might conclude that community is no way to live. Simultaneously, that same community, when asked to support an expressed need, may go above and beyond in its support.

Search Google and you might find:

Top five commonly found reasons for benefits of community living:

- 1. Inspiration and Motivation.*
- 2. Shared life experiences and lessons.*
- 3. Connections. Creates a sense of belonging.*
- 4. Friendship and contentedness. Reduces stress and anxiety and lends itself to overall better health and healing.*
- 5. Fun. Joy, happiness, purpose and life giving.*

God tells us to go and love one another as God first loves us. Community is a way of living in love. Love is all that is shared by the community, and how the community carries itself outward.

What are your top 5 reasons for choosing a Lifespark Senior Living Community?





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