



Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going in our community.

Let's Celebrate!!

RESIDENT BIRTHDAYS

Ron Einerson	09-04
Earl Volkmann	09-05
Charlie Nahn	09-10
Lou Ann Ward	09-12
Fred Loichinger	09-13
John Stark	09-13
Carl Baumann	09-17
Kenneth Brunner	09-28

STAFF BIRTHDAYS

Stephanie Kalscheuer	09/02
Caryn Langarica	09/06
Tiffany Ballweg	09/10
Jane Kohlman	09-17
Teresa Andrews	09-22
Kathleen Deinlein	09-24
Tressa Maska	09/27
Jaycie Riha	09/29

ANNIVERSARY

Jim Larson	09/06
Kim Frisch	09-27



Maintenance Updates

If you are experiencing any changes to your lights provided by Cardinal View, please reach out to let us know so that we can change out the light bulbs. Also, if you have equipment that is not working properly (A/C, Heat, Washer, etc.) please either submit a work order or let staff members know immediately.

Our housekeeping services are all being done now by Lifespark team members. They will be cleaning the counters (open areas), showers, toilets, sweep and mop floors, vacuum carpets, and light dusting. If you would like more done such as complete dusting, carpets cleaned or a deep clean of the total apartment. There will be additional charge for these services, and they will be scheduled through me.

Lastly, our door system has been updated. All the numbers have been programmed and tested. (Thank you Kim and Julie). If you do not know how to use the system please reach out to us and we would be happy to assist.

Jim Larson
Maintenance Director



Executive Director Update

As the leaves begin to turn and the brisk mornings signal the arrival of autumn, we find ourselves on the cusp of a very special occasion here at Cardinal View Senior Living. September not only marks the beginning of a new season, but it also brings with it a reason to celebrate – our upcoming two-year anniversary!



It feels like just yesterday that we embarked on this journey together, creating a vibrant and caring community that became "home" for all of us. Over the past two years, we've shared countless memories, formed deep friendships, and embraced the joys of each day.

As we approach this milestone, I can't help but reflect on the incredible moments we've experienced. From lively spark challenges to heartwarming gatherings, every interaction and connection has played a significant role in making Cardinal View the warm and inviting place it is today.

In honor of our two-year anniversary, we have planned a special event and activities throughout the month of September. These events are designed to celebrate not only our accomplishments but also the unwavering spirit of togetherness that defines our community. Our team feels so fortunate being a part of your journey.

Julie Holden

Sr. Executive Director

Football Word Search



- | | | |
|---------------|--------------|------------|
| EXTRA POINT | LINEBACKER | FIELD GOAL |
| FAIR CATCH | END ZONE | HALFBACK |
| QUARTERBACK | INTERCEPTION | BACKFIELD |
| CORNERBACK | FULLBACK | HAND OFF |
| WIDE RECEIVER | TIGHT END | KICKOFF |



Chaplain's Corner

Rev. Carol Skjegstad

Senior Living Chaplain

“Everything in the universe has a rhythm. Everything dances.” -- Maya Angelou

This quote from poet Maya Angelou is both thought provoking and richly existential. Our lives are full of patterns, practices, and rhythms every day, yet we often are too busy to even take notice of them, much less take time to “dance” – metaphorically or physically.

A pattern in a work of art, such as a piece of music or a beautiful handmade quilt, is a repeating design – a pattern of notes or colors. The patterns and rhythms we hear in a beautiful piece of music don't happen by chance; they must be carefully organized by the composer and precisely performed by the musician.

Patterns in nature also provide a sense of order. Just look at the intricate pattern of a spider's web or the different shapes of leaves and flowers. They all have a pattern that is unique and distinct. They each “dance” differently in the morning dew or when the sun shines on their delicate leaves.

The same is true in our lives too. What have been the practices, patterns, and rhythm of your body and soul as they ebbed and flowed throughout your life? Embrace and express the uniquely beautiful dance God has given you this day!

Community Life



COMMUNITY LIFE PROGRAM CHANGES AND NEW FUN ACTIVITIES

BINGO IS NOW ON SATURDAYS AT 1:00PM IN THE ARTS AND CRAFT ROOM!

CALLING ALL GALS AT CARDINAL VIEW! THE GOLDEN BACHELOR STARTS SEPT 28TH AT 8:00PM . WILL JERRY (71) FIND LOVE ?

CORN HOLE EVERY FRIDAY AT 2PM IN THE GOOD NEIGHBOR COMMUNITY ROOM!

THURSDAYS WITH AL - HAPPY HOUR AND RESIDENT SINGER AL DOMINIE! 1st THURSDAY OF THE MONTH 3:30 PM



Resident & Staff Appreciation

At Cardinal View, we believe that the heart of our community is the wonderful people who make it so special - our residents and our dedicated staff members. It was great to show our appreciation and celebrate the warmth and camaraderie that each of you brings to our community!



Health and Wellness Update

I hope this message finds you all in good health and high spirits as we transition into the beautiful month of September. As the Director of Nursing at our senior living community, I wanted to take a moment to share some important updates and information with you.



- 1. Health and Wellness:**September marks the beginning of autumn, a season of change. It's a great time to review and reassess our health and wellness goals. Our dedicated nursing team is here to support you in any way we can. If you have any concerns, questions, or need assistance with your healthcare, please don't hesitate to reach out to us.
- 2. Flu Vaccination Clinic:**As we approach flu season, we will be hosting a flu vaccination clinic through Rockmed with the final date pending. Your health and well-being are our top priorities, and getting your flu shot is an important step in protecting yourself against seasonal illnesses. We strongly encourage everyone to participate and have consent forms available.
- 3. Fall Prevention Awareness:**Falls can be a significant concern, especially as we age. September is National Fall Prevention Month, and our team will be organizing educational sessions and activities focused on fall prevention throughout the month. Please keep an eye out for announcements and events.
- 4. Your Feedback Matters:**We are always striving to improve our services and ensure that your experience at our senior living community is exceptional. Please don't hesitate to share your thoughts, suggestions, or concerns with us. Your feedback is invaluable in helping us make this community a better place for everyone.
- 5. Safety Measures:**As we continue to monitor the ongoing COVID-19 situation, we want to reassure you that we are committed to maintaining the highest safety standards. We follow guidelines from health authorities to ensure your safety and well-being. Please continue to practice good hygiene and follow safety protocols.

In conclusion, September is a month of transition and reflection. It's a time to focus on your health, safety, and overall well-being. We are here to support you every step of the way. If you ever need anything or have questions, please reach out to our nursing team or the front desk.

We look forward to a fantastic September filled with health, happiness, and togetherness.

Warmest regards,

Kacy Riley, RN

Director of Health Services

Resident Council
September 27th at 10:00am | Cardinal Room

Football at the Bistro
September 9th at 3:25pm
September 17th at 12:00pm
September 24th at 12:00pm
GO PACKERS!

Cardinal View
2nd Year Anniversary Party
Musical Entertainment
Nostalgic Groove Pub Bistro
3:00pm - 5:00pm

Chef Talk
September 25th at 2:00pm
Cardinal Room

New Resident Orientation
September 21st at 1:00pm
Good Neighbor Room

Mixed Media with Sue
September 4th & 18th at 1:30pm

Sunday Crafting with Leigh
September 17th at 3:30pm

Arts & Crafts Fall Decor
September 11th at 2:00pm

Sip & Chat Womens Group
Thursdays at 3:00pm
4th Floor Community Room

Cardinal View
MUSIC CLUB
Sing Along, Karaoke & Reminisce
Wednesdays at 1:00pm
Bistro Pub

Calling All **Needleworkers**
Men & Women!
Group Knitting Will Start in September!

Catholic Communion
1st Monday of the Month at 10:00am
Good Neighbor Community Room

I Love Euchre
Progressive Tournament
September 18th at 2:00pm
Cardinal Room

Live Streaming Church Services
Sundays
9:00am - United Church of Christ (Vernal)
10:00am - Catholic Mass (St Bernards, Middleboro)
11:00am - Lutheran Service (St Lukes, Middleboro)
Good Neighbor Community Room



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