



Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



April 2024

Discover what's new at Cardinal View

Adventure Awaits In April

We are thrilled to welcome you to a month filled with the promise of new beginnings and refreshing experiences. April is here, and with it comes our theme: “Bust Out Those Umbrellas - Rainy Day Escapes” - April showers bring more than just May flowers; they bring a world of adventure right to our doorstep. This month, we’re embracing the rain and jumping into a series of “rainy day escapes” that will invigorate your spirit and spark your sense of wonder.

Activities to Look Forward To:

- Indoor Gardening Workshop
- Sport-Themed Movie Marathons
- Art and Craft Sessions
- Book Club Gatherings

Remember, every drop of rain is an invitation to explore, learn, and grow. So, let's make the most of this April by creating memorable moments together.



From the Director's Desk

“**Aging Magnificently** is a team sport. We become stronger, healthier, and happier individuals when we come together as a community. Through our Spark Performance League, we build relationships and challenge one another as we break from the myth that aging is an inevitable decline. Our athletes believe these performances are more than competition, they're about connecting to greater strength, purpose, and belonging (and a whole lot of fun!). Designed by Dr. Bill Thomas, these performances promote healthy aging by purposefully engaging the mind, body, and spirit. With roles for athletes, cheerleaders, analysts, scouts, practice coordinators, rhythm sections and so much more, we promise you, there's a place for you and your skills in our Spark Performance League. Welcome to our team!” -Dr. Bill Thomas



Changing the age-old story — one wonderful book at a time.

Dr. Bill Thomas, Lifespark Chief Experience Officer, is a world-renowned geriatrician and a pioneer in the field of healthy aging — he's spent decades working with seniors and their families to perfect the process for Aging Magnificently. His Spark Pillar series of books is the basis for the Spark Performance League.

The **CRAZY Cardinals** competed in their first of four Spark Challenges this year. Our first Spark Performance was the TRYathlon Tournament. TRYathlon events are designed so people with a wide range of physical and cognitive abilities can participate. Teams compete head-to-head in three events weekly and compile their scores to accumulate miles reached over the competition period!

Over the last 10 weeks the CRAZY Cardinals have competed against 16 LifeSpark communities across Minnesota and Wisconsin in 2 Leagues and 4 divisions. The CRAZY Cardinals returned to the Final Four, won the Thunder League Division, and made a return appearance to the World Championship. CRAZY Cardinals were able to defeat the undefeated returning World Champions and win it all with World Record!



From the Director's Desk

Crazy Cardinals Team,

It is with immense pride and joy that I extend our heartfelt congratulations to each and every one of you for your outstanding victory in the 2024 Triathlon, emerging as the champions in this fiercely competitive event!



"Aging Magnificently is a team sport." This mantra has never rung truer than it does now, as your triumph exemplifies the power of unity, determination, and sheer perseverance. Your collective efforts have not only brought home the championship but have also served as a shining example of how we thrive when we come together as a community.

As we celebrate this momentous victory, let us also acknowledge the hard work, commitment, and unwavering spirit of each member of the team.



The CRAZY Cardinals plan on utilizing their winnings to give back to their resident Life Enrichment programming through purchasing items such as: additional Gardening Supplies - Raised Garden Beds, inside Greenhouses, Karaoke Machine, Crazy Cardinal Community T-Shirts, and so much more!

RESIDENT BIRTHDAYS

Marsha S. 04/16
Bob S. 04/21
Karen S. 04/21
Dewayne T. 04/23
Diane S. 04/24
Marilyn G. 04/26
John L. 04/29
Donna W. 04/29

RESIDENT ANNIVERSARIES

Phil D. - 2 years 04/21
Karen S. - 2 years 04/28



EMPLOYEE BIRTHDAYS

Elijah R. 04/06
Lisa N. 04/08
Rigel Z. 04/11
Risi C. 04/23

EMPLOYEE ANNIVERSARIES

Hayle M. - 1 year 04/17



Health & Wellness Update

Cardinal View Senior Living offers Independent Living, Assisted Living, and Memory Care Living. All of our Assisted Living and Memory Care residents are licensed under the Assisted Living regulations. Assisted Living licensure requires a registered nurse to be available to facility staff. An RN is available to staff, by phone, 24 hours per day to answer clinical questions and assist in handling emergency situations.



Kacy Riley, RN
Health Services Director

Over the last 2.5 years our Director of Health Services Kacy Riley has been the main nurse point of contact for staff 24 hours a day, 7 days a week, with assistance from our Regional Clinical RN Lisa Krueger during Kacy's vacations. In order to create more of a work-life balance for our Director of Health Services' and other community nurses, LifeSpark Senior Living has created an additional clinical supportive program - called "RN After Hours".

Beginning April 1st, the LifeSpark "On-Call RN After Hours" will take clinical calls from our Cardinal View Assisted Living Nursing Team (Home Health Aides) after business hours to assist in alleviating nurse burn out.

After business hours are considered:

Weekdays: Monday through Thursday 5:00PM to 7:00AM

Weekends: Friday 5:00PM through 7:00AM Monday morning

The RN After Hours team will have access to the resident medical record to field questions that would normally be responded by the Director of Health Services and/or Nurse Manager.

What residents need to know about the program: Only Cardinal View Home Health Aides will be contacting the RN After Hours team; however, it is important for our residents and families to review the list of emergency contacts they provided Cardinal View upon move-in. In the event there is an emergency after hours the team will call the resident's Emergency Contact list in the order it is listed on the resident's "Face Sheet". We ask each resident and family member to please take a minute to review the Emergency Contact list provided at Care Conferences and let our Administrative Assistant Kim know if there are any changes that need to be made.

Resident Spotlight

Fields of Love: The Story of Bob and Coletta Wagner

Bob and Coletta, lifelong residents of the Ashton area, have a simple but beautiful story that spans seven decades. Bob's roots are deeply embedded in the fertile soil of Ashton, Wisconsin, where he spent his formative years on a farm alongside his three brothers and five sisters. Tending to cattle and crops, he cultivated a deep appreciation for the land, spending endless hours planting and harvesting on his trusty John Deere tractor, always grateful for a bumper crop.

Meanwhile, Coletta hailed from Mount Horeb, where she grew up amidst the rolling hills with her three sisters and three brothers. The family farm was where her love for flowers, gardening, and canning vegetables blossomed. After high school, she ventured to Madison, immersing herself in the hustle and bustle of Grant's department store.

Their paths serendipitously crossed 70 years ago at a softball game, a chance encounter that ignited a lifelong journey together. Despite the thick fog that enveloped them on their wedding day, Bob and Coletta tied the knot on April 12, 1955, proving that love can weather any storm, quite literally. Together, they raised five children—Linda, Larry, Nancy, Gary, and Roger—instilling in them the values of hard work, love, and faith.

Their life together was a vibrant tapestry woven with moments of joy and togetherness. Whether they were playing CYO softball, dancing at Club 18, dominating at double deck euchre, or simply enjoying a night out with family and friends, Bob and Coletta knew how to infuse every moment with warmth and laughter. Their faith, anchored by their membership in Saint Peter's Catholic Church, guided their journey, with Sundays reserved for family outings and fishing trips as a reward for good behavior in church.

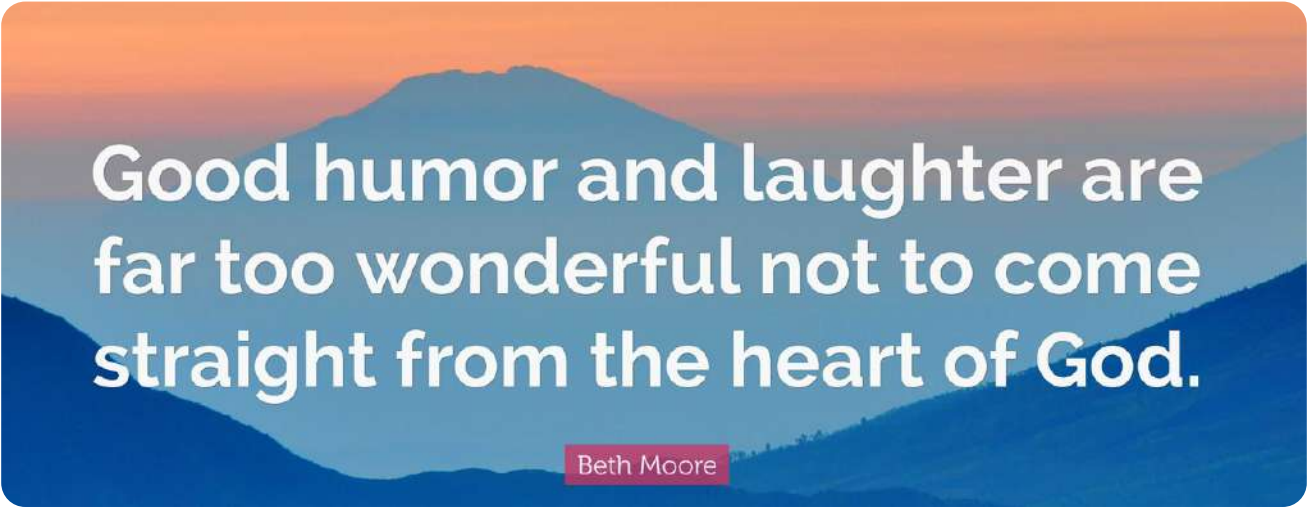
In 1999, they bid farewell to farm life and embraced a new chapter in the City of Middleton. Bob, though retired, couldn't resist the allure of the farm and continued to lend a hand at the Wagner farm while Coletta pursued her passion for collecting Pleasant Company dolls, sparked during her time at Certegy and later Pleasant Company.

Retirement did little to dampen their zest for life. Bob had the honor of participating in the Wisconsin Honor Flight to Washington D.C, a poignant reminder of the sacrifices made by brave military men and women, stemming from his service as a jet-fueler in the Air National Guard. Meanwhile, Coletta found joy in puzzling and sewing quilts for her growing brood of grandchildren.

Today, surrounded by family and friends, Bob and Coletta continue to savor the simple pleasures of life—playing cards, watching *The Price is Right*, and basking in the love of their 12 grandchildren and seven great-grandchildren. Theirs is a legacy as rich and vibrant as the fields they once tilled, a testament to the enduring power of love, faith, and family.



Chaplain's Corner



Good humor and laughter are
far too wonderful not to come
straight from the heart of God.

Beth Moore

We may (or may not!) have grown out of the days of April Fools Day jokes and pranks, but we never grow too old to appreciate the gift of laughter! In fact, laughter can be a spiritual practice. Laughter grounds our spirits in joy and is a reminder that there is good in the world. It's important, especially when we live in community and care about one another, to avoid laughter that comes at the expense of another person. Our spirits thrive when we find joy in our common experiences and delight in the world around us.

Do you have a favorite joke or song that always makes you laugh? Maybe you can share it this month and give the gift of laughter to your neighbors!

Here's one of my favorites: What did the art teacher say when she jumped out of the closet? SUPPLIES!

May you discover many surprises this month that make you laugh with joy!

Welcome New Residents

As we embrace the arrival of new members to our Cardinal View family, we're excited to extend an invitation to our upcoming Ice Cream Social!

This event not only celebrates our newest residents but also provides a delightful opportunity for all of us to strengthen our bonds and foster lasting relationships.

Indulge in a variety of delicious ice cream flavors and toppings as we come together to extend a warm welcome to those who have recently joined our community. Whether you're a long-standing resident or a newcomer yourself, this gathering is for everyone to enjoy.

March's New Residents: Gus, Laura, Dick & Sally, Ronda, Kai, and Mary Ellen.



News from Legacy Court

Happy Spring from the Cardinal View Community Life Staff!

As the weather warms up, spring and summer activities will be planned for residents in Legacy Court. We are looking forward to opening the Memory Garden in early May and morning activities will include gardening, games, crafts and fresh air.

We will be planting seeds indoors in April to be planted outside in early June. When visiting Legacy Court, you will notice our indoor flower bed and our weekly art projects displayed in our Activity Space. In April we are to making Rain Sticks, Spring Pin Wheels and Collage Songbirds. On April 16th we will have our first Spring Ice Cream Social and on May 1st Middletons Westside Christian School will be visiting and entertaining us with a spring performance. We are also very excited that Cardinal View Music club will be entertaining us on the last Friday of the month, residents will enjoy fellowship and good music!



Community Engagement

HELLO
Spring



Spring is in the air! Cardinal View kicked off the spring season with St. Patrick's Day celebrations, Easter festivities and included seasonal crafts as a way to celebrate.

An easter egg hunt was held 3/20 with over 150 eggs hidden throughout our community. Kaye W. & Dave D. pictured top right with their prized eggs!

We were visited by the Cedar Creek Cloggers, pictured bottom right with their first performance in senior living since the pandemic.

Community Updates and Reminders

Tornado and Severe Weather Awareness Week in Wisconsin is scheduled to take place from April 8-12 this year. This annual campaign encourages everyone to prepare for the tornadoes and severe storms the state frequently experiences during the spring and summer months. **Cardinal View will be participating in the Wisconsin Statewide Tornado Drill on Thursday, April 11th at 1:45PM and 6:45PM.** Please reserve these times to practice your tornado and severe weather safety and sheltering plans.

When the warning siren blows, or if you become aware of a severe weather emergency in our location, the following procedures should be followed by all residents:

1. Move away from windows. Take a flashlight and portable radio with you if you have one. GO TO THE parking garage if you are able. If not, go to an inside room or hallway. Remain calm.
2. If you cannot leave your apartment, go into the bathroom and shut the door.
3. If you can leave your apartment, exit to a staircase and proceed to the lowest floor possible. IF THERE IS A FIRE, DO NOT USE THE ELEVATOR. Remain calm and walk slowly. Assist other residents if you can.

During a severe storm warning or tornado warning the most important thing you can do to protect yourself, remain calm and move away from windows.

2024 Wisconsin Statewide Tornado Drill

Thursday, April 11th, 2024

1:45pm and 6:45pm

Please reserve these times to discuss and practice your tornado and severe weather safety and sheltering plans.

What will happen:

- NOAA Weather Radio Weekly Test
- Some municipalities will sound sirens.
- Some TV/radio stations will briefly cut into programming
- Social Media Posts

What will NOT happen:

- ❑ Wireless Emergency Alerts
- ❑ Push notifications on phones
- ❑ Test Watch/Warning










Upcoming Life Enrichment Highlights



**Pizza Party
Dinner Service**
4 Different Varieties Caesar Salad
April 1st



Chef Talk
April 5th at 2:00pm



**Catholic
Communion**
April 1st
Good Neighbor Community Room



ARTS & CRAFTS
April 6th at 1:30pm
April 8th, 22nd & 29th at 3:00pm
April 13th at 10:30am



**Rummikub
Club**
Mondays at 1:30pm
Arts and Craft Room



**Resident Council
MEETING**
April 17th at 10:00am



EUCHRE
Mondays, Wednesdays
& Saturdays at 2:00pm
Bistro Pub



BINGO
Fridays at 2:00pm
Arts and Craft Room

Maintenance Reminders

As we get closer to Spring and Summer warmer weather we would like to remind you of a couple of our community rules related to **Bird Feeders** and **Outdoor Grills**.

Please do not feed birds on balconies, patios, or ledges. Cardinal View only allows the placement of humming bird feeders. All other birds and wild animals should not be fed.



Residents are not permitted to grill on any individual apartment balconies due to Middleton Fire Department building codes. There are two community grills located on the 2nd Floor Dining Room north patio and the 4th Floor Community Room Patio for you or your guests to use. We ask that any individuals utilizing these grills please clean up after themselves and maintain safe grilling practices.

Apartment Work Order Process

Cardinal View utilizes a software program to document and prioritize work order requests from residents, families, and staff. We ask all residents to contact the Front Desk Administrative Assistant Kim Frisch to submit maintenance work orders. Kim is able to submit all work orders through our maintenance software system TELs. This allows our Maintenance Director Jim Larson to prioritize work orders, order parts, and follow up with reoccurring work orders. In addition to work orders Jim also completes roughly 80 preventative maintenance tasks on our building equipment monthly. These tasks take anywhere from 10 minutes to 3 days to complete each task. We understand residents wanting to stop Jim in the hallway to submit a work order for their apartment; however, the most efficient use of everyone's time is if we can submit the requests through our software program TELs.

Please contact Front Desk at (608) 820-8325 for work order requests.

JOIN OUR TEAM for the Next Spark Challenge

We are looking for Residents, Families, Friends, and Staff to join our Team for the next Spark Challenge - Forklift Racing. The National Forklift Racing League (NFRL) is dedicated to promoting healthy team-based competition based on the skillful use of Radio Controlled 1:10 scale Forklifts. Participation in the NFRL is intended to improve hand-eye coordination, sharpen mental acuity, and reduce social isolation. Contact Community Life Director Lisa if you are interested in joining our team - phone (608) 909-3103 or email Lisa.Norton@lifesparkSL.com.



Community Team



Julie Holden
Executive
Director



Matthew Paszczak
Assistant
Executive Director



Kacy Riley, RN
Health Services
Director



Taylor Powless
Marketing
Director



Lisa Norton
Community Life
Director



Jim Larson
Maintenance
Director



Daryl Jones
Culinary
Director



Katie Anderson, LPN
Nurse Manager



Kim Frisch
Administrative
Assistant



Kathy Deinlein
Community Life
Assistant