



Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



May Newsletter

Discover what's new at Cardinal View

Adventure Awaits In May

Welcome to our "Mission to May" newsletter, where we're gearing up for a month of groundbreaking initiatives and stellar achievements. As we prepare for lift-off, we invite you to secure your headgear because this journey promises to be a whirlwind of innovation and success. Join us as we navigate through the uncharted territories of progress and opportunity, propelling forward with the relentless spirit of discovery. Hold on to your hats—it's time to blast off into an extraordinary May!

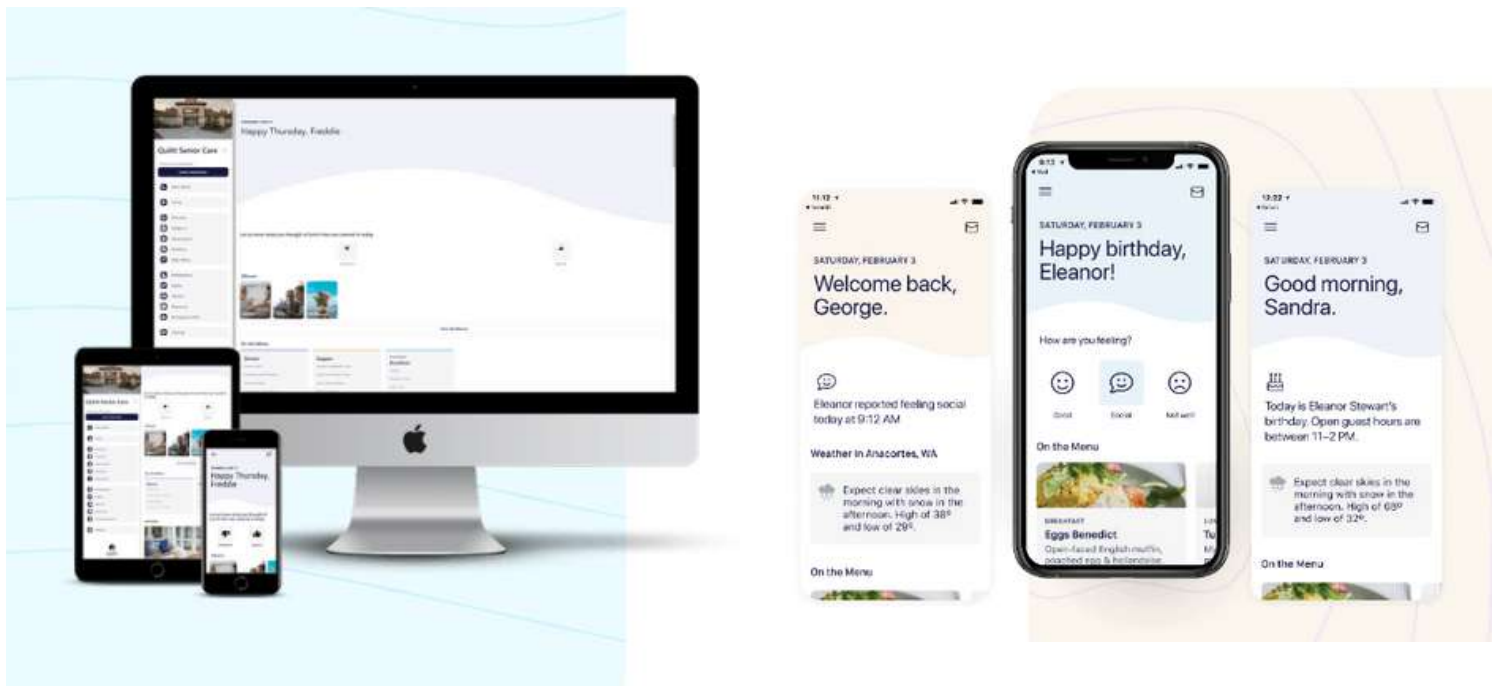
As we prepare to launch into a realm of new possibilities, remember the words of T.S. Eliot: *"Only those who will risk going too far can possibly find out how far one can go. Strap in and hold on to your hats; it's time to explore the frontiers of tomorrow."*

From the Director's Desk

This month marks a significant leap forward for our community, as we introduce a brand-new engagement software designed to enhance our communication and engagement in our community life programming for residents, families, friends, and staff. Through this innovative tool, we'll share daily activity calendars, menus, digital signage throughout the community, community photos, online reservations for our community spaces, and a wealth of resources for both residents and families.

As we navigate this transition, we ask for your patience and understanding. Change can be a journey, and we're committed to making it as smooth as possible. You'll soon notice updates to our hallway displays, reflecting our commitment to staying connected and informed.

Thank you for joining us on this mission. Together, we'll soar to new heights of community spirit and support!



RESIDENT BIRTHDAYS

Norma M. 05/01
Ruth D. 05/02
Bruce L. 05/09
Linda P. 05/09
Donna B. 05/17
Larry L. 05/20
David W. 05/25
Karen K. 05/27
Donna C. 05/29
Carol W. 05/30

RESIDENT ANNIVERSARIES

Lou Ann - 1 year 05/02
Barb S. - 2 years 05/07
Delores M. - 1 year 05/10
Sandy A. - 1 year 05/15
Mort M. - 1 year 05/25
John B. - 1 year 05/30



EMPLOYEE BIRTHDAYS

Julie H. 05/02
Martha S. 05/07
Marina A. 05/14
Alamin B. 05/15
Therese H. 05/23
Jessica C. 05/21
Kristie S. 05/25
Jaquan P. 05/25

EMPLOYEE ANNIVERSARIES

Daryl J. - 1 year 05/01
Lane M. - 2 years 05/10
Emily M. - 2 years 05/17
Amelie H. - 2 years 05/24
Sam M. - 2 years 05/25
Calvin G. - 2 years 05/31



Health & Wellness Update

Embracing the Changing Seasons Safely

I want to share an update on our health and wellness initiatives here at Cardinal View Senior Living, with a special focus on embracing the changing weather while prioritizing safety and well-being. With the arrival of spring comes warmer temperatures and blooming flowers, but it also brings about seasonal challenges such as allergies and increased sun exposure. Here's how we're addressing these concerns while ensuring everyone can enjoy the beauty of this season:



Kacy Riley, RN
Health Services Director

- 1. Managing Allergies with Care:** As pollen counts rise and seasonal allergies become more prevalent, we're here to support residents who may be affected. Our team is available to provide guidance on managing allergy symptoms, including advice on allergy-friendly activities and indoor air quality improvements.
- 2. Sun Safety Awareness:** With longer days and brighter sunshine, it's essential to protect against harmful UV rays. We encourage residents to take advantage of outdoor activities but to do so safely by wearing sunscreen, hats, and sunglasses. Additionally, we'll be providing educational resources on sun safety and the importance of regular skin checks.
- 3. Hydration Reminders:** With warmer temperatures, it's crucial to stay hydrated. We'll be providing gentle reminders and hydration stations throughout our community to encourage residents to drink plenty of water and stay hydrated throughout the day.
- 4. Safe Outdoor Spaces:** Our outdoor areas are being prepared and maintained to provide safe and enjoyable spaces for residents to soak up the sun and enjoy the beauty of nature. We'll also ensure there are shaded areas available for those who prefer to avoid direct sunlight.

As always, the health and safety of our residents remain paramount, and we're committed to providing support and resources to help everyone thrive during this season.

Thank you for your continued partnership as we navigate these changes together and embrace the beauty of spring at Cardinal View Senior Living.

Resident Spotlight

Harmonies in the Heartland: The Story of Tom & Dianne Schmidt

Dianne's journey began on a serene dairy farm nestled near Algoma, a quaint town in northeastern Wisconsin. She was the second among six siblings, her childhood filled with the rustic charm of farm life. Meanwhile, Tom's story unfolded in the suburban tranquility of Bellevue, near Green Bay. Struggling with asthma and allergies, he found solace in music, mastering the accordion and cultivating a deep love for polkas.

Their paths converged at Northwest Technical School in Green Bay, where they bonded over shared interests and forged enduring friendships. Both pursued degrees in accounting, laying the foundation for their future together. After five years of companionship, Dianne voiced the pivotal question, igniting a journey that led to their joyous union in 1967, celebrated with the lively tunes of polka music.

Their shared love for dance blossomed into a lifelong passion, from spirited polkas to graceful line dancing. While Tom pursued further education at UW-Madison, earning a CPA license in 1971, Dianne embarked on a fulfilling career journey, balancing work with the joys of motherhood. Together, they welcomed three sons into their loving embrace, building cherished memories around family outings, school events, and vacations.

As their children grew, Dianne embraced volunteerism, contributing her time and talents to various causes, including St. Mary's Hospital, where she spearheaded a sewing group crafting tote bags for patients. Meanwhile, Tom's career trajectory led him from accounting to sales, each role marked by a fervent dedication to business growth and camaraderie.

Their shared interests extended beyond the professional realm, encompassing sports, crafts, and the simple pleasures of gardening. With their grandchildren, they reveled in the delights of raspberry picking and the warmth of family gatherings. In 1999, they embarked on a new adventure, bidding farewell to the waters for the serenity of 80 acres in Grant County. Nestled in Woodman, their haven became a sanctuary for hunting, ATV rides, and leisurely hikes, each acre teeming with cherished memories and stories waiting to be shared.

As the seasons turned and life unfolded, Dianne and Tom found joy in the simple moments, whether watching sports, playing cards, or relishing the tranquility of their rural retreat. Theirs is a tale woven with love, laughter, and the enduring bonds of family and friendship, a testament to a life well-lived in the heartland of Wisconsin.

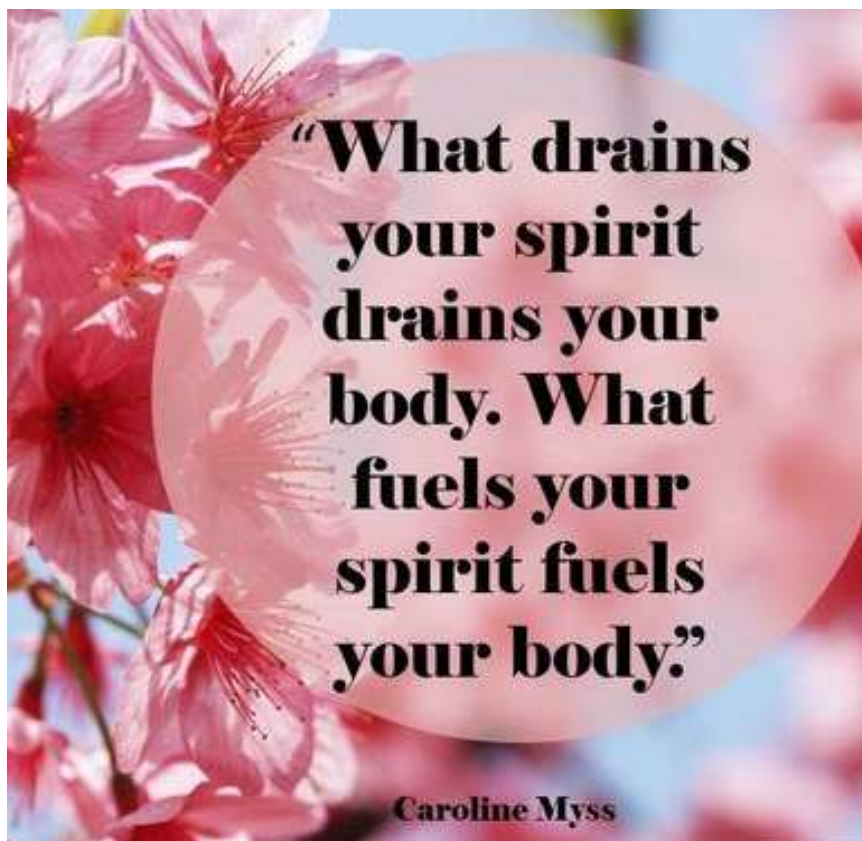


Chaplain's Corner

According to the National Institutes of Health, research has a link between positivity and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life.

Conversely, research also shows that unresolved trauma can be the hidden cause of preventable illness. Our bodies and our spirits are interrelated, and so it matters that we attend to our spiritual health as well as our physical health. In fact, attending to our spirits is a key part of attending to our bodies.

What kinds of practices make your spirit well? Perhaps meditation, prayer, being outdoors, listening to music, reading a sacred text. Maybe you have a hobby that feeds your spirit. Whatever it is, may you find that practice that gives your spirit fuel in this season of life.



Community Life

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MUSIC CLUB

Sing Along, Karaoke & Reminisce

Wednesdays at 1:00pm

Bistro Pub

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Catholic Communion

First Monday of the Month

Good Neighbor Community Room

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Get Happy HAPPY HOUR

Fridays at 3:30pm

Pub Bistro

Bereavement & Anticipatory Grief

SUPPORT GROUP

Presented by Brighton Hospice

ONGOING MEETING

3rd MONDAY OF EVERY MONTH

3820 Tribeca Drive, Middleton, WI 53562

Opportunity to meet with others who are grieving or are anticipating grief.
Offering support, information, community and hope.

OPEN TO THE PUBLIC

To join or learn more contact Cardinal View at 608-820-8325 or visit our website: cardinalviewseniorliving.com

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CHEF TALK

MAY 3RD 1:30PM

CARDINAL ROOM

Resident Council MEETING

MAY 15TH 10:00AM

CARDINAL ROOM

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Middleton LIBRARY

4TH TUESDAY OF EVERY MONTH

12:30PM - 2:00PM

LOBBY STOP

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ICE CREAM SOCIAL

ROOT BEER FLOATS

MAY 29TH 2:00PM

BISTRO

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PUZZLE Together

JIGSAW PUZZLES WITH FRIENDS

ARTS AND CRAFT ROOM

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RUMMIKUB CLUB

Mondays at 1:30pm

Arts and Craft Room

EUCHRE

Mondays, Wednesdays & Saturdays at 2:00pm

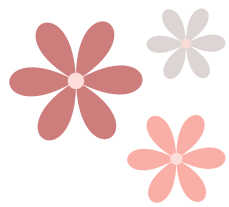
Bistro Pub

BINGO

Fridays at 2:00pm

Arts and Craft Room

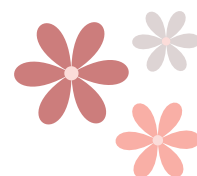
News from Legacy Court



APRIL SHOWERS BRING MAY FLOWERS



The temperatures are warming up and our residents will be starting to spend time in our memory garden planting sunflowers and marigolds, hanging bird feeders and enjoying daily activities outdoors. We are very excited to introduce a new outdoor Scavenger hunt, we will be searching for hidden Wisconsin native birds in our garden and trees and also flowers and insects too. On May 3rd Bahama Bob will be back to perform Hawaiian Music on the steel drums and we will also have back our very own Cardinal View Music Club to perform everyone's favorite tunes! This month's socials include Mother's Day Tea & Treats, Root Beer Floats, and Picnic on the Patio.



Upcoming Community Events

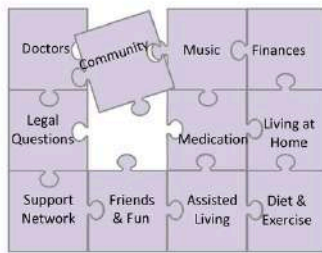
Living Well with Dementia

Free Community Resource Fair

Thursday, May 16, 2024
9:30-2:00

St. Luke's Lutheran Church
7337 Hubbard Avenue, Middleton WI
53562

Scan or
Click to
Register



Resource Fair

9:30 AM-1:00 PM
Light lunch available 11:30-1:00

Advocates * Attorneys * Financial Advisors
* Home Health Services * Care
Communities * Respite Care/ Adult Day
Care * Healthcare * Realtors * Downsizing
& Moving * Crisis Prevention * Aging &
Disability Resource Center * Alzheimer's
Association * & More

Education Sessions

10:30 **Keynote Speaker Karen Wheelock:**
Strategies for (Re) Building Connection &
Purpose with Your Loved One

11:45AM-12:45PM **Workshops**

1:00 **Panel Discussion**
Key Resources to help families and care
partners navigate the dementia journey with
dignity, community, and joy.



Dementia Friendly Middleton-West Madison
<https://www.dfmiddletton-westmadison.org/>
<https://www.facebook.com/dementiafriendlymiddleton>
dfcmiddleton@gmail.com

Cardinal View is fortunate to take an active role in two upcoming local events in our community.

Living Well with Dementia: An in-person Resource Fair

Cardinal View is a proud sponsor of the upcoming resource fair at St. Luke's Church in Middleton on May 16th. The day will consist of education, expert panel, and breakout rooms and respite options for care partners of those living with dementia.

What's New, Good Neighbor? Development and Planning Update

Have you or someone you have interest in learning the about new construction around our community as well as other plans for the City of Middleton? Abby Attoun, City of Middleton Director of Planning and Development will be at Cardinal View to answer your questions and for a presentation about the projects in our great city!

To learn more: contact Taylor by phone 608-909-3100 or by email at taylor.powless@lifesparks.com.

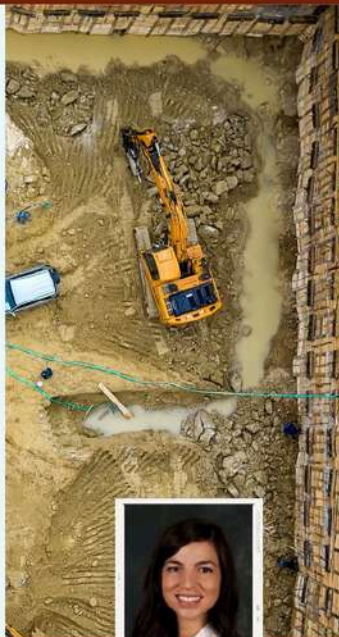
What's New, Good Neighbor?

DISCOVER WHAT'S NEW IN MIDDLETON!

JOIN US:
MAY 30TH AT 1:00PM
CARDINAL VIEW SENIOR
LIVING 3820 TRIBECA DR
MIDDLETON, WI

Learn about upcoming developments throughout our city including the new Belle Farm development on north Parmenter Street. Abby Attoun, Director of Planning & Development for the City of Middleton will be presenting and answering questions.

FOR MORE INFORMATION OR
TO RSVP CALL TAYLOR AT 608-
820-8325.



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Life Enrichment Highlights

This month our Crazy Cardinals started practicing and competing in our community's 2024 Forklift Racing Season. Our team consists of a variety of positions among our residents and staff. Our team works together using remote controlled forklifts to move loads from one location to another faster than our competitors during a weekly match.

See below as we get stronger together.





MEMORIAL DAY

REMEMBER AND HONOR



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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