

Age Magnificently



September Newsletter

Discover what's new at Cardinal View

As we transition into the beautiful autumn season, we are excited to share the latest updates and events happening at Cardinal View Senior Living. September is a month filled with opportunities for growth, connection, and celebration within our vibrant community.

With the changing seasons, we embrace the cooler weather and the stunning transformation of our surroundings. The crisp air and colorful foliage provide the perfect backdrop for our outdoor activities and gatherings. It's a wonderful time to enjoy nature walks, cozy up with a good book, or participate in our seasonal crafts and events.

We look forward to a month of learning, growth, and inspiration. Thank you for being a part of the Cardinal View family.

RESIDENT BIRTHDAYS

Stan	09/03
Joyce	09/03
Ron E.	09/04
Earl	09/05
Lou Ann	09/12
Jack	09/13
Fred	09/13
Heather	09/20
Gus	09/25
Deb	09/28

EMPLOYEE BIRTHDAYS

Stephanie	09/02
Katie	09/04
Lilly	09/05
Jane	09/17
Teresa	09/22
Kathy	09/24
Tressa	09/27
Jackson	09/29
Jaycie	09/29
Jaylyn	09/29

RESIDENT ANNIVERSARIES

Gladys	1 year	09/01
Norma	1 year	09/06
David D.	1 year	09/08
Linda	2 years	09/10
Ron B.	2 years	09/11
Bruce	2 years	09/13



EMPLOYEE ANNIVERSARIES

Jose	1 year	09/04
Jim	2 years	09/06
Alamin	1 year	09/18
Kim	3 years	09/27



Community Life Update

Quilt Application

Stay Connected with the Quillt App!

Stay up to date with all the exciting happenings at Cardinal View Senior Living by downloading the Quillt App.

Here are some of the benefits:

- Real-Time Updates: Receive instant notifications about upcoming events, activities, and important announcements.
- Event Calendar: Easily access our event calendar to see what's happening each day and plan your visits accordingly.
- Photo Sharing: Enjoy photos and videos from recent events, capturing the joyful moments of our community.



Embracing National Assisted Living Week 2024

As we celebrate National Assisted Living Week September 8th-14th, we embrace this year's theme: "Inspiring Generations." This week, we honor the rich histories and experiences of our residents, while looking forward to the future with hope and inspiration.

Join us in celebrating the remarkable individuals who have shaped our community and continue to inspire us every day. Let's create new memories, share laughter, and build a legacy of care and compassion. Keep an eye out for special events this week!



Health & Wellness Update

Spark Skills Fair: Enhancing Service & Quality of Care

We are excited to announce the upcoming Spark Skills Fair during the week of September 16th at Cardinal View Senior Living. This event is dedicated to enhancing our service and ensuring we provide the highest quality of care to our residents.



Kacy Riley, RNHealth Services Director

The Spark Skills Fair will feature a series of workshops, training sessions, and interactive activities designed to empower our staff with the latest skills and knowledge in senior care. From advanced caregiving techniques to innovative approaches in resident engagement, our goal is to continuously improve and adapt to the evolving needs of our community.

Key Highlights:

- Workshops and Training Sessions: Led by all disciplines of our community, these sessions will cover a range of topics including dementia care, emergency response, and personalized care plans.
- Interactive Activities: Hands-on activities will allow staff to practice new skills in a supportive environment, fostering teamwork and collaboration.
- Guest Presentations: Presentations provided by valued partners of Cardinal View.

By investing in our team's professional development, we aim to create a nurturing and dynamic environment where both residents and staff can thrive. The Spark Skills Fair is a testament to our commitment to excellence and our dedication to providing the best possible care.

SYMPHONY HeartStrings®



Cardinal View has been selected as one of the 2024-2025 Partners with the Madison Symphony Orchestra's HeartStrings program.

HeartStrings will be performing at Cardinal View on the second Wednesday of each month from September 2024 to May 2025. HeartStrings' first performance at Cardinal View will be held on September 11th. Details on Activity Calendar.

This music therapy-informed program continues to reach beyond traditional performance settings to bring live, interactive presentations by some of the Madison Symphony Orchestra's best players into healthcare and residential facilities. Our sessions have demonstrated extraordinary physical, emotional, cognitive, and social changes for people of all ages and levels of functioning, reaching nearly 3,200 individuals each season.

Three Year Anniversary

Oktoberfest Celebration

Join Us for Oktoberfest at Cardinal View!

We are thrilled to invite you to our Oktoberfest Celebration as we mark our three-year anniversary at Cardinal View Senior Living!

Date: October 4, 2024

Time: 3:30-5:30

Highlights of the Event:

- Live Music: Enjoy the lively tunes of the Matt Wundrow Polka Band, bringing the authentic sounds of Oktoberfest right to our community.
- Delicious German Food: Savor a variety of traditional German dishes, from bratwursts to pretzels, and indulge in some delightful desserts.

This event is a wonderful opportunity to celebrate with our residents, families, and the wider community. Come join us for an afternoon of fun, music, and great food as we toast to three fantastic years at Cardinal View!

We look forward to celebrating with you!

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Many Accomplishments and Zest for Life with Family & Friends: The Journey of John Lederer

John Lederer, hailing from the Chicago area, identifies himself as a Cubs fan amidst Brewers fans and a Bears fan among Packers fans. Despite closely following Chicago teams, his three sons are avid supporters of the Brewers and the Green Bay Packers, having grown up in Middleton. John graduated from Drake University in Des Moines, Iowa with a major in Broadcasting and a minor in Advertising.

After graduating from college, John wore many hats professionally, with his very first job in the television news department for a station in Sioux City, Iowa where he announced a daily noon hour newscast. He later transferred to WMTV-NBC 15 in Madison where he announced news, commercials, and filled-in on the weather and sports telecasts. It was quite a challenge because there were no teleprompters in those days.

Having waited 72 years for the Cubs to win the World Series in 2016, a significant moment for him, Mr. Lederer appreciates the thrill of the game. On the community front, he has been actively engaged, as the former Resident Council President, participated in various activities like the "TRYathon", "Forklift" competition, and our weekly "Rummikub" board games club. John even hosted our first annual Talent Show. He also sang his favorite all-time song "At The Hop" at one of Happy Hours. He considers himself to be a sociable person who enjoys engaging in conversations with other people to include humorous comments.

Previously residing in Austin, Texas, for over 35 years, John decided to move back to Middleton in 2022 to be closer to his family. With a background in Broadcasting and Advertising, he has had a diverse professional journey, from working in television news to managing advertising and displays

at CUNA Mutual Insurance Group.

Outside of work, John has enjoyed sports, playing baseball, softball, and hockey. He has also been involved in writing a baseball trivia book, creating a baseball board game, and operating a sports information website post-retirement.



Sack Lunch Provided

Sign-Up near Badger Fitness

The bus will leave at 8:45AM Cardinal View Senior Living is participating in the Walk to End Alzheimer's, and we would love for you to join our team! This meaningful event helps raise awareness and funds for Alzheimer's care, support, and research.

By walking with us, you'll be supporting a cause that is close to our hearts and making a difference in the fight against Alzheimer's. Whether you walk, donate, or cheer us on, your involvement is greatly appreciated.

To join our team or make a donation, please visit our team page: Cardinal View Team Page.
Let's come together as a community to show our support and make a positive impact!

Join the Cardinal View Team for the Walk to End Alzheimer's!





Upcoming Fall Community Conversation

Upcoming Fall Community Conversation Event
We are excited to remind you about the 2024 Fall
Community Conversation presented by the Wisconsin
Alzheimer's Disease Research Center (ADRC),
happening on Tuesday, September 10, 2024, at the
Middleton Performing Arts Center. This free,
educational event is open to all and will feature
complimentary refreshments, a health and wellness
resource fair, and insightful discussions led by
esteemed University of Wisconsin faculty.

The event will delve into the science behind social connection and its essential role in our well-being. It's a fantastic opportunity to gain valuable insights and connect with the community.

We are proud to announce that Cardinal View Senior Living is a sponsor of this important event. We look forward to seeing you there and supporting this vital conversation on brain health and social connections.

You're Invited to the

2024 FALL COMMUNITY CONVERSATION: The Impact of Social Connections on Brain Health

This free educational event will provide information to help people stay connected, improve their brain health, support memory, and live healthier, happier lives. Join the Wisconsin Alzheimer's Disease Research Center (ADRC) for complimentary refreshments, a healthy aging resource fair, presentations by University of Wisconsin faculty, and a Q&A panel moderated by Art Walaszek, MD.

Schedule of Events

4:30-5:30 p.m. Resource fair and refreshments 5:30-7:30 p.m. Featured speakers and Q&A panel



Dorothy Farrar-Edwards, PhD Co-Director, All of Us Research Program, Leader, Outreach, Recruitment and Retention Core,

Department of Emergency Medicine, Co-Leader, Care Research Core, Wisconsin ADRC





David Rakel, MD

Chair, Department of Family Medicine and Community Health, University of Wisconsin School of Medicine and Public Health



Vonnie Sisauyhoat, PhD Psychologist, William Middleton Memorial Veterans Hospital







When and Where:

September 10, 2024 4:30-7:30 p.m. Middleton Performing Arts Center 2100 Bristol Street Middleton, WI 53562 Use North Door #23

Everyone is welcome. RSVPs are not required, but are appreciated. Learn more and register for this in person event at adrc.wisc.edu/fcc2024

Or by scanning the QR code below:



Call to register at 608-265-0407

Onsite Tech Support

We are pleased to announce that Ali Konkel will be onsite at Cardinal View to provide technology support to our residents and staff. Ali will be available to assist with a variety of tech-related needs, ensuring everyone can stay connected and make the most of their devices.

This is a great opportunity to get personalized tech support and learn new skills. We encourage all residents and staff to take advantage of Ali's expertise.



Cardinal View Sparkfest Online Art Festival Group Art Entries Legacy Court Assited/Independent Living

Theme: Summer Safari

























Forgiveness

"It is in pardoning that we are pardoned."

St. Francis of Assisi

Nearly every major religious tradition has some understanding of forgiveness, even if they might approach it in different ways. And anyone who has lived as long as we have has probably had to offer forgiveness at some point, and to ask for forgiveness as well, right?

When you look back on your life, are there any unresolved grievances that you are carrying? How do they affect you from day to day? What would it take to find some resolution, whether pardon or forgiveness, or simply no longer giving them power over your spirit? What does it feel like when you are genuinely sorry and have been offered pardon? Is there anyone you seek pardon from? May you find strength in relationships that are tense or challenged, and may you find belonging in this community that welcomes and accepts you for who you are.

Community Life

In September, as the weather cools down and autumn colors emerge, excitement grows for seasonal activities and holiday preparations. This month marks the start of our monthly arts and crafts programs, inviting everyone to explore various crafts and decorations that are often displayed at residents' entryways.

Starting the first week of September, adjustments have been made to our weekly calendar: Music Club meetings will now be held on Mondays at 1:00 PM. Changes to our regular schedule might occur based on special events like entertainment nights, happy hours, or guest speakers. Your cooperation and understanding during activity rescheduling are highly appreciated.

Green Bay Packer Games will resume in the Bistro, and the Final Spark Challenge of 2024 (Spark Quiz) will kick off in the first week of October. This competition aims to engage both residents and staff with enthusiasm and participation. We are wrapping up our challenging grip games season and the whole team has work so hard getting stronger and pumping more water.

I love seeing everyone engaging in different groups and the business of our community, I am always open to new activities, please let me know if there is something new you would like to do!

Lisa Norton - Community Life Director





Community Team



Julie Holden
Executive
Director



Matthew Paszczak
Assistant
Executive Director



Kacy Riley, RN Health Services Director



Taylor Powless

Marketing

Director



Lisa NortonCommunity Life
Director



Jim Larson Maintenance Director



Daryl Jones
Culinary
Director



Katie Free, RN
Assistant Director of
Health Services



Kim Frisch Administrative Assistant



Kathy DeinleinCommunity Life
Assistant