



Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



October Newsletter

Discover what's new at Cardinal View

Welcome to the October edition of the Cardinal View Senior Living newsletter! As the leaves begin to change and the air turns crisp, we are excited to share all the wonderful activities and events we have planned for this month. October is a time for new beginnings and vibrant energy, and we have a lot in store to keep our community engaged and thriving.

We hope you enjoy reading about all the exciting happenings at Cardinal View and look forward to your participation in our events. Let's make this October a month to remember!



Health & Wellness Update

Cardinal View Senior Living will be hosting an onsite vaccine clinic, facilitated by RockMed Pharmacy. This clinic will offer vaccines to ensure that our community remains healthy and protected as we approach the colder months. Vaccinations can significantly reduce the risk of severe complications, hospitalizations, particularly for older adults and those with underlying health conditions.



Kacy Riley, RN
Health Services Director

Date and Time: October 8, 2024

Location: Cardinal Room, Second Floor

Vaccines Offered:

- COVID-19
- RSV
- Flu



We encourage all residents and staff to take advantage of this opportunity to stay up-to-date with your vaccinations. Protecting yourself and those around you is crucial, especially in a community setting.

If you have any questions or need further information, please do not hesitate to reach out to me or any member of our Health Services team.

Kacy Riley, RN
Director of Health Services

From Orchards to Oceans: The Heartfelt Journey of Warren and Heather Meyer

Born amidst the rolling fields of Oak Creek, Wisconsin, Warren's childhood was steeped in the rhythms of dairy farming and apple orchards. Picking apples for a mere ten cents an hour, he learned the value of hard work early on. Meanwhile, Heather's roots in West Bend laid the foundation for her nurturing spirit, evident even as she juggled her studies while working as a CNA during high school.

Their paths first crossed at a "beer supper" hosted by Babcock House in Madison, where Warren was living in co-op housing while pursuing a Master's degree in Poultry and Food Science at the University of Wisconsin. The camaraderie of college life fostered lifelong friendships that would enrich both their lives.

Fate intervened two years later when Heather, newly graduated from nursing school, moved into her first apartment and unexpectedly met Warren again. From that moment, their love story blossomed, culminating in a marriage that would span over five decades. This October, they proudly celebrate 52 years of partnership, with their golden anniversary marked by a family trip to Hawaii.

Warren's professional journey began at Ambrosia Chocolate Co. in Milwaukee, where he dived into product development, honing his skills in the food industry. His career took him from creating delicious chocolates to crafting savory seasonings for fast food giants. Throughout this time, Heather embraced her role as a stay-at-home mom, cherishing the moments spent raising their two daughters, Angela and Allison, in Grafton, Wisconsin.

In 1985, the family relocated to Waunakee, where Warren's career flourished in a new position that focused on developing flavors for a local food company. After his retirement in 2004, Warren dedicated his time to an impressive array of hobbies: woodworking, blacksmithing, lapidary, gardening, and even volunteering at SCORE to support aspiring entrepreneurs.

Heather, too, found fulfillment in her community, volunteering, coordinating weddings, and supporting the Ronald McDonald House and local food pantries. Her active involvement with the Angel volunteer group at the Attic Angel Association reflected her deep commitment to service.

Together, they ushered at the Overture Center for ten years, sharing their love for the arts with their community. Their retirement years were enriched by volunteer work with Food For Kidz, a nonprofit dedicated to alleviating child hunger globally.

Traveling became a cherished family tradition, with memorable vacations to the Florida Keys and breathtaking adventures across the globe—from the stunning landscapes of the Canadian Rockies to the vibrant cultures of Spain, Portugal, Germany, Iceland, and an Amazon River cruise.

Through love, laughter, and countless shared experiences, Warren and Heather have built a life filled with joy, resilience, and a dedication to family and community. Their story is a beautiful testament to the power of connection, love, and the adventure of a lifetime.



Active Aging Week 2024

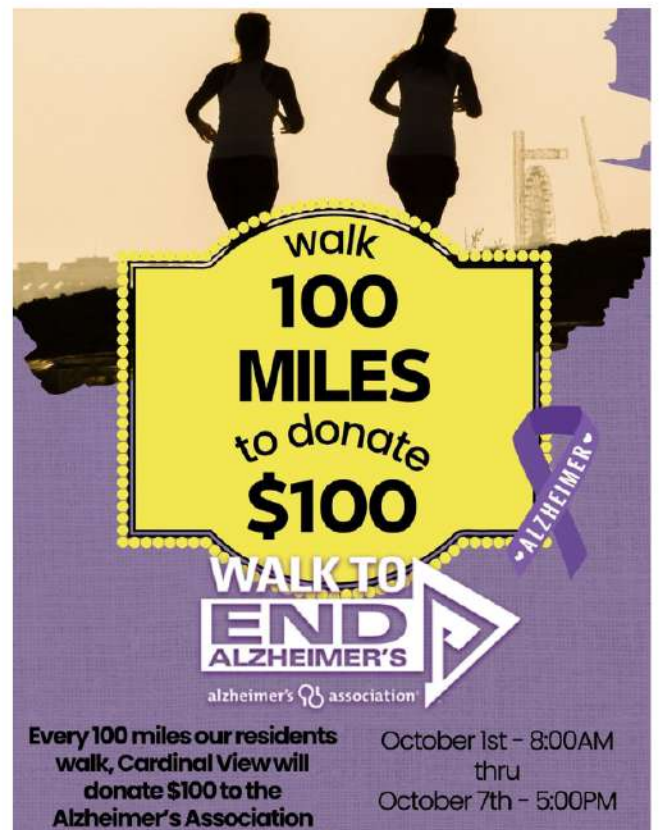
We are excited to celebrate Active Aging Week from September 30th to October 7th, we will be incorporating a variety of fitness activities into our daily routines to promote health, wellness, and an active lifestyle.

Special Competition: To make this week even more meaningful, we are introducing a special incentive. For every one hundred miles collectively walked by our community members from October 1st to October 7th, Cardinal View will donate one hundred dollars to the Walk to End Alzheimer's. This is a wonderful opportunity to stay active while supporting a cause that is close to our hearts.

We encourage everyone to participate and make the most of Active Aging Week. Let's come together to celebrate health, fitness, and community spirit!

If you have any questions or need more information, please contact our Community Life Team.

Let's all stay active and healthy, together!



Cardinal View is proud to share the impact of our solar energy system. Our 174,000 kW solar unit has not only contributed to a more sustainable environment but also brought significant benefits to our community.

Environmental Impact:

- **Equivalent of 7,218 Trees Planted:** Our solar energy system has had the same positive environmental impact as planting 7,218 trees. This helps in improving air quality and providing a healthier environment for everyone.
- **955,357 lbs of CO2 Emissions Saved:** By utilizing solar power, we have prevented 955,357 pounds of CO2 emissions from entering the atmosphere. This reduction in greenhouse gases is crucial in combating climate change and promoting a cleaner planet.

Benefits for Senior Living:

- **Cost Savings:** The use of solar energy significantly reduces our electricity bills, allowing us to allocate more resources towards enhancing the quality of life for our residents.
- **Energy Independence:** Solar power provides a reliable and consistent source of energy, reducing our dependence on external power sources.
- **Health and Well-being:** A cleaner environment contributes to the overall health and well-being of our residents. Reduced air pollution means fewer respiratory issues and a healthier living space.

Our solar energy system is a testament to our dedication to creating a sustainable and healthy living environment for our residents. We are excited to continue reaping the benefits of this green initiative and contributing to a brighter, cleaner future. Please refer to our community display screens for regular updates!

Doing our Part: Solar Power

Environmental Benefits

CO2 Emission Saved
955,357.7 lb

Equivalent Trees Planted
7,219



This Month
581 kWh
\$58.11

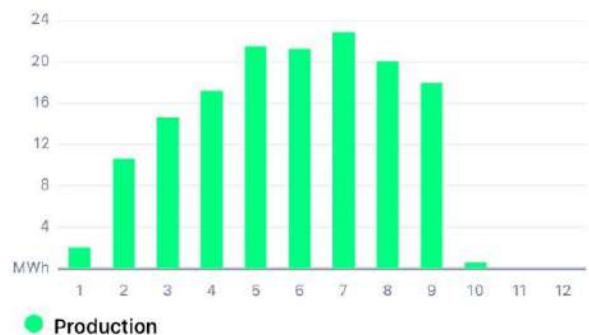
This Year
149 MWh
\$14,861.46

Lifetime
556 MWh
\$54,918.6

Day Week Month **Year** Billing

< 2024 >

Production 149 MWh ↗



The healing
power of music...

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' next performance at Cardinal View will be held on October 9th. 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.

Chaplains Corner

OCTOBER

**"If your compassion does not include yourself,
it is incomplete." – Jack Kornfield**

You may have heard the phrase, "I am my own worst critic." Do you find that to be true about yourself? Do you struggle to find compassion for yourself, even in situations where you would easily take compassion on someone else? To have compassion for ourselves, we must be able to recognize our own humanity and love ourselves, flaws and all. We must trust in our belovedness, even when we don't always feel it. When we share community together, we can help by showing compassion to one another, reminding each person, including ourselves, that we belong here. We belong together. We are strong, we have purpose, and we belong. May you experience compassion today, both inward and outward.

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: 3:30-5:30pm

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!

Prost!



RESIDENT BIRTHDAYS

Paul	10/03
Ronda	10/03
Mary S.	10/06
Sandy A.	10/08
Karen	10/08
Mary Ellen	10/15
Sally	10/23
Dick M.	10/26
Barb	10/29
Sandy P.	10/31

RESIDENT ANNIVERSARIES

Lenore - 1 year	10/04
Claire - 3 years	10/05
Jane S. - 2 years	10/12
Kaye - 3 years	10/12
Volkmann's - 3 years	10/14
Wagner's - 2 years	10/19
Judy - 1 year	10/25

Let's Celebrate



EMPLOYEE BIRTHDAYS

Barry	10/05
Yanti	10/12
Kayla	10/23
Gavin	10/25
Olga	10/28
Lucille	10/31

EMPLOYEE ANNIVERSARIES

Raul	3 years	10/11
Tressa	2 years	10/17
Risi	3 years	10/18
Laura	1 year	10/23



Relax & Rejuvenate at Our

MASSAGE AND SPA



Indulge in My Services:

- **Trigger Point Therapy**
- **Deep Tissue Massage**
- **Swedish Massage**
- **Myofascial Release and Craniosacral Therapy**



Why Choose a Service:

- **Skilled Therapist - Vicki has 10 years of experience**
- **Peaceful Environment**
- **Customized Treatments to meet your Specific Needs**



**To Book an appointment with Vicki:
Call Nadine at: 608-833-1313**

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!



ALZHEIMER'S ISN'T STOPPING. NEITHER ARE WE.

At the Alzheimer's Association Walk to End Alzheimer's®, we're fighting for the future. For families facing the disease today. For more time. For treatments.

We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the Dane County Walk to End Alzheimer's to fight the disease.

Register today at act.alz.org/madison

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

October 6, 2024
Warner Park - Madison, WI

JOIN OR DONATE TO OUR TEAM
AS WE FIGHT TO END ALZHEIMER'S IN OUR COMMUNITY!
Scan the QR code or [click here](#) for our Cardinal View Senior Living Walk Team





Cardinal View

SENIOR LIVING

A Lifespark Community



Community Team



Julie Holden
Executive
Director



Matthew Paszczak
Assistant
Executive Director



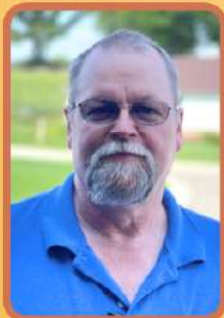
Kacy Riley, RN
Health Services
Director



Taylor Powless
Marketing
Director



Lisa Norton
Community Life
Director



Jim Larson
Maintenance
Director



Daryl Jones
Culinary
Director



Katie Free, RN
Assistant Director of
Health Services



Kim Frisch
Administrative
Assistant



Kathy Deinlein
Community Life
Assistant