



Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



November Newsletter

Discover what's new at Cardinal View

Community living fosters a sense of togetherness, where individuals can rely on one another for support, share experiences, and celebrate life's milestones collectively. Within this framework, thankfulness emerges as a powerful force, encouraging us to appreciate the contributions and kindness of those around us.



Health & Wellness Update

Fall Prevention Tips for a Safer Community



Kacy Riley, RN
Health Services Director

As we age, the risk of falling increases, but there are many steps we can take to prevent falls and ensure our community remains safe and healthy.

Here are some practical tips to help reduce the risk of falls:

Keep Your Home Safe:

- *Remove Clutter:* Keep walkways clear of clutter, such as shoes, books, and other items.
- *Rugs:* Limit the use of rugs and remove them when able.

Improve Lighting:

- *Brighten Your Home:* Ensure all areas of your home are well-lit. Use night lights in hallways and bathrooms.
- *Use Motion-Sensor Lights:* These can be particularly helpful in areas like stairways and entryways.

Wear Proper Footwear:

- *Choose Non-Slip Shoes:* Wear shoes with non-slip soles and avoid walking in socks or slippers that can cause you to slip.

Stay Active:

- *Exercise Regularly:* Engage in activities that improve strength, balance, and coordination, such as walking, yoga, or tai chi.

Review Medications:

- *Consult Your Doctor:* Some medications can cause dizziness or drowsiness. Regularly review your medications with your healthcare provider to manage side effects.

Get Regular Check-Ups:

- *Vision and Hearing:* Regular eye and ear exams can help detect issues that might affect your balance.
- *Health Assessments:* Regular check-ups can help identify and manage health conditions that increase fall risk.

Use Assistive Devices:

- *Canes and Walkers:* If recommended by your healthcare provider, use canes or walkers to help maintain balance.

By taking these precautions, we can significantly reduce the risk of falls and create a safer environment for everyone in our community. Remember, prevention is key to maintaining independence and quality of life.



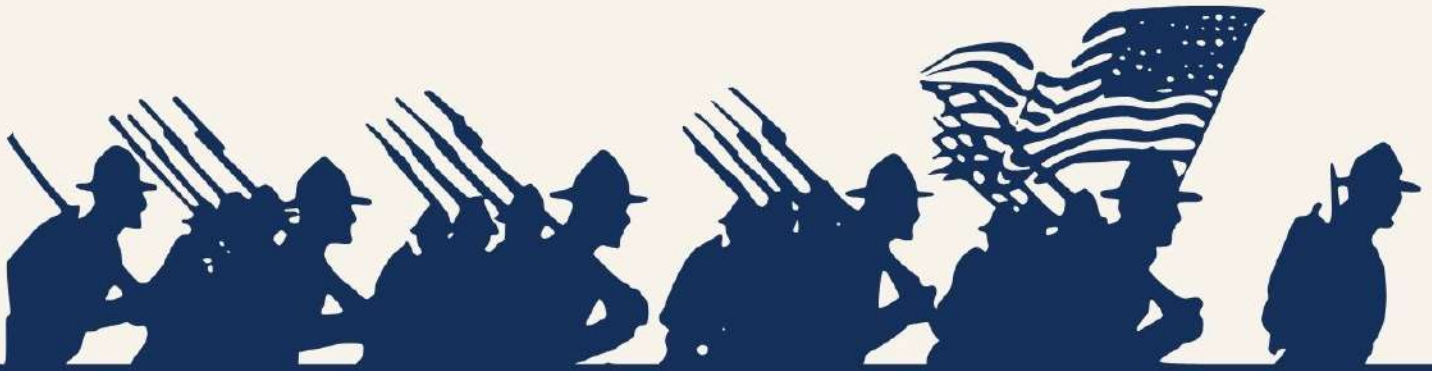
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VETERANS DAY

HONORING ALL WHO SERVED

MONDAY NOVEMBER 11TH

PANCAKE BREAKFAST & VETERANS
RECOGNITION



PANCAKE BREAKFAST

8:00AM

VETERANS PROGRAM

9:30AM

CARDINAL ROOM



COFFEE SOCIAL IN BISTRO
FOLLOWING



RESIDENT BIRTHDAYS

Al Anderson 11/01 100!
 Kathy G. 11/01
 Coletta W. 11/02
 Jennie L. 11/02
 Phil D. 11/05
 Richelle L. 11/13
 Lawrence M. 11/14
 Faye S. 11/14
 Ruth H. 11/15
 Laura B. 11/15
 Reiny M. 11/18
 Bill P. 11/25
 Al H. 11/26

RESIDENT ANNIVERSARIES

Sandy P. - 1 year 11/03
 John L. - 2 years 11/07
 Betty G. - 3 years 11/09
 John & Donna - 2 years 11/11
 Richelle L. - 3 years 11/13
 Harry & Mary - 3 years 11/15
 Heather & Warren - 1 yr 11/17
 Marilyn G. - 3 years 11/18
 Donna Lynn - 2 years 11/29

Let's Celebrate



EMPLOYEE BIRTHDAYS

Maria H. 11/13
 KJ T. 11/25

EMPLOYEE ANNIVERSARIES

Lucille F. - 3 years 11/03
 Jane K. - 3 years 11/08
 Marquis W. - 2 years 11/21
 Anna K. - 1 year 11/30



Bill and Carol Weber – A Lifetime of Love, Leadership, and Service

From schoolmates to soulmates, Bill and Carol Weber’s journey began in Merrill, where they grew up and were recognized as a pair since junior high. After graduating from different colleges, they were married in 1960, becoming proud parents of four and grandparents to eight.

Carol, a UW La Crosse graduate, taught physical education in the Wausau and Merrill school districts before becoming a full-time homemaker. Bill, graduating from Lawrence, dedicated his career to a family associated wood window and door manufacturing business, leading a team of 350-450 employees.

Their shared passion for service took them beyond their careers and into mission work. Celebrating their 25th anniversary, they embarked on a life-changing mission trip to Ghana, West Africa. This experience ignited a deep connection with the “Good News Project” in Wausau, through which they traveled to St. Lucia and the Dominican islands to build simple wooden houses for families in need. Over the years, their dedication contributed to the construction of 427 homes!

After building a home on Silver Lake in 2001, Bill and Carol continued their commitment to their community and each other. In 2024, they joined the Cardinal View family, bringing with them their legacy of love, leadership, and a lifetime of meaningful service.



Chaplains Corner

Kindness matters. It's a simple phrase, but doesn't it ring so deeply true? Can you remember a time when someone's random act of kindness toward you completely changed your day? You've probably discovered that it doesn't take much – no grand gestures needed. A simple smile, a compliment, or a little help can make all the difference in our days.

November 13 is World Kindness Day, and it seems fitting that in this month when we are so focused on gratitude, we would also remember that kindness matters. After all, our kindness to others often increases when it is a response to our own gratitude. When we find reasons to be grateful, we also discover reasons to be kind. And it matters. May you surprise someone with kindness this month, and in so doing, may you also be blessed.



Community Relations Update



It is with bittersweet emotion that I share some news regarding a new direction in my journey. After several years at Cardinal View, I will be transitioning into a new role supporting other Lifespark Senior Living communities across the Minneapolis Metro area. This transition will take place over the next month, and while I'm excited for the opportunities that lie ahead, I will deeply miss the moments we've shared.

Being part of Cardinal View has been an incredible honor. Witnessing our community grow from the foundation up, brick by brick, through growing pains, into the vibrant, compassionate place it is today has been a true joy. Each of you have been an inspiration and has reminded me every day of the difference we can make when we come together with care and dedication. I am incredibly grateful to have been a part of each of your journeys, and it is you — your kindness, laughter, and resilience — that have made Cardinal View feel like home. This community and team have helped me through some of my life's toughest trials and highest triumphs. For your support in that, I am forever grateful.

Although I will no longer be here day-to-day, a part of me will always be here, and I look forward to seeing the continued growth and spirit that makes Cardinal View so unique. I have every confidence that our team will continue to support and enrich the lives of everyone who calls Cardinal View home. I look forward to coming back for visits and attending events.

Thank you for allowing me to be a part of your lives. I am truly grateful for each moment, and I will carry out collective stories with me as I step into this new chapter.

With heartfelt gratitude,
Taylor

Farewell Party will be held on
Friday, November 22nd at 3:30PM in Bistro

Happy Thanksgiving

Community Team



Julie Holden
Executive
Director



Matthew Paszczak
Assistant
Executive Director



Kacy Riley, RN
Health Services
Director



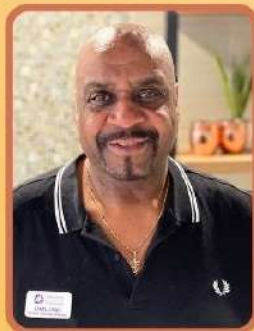
Taylor Powless
Marketing
Director



Lisa Norton
Community Life
Director



Jim Larson
Maintenance
Director



Daryl Jones
Culinary
Director



Kim Frisch
Administrative
Assistant



Kathy Deinlein
Community Life
Assistant