



Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



January Newsletter

Discover what's new at Cardinal View



Winter is the time
for comfort, good food,
for warmth,
for the touch of a friendly
hand and a talk beside the
fire: it is a time for
home.

~Edith Sitwell

Resident Birthdays

Lenore	1/04
Caroline	1/12
Sharon	1/12
Donna N.	1/13
Beaty	1/14

Resident Anniversaries

Corine - 2 years	1/10
Lorie M. - 1 year	1/11
Fred - 3 years	1/17
Weber's - 1 year	1/19

Let's Celebrate



EMPLOYEE BIRTHDAYS

Emelia	1/03
Raul	1/13
Daryl	1/15
Jose	1/23
Riley	1/23
Lavern	1/26

EMPLOYEE ANNIVERSARIES

Sue - 2 years	1/03
Gabe - 2 years	1/03
Misael - 2 years	1/04
Jackson - 1 year	1/05
Olga - 1 year	1/16
Adil - 2 years	1/17
Sabriya - 1 year	1/28



Chaplains Corner

Begin, Become and Believe 2025

John Wesley, a faith leader in eighteenth century England and co-founder of the Methodist movement, was known for beginning each year with a covenant renewal ritual. The idea behind this annual renewal was to use the transition from year to year as a time check in with one's own spirit, to renew one's faith, and to evaluate and re-commit to one's values and consider how to live them out in the year ahead.

If you were creating your own renewal ritual for this new year, 2025, what would you include? What do you believe in? What do you value? Is there anything from 2024 that you need to release so that your spirit can be at peace? What will ground you in the year ahead?

How can the people around you in this community support and encourage you in being the person you choose to be...and how can you support your neighbors in the same way? May this month of January be for each of us another moment where we can begin, become, and believe! Happy new year!

Resident Spotlight - Community Friendship

Mary Smasal hails from Hopkins, Minnesota, where she was raised alongside her seven siblings. After finishing high school, she married her husband Bill, and together they raised a son, Todd, and a daughter, Lisa. The couple operated a wildlife gift gallery and a framing shop. Once their children went off to college, Mary took on the role of head of food service at a local middle school, dedicating 21 years to this position before retiring. Ultimately, she chose to relocate to Madison to be closer to her family and is now a proud grandmother to five grandchildren!

Karen Stephens was born in Oshkosh, Wisconsin, and is one of 11 siblings. Following high school, she married Rex, with whom she had two children, Dennis and Dana. Karen is also a grandmother to eight grandchildren! After the passing of her first husband, she married Jim Stephens. Karen spent eight years in the medical field before taking a position as an administrative assistant to the VP of manufacturing and design at OshKosh B'Gosh! Additionally, she assisted her husband in establishing his sales representative agency for millwork products. Karen eventually moved to Middleton and Cardinal View to be closer to her children.

In March 2023, Karen made the move to Cardinal View, followed by Mary in July 2023, and they became fast friends! Both Karen and Mary are passionate about puzzles, having successfully completed several 1,000-piece ones and committing to tackle a 2,000-piece challenge in 2025. They also participated in all four Spark challenges, with Karen taking the lead as captain for two of them. Their friendship beautifully illustrates the importance of welcoming neighbors and creating a friendly environment for all residents at Cardinal View.





PREVENT COLDS & FLU

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1 WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.



2 COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.



3 DON'T TOUCH

Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.



4 AVOID

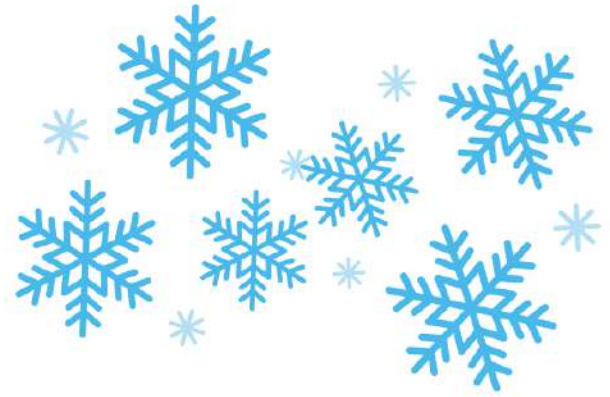
Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.



Dining with Daryl



Daryl Jones
Culinary Director



As we usher in the new year, it's an ideal opportunity to reflect on the positive changes in the Dining for 2024. Our team is consistently training on dining flow, food safety and sanitation practices, also residents have been enjoying the weekly chef's specials and fresh salads, along with our festive holiday community meals.

Our next major community event is planned for February, featuring an Italian Dinner in partnership with Community Life.

A heartfelt thank you to everyone who is using the suggestion box to share your compliments and ideas; I truly value the chance to connect, address your questions, and hear your feedback.

Please keep in mind that on January 15th, following the 10:00 AM Resident Council, there will be a Chef Talk at 11:00 AM. The next Chef Talk is set for March.

A few reminders: we appreciate your love for our coffee, but please remember to return coffee mugs to the dining room and take your personal glassware back to your apartment after meals.

**Wishing you all a Happy New Year from the entire
Dining Team!**

NEW YEAR'S Crossword Puzzle



1. Eaten on New Year's Eve
2. Activities or events celebrating a special occasion
3. Good wishes before drinking
4. You celebrate New Year's at the stroke of _____
5. Colorful explosions
6. Last month of the year
7. Used to know the day and date
8. There's usual lots of good _____ on New Year's Eve
9. Some people exchange these on New Year's Day
10. Goal for New Year
11. It's time for _____
12. Having a party
13. Series of recollections
14. New Year starts at _____ o'clock midnight
15. Night before midnight
16. Many parties include _____
17. Feeling drowsy after party
18. Social gathering of invited guests

Name:
Points:

New Year's Word Search

B D G T B D M P J I J X T Q Q K Q N W T
E P Y D A O I Y W I A T N C G G K P M D
P H I M A D D L D T U R T O F C M X P J
P L T M A K N I U T O D Q U O F U N Z W
W H S E C A I M I E J A F N P T E A V S
S Z K H D D G A S F W P E T U E B C S S
C G R I E A H F T N W B T D S F L B D W
E K O M X L T U A O Q D G O R F E A N U
H B W S W C X E H C A I E W E Q E L E R
A H E T I Y Y J Z N H V H N L K K L I O
A K R R S Y P A R T Y O H Y K I E O R M
B C I E H J C W L K C F I I R E N O F E
R O F A E O X C G U L T O G A U L N Y P
E L L M S O G S W Z I I B D P E D S F I
D C O E Z B T D Q K C B E G S G X H W Z
C I K R O Z H Q I A E J S X V B S N A M
M T F S Z I M P D Z G K T R D O E C G G
C H E E R S T B R M Q S B Y B C F R G O
C V I E U G E Y H X Y V U A F I A K K W
F C E T R J G A G M S E L T O A S T K T

COUNTDOWN
FIREWORKS
CONFETTI
PARTY

BALLOONS
MIDNIGHT
CHEERS
SPARKLERS

TOAST
CLOCK
HATS
STREAMERS

WISHES
FAMILY
FRIENDS
FUN



Staff Spotlight - Sales & Marketing Director



David May is a lifelong resident of Madison, Wisconsin, deeply committed to enhancing the lives of seniors in his community. With extensive experience in both the financial and real estate sectors, David brings a unique combination of expertise and compassion to his work in senior living.

His primary objective is to assist seniors and their families in navigating the complexities of senior living. David understands the specific challenges that seniors face and prioritizes their comfort and well-being. He is dedicated to ensuring that every family feels heard and supported, guiding them through the process of aging with grace.

David's approach is characterized by genuine care and careful attention to detail. He dedicates time to understanding the distinct needs of families, offering customized solutions that promote their independence and enhance their quality of life. David is committed to facilitating a smooth and positive transition for all.

In addition to his professional endeavors, David is actively involved in his community, volunteering for initiatives that support seniors and advocate for their rights. He participates in local events that promote senior wellness and engagement, firmly believing in the importance of cultivating a vibrant and inclusive environment for older adults.

During his free time, David enjoys outdoor activities such as boating, golfing, and ice fishing. He is also a devoted family man, cherishing moments spent with his wife and children. David's commitment to seniors and their families, combined with his passion for community involvement, positions him as a trusted advocate for senior living in the Middleton area.



Volunteer Spotlight

Karen Hellenbrand (Haack) grew up in Mt. Horeb and Middleton, Wisconsin, as one of ten siblings in a large family. She graduated from Middleton High School, where she met her husband, Dave, in 1968, and they married the following year in 1969.

Dave Hellenbrand, also from Middleton, comes from an even larger family with 17 brothers and sisters. He attended St. Bernard's grade school and Middleton High School, where he was an active participant in wrestling and track and field. After high school, Dave enlisted in the army, and upon completing his service, he worked at UW Madison for 41 years, managing the mailroom. Together, Dave and Karen have two children, four grandchildren, and three grand-dogs! The Hellenbrands are deeply involved in their community and love supporting the Packers, Badgers, Milwaukee Brewers, and Bucks.

When Cardinal View opened, Kim Hellenbrand Frisch invited her recently retired parents to volunteer, and they gladly accepted! It has been over three years since they joined. In the early days of Cardinal View, Karen and Dave were often seen serving in the dining room. Now, they are the cherished weekly bartenders during happy hour and occasionally help with painting projects and holiday decorations.

Cardinal View Community Life and its residents are incredibly grateful for this wonderful couple, whose contributions have made a significant impact.



Bloom Where You Are Planted

A Year of Growth, Connection, and Celebration!

As we plan for 2025 we have some great monthly themes and highlights to our Community Life Programming!

- January - Where Music Meets the Soul - A Month of Melody & Performance
- February - Building Legacies - Sharing Wisdom Across Generations
- March - Unleash Your Imagination - A Celebration of Creative Arts
- April - Growing Together - Engaging Community & Volunteer Spirit
- May - Move & Thrive - Embracing Fitness & Wellness
- June - Bridging Generations - Intergenerational Connection
- July - Purple University - Ignite Your Passion with a 4-Week Course
- August - Play, Compete, and Connect - A Month of Games with Opticons
- September - Nature's Calling - Explore the Outdoors
- October - Mindful Moments - Reflection and Spiritual Growth
- November - A Feast of Cultures - Exploring Foods from Around the World
- December - Celebrate with Joy - Food, Drink, and Holiday Cheer



Shaping the Future



National Activity Professionals Week

January 19 – 25, 2025

As an Activity Professional, our Community Life Team is part of a vitally important profession that helps people live a life that is full of fun and meaningful activities. The holistic and person-directed approach to caring for our elders they provide is a sight to behold.

Our Community Life Team is the heart and spirit of our community. We encourage you to take a minute to acknowledge the great work they do and give them the credit they deserve!



Thank you 



Community Team



Julie Holden
Executive
Director



Kacy Riley, RN
Health Services
Director



Lisa Norton
Community Life
Director



Kim Frisch
Administrative
Assistant



Jim Larson
Maintenance
Director



Kathy Deinlein
Community Life
Assistant



Daryl Jones
Culinary Director



Matthew Paszczak
Assistant
Executive Director



David May
Sales & Marketing
Director



Sarah Servais, RN
Assistant Health
Services Director