



Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



May Newsletter

Discover what's new at Cardinal View

MAY
SUNSHINE AND BLUE SKIES
AND
SPRINGTIME BOUQUETS

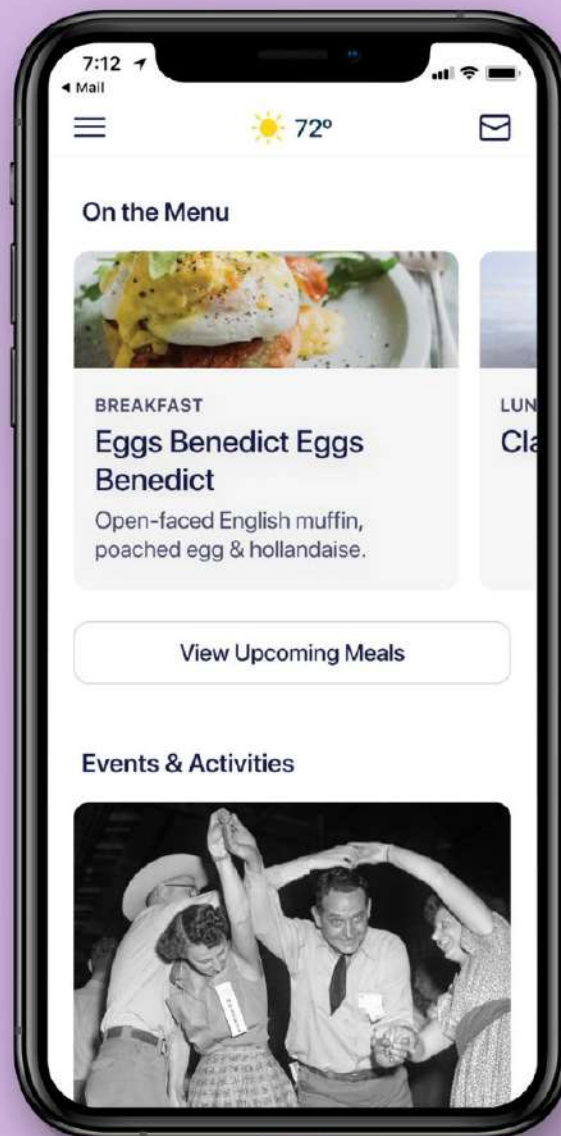


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Download the new mobile app for Cardinal View Senior Living

- View upcoming activities and events
- See what's on the menu each day
- Access common resources
- View and share community photos
- Receive emergency alerts & updates
- Check the local weather in Middleton, WI



Download Quiltt for iOS or Android

<https://get.quiltt.com/org/CCVSL>

Enter code CCVSL after opening the
Quiltt app for the first time.



For laptop or desktop access: <https://app.quiltt.com/org/CCVSL>

Enter code CCVSL after opening the Quiltt app for the first time.

Chaplains Corner

MAY

“What drains your spirit drains your body. What fuels your spirit fuels your body.” — Caroline Myss

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.

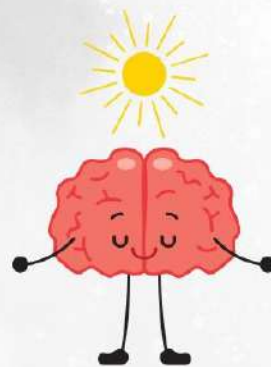
What kinds of practices make your spirit well? Perhaps meditation, prayer, being outdoors, listening to music, reading a sacred text. Maybe you have a hobby that feeds your spirit. Whatever it is, may you find that practice that gives your spirit fuel in this season of life



What feeds your Spirit?



Senior Living Newsletter: Mental Health



Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.

Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

- **Step outside.** Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
 - **Move your body.** A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.
 - **Enjoy an energizing snack.** Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
 - **Try a two-minute reset.** Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
 - **Plan for things to look forward to or revisit something you used to love.** "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.

If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.



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Welcome Chaplain



Lee Jankowski

We would like to extend a warm welcome to our new Chaplain Lee as he joins Cardinal View. Recognizing the need for spiritual support, Cardinal View has added this position and will be sharing Lee with two of our sister communities. Lee will be at Cardinal View Monday and Thursdays. If you are interested in meeting with Lee privately, a sign-up binder is located in the Good Neighbor Room. You can also reach the Chaplain at ljankowski@lifespark.com. Lee will then contact you to set up a meeting.

About Lee

Born and raised in Griggsville, Illinois, Chaplain Lee Jankowski grew up in a household where faith was a cornerstone. His father was Catholic and his mother was Lutheran, allowing him to experience both Catholic and Lutheran services throughout his childhood.

Lee spent nearly thirty years working in construction, specializing in building with brick, blocks, and stone. During this time, he also took on the role of caregiver for his father, who was battling cancer. This experience ignited a calling within him to work with individuals facing physical and spiritual challenges.

In pursuit of this calling, Lee attended seminary and graduated in 2019 with a Masters of Divinity in Inter-Religious Chaplaincy. Since then, he has served as a chaplain in various settings, including hospice care, senior living facilities, and prisons. Lee is dedicated to providing spiritual support and guidance to people of all faiths and those curious about matters of the spirit.

Resident Spotlight - Ruth Hanson

This year marks Ruth's first anniversary at Cardinal View, a period rich with new friendships, healthy activities, significant downsizing, and even a reunion with fellow cast member David Dybdahl from the production "Song of Norway," where David had a leading role and Ruth participated as an extra.

Singing has been a cherished part of Ruth's life, beginning in kindergarten with children's choir and continuing through grade school, high school, the St. Olaf College Choir, the Bethel Choir, and currently the Good Shepherd Church Choir. Ruth shares, "It's truly my happy place."

In 1972, Ruth married Duane Hanson, who served as Bethel Lutheran's Youth Pastor and Director of Bethel's Horizon, the camp and retreat center. Although Ruth was never officially part of the staff, she embraced the summer camp culture, exploring the cliffs and valleys near Gov. Dodge State Park. Additionally, she welcomed international students from Eastern Europe who worked at the retreat centers, forming lasting friendships in Poland, Slovakia, and the Czech Republic.

Ruth and Duane established their home in Middleton, where their children, Solveig and Bjorn, were born. Ruth enjoyed a fulfilling career as one of the first elementary school counselors in the Sauk Prairie School District, serving for 37 years. She witnessed the transformation of the guidance program from a pilot initiative to a comprehensive, district-wide offering.

After Duane's passing from cancer, Ruth moved in with her son's family during the COVID-19 pandemic to support her grandsons. We are truly grateful to have Ruth Hanson as our resident; her warm personality shines as she engages in activities and excels as a remarkable athlete, participating this winter in the 2025 Lifespark TRYathlon!



Mother's Day

WORD SEARCH

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



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APPRECIATION
CHILDREN
FAMILY
FLOWERS
HUGS

KISSES
LISTEN
LOVE
MAY
MOTHER

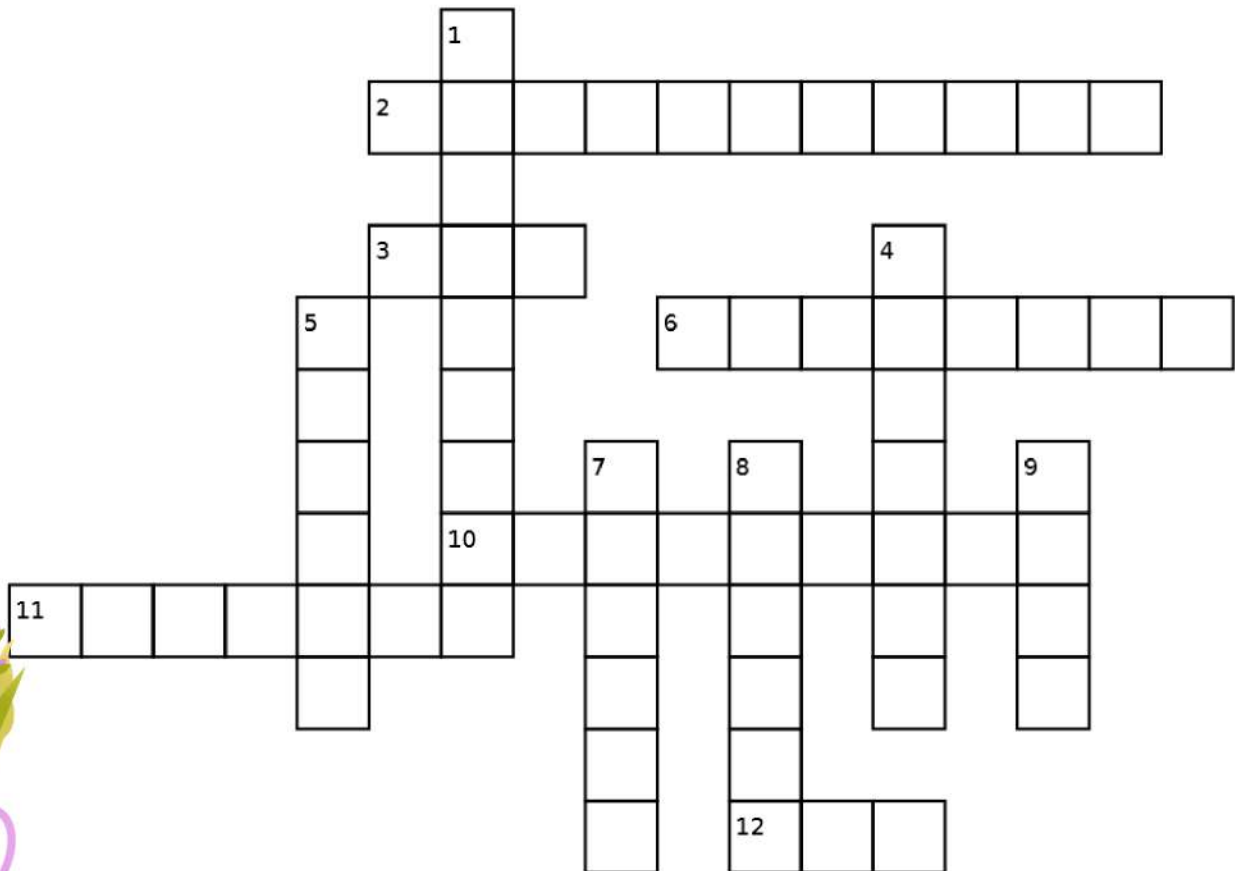
NURTURE
PARENT
PROTECT
SUPPORT
TEACHER



Mother's Day



CROSSWORD



ACROSS

- 2. your Mom's Mom
- 3. the month of Mother's Day
- 6. _____ give gifts and cards to their mother's on Mother's Day
- 10. a cape-wearing person with powers and abilities beyond those of ordinary people (or a Mom!)
- 11. sweet treats served after a meal
- 12. a tight squeeze

DOWN

- 1. on Mother's Day, treat Mom to _____ in bed
- 4. bring Mom a bouquet of these to make her day extra special!
- 5. the woman who will always love you no matter what!
- 7. the season of blooming flowers, ladybugs, and butterflies
- 8. meal served between breakfast and lunch
- 9. the feeling a Mom has for her children

Resident Birthdays

Norma M.	5/01
Bruce L.	5/09
Linda P.	5/09
Mike S.	5/12
Donna Lynn	5/17
Connie M.	5/20
Larry L.	5/20
David W.	5/25
Karen K.	5/27
Susan E.	5/29
Carol W.	5/30

**EMPLOYEE BIRTHDAYS**

David M.	5/01
Julie H.	5/02
Anwaar H.	5/02
Nae R.	5/04
Angel S.	5/04
Maurina S.	5/09
Alamin B.	5/15
Therese H.	5/23
Kristie S.	5/25

**Resident Anniversaries**

Ruth H. - 1 year	5/01
Lou Ann - 2 years	5/02
Gus B. - 1 year	5/05
Roy D. - 1 year	5/05
Barb S. - 3 years	5/07
Delores M. - 2 years	5/10
Sandy A. - 2 years	5/15
Dick & Pat D. - 1 year	5/23
Linda W. - 1 year	5/28
John B. - 2 years	5/30

**EMPLOYEE ANNIVERSARIES**

Daryl J. - 2 years	5/01
Sam M. - 3 years	5/25
Maria H. - 1 years	5/27
Calvin G. - 3 years	5/31

*Let's
Celebrate*





Leadership Team



Julie Holden
Executive
Director



Kacy Riley, RN
Health Services
Director



Kim Frisch
Administrative
Assistant



Jim Larson
Maintenance
Director



Daryl Jones
Culinary Director



Lisa Norton
Community Life
Director



David May
Sales & Marketing
Director



Sarah Servais, RN
Assistant Health
Services Director