



Cardinal View
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



July Newsletter

Discover what's new at Cardinal View



Community Life Corner



Fitness/Exercise Class Updates

Starting in July, there will be **two levels** of

Strength & Conditioning

Classes offered in the
Badger Wellness Room

Tuesdays & Thursdays

10:15am - **Beginners**

Strength & Conditioning
(less intensity workouts with
weights, balls, sliders & bands)

11:15am - **Advanced**

Strength & Conditioning
(more advance workouts with
weights, balls & bands along
with some standing exercises)

Please Note:

**Stretch & Flexibility will remain
on Mondays, Wednesdays
& Fridays at 10:15 in the
Cardinal Room.**

Additional add-ons:

Wednesdays

11:15am - 20 mins

Intermediate

Chair Aerobics
(high intensity cardio)

Wednesdays (Starting July, 16)

2:00pm - Mindful Meditation w/
Gerri Gurman **via Zoom (online)**

**Please use the Meeting ID &
Password below to join every
Wednesday.**

Meeting ID: 843 5384 2498

Passcode: 476836

***This is an individual activity,
will not be offered as a group***



Community Life Corner

Special Programs/Outings for July:

Fraud & Scam Presentation by Call For Action

Wednesday, July 16th at 1:30pm (Cardinal Room)

Pontoon Outing

Wednesday, July 23rd

9:00am-1:00pm



(Meet in lobby, Bus leaves at 9:00am)

Please sign up, limited to 10 residents only

Sign up sheet will be available a week prior to outing

Chocolatier Presentation & Tasting

Thursday, July 31st at 1:30pm (Cardinal Room)



Please sign up, limited to 40 residents only

Sign up sheet will be available a week prior to event

If you have any questions, please call or email

Xia Xiong, Community Life Director

(608) 909-3103 or Xia.Xiong@lifesparksl.com

All Programs Are Subject to Change

Community Life Corner

Community Life Survey Update

After receiving most of the completed surveys, residents have expressed interest in the following groups:

- Jigsaw Puzzle Group
- Rummikub
(additional times to play)
- Bridge (additional times to play)
 - Scrabble Group
 - Singing Group
- Reminiscing Group

If you would like to be apart of any of these groups, please let the Community Life Director know.

**Resident Name Tags
are optional to wear.**

**If you'd like a lanyard,
please see Kim at the
front desk!**

Monday Film Series:

The Residence

Mondays @ 7:00pm

Good Neighbor Comm. Rm



Thursday Documentary Series:

Churchill At War

Thursdays @ 6:30pm

Good Neighbor Comm. Rm





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Chaplains Corner with Lee Jankowski



One of the highlights of the summer season is the prevalence of music! Our communities burst with opportunities to hear live music, and the summer brings gatherings and occasions with music at the center. Every July, I love hearing a live rendition of “Stars and Stripes Forever” by John Philip Sousa. The piccolo solo toward the end always stirs my spirit and transports me to summers as a child sitting on the grass listening to an orchestra before the fireworks display. This music makes me feel full and alive and free. What are the songs of summer that bring you joy, make you feel alive, or stir in your soul? Why do they carry special meaning for you? What memories do they pull forward? What values or core beliefs do these songs remind you of whenever you hear them?



From the Desk of the Executive Director

Cardinal View Senior Living has been recognized as a 2025 recipient of the *Bronze - Commitment to Quality Award* by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) for its commitment to improving the lives of residents through quality care. This distinction is the first of three progressive award levels through the AHCA/NCAL National Quality Award Program. The Program honors providers across the nation that have demonstrated their dedication to enhancing the quality of care for our nation's elders and individuals with disabilities.

"This is a testament to all the hard work our staff has done to help make Cardinal View the place it is for our residents!" - Julie Holden, E.D.

The AHCA/NCAL National Quality Award Program is a rigorous three-level process reviewed and evaluated by trained experts against a set of nationally recognized standards for organizational excellence. The standards of the Baldrige Performance Excellence Program help organizations achieve superior performance over time to improve the quality of life and care of long term care residents.

Providers begin the quality improvement journey at the Bronze level, where they develop an organizational profile detailing among other elements their vision, mission, key customers, and key strengths and challenges. Bronze applicants must demonstrate the use of a performance improvement system. Trained examiners review each application to determine if a center has met the demands of the criteria.

The National Quality Awards will be presented during Delivering Solutions 25, the AHCA/NCAL Convention & Expo, October 19-22, 2025, in Las Vegas, Nevada.





Resident Birthdays

Judy T.	7/03
Frank R.	7/05
Elaine K.	7/09
Lorie N.	7/14
Corine H.	7/17
Donna M.	7/21
Delores E.	7/24
Tom S.	7/26
Joel D.	7/27
Mary S.	7/29
Florence B.	7/29

Resident Anniversaries

Lorna & Stan - 2 Years	7/01
Donna N. - 3 Years	7/02
Bob S. - 3 Years	7/10
Mary S. - 2 Years	7/15
Connie M. - 1 Year	7/16
Leola H. - 3 Years	7/28
Deb A. - 1 Year	7/31



Let's Celebrate



EMPLOYEE BIRTHDAYS

Madelyn K.	7/16
Destinie D.	7/17
Ava L.	7/18
Jim L.	7/25
Lavinia M.	7/27
Caitlin F.	7/30
Kenyada H.	7/30

EMPLOYEE ANNIVERSARIES

Katie M. - 1 Year	7/08
Riley J. - 1 Year	7/18
Kenyada H. - 1 Year	7/22
Lydia N. - 2 Years	7/25
Kacy R. - 4 Years	7/26





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GARBAGE & RECYLCING SCHEDULE

There are 2 options for Garbage & Recycling Disposal:

1. Residents may place garbage and recycling items outside of their apartment door **PRIOR to 8:00AM (Monday, Wednesday, Friday)**.
 2. Residents may take their own garbage and recycling items to our Receiving Area and place them in large dumpsters.
- Recycle Dumpsters located on RIGHT and Garbage Dumpsters on LEFT
 - Please break down all cardboard boxes into Recycling dumpsters.
 - Ask a staff member for assistance if you need help.

RECYCLING INFORMATION

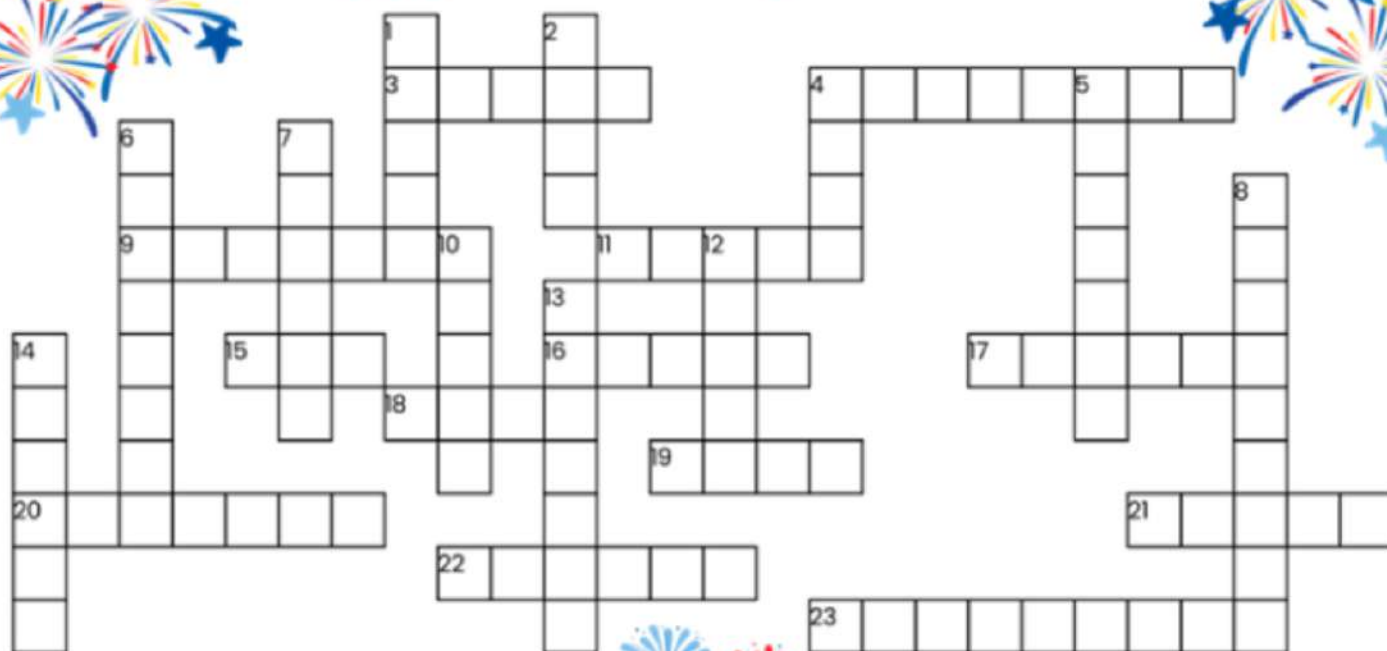
ACCEPTABLE ITEMS:

- Office Paper
- Cardboard (flattened)
- Steel/tins food cans
- Glass beverage/food containers
- Newspaper
- Aluminum cans
- Cartons (milk, juice, broth, etc.)
- Plastic Bottles, tubs, jugs #1-7

NOT RECYCLABLE:

- Plastic Bags
- Trash, food wrappers/bags
- Styrofoam
- Clamshell food containers
- Packing peanuts or bubble wrap
- Wires or hoses
- Shredded Paper
- Scrap Metal
- Pizza Boxes
- Straws/Plastic silverware
- Lightbulbs

Happy 4th Of July Crossword



ACROSS

3. Publicly recognize and praise
4. BBQ
9. Bands of color
11. White headed national bird
15. Color of flames
16. Songs
17. Holiday procession
18. Allowed to do something
19. Red, white, and blue banner
20. Day free from work
21. Holiday gathering
22. Outdoor meal
23. Hand-held fireworks

DOWN

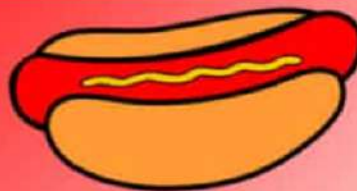
1. Color of clouds
2. Loud explosion
4. Color of sky or sea
5. Nation
6. American pastime
7. Combined to form a group
8. Pyrotechnics
10. Five pointed shape
12. Barbecue for cooking food
13. United States
14. Symbolic song for a country



4TH

**DAY IN
JULY**

Americans eat
150,000 each
year on the 4th



John Adams is
credited with adding
fireworks to the 4th
of July celebrations.



The # of stars represent
the 50 states and the
stripes represent the
original 13 colonies

4TH OF JULY FUN FACTS



Uncle Sam's hat
has become a
recognizable
symbol of
American
patriotism

Massachusetts was
the 1st state to
recognize July 4th
as an official
holiday in 1781.



One World Trade
stands 1776 feet tall
after the year of
Independence



Santa Clara, CA
hosts the "All-City
Picnic & Parade,"
where participants
dress up as fruits &
vegetables



Eating Salmon is a
traditional 4th of July
food in New England

The 1st celebration took
place at the White House,
was in 1801



The Liberty Bell was rung
to announce important
events & to gather
people for meetings
about freedom

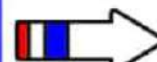
July 4th, 1776 adopted
the Declaration of
Independence & marks
the birth of American
Independence



The 4th of July
Parade in Bristol,
Rhode Island, holds
the record for being
the oldest.



1776



MADEWITHHAPPY.COM



Leadership Team



Julie Holden
Executive
Director



Kacy Riley, RN
Health Services
Director



Kim Frisch
Administrative
Assistant



Jim Larson
Maintenance
Director



Daryl Jones
Culinary Director



David May
Sales & Marketing
Director



Sarah Servais, RN
Assistant Health
Services Director



Xia Xiong
Community Life
Director