



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 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!





# COMMUNITY LIFE HIGHLIGHTS

OCTOBER  
2025

## Lifespark Challenge: Quiz Show

**October 7th – December 3rd**  
**Tuesdays: Deep Dive Learning**  
**Wednesdays: Quiz Show**  
**Challenges**

Spark Challenge teams will be multigenerational! Each team is encouraged to involve team members of all ages to help your team to victory. Each team will attend a Deep Dive session with Dr. Bill on Tuesdays at 1:00 PM.

The competition takes place on Wednesdays at 1:00PM and consists of two parts the Test and the Quiz.

Each team will have 40 minutes to complete. The Quiz will be a group open note quiz.

## Family Archives by Wisconsin History Bereau

**Tuesday, October 14th at**  
**2:30pm (1<sup>st</sup> Floor Good**  
**Neighbor Comm. Rm)**

HISTORY

Lee will be here to present on Using the WHS Archives for Family History Research (a basic introduction to family history resources in the Archives) .Come and learn!

## Things I Wish I Knew Sooner – Hospice Presentation

**Wednesday, October 8<sup>th</sup> at**  
**11:00am (GN)**

Come and learn about the all things Hospice, presented by Brighton Hospice. They will be presenting on all the stigma around Hospice, giving tips and tricks on when someone should enroll in Hospice.

## Beginners Card Making Class

Barb Richardson will be here to help residents make XMAS Cards on **Wednesday, October 15<sup>th</sup> at 3:00pm in Arts & Crafts Room.** Giving tips and tricks! All materials are provided. Limited to 10 residents only.



**Sign-Up REQUIRED!**  
**Please see Xia to sign-up!**



# COMMUNITY LIFE HIGHLIGHTS

OCTOBER  
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## Entertainment

**October 8<sup>th</sup> - Heartstrings  
Concert at 3:30pm  
(Cardinal Room)**

**October 10<sup>th</sup> - Music with  
Jeff Stitgen at 3:45pm  
(2<sup>ND</sup> Floor Bistro)**

**October 17<sup>th</sup> - Happy Hour  
with Better with Friends at  
4:00pm (2<sup>nd</sup> Floor Bistro)**

**October 22<sup>nd</sup> - Madison Ukes  
at 2:30pm (Dining Room)**

**October 25<sup>th</sup> - Blackhawk  
Church Men's Choir at  
1:30pm (Cardinal Room)**

**October 29<sup>th</sup> - Music with  
Karlos Moser at 3:00pm  
(Cardinal Room)**

## Halloween Social

**October 31<sup>st</sup> at 2:30pm  
(2<sup>nd</sup> Floor Bistro)**

Put on your best costume  
and come enjoy some  
appetizers, beverages and  
socialize with your fellow  
friends at Cardinal View.

**H A L L O W E E N**

## Lifelong Learning Presentation: Spooky Art History

**Thursday, October 2<sup>nd</sup> at  
2:00pm (1<sup>st</sup> Floor Good  
Neighbor Comm. Rm)**

Explore spooky art with  
goblins, witches, and  
eerie scenes in works by  
Goya, Dali, Rosa, and  
Ryder. Perfect for Halloween  
or anytime, this  
art journey dives into the  
otherworldly!



A black and white line drawing of a spider hanging from a thread in the center, with two large spider webs on either side, one in the top left and one in the top right.

# Halloween

A small illustration of a bone.

## Social

A small illustration of a bone.

Join us on this night for a thrilling,  
spooky Halloween party!

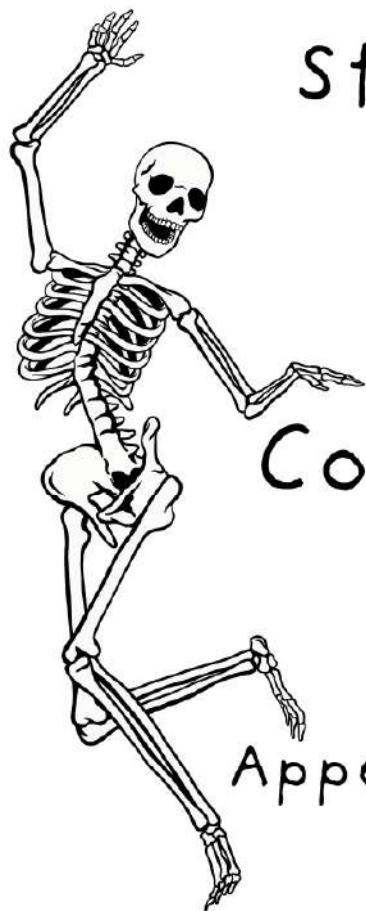
Friday, October 31

Starts at 2:30 pm

### Bistro

Come in your best  
costume!

Appetizers & Drinks Provided





## 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: Thursday, October 30th

Time: Starting at 10:00AM

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



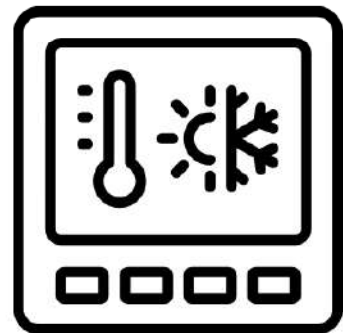
# Maintenance Update

We have completed the painting project. Window washing is scheduled for October 1–3. Please note that we will not be removing screens, but we will need access to patios. Only the exterior windows will be cleaned during this time.



Beginning October 6, Dave Jones will be onsite to inspect and service the furnaces, ensuring they are ready for colder weather. Furnace filters will also be replaced.

During the week of October 20–24, I will be coming through to replace batteries in thermostats, smoke detectors, and door locks. If you would like light fixtures cleaned during this visit, please let me know in advance.



If you have any questions or need further information, please do not hesitate to reach out to me.

Jim Larson  
Director of Maintenance



**Jim Larson**  
**Maintenance**  
**Director**



# Chaplains Corner

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## Chaplains Corner with Lee Jankowski



*"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.



# Resident Spotlight - Charles “Chuck” E. Possin



Charles “Chuck” Edward Possin grew up in Waupun, WI on a Dairy Farm to a German dad and Irish mom. Chuck grew up with 1 brother and 3 sisters. On their 255 acre Dairy farm, everything was done by hand and working horses. Every single day, Chuck and his family would milk the cows by hand and plow their land with horses. When Chuck’s dad wanted him to take over the family farm, Chuck couldn’t see a future by farming therefore, he decided to apply to UW-Madison and luckily was offered admission at just 15 ½ years old. Despite his dad not being happy about Chuck attending college, he successfully earned his PH.D. in Pharmacy and became a Hospital Pharmacist for 9 years. While being married to Paula and having 2 young children at home, Chuck attended UMN-Twin Cities where he earned his Masters in Healthcare Administration.

After earning his Masters Degree, he moved back to Madison and helped merge Madison General Hospital and Methodist Hospital which became Meriter Hospital. Chuck worked as the Hospital Administrator for 26 years and retired at 58 years old. Chuck traveled through 37 countries in just 2 ½ years after retiring and never once has he regretted it. Some other amazing accomplishments that Chuck has done was hike through the Appalachian Trails all the way from Georgia to Maine (hiking 15-20 miles a day, totaling 1400 miles). Chuck was also in the Peace Corp where he was stationed in South Africa for 2 ½ years and gained much knowledge from being there.

Chuck was also an avid biker and runner. The first marathon that Chuck participated in, with no prior experience, he placed 3<sup>rd</sup> place. That lit a fire in him to continue running. After 86 marathons across the U.S., Chuck won the 1995 Male Athlete of the year award for running. In 2015, Chuck was involved in a bike accident that changed his life forever. While training for his 5<sup>th</sup> Quadrathlon (Swimming 2.2 miles, biking 112 miles, running 26.2 miles), as Chuck was going downhill on a path, he somehow ended up getting thrown off his bike and landed on top of his head (helmet cracked in half) and was knocked unconscious. Luckily, a bicyclist behind him saw the entire accident and called 911. Chuck was med flighted to the the hospital where he remained unconscious for 2 weeks in the ICU. After 2 weeks, Chuck opened his eyes but was unable to walk and talk for about 2 months. During these two months, Chuck remained hopeful and worked on many word puzzles and read a lot which Chuck states “it helped my brain stay stimulated”.

Despite his accident, you can find him working on word puzzles and on 3-4 jigsaw puzzles in the Arts & Crafts room every single day.

Some days, Chuck is up at 2:00am working on Jigsaw puzzles. Fun fact, Chuck has about 50+ plants in his Cardinal View apartment, which he loves to take care of.

The best thing about Chuck is that he has no regrets in life and continues to live a life he loves.





# Doing our Part: Solar Power

Cardinal View is proud to share the impact of our solar energy system. Our 176,000kWh solar unit has not only contributed to a more sustainable environment but also has brought significant benefits to our community.



## Environmental Benefits



1,114k

Pounds of CO<sub>2</sub>  
Emission Saved



8,415

Equivalent Tree  
Planting



1,265k

Miles Driven on  
Sunshine

## Environmental Impact:

- Equivalent of 8,415 Trees Planted: Our solar energy system has had the same positive environmental impact as planting 8,415 trees. This helps in improving air quality and providing a healthier environment for everyone.
- 1,114,000lbs of CO2 Emissions Saved: By utilizing solar power, we have prevented 1,114,000 pounds of CO2 emissions from entering the atmosphere. This reduction in greenhouse gases is crucial in combating climate change & 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 & Wellbeing: A cleaner environment contributes to the overall health and wellbeing 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 health 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 signs for regular updates.



# Join the Cardinal View Team for the Walk to End Alzheimer's!



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!





## Resident Birthdays

Ronda S.	10/3
Dan K.	10/7
Karen S.	10/8
Sandy A.	10/8
Mary M.	10/11
Mary Ellen	10/15
Sally P.	10/23
Richard M.	10/26
Barb S.	10/29
Sandy P.	10/31

## Resident Anniversaries

Bonita B. - 1 Year	10/2
Joyce L. - 1 Year	10/2
Ash's - 1 Year	10/7
Kaye W. - 4 Years	10/12
Jane S. - 3 Years	10/12
Chuck - 1 Year	10/14
Volkmann's - 4 Years	10/14
Wagner's - 3 Years	10/19
Judy T. - 2 Years	10/25



*Let's Celebrate*



## EMPLOYEE BIRTHDAYS

Barry A.	10/5
Yanti M.	10/12
Mae M.	10/15
Olga T.	10/28
Lucille F.	10/31

## EMPLOYEE ANNIVERSARIES

Raul U. - 4 Years	10/11
Maurina S. - 1 Year	10/12
Phoebe N. - 1 Year	10/14
Tressa M. - 3 Years	10/17
Risi C. - 4 Years	10/18
Laura F. - 2 Years	10/23





Halloween

Opal  
Birthstone



Baseball  
World  
Series

# OCTOBER



# FUN FACTS



National  
Origami  
Month

Autumn Season

National  
Popcorn  
Month

## AUTUMN

Breast Cancer  
Awareness  
Month



Cinnamon  
Roll Day



Octopus  
Day



Astrology Signs



Libra



Scorpio

Yom  
Kippur



# 10

th Month  
of The Year



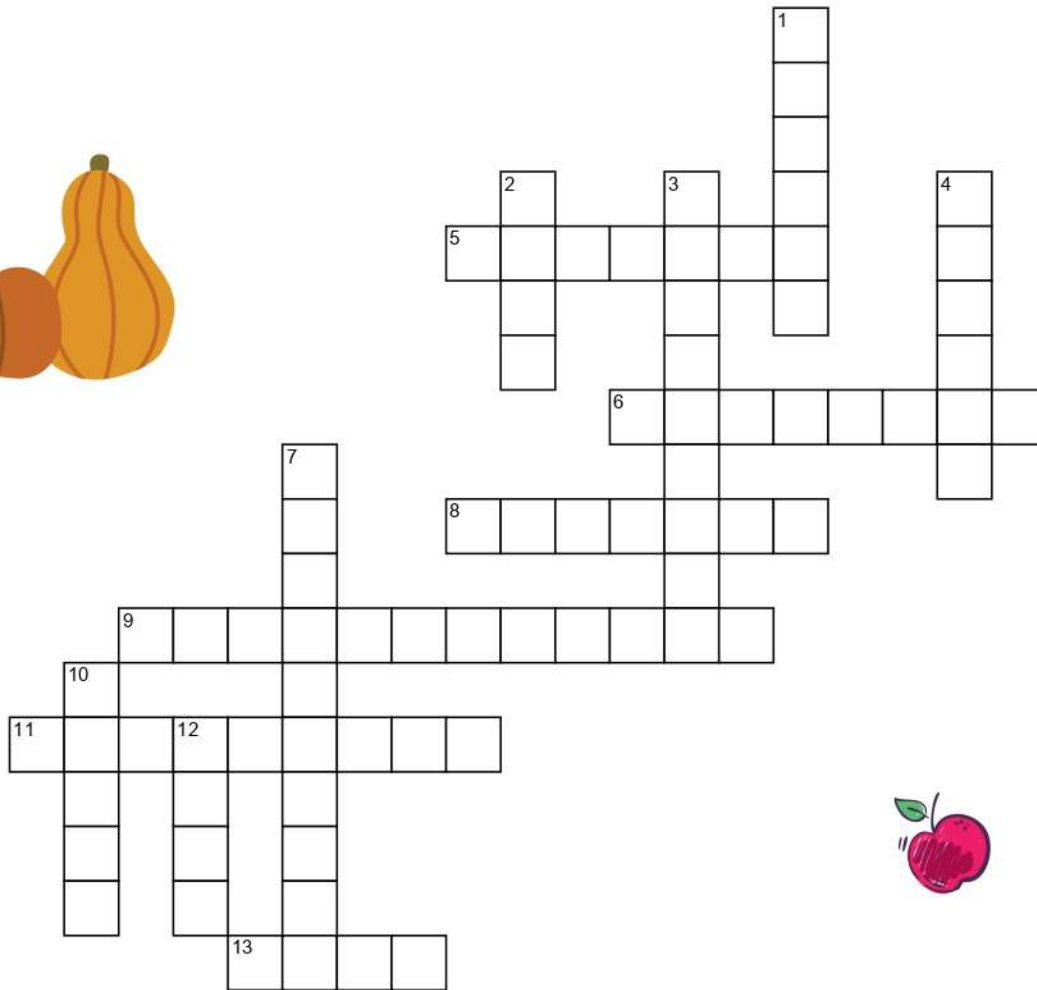
MADEWITHHAPPY.COM



# AUTUMN CROSSWORD



Solve the following puzzle based on the clues given!



## Across

- [5] Leaves on tree
- [6] Last Month of fall
- [8] To gather; to reap
- [9] Holiday for giving thanks
- [11] Scares birds from cornfields
- [13] Another name for Autumn

## Down

- [1] Traditional Thanksgiving bird
- [2] Grows on tall stalks
- [3] Holiday on October 31
- [4] They change colors in the fall
- [7] Horn of plenty
- [10] Fruit of the oak tree
- [12] Used to gather leaves





# Cardinal View

## SENIOR LIVING

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### A Lifespark Community



## Community Team

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**Julie Holden**  
Executive  
Director



**Kacy Riley, RN**  
Health Services  
Director



**Kim Frisch**  
Administrative  
Assistant



**Jim Larson**  
Maintenance  
Director



**Daryl Jones**  
Culinary Director



**Xia Xiong**  
Community Life  
Director



**David May**  
Sales & Marketing  
Director



**Sarah Servais, RN**  
Assistant Health  
Services Director