



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.

We hope you enjoy reading about all the exciting happenings at Cardinal View and look forward to your participation in our events.
Let's celebrate November & give thanks to everything!



Community Life Highlights



November 2025

Welcoming the Cozy Season!

This Fall edition is packed with ideas, tips, and inspiration to help you celebrate the season, connect with your community, and create a cozy home.

Lifelong Learning: US ARMY in Yellowstone National Park

November 6th at 2:00pm
(1st Floor Good Neigh. Comm. Rm.)

Wonderland's Soldiers: The United States Army in Yellowstone National Park, 1886-1916" explores the Army's time managing and operating Yellowstone National Park.

Thing I wish I knew - Hospice Care Presentation by Brighton Hospice

November 5th at 11:00am
(1st Floor Good Neigh. Comm. Rm.)

There are many stigmas that come with the word "HOSPICE". Come learn about all things Hospice Care & all the different facts about it.

Westside Christian School Kids Activities

November 6th at 1:30pm
(2ND Floor Cardinal Room)

Come and participate in some fun activities with the kids from Westside Christian School. We will be having Thanksgiving Bingo, reading, crafts to do!

PLATO LECTURE Healing the Heart Through Forgiveness By Lisa R.

November 19th at 3:00pm
(Arts & Crafts Room)

In this lecture, you will learn ways of forgiveness as Lisa talks you through about her experiences.

Community Life Highlights

November 2025

Victory Over Japan Day Presentation by: Bob Block

**November 20th at 1:30pm
(1st Floor Good Neighbor Comm. Rm)**

This presentation covers
the events preceding the
celebration of VJ Day.

Entertainment

**November 7th - Happy
Hour w/ Al Dominie at
3:30pm
(2nd Floor Bistro)**

**November 12th -
Heartstrings at 3:30pm
(2nd Floor Cardinal Room)**

**November 21st - Happy
Hour with Richard Shaten
on Piano at 3:30pm
(2nd Floor Bistro)**

**New Resident Orientation
*For new residents only***

**Date: Wednesday,
November 12th**

Time: 11:00am-12:00pm

**Location: 1st Floor Good
Neighbor Comm. Room**

PLATO LECTURE

**Beyond Politics: The Content of Wisconsin's
Character, Past & Present By: Mike M.**

**November 24th @ 2:00pm
1st Floor Good Neighbor Community Room**

Mike McCabe brings a farming background and a lifetime of experience in politics, journalism, nonprofit leadership and public sector management to his writing. He ran a spirited underdog campaign for governor of Wisconsin in 2018. Earlier he started the grassroots group Blue Jean Nation and for 15 years led the Wisconsin Democracy Campaign, an independent watchdog group that tracks the money in state elections and works for reforms making people matter more than money in politics.

Community Life Inquiry/Interests

**Community Life is gauging
new programs/activities for
residents. Please let Xia, CL
Director know if you are
interested in any of the
following:**

- Hearts/Spades Group
- Jigsaw Puzzle Monthly Competition
- Men's Group
- Mahjong Group
- Trivia Group
- Cribbage Group
- Kings Corners Card Group

**Other suggestions? Please let
Xia know.**

*give
thanks*

THURSDAY

DOCUMENTARY SERIES:

WORLD WAR II:

FROM THE FRONTLINES

(1ST FLOOR GOOD NEIGH. RM.)

TIME: 6:30PM

NOVEMBER 6TH

EPISODE 3: TURNING POINT

In 1941, the war intensifies, and the Axis powers seem unstoppable; Hitler sends troops to the Soviet border to launch Operation Barbarossa.

NOVEMBER 13TH

EPISODE 4:

FORTRESS EUROPE

Changing tactics in 1943, the Allies venture into enemy territory; despite heavy bombing, they struggle to gain a foothold in Fortress Europe.

NOVEMBER 20TH

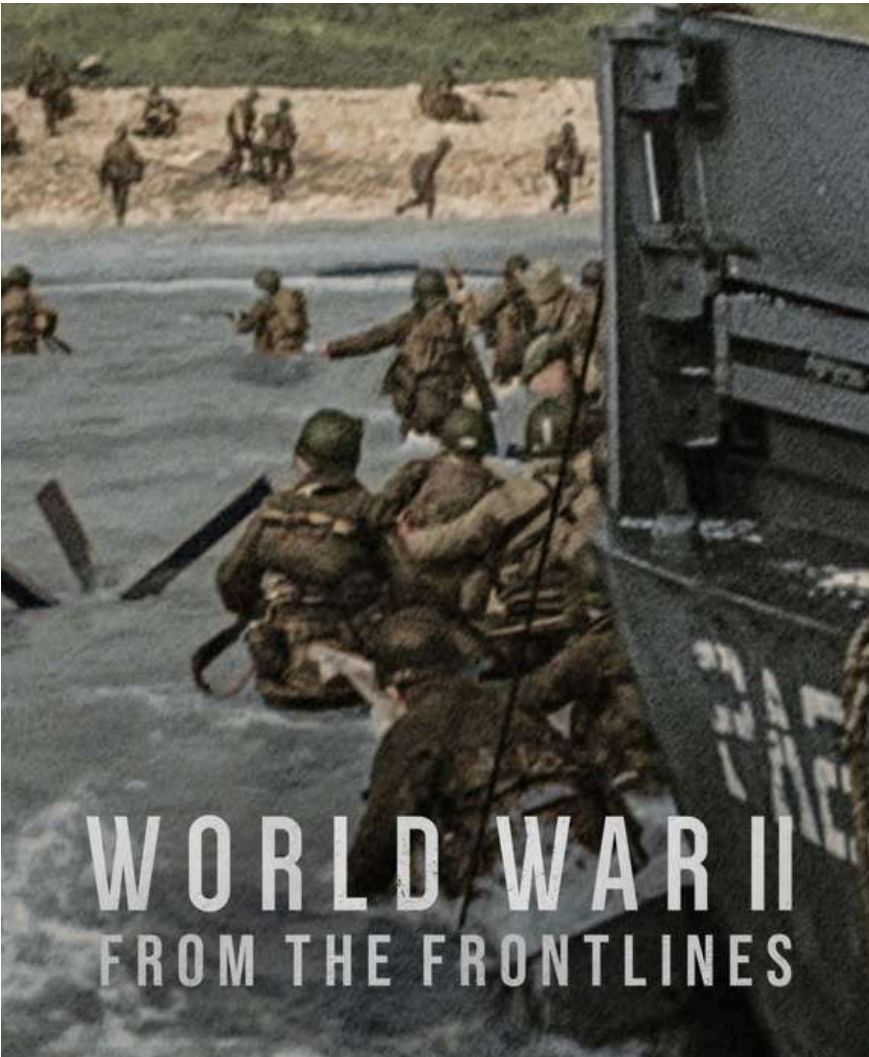
EPISODE 5: INVASION

In 1944, the Allies decide that invading Nazi-occupied Europe is their only option; on D-Day, 100,000 soldiers cross the Channel to take back France.

NOVEMBER 27TH

EPISODE 6: LAST STAND

In 1945, Allied forces reach Berlin, but Germany and Japan show no signs of giving up; the United States unleashes one last display of military might.



World War II: From the Frontlines is a 2023 six-part Netflix documentary series that provides an immersive, chronological look at World War II from 1939 to 1945, using heavily restored and colorized archival footage along with narration from John Boyega. The series features first-person accounts from veterans of all sides of the conflict and survivors of concentration camps and atomic bombings, aiming to create a vivid, cinematic experience for viewers.

YOU'RE INVITED

KIM'S LAST DAY CELEBRATION

Honoring 4 Years of Service

Tuesday, November 4th

Time: 3:00pm

2nd Floor Bistro



Thank You

ANGEL'S LAST DAY

Honoring 2 Years of Service

Thursday, November 13th

We will be celebrating him
during lunch with cake for all
staff and residents!





Cardinal View
SENIOR LIVING
A Lifespark Community



VETERANS DAY

HONORING ALL WHO SERVED

TUESDAY NOVEMBER 11TH

PANCAKE BREAKFAST &
VETERANS RECOGNITION



8:00AM - PANCAKE BREAKFAST

9:30AM - VETERANS PROGRAM

2ND FLOOR CARDINAL ROOM



Health & Wellness Update

Fall Prevention Tips for a Safer Community

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.



Kacy Riley, RN

Health Services Director

Maintenance Update

We have wrapped up changing batteries in thermostats, smoke detectors, and door locks. Also, all furnace maintenance has been completed.

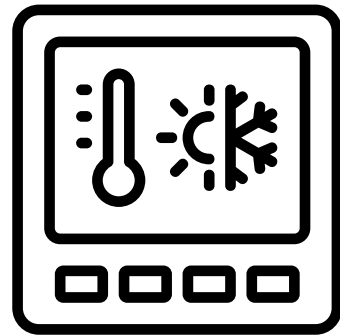
Anyone who has problems with thermostats please contact the front desk, me, or better yet put in a work order.

As we move in to decorating season things to remember.

1. No real trees or wreaths.
2. You cannot cover more than 1/3 of your entry door inside or outside
3. Please do use extension cords. If you need to and need a recommendation, feel free to contact me for size.
4. If you have real pumpkins set out, please put something under them so they do not stain our carpet or ledges. Dispose of them in the trash dumpster when no longer needed or they start to rot.

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

Culinary Update

Welcome to the Holiday Season!

The thanksgiving meal will be served on Monday, November 24th during dinner. The Always Available Menu will not be available that day.

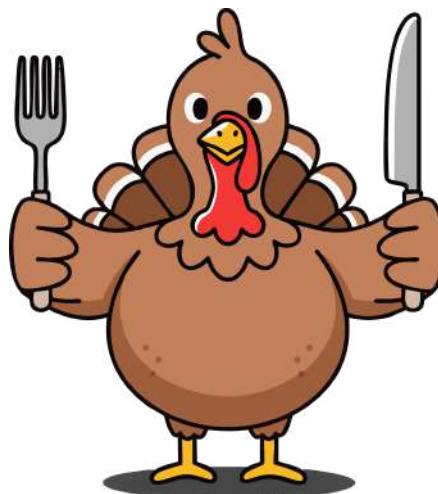


Daryl Jones
Culinary Director
608-909-3105

Boxed Lunches will be served on Thanksgiving Day! These **MUST** be picked up between 3:30pm-4:45pm. Breakfast and Lunch will be the same as usual on Thanksgiving day.

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

Daryl Jones
Culinary Director



Resident Spotlight - Aleta Murray

Aleta was born in Eau Claire, WI & raised in Madison. Aleta attended West High School & UW-Madison with a degree in English Literature with a minor in speech. Her family lives locally and includes brother Jeff Nelson, two nephews, Jesse and Jody, father of Alexis and Riley, Gail McCaffer, the girl's grandmother who often visits Aleta at Cardinal View.

Aleta has held many titles and has worked for many public and private firms during her career. Her dream job was to work in a television station as operations manager and got her 1st job out of college as assistant to Blake Kellogg, the News and Program Director at WKOW-TV, Channel 27 in Madison, WI. Buying films, doing FCC licenses renewals and developing public service announcements for the station, helped her become the host and producer of "In Town Today", a 1/2 hour daily news, talk and entertainment show.

After Governor Patrick J. Lucey was elected in 1970 he named Blake Kellogg as Press Secretary. Aleta was selected as Assistant Press Secretary, the 1st woman in the press office to hold that title and has many interesting stories about politics and the Madison Press Corps. Several years later, the owner of Monona Cable television asked her to open a studio and develop programs using Monona Grove high school students to run the camera and do live Monona City Council meetings.



After retiring for the 1st time, Aleta travelled in Europe for 6 months and married her former husband in England. They moved to California and Aleta was hired as Administrator of the California Ear Institute (CEI) at Stanford. Rodney Perkins, MD, President of CEI, inventor and entrepreneur, started RESOUND Corp. to develop and support a programmable hearing aid. Aleta was selected as Executive Assistant to the President & CEO and involved in the process of taking a private company into a public traded entity. In 1993, Aleta returned to Madison and was named special assistant to the Secretary of the Division of Industry, Labor & Human Relations (DILHR), now Dept. of Workforce Development.

(Continue to Next Page)

Resident Spotlight - Aleta Murray (Continued)

Aleta worked with the states' youth apprenticeship program developed by Governor Tommy G. Thompson and a group of business executives. The state-level Governor's Work Based Learning Board was created later and Aleta served on the board as an Education Director. She retired from the WI Technical College's Board Office in 2007.

Aleta is also part of many clubs, organizations and groups:

- Madison Area Master Gardeners Association. Aleta took the Master Gardener training through Dane County's extension office and served on the Board of Directors for 4 years. She has been an avid gardener starting at a young age helping her Dad in the garden.
- PEO International - helps women pursue educational goals through financial opportunities & scholarships
- Appointed Ex. Dir. Wisconsin's Glass Ceiling Commission.
- TEMPO, Madison area business organization for professional women
- University League - founded in 1901, provides scholarships, promotes educational opportunities for UW-Madison students - supports 18 interests groups for League members.
- Alisha Ashman Library - served on the board
- Wonderful West Women, 16 West High School Alumni - graduates class of 1959
- Daughters of Demeter - supports students in the College of Agriculture & Life Science at UW-Madison
- Local book club - started 12 years ago - meets monthly
- Euchre, bridge and book club groups at Cardinal View

In Aleta's spare time, she enjoys being with friends and family, helping Xia, CLD with picking activities and programs, reads, plays bridge, eats out with friends and travels when able. Aleta loves her new home at Cardinal View and enjoys all the new friends she's made since she arrived in April. She particularly wants to thank the kitchen staff for their cheerful help and support each day. It is greatly appreciated!

Chaplains Corner

Chaplains Corner with Lee Jankowski



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.



November

Days to Remember

NOV 1 - CINNAMON DAY

NOV 3- SANDWICH DAY 

NOV 4 - CANDY DAY

NOV 5 - DONUT DAY 

NOV 8 - NATIONAL STEM DAY 

NOV 10 - MARINE CORPS BIRTHDAY

NOV 11- VETERAN'S DAY 

NOV 13 - WORLD KINDNESS DAY

NOV 16 - FAST FOOD DAY 

NOV 18 - MICKEY MOUSE'S BIRTHDAY

NOV 21 - GINGERBREAD COOKIE DAY 

NOV 23 - ESPRESSO DAY

NOV 24 - THANKSGIVING 

NOV 25 - BLACK FRIDAY

NOV 26 - SMALL BUSINESS SATURDAY



HAPPY THANKSGIVING

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

ACORN
APPLE
BLESSED
CORN
FEATHER
FOOD

GRATEFUL
INDIAN
NOVEMBER
PIE
PILGRIM
PUMPKIN

SQUASH
THANKFUL
TURKEY



Resident Birthdays

Al A.	11/01
Kathy G.	11/01
Betty Z.	11/01
Patrick M.	11/11
Suzanne M.	11/12
Lawrence M.	11/14
Allen F.	11/14
Faye S.	11/14
Ruth H.	11/15
Raymond C.	11/19

Resident Anniversaries

Sandy P. - 2 Years	11/03
John L. - 3 Years	11/07
Betty G. - 4 Years	11/09
Harry S. - 4 Years	11/15
Meyer's - 2 Years	11/17
Marilyn G. - 4 Years	11/18
Devore's - 1 Year	11/25
Donna Lynn - 3 Years	11/29



Let's Celebrate



EMPLOYEE BIRTHDAYS

Isaac B.	11/02
Sarah S.	11/08
Isabella L.	11/09
Maria H.	11/13
Kennedy B.	11/16
Lily S.	11/16
Layla H.	11/30

EMPLOYEE ANNIVERSARIES

Lucille F. - 4 Years	11/03
Jane K. - 4 Years	11/08
David M. - 1 Year	11/18
Marquis W. - 3 Years	11/21
Anabelle K. - 1 Year	11/25
Sarah S. - 1 Year	11/25





IN ALL Things GIVE Thanks



Community Team

Cardinal View | 3820 Tribeca Drive, Middleton, WI 53562 | (608) 820-8325



Julie Holden
Executive
Director
608-909-3104



Kacy Riley, RN
Health Services
Director
608-820-8325



Kim Frisch
Administrative
Assistant
608-820-8325



Jim Larson
Maintenance
Director
608-909-3106



Daryl Jones
Culinary Director
608-909-3105



Xia Xiong
Community Life
Director
608-909-3103



David May
Sales & Marketing
Director
608-909-3100



Sarah Servais, RN
Assistant Health
Services Director
608-820-7360