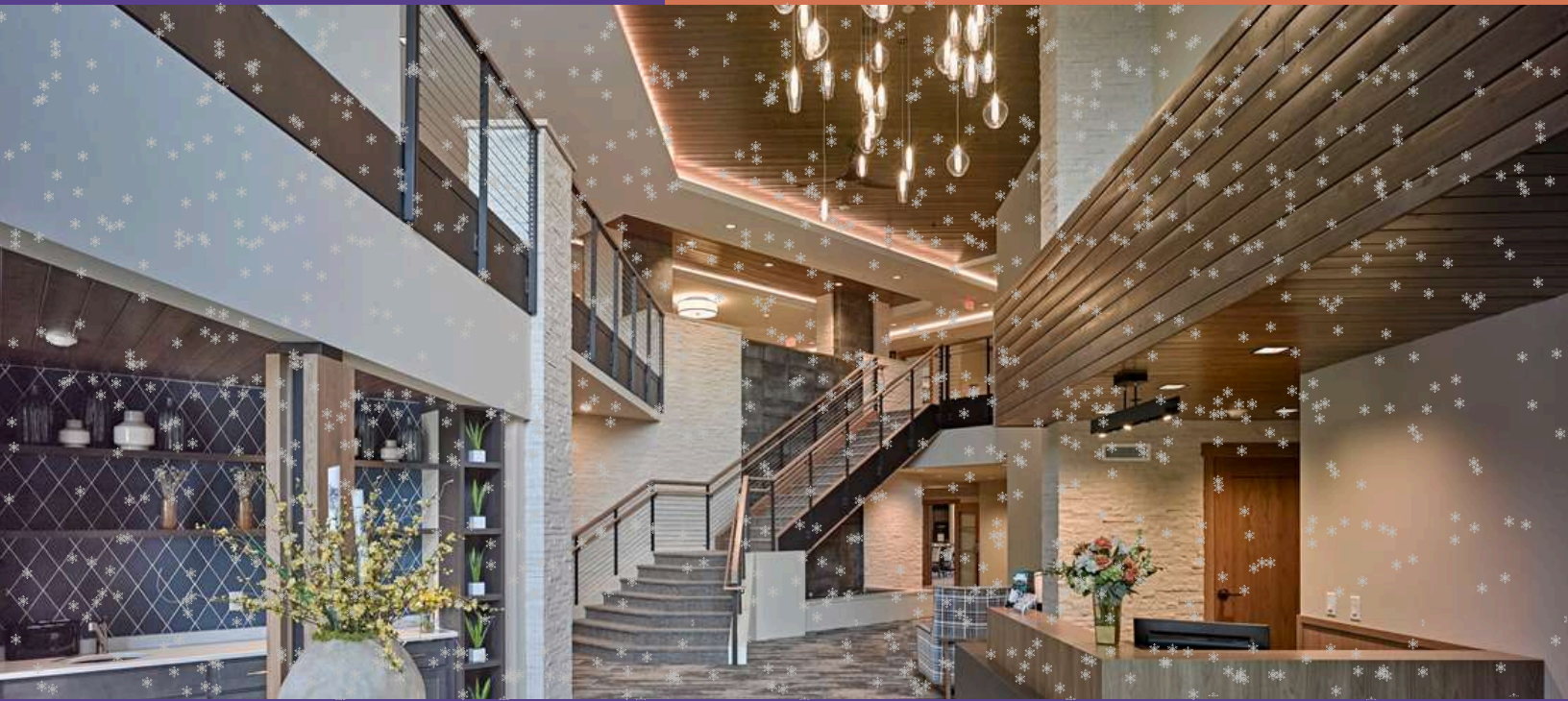




Cardinal View  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



## *December Newsletter*

*Discover what's new at Cardinal View*



*May your holidays be as magical  
as the memories you'll make.*



# Happy Holidays



As we approach this joyful season, I want to take a moment to reflect on the incredible community we share here at Cardinal View.

The holidays remind us of the importance of connection, gratitude, and kindness—values that shine brightly in our halls every day.



**Julie Holden**  
Executive Director

To our **residents**, thank you for the warmth and wisdom you bring to our community. Your stories and laughter make this a truly special place.

To our **families and friends**, your support and involvement mean so much; you help us create an environment filled with love and belonging.

And to **our staff**, I am deeply grateful for your dedication and compassion. Your hard work ensures that every day feels like home for those we serve.

This season, let's celebrate together—whether through festive gatherings, shared meals, or quiet moments of reflection. May your holidays be filled with peace, joy, and cherished memories.

*"The best way to spread Christmas cheer is singing loud for all to hear."*  
– Buddy the Elf

On behalf of the entire team, I wish you a wonderful holiday season and a bright, healthy New Year!





# COMMUNITY LIFE

December 2025

## Entertainment

### **Bahama Bob**

12/2 @ 2:30PM  
(2nd Floor Cardinal Rm)

### **Heartstrings**

12/10 @ 3:30PM  
(2nd Floor Cardinal Rm)

### **Middleton High School Chamber Singers**

12/11 @ 10:30am  
(2<sup>nd</sup> Floor Cardinal Rm)

### **Westside Christian School Kids Caroling**

12/12 @ 9:30AM  
(2<sup>nd</sup> Floor Cardinal Rm)

### **Happy Hour w/ Randy P.**

12/16 @ 3:30PM  
(2<sup>ND</sup> Floor Bistro)

### **Peace Thru Christ Lutheran Church Caroling**

12/21 @ 1:00PM  
(1<sup>st</sup> Floor Good Neighbor  
Community Room)

### **Capitol Quintet**

12/22 @ 6:00PM  
(2nd Floor Cardinal Rm)

## Lifelong Learning Presentation: Arctic Wolves

Thursday, December 4<sup>th</sup> at 2:00pm  
(1<sup>st</sup> Floor Good Neighbor Room)

DISCOVER THE ARCTIC'S HARSH ECOSYSTEM AND ITS GRAY WOLVES. MEET ARCTIC AMBASSADORS AXEL AND GRAYSON AND LEARN HOW THEY INTERACT WITH PREY AND OTHER ANIMALS IN THEIR ICY HABITAT!

## Fox Therapy Talk

**Wednesday, December 10<sup>th</sup>  
at 11:00am**

**(1st Floor Good Neighbor Room)**

Betsey, DPT & Brittany, OT from Fox Therapy will go over what the numbers mean, checking accurately and how physical activity can help you manage it

## Mimosas Social

**Friday, December 5<sup>th</sup> at  
10:30am (2<sup>nd</sup> Floor Bistro)**

Join us to have some mimosas to kick off the month of December.

# COMMUNITY LIFE

December 2025

## **Forensic Science – Wisconsin Crime Laboratory Presentation by Bob Block**

Thursday, December 18<sup>th</sup>  
at 1:30pm (1<sup>st</sup> Floor Good  
Neighbor Room)

This presentation is your chance to see how forensic science works beyond the screen. You'll explore the fascinating field services of the Wisconsin Crime Lab and discover how each area of analysis—from drug evidence to crime scene investigation—helps bring truth to light. Hear directly from expert forensic analyst, Bob Block about his experience.

## **Middleton Library Lobby Stop**

**Tuesday, December 16th at  
12:30pm–2:00pm  
(1<sup>st</sup> Floor Lobby)**

Are you looking for a new book or just want to check out what kind of books the Middleton Library has, stop by the Lobby and check out the books with a librarian.

## **Parkinsons Wellness Support Group**

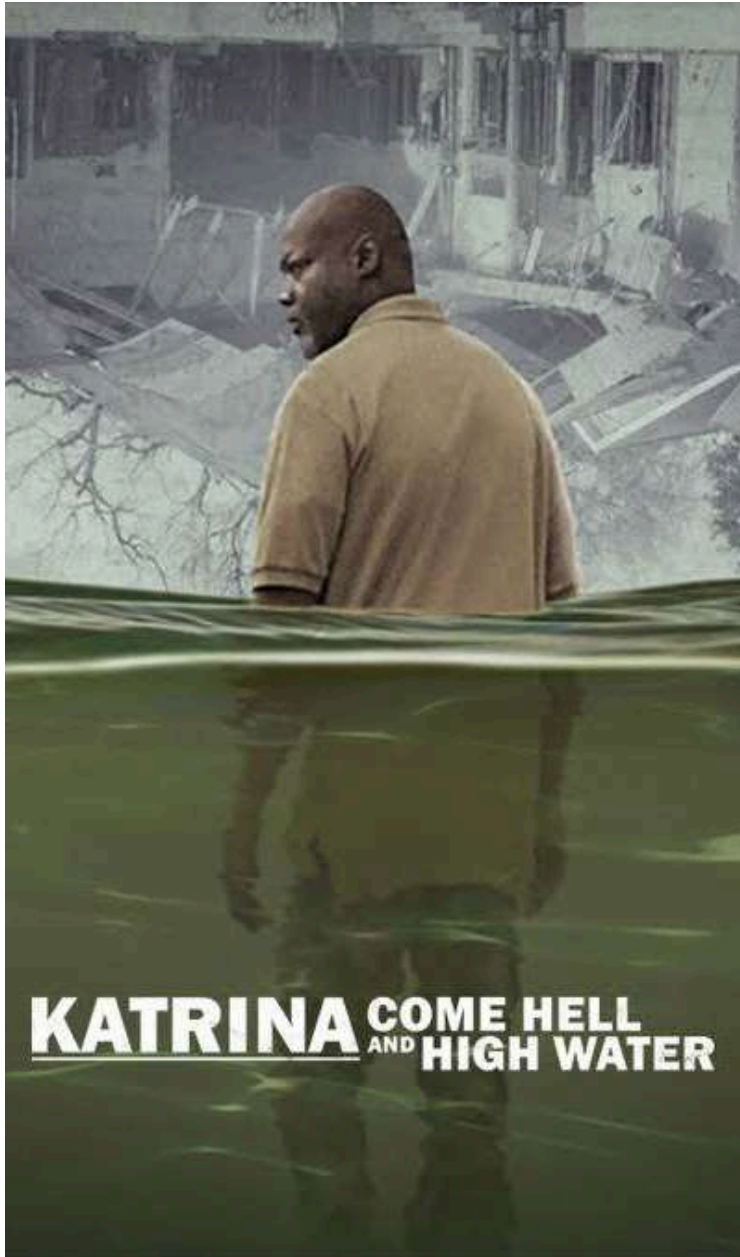
**Tuesday, December 23rd at  
2:00pm (1<sup>st</sup> Floor G.N. Rm.)**

Open to the public for those with Parkinsons, if extra support is needed.





## THURSDAY DOCUMENTARY SERIES: KATRINA - COME HELL AND HIGH WATER



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

### EPISODE ONE:

WE GONNA RIDE IT OUT  
LIKE WE ALWAYS DO  
DECEMBER, 4<sup>TH</sup> @ 6:30PM

As Katrina closes in, officials issue a voluntary evacuation order that turns mandatory hours before landfall. With no way out, thousands hunker down.

### EPISODE TWO:

SHELTER OF LAST RESORT  
DECEMBER, 11<sup>TH</sup> @ 6:30PM

Stranded in floodwater or held against their will at the Superdome, survivors face dire conditions – and no help from the federal government for days.

### EPISODE THREE:

GOD TAKES CARE OF  
FOOLS AND BABIES

DECEMBER, 18<sup>TH</sup> @ 6:30PM

New Orleans residents past and present honor loved ones lost in the storm and reflect on the challenges facing the city's culture and communities today.





EARL & MARLENE VOLKMANN  
INVITE YOU TO A

# HOLIDAY PARTY AND CHRISTMAS SING-ALONG

CHRISTMAS CAROLS AND NOSTALGIC SEASONAL MUSIC  
FEATURING  
KARLOS MOSER, PIANIST

**DATE: DECEMBER 12<sup>TH</sup> 2025**  
**TIME: 2:30PM-4:30PM**  
**LOCATION: 2<sup>ND</sup> FLOOR BISTRO**

**Come enjoy Christmas cookies,  
snacks and holiday cheer!**



# Health & Wellness Update

## Eating Healthy Over the Holidays Without Feeling Deprived

Everyone knows that the “secret” to good health is eating right and exercising more. The holidays though bring sugary, sweet treats to the table and that can be hard to turn down. If you’re a diabetic or on a limited diet, here are a few tips to add in a few healthier options with those delicious desserts. If you’re craving something sweet, let yourself enjoy a small piece of chocolate or a cookie—and savor every bite! Make these an occasional treat rather than an everyday habit.

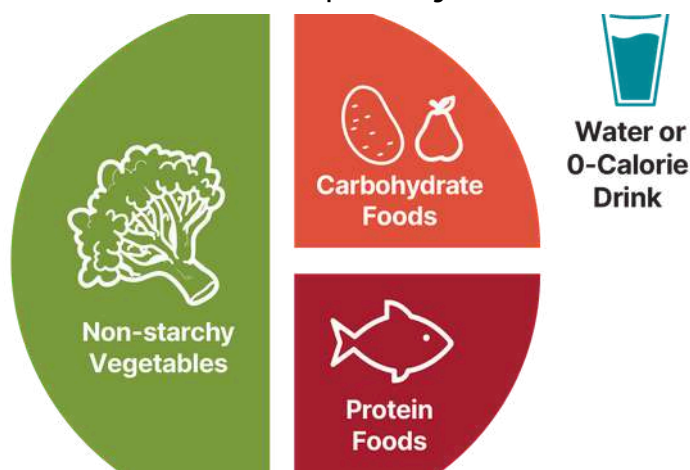


**Kacy Riley, RN**  
Health Services Director

### Here are some additional tips for healthy eating:

- Choose whole fruit instead of fruit juice, such as an apple or orange vs. orange juice. Whole fruit is packed with more vitamins and fiber which keeps hunger at bay and helps with regularity.
- Add protein to your breakfast, such as peanut butter, hardboiled egg, lean meat, cottage cheese, or nuts (good fat and protein), to help stabilize blood sugars.
- Go for whole grain foods, such as brown rice or potatoes (with the skin) instead of white rice or white pasta, to add fiber to your diet.
- For dessert, try fresh or frozen berries with a little whipped topping and a few nuts.
- Stay hydrated to help control your blood sugars, reduce hunger, and support kidney function.
- Right-size your portions using the Plate Method developed by the American Diabetes Association (ADA).

Choosing your food wisely is an excellent investment and one way to Age Magnificently this holiday season.



# Maintenance Update

## Reminders:

As we move into the holiday season, here are some things to remember:

- No real trees or wreaths.
- You cannot cover more than 1/3 of your entry door inside or outside.
- Please do use extension cords. If you need to and need a recommendation, feel free to contact Jim for size.
- If you have real pumpkins set out from Halloween, please dispose of them in the trash dumpster before they start to rot and smell.

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



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



## **GARBAGE & RECYCLING Reminder**

Residents may place garbage and recycling items outside of their apartment door PRIOR to 8:00AM (Monday, Wednesday, Friday). Please break down all cardboard boxes.



# Culinary Update

Welcome to the Holiday Season!

**The Christmas meal will be served on Monday, November 22nd during dinner & is FREE to all residents. You WILL NOT be charged for the Christmas Dinner.** The Always Available Menu will not be available that day.



**Daryl Jones**  
Culinary Director  
608-909-3105

Boxed Lunches will be served on Christmas Day! These **MUST** be picked up between 3:00pm-4:00pm. **Please RSVP at the FRONT DESK for Boxed Lunches for Christmas!**



There will only be a continental breakfast served. Lunch starting at noon on Christmas 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: BETTY ZEPS

Betty was born and grew up in Clinton, North Carolina. Growing up, it was just Betty and her brother, Ferrell who is only 15 months younger than Betty and has now passed. They lived in this wonderful home. Betty remembers something special about her backyard and how often things changed back there. She had many wonderful memories there but also some not so pleasant memories.

After graduating high school, Betty originally wanted to attend Duke University, however, cost came into factor due to her family having to send two children to college at the same time. Therefore, Betty attended the Women's College of the University of North Carolina (now known as University of North Carolina - Greensboro) where earned her Bachelors of Arts in English Literature with a Minor in Theatre in 1956.

Betty then attended Indiana University in Bloomington where she earned a Master's degree in Theater and met her now-husband, Valdis Zeps, who was studying toward a PhD in linguistics. They quickly became best friends and shortly thereafter, in 1958, married. They have four children: Dace Alida (Tim), Valdis Jr. (Kriis), Barbara (Tom) and William. When Valdis was awarded a Post-Doctoral position at Stanford, the family (now two children) moved to Palo Alto, CA. Other moves (they call it "academic bumming") before settling in Madison in 1962, were the University of Michigan and Washington, DC--Department of Geographic Names. Although Madison became her home (and their last two children were born), there were also short moves to Ohio State University and Boston at Harvard and MIT. Summers were spent in Michigan at "Garezers", (Long Lake) a Latvian high school where Valdis taught language and history and a children's camp as well as their own resort, "Atbalsis" (Echo) next to it where the kids learned about their Latvian heritage and practiced their Latvian language.

In 1962, Betty and Valdis decided to move to Madison, WI as they would be close to Valdis's side of the family who were in Milwaukee. During this time, Betty raised her children and was the costume designer for Wisconsin Ballet Company. Betty had the honor of making a costume for Rudolf Nurevaf (a very famous Russian male dancer) and also worked with Margot Fonteyn. After the Wisconsin Ballet Company went bankrupt, Betty went on to work at the Children's Theatre of Madison. Betty later went to work for the School of Social Work and became the assistant to A Field Director at the School of Social Work.

After Valdis passed in 1996, Betty continued to support her children and keep herself busy. She worked, read, wrote poetry and continued to play an important part in the School of Social Work. Betty eventually retired in 2004 but has continued to help The University League, which is she a member, as she continues to help them edit their newsletters.

Despite Betty's busy schedule of being with family, attending exercise classes, doing anything Cat related, reading, writing poetry and socializing with friends here at Cardinal View, she especially enjoys helping others as best as she can. She really appreciates all the friendships she built here in the last couple of months and hopes to continue building more.

(continued)

How did you get up there?



"SO, WHAT IS TIME?"

WHAT ARE YEARS?  
THEY ARE LONGER THAN ETERNITY  
WHEN WE ARE YOUNG  
BUT, AS WE GROW OLDER,  
THEY SHORTEN 'TIL WE HARDLY KNOW  
WHEN THEY HAVE PASSED US BY.

THEY SEEM TO STRETCH TO INCLUDE  
ALL WE EVER WANTED AND MORE  
BUT, SOMEHOW, LOSE THEIR ELASTICITY  
WHEN THEY ARE ONLY HALF FULL.  
WHY, THEN, IS OUR TIME MEASURED  
BY A TERM SO EPHEMERAL,  
A QUANTITY WHICH ONLY SEEMS TO MEASURE  
CORRECTLY?

IS A YEAR SO FINITE? SO INFINITE?  
DOES IT REALLY CONTAIN  
365 DAYS (PLUS A BIT MORE)  
8760 HOURS (PLUS A BIT MORE)  
525,600 MINUTES (PLUS A BIT MORE)?  
PROBABLY NOT.

NOT EVEN IN OUR PERCEPTION OF A YEAR  
WHEN WE ARE YOUNG,  
DO WE BELIEVE WE CAN FILL ALL THAT TIME.  
AND YET, AS THE TIME GROWS MORE PRECIOUS  
WE DON'T WANT TO FILL IT,  
BECAUSE THAT WILL MAKE IT GO FASTER.

AND SO--  
WE LIVE OUT OUR DAYS MARKING TIME,  
CAREFULLY MEASURING IT ON CALENDARS  
WRITING DOWN IN LITTLE BOOKS  
WHAT WE HAVE DONE WITH IT.  
AS IF THAT MADE ANY DIFFERENCE AT ALL.

AS IF ANYTHING AT ALL MAKES ANY DIFFERENCE--  
AT ALL.

AND YET,  
WE MUDDLE THROUGH SOMEHOW,  
HOPING WE HAVE MADE A DIFFERENCE.



Lighting a Christmas candle in Cairo



This is where I spent my time



# Chaplains Corner

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## Chaplains Corner with Lee Jankowski



When I was young, I admired clever people. Now that I am old, I admire kind people. -Rabbi Abraham Joshua Heschel

Chances are as you read this newsletter, patience may be running thin. It's the holiday season, where no matter your faith tradition, there is a holiday – a Holy Day - you are likely preparing for. And perhaps you, or the people you love, are worried about what is not getting done or grieving about what can never be done again like it was in years past.

Whenever patience runs thin, kindness can run even thinner. Especially toward ourselves. Remember this Holy Day season that you are enough. The gifts, the food, the merry festivities - they are fine, but even without any of those, you and your loved ones are enough. Know this: You are so loved just as you are. Go love others just as they are. Shower them with patience and kindness this season. Peace be with you!



# CHRISTMAS WORD SEARCH

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

ADVENT  
ANGEL  
BELLS  
CANDY

GIFT  
CHEERFUL  
HOLIDAY  
TREE

COOKIES  
DECEMBER  
EGGNOG  
ELF

FIREPLACE  
FROSTY  
GINGERBREAD  
TIDINGS

GRINCH  
ICICLE  
NORTH POLE  
NUTCRACKER



On Dec. 5th St. Nicholas  
leaves toys, nuts,  
fruits and  
chocolate in  
childrens' shoes



KFC fried  
chicken is a  
staple on  
Christmas  
in Japan



St. Nicholas was a bishop in the  
4th century. Dutch settlers  
brought his  
legend to  
America where he  
became Santa  
Claus



26 million trees  
are grown each  
year and take  
7-10 years to  
mature



The first  
Christmas  
was  
celebrated in  
336 in Rome

The USPS answers  
thousands of  
letters to Santa  
every year through  
a program called  
Operation Santa



Since 1991, artificial  
Christmas trees  
have outsold  
live ones



The Elf on the  
Shelf is so  
popular that he  
has his own float  
in the Macy's Parade



## Resident Birthdays

Chuck P.	12/02
Ron B.	12/13
Carolyn F.	12/14
Wanda L.	12/15
Beth G.	12/15
Leola H.	12/19
Larry L.	12/20
Pat S.	12/25
Caroline D.	12/27
Linda W.	12/28
Nancy H.	12/31

## Resident Anniversaries

Landucci's - 4 Years	12/03
Ronald E. - 4 Years	12/09
Caroline D. - 3 Years	12/09
Messerschmidt's - 3 Years	12/15
Bev R. - 2 Years	12/01
Shirley B. - 2 Years	12/05
Karen K. - 2 Years	12/09
Nancy H. - 2 Years	12/12

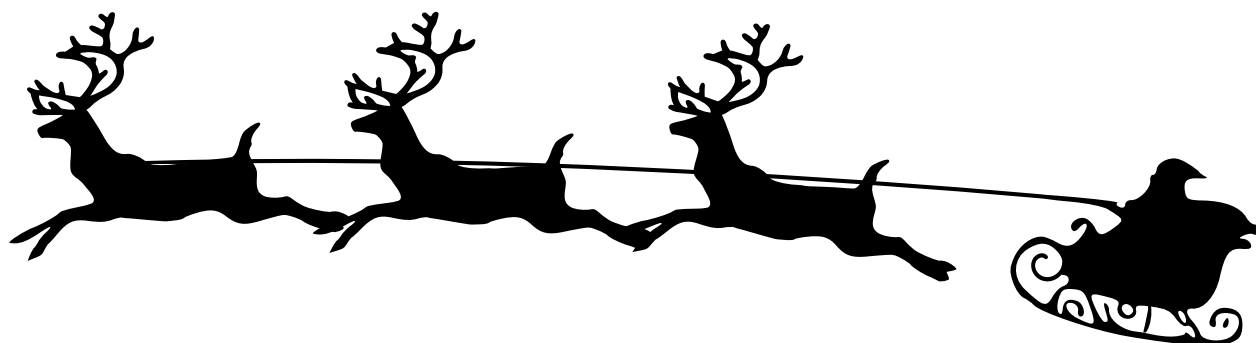
## EMPLOYEE BIRTHDAYS

Marquis W.	12/09
Misael O.	12/16
Roderick M.	12/20



## EMPLOYEE ANNIVERSARIES

Brenda B. - 2 years	12/29
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# Community Team

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