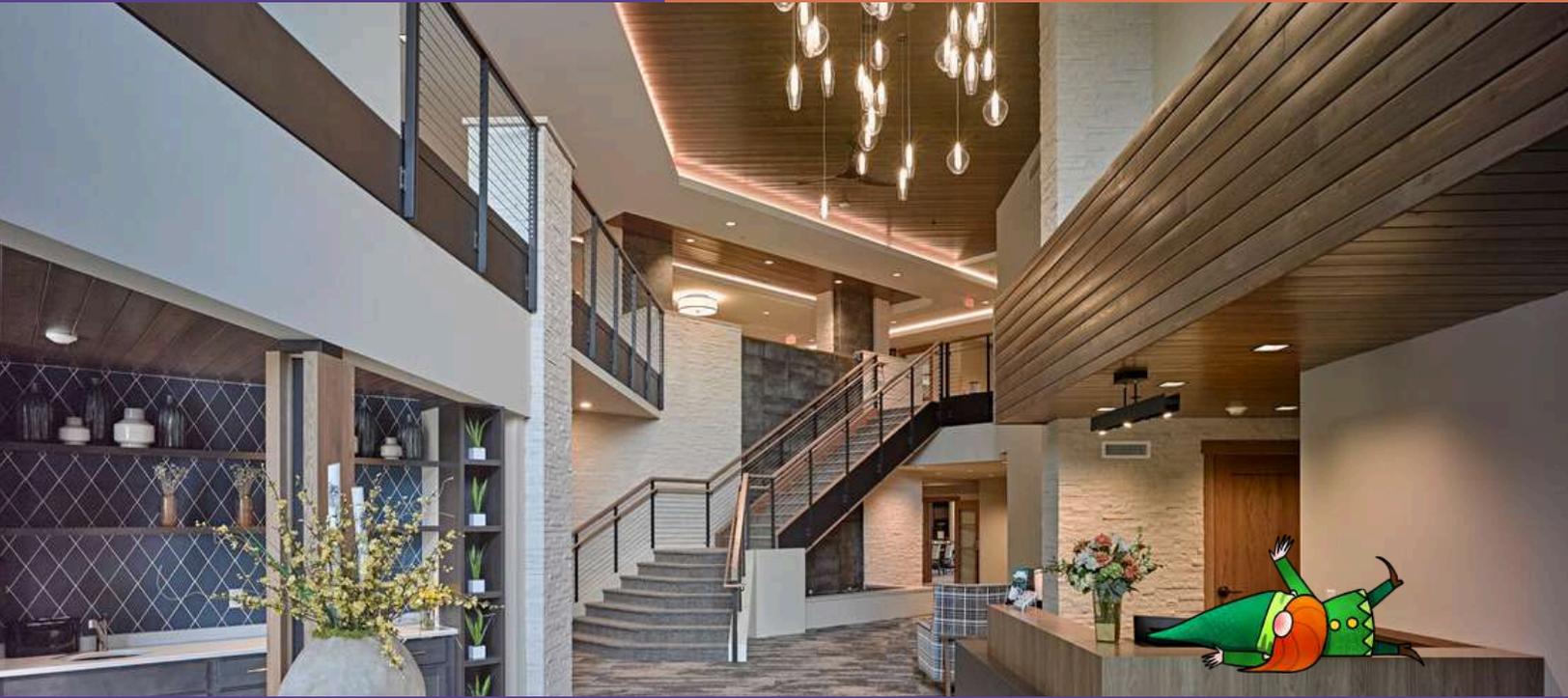




Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



March Newsletter

Discover what's new at Cardinal View



May your troubles be less,
And your blessing be more.
And nothing but happiness,
Come through your door.

-Irish Blessing-

COMMUNITY LIFE

March 2025

Entertainment

Music w/ Kevin Murphy

Wednesday, March 4th at
3:30pm
2nd Floor Cardinal Room

Heartstrings Concert

Wednesday, March 11th at
3:30pm
2nd Floor Cardinal Room

Irish Music with Greg & Casey

Friday, March 13th at 10:30am
2nd Floor Cardinal Room

Guitar Music with Isaih Hessling

Thursday, March 19th at 4:00pm
2nd Floor Cardinal Room

Capitol Quintet

Monday, March 23rd at 6:00pm
2nd Floor Cardinal Room

Happy Hour w/ Richard, Piano Man

Friday, March 27th at 3:30pm
2nd Floor Bistro

Lifelong Learning: Art & History – A Journey through The Civil War

Discover how America's most defining conflict & the Reconstruction era that followed, were captured through powerful works for painting, sculpture & the emerging art of photography.

Card Making 101

Wednesday, March 18th
at 3:00pm

Come and make some cards
from scratch with Barb!

(SIGN-UP REQUIRED)

****Sign-up sheet in Arts &
Crafts Room****

Presentation: Memories on my Childhood on Badger Creek By: Peggy P.

Thursday, March 19th at 2:00pm
1st Floor Good Neighbor Room

The Farm on Badger Creek is a fitting tribute to her settler ancestors and a way of life now gone— and a celebration of the hardy people who carve out a life in our nation's rural communities.



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COMMUNITY LIFE EXERCISE CLASSES

Starting in March, Cardinal View will be partnering with Fox Therapy for exercise classes. Lisa Norton, Fitness Specialist with Fox Therapy will be teaching exercise classes 3x a week (Mondays, Wednesdays & Thursdays).

Cardinal View will continue to offer classes Tuesdays (Videos) & Fridays in person with Community Life Assistant Caitlin.

Below is the exercise schedule starting Monday, March 2nd:

Mondays:

9:30AM - Chair Yoga - All Levels (1st Floor Badger Wellness Room)

10:15AM - Strength Class - All Levels (1st Floor Badger Wellness Room)

Tuesdays:

9:30AM - Tai Chi (Video) (2nd Floor Cardinal Room)

10:15AM - Stretch (Video)

Wednesdays:

9:30AM - Balance and Bands - All Levels (1st Floor Badger Wellness Room)

10:15AM - Strength Class - All Levels (1st Floor Badger Wellness Room)

Thursdays:

9:30AM - Posture and Core - All Levels (1st Floor Badger Wellness Room)

10:15AM - Strength Class - All Levels (1st Floor Badger Wellness Room)

Fridays:

10:15AM - Stretch (2nd Floor Cardinal Room)



Monday Night Documentary

Series: Our Oceans

Time: 6:30PM

(1st Floor Good Neighbor Room)



EPISODE 4: ARTIC OCEAN MONDAY, MARCH 2ND

THE AVOCADO'S RISE FROM CULINARY FAD TO MUST-HAVE SUPERFOOD HAS MADE IT A LUCRATIVE CROP -- AND A MAGNET FOR MONEY-HUNGRY CARTELS.

EPISODE 5: SOUTHERN OCEAN MONDAY, MARCH 9TH

IN THE SOUTH OF FRANCE, FRUSTRATED WINEGROWERS GO TO EXTREMES TO STAVE OFF CHEAP IMPORTS FROM SPAIN AND NEW COMPETITION FROM CHINA.

A new Monday Night Documentary series will begin Monday, April 6th.

Thank you so much for participating in the Documentary Series.



Your Lifespark Chaplain

Ann Simmons

Spirituality is about our beliefs, our values, and the places where we find meaning and purpose. As the chaplain in your senior living community, I have the privilege of learning more about spirituality from each resident, family, and staff member I meet. I am here as a companion to facilitate and support your unique spiritual expression and practices.

My role here is to foster spiritual health, which might include conversation groups, worship experiences, one-on-one visits, special gatherings, and more. If you'd like a visit, please reach out to me by email, leave me a message at the front desk, or let any of our staff know that you'd like to see the chaplain.

I am here to support your spiritual goals, assist you with spiritual needs, and accompany you in this part of your life's journey. I look forward to connecting with you!

Lifespark Chaplains offer Spiritual Health signature services to the residents, families, and staff of Lifespark Senior Living communities, including:

Counseling and Visitation - We provide one-on-one counseling and visitation for those seeking emotional, spiritual, or bereavement support.

Spiritual Groups and Programs - We facilitate religious gatherings, spiritual well-being programs, and learning opportunities for residents, staff, and families.

Coordination with Local Spiritual and Religious Leaders - We coordinate with local faith leaders and communities to support individual religious or spiritual preferences as needed.

End-of-Life Support - We offer end-of-life connection for individuals in the final stages of life and their community of residents, family members, and staff.



asimmons@lifespark.com

FOR MORE INFO VISIT:
lifespark.com/sl-spiritual-life



Lifespark™

SPIRITUAL PROGRAMS

With Chaplain Ann Simmons

In Person Service

Tuesdays at 2:00pm

1st Floor Good Neighbor Room

Weekly Services are Non-Denominational and will include songs, hymns of worship, praise, scripture reading, reflections, a devotional message from the scripture and prayer time and a period of silence.

Special services will be offered for church holidays and key holidays for other denominations.

Reflection & Meditation

Thursdays at 1:45pm

4th Floor Morey Room

This group time will include comforting prayer and scripture and a brief scripture reading, hymns and songs that are soothing and help us to be closer to God, practices and traditions that are familiar to us and reflections and meditation. Occasionally, activities reflecting our faith traditions will be included.

Growing in Grace

Tuesdays at 3:00pm

1st Floor Good Neighbor Room

30 minutes of open discussions in areas of life events, losses, hardships, joys etc. with Chaplain Ann Simmons.

Questions?

You can contact Chaplain Ann at
Ann.Simmons@lifesparksl.com

Chaplain Ann is onsite at Cardinal View on Tuesdays & Thursdays and can be found in the 1st Floor Good Neighbor Room. Chaplain Ann also visits with residents and maybe walking around the building.





Chaplain's Corner

As we step into March, we find ourselves at a beautiful crossroads between winter's quiet rest and spring's hopeful renewal. March carries with it a gentle reminder: change is always unfolding, even when we may not notice it at first.

In many traditions, March symbolizes new beginnings—the earth softens, the days stretch a bit longer, and buds start daring to appear. Even if the weather still feels chilly, we know that beneath the surface, life is preparing to bloom. This month invites us to reflect on what renewal can mean at every stage of life. Renewal isn't only for the young—it's for all of us. Sometimes it looks like learning something new, reconnecting with an old friend, trying a new puzzle, revisiting a favorite piece of music, or simply allowing ourselves a fresh perspective.

As we enter this season of renewal, I invite you to look for one small sign of hope each day. It might be a kind word from a neighbor, the laughter from an activity room, a memory that warms your heart, or the sunlight streaming through your window. Hope doesn't always shout—sometimes it whispers.

Let us also remember that we walk this journey together. Whether you are celebrating, healing, reminiscing, or simply taking each day as it comes, you are not alone. This community is a tapestry woven from each person's story, wisdom, faith, and presence. What a blessing it is to share the path with one another.

Gracious God, as we move into this season of new beginnings, fill our hearts with peace, hope, and gentle strength. Help us notice the small signs of life and beauty around us each day. Bless our community with kindness, understanding, and joy. May your comfort be with all who need healing, and may your light guide our steps as we journey together into spring. Amen.

Health & Wellness Update

As we welcome the month of March, we're reminded of how this time of year often brings a sense of renewal. The days are getting a little longer, the air feels a bit lighter, and we're finally moving closer to spring. With that spirit of fresh starts, I'd like to share a few helpful reminders to keep us feeling our best as the seasons begin to change.



Kacy Riley, RN
Health Services Director

Spring Is Coming—So Are Seasonal Allergies

March is often the start of seasonal allergies. If you notice watery eyes, sneezing, scratchy throat, or a runny nose, please let our care team know. We can review your medications and make sure you have the right support to stay comfortable.

Stay Hydrated as the Weather Warms Up

Even mild temperature changes can affect hydration. Drinking water regularly helps with:

- energy levels
- digestion
- skin health
- preventing dizziness or light-headedness

Boosting Mood & Movement

With brighter days ahead, March is a wonderful time to increase light movement—whether that's gentle stretching, short walks, joining group exercise, or participating in fun activities. Even small amounts of movement can improve mood, sleep, circulation, and balance.

Focus on Immunity

The end of winter can put extra stress on our immune systems. A few things that help:

- regular handwashing
- balanced meals
- good sleep

Maintenance Update:

During the week of April 6–10, Dave Jones will be onsite to perform the scheduled spring HVAC cleaning and filter replacements. Each unit will be removed, transported for cleaning, reinstalled, and thoroughly tested to ensure proper operation.

To help facilitate this process, please ensure that all items are cleared from in front of furnace room doors so they can be fully opened. Your cooperation is greatly appreciated.



Jim Larson
Maintenance
Director
608-909-3106

Reminders:



ACCEPTABLE ITEMS:

- Office paper
- Cardboard (flattened)
- Steel/tins food cans
- Glass beverage/food containers
- Newspaper
- Aluminum cans
- Aseptic cartons (milk, juice, broth, etc)
- Plastic bottles / tubs / jugs #1-7



UNACCEPTABLE ITEMS:

- Plastic bags
- Trash (candy wrappers and food bags)
- Clamshell food containers (plastic or Styrofoam)
- Packing peanuts or bubble wrap
- Wires or hoses
- Shredded paper
- Scrap metal
- Pizza boxes
- Straws/plastic silverware
- Light bulbs



TIPS FOR SUCCESS:

- Keep all items loose, no plastic bags
- Empty and rinse out containers of food and liquids
- Flatten cardboard
- Contact us for clarification

7373 Washington Street | Denver, CO 80229
Phone: 303.744.9881 | Fax: 303.744.0888

Green Today. Green For Life. | gflenv.com

Any questions please reach out to Jim.

Jim Larson
Maintenance Director

From the Director's Desk



As we welcome the month of March, we're reminded of how this season brings a sense of renewal and forward momentum. The days are growing a bit longer, spring is just around the corner, and with that comes fresh energy and opportunities throughout our community.



Celebrating Growth and Connection

March encourages us to look ahead with optimism. Whether it's trying a new activity, reconnecting with neighbors, or simply enjoying a little more sunshine, I hope each of you finds moments that brighten your day. Our team continues to create meaningful experiences for residents, and I'm grateful for the enthusiasm and participation we've seen so far this year.

Our Team Is Gold – Appreciation Station

This month, we are excited to host our "Our Team is Gold – Appreciation Station" celebration! This special event is dedicated to recognizing the incredible work our employees do each and every day. Our staff brings heart, dedication, and compassion to our community, and this is a chance for all of us to show our gratitude. Residents and families are welcome to share notes of appreciation or simply offer a warm "thank you" when you see team members around the building. Their positivity and commitment truly make our community shine.

Resident Birthdays

Richard "Dick" D.	03/03
Patricia "Pat" D.	03/04
Harry S.	03/18
David "Dave" D.	03/23
Marlene V.	03/24
Susan C.	03/25
Jean D.	03/28
John B.	03/31
Mary V.	03/31

Resident Anniversaries

Mary V.	4 yrs	03/23
Beaty A.	3 yrs	03/01
Linda P.	3 yrs	03/05
Karen S.	3 yrs	03/10
David D.	3 yrs	03/14
Orpha B.	3 yrs	03/15
Lorene N.	3 yrs	03/31
Pilsners	2 yrs	03/07
Mary Ellen H.	2 yrs	03/19
Elmer G.	1 yr	03/13
Wilhites	1 yr	03/28

Employee Birthdays

Marisol M.	03/20
Lydia N.	03/23
Carlos H.	03/30
Ava F.	03/31

Employee Anniversaries

Julie H.	5 yrs	03/22
Elijah R.	3 yrs	03/27
Ava L.	1 yr	03/06
LaToiya M.	1 yr	03/06
Shanae H.	1 yr	03/20





Community Team

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Director
608-909-3104



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Health Services
Director
608-820-8325



Jim Larson
Maintenance
Director
608-909-3106



Zoe Hyland
Administrative
Assistant
608-820-8325



Daryl Jones
Culinary Director
608-909-3105



Community Life
Director
608-909-3103



David May
Sales & Marketing
Director
608-909-3100



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

