



# News From the Nest

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Cardinal of Minnesota, Ltd.

## Who's Who on the Newsletter Committee

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## Cardinal's Biggest Losers!!!

Over the past year, 30 management staff at Cardinal, including Residential Supervisors, Program Directors, office staff, and even Jack, participated in a team weight loss challenge. It started with an initial weigh-in back in June of 2005. The goal was for all participants to lose at least 10 pounds during the challenge. It consisted of 6 teams who had the opportunity to earn rewards for the most weight lost, as well as individual rewards for the highest percent of body weight lost and most pounds lost. It was a great success with the entire group losing a combined total loss of approximately 400 pounds. Jen Douty from Austin was the "biggest loser" in both areas of most pounds lost and highest percentage of body weight lost, weighing in 33 pounds lighter at her final weigh-in. Now that this competition is over, we are all looking forward to the next team challenge from our wellness department. Congratulations to all our Cardinal Losers!

## In the Kitchen With MaryAnne

### Slithering Stromboli

1 can (13oz) refrigerated pizza crust  
1/4 lb. sliced provolone cheese  
20 slices of pepperoni  
1 jar (1lb.10 oz jar) Ragu Old World Style Pasta Sauce  
1 cup shredded mozzarella cheese  
1/4 cup grated parmesan cheese  
Slithering Stromboli Garnishes \*



1. Preheat oven to 400. Roll dough to a 14x10 rectangle. Layer the provolone cheese, leaving a 1 inch border around edges. Top with pepperoni in a single layer, then spread the pasta sauce evenly over the pepperoni. Sprinkle the mozzarella and parmesan cheeses evenly over the sauce.
2. Roll, starting at the longest end. Fold the ends and pinch to seal. On a baking sheet, arrange the stromboli in an S-shape, seam side down. Create face with garnishes. \*
3. Bake 20 minutes or until bread is golden. Let stand 10 minutes before slicing. Serve with the remaining pasta sauce, heated.

\* *For garnishes: Use sliced zucchini rounds and pitted ripe olives for eyes, chives for eyebrows, and long thinly sliced carrot for a tongue.*

# JP's Corner

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Since completing our year-long 10 Year Anniversary celebration, I have given a bit of thought as to what those years have brought our company. For me, it comes down to relationships: clients, families, employees, vendors and so many others who have directly or indirectly been affected by Cardinal and have become part of the Cardinal “family.”

I would like to say thank you to the individuals who have helped Cardinal become what it is today. Many of you know that I am extremely loyal to those who have chosen to do business with our company. In the beginning, many businesses put their faith in Cardinal, some on the mere promise that we would pay for the goods or services they provided, “when we can.” This trust has led to several relationships that have lasted for over 10 years and I hope will last for many more.

Thank you to our clients and their families. These relationships are the most “fun” for me. Over the past 30 years or so, I have never gotten tired of making clients laugh and especially being made to laugh by them!!! I trust we will continue to give each other a hard time. I know I am looking forward to it.

I would also like to say a special thank you to our employees! We all have many career options available to us, so I am grateful to our many employees who have chosen Cardinal for part of their career. We have several employees who have been with the company virtually from the beginning, and many who have been here five years or more. This means more to me than any of you will ever know. Thank you!!

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## Cardinal Idol Talent Show

What can be said about our first Cardinal Idol, except “WOW.” Talent doesn’t begin to describe what we have at Cardinal. With 19 acts involving over 40 people, our first “Idol” show was a resounding success. This looks to be another annual activity, so those of you who were too shy this year, start tuning up your instruments, memorizing your words, and see if it’s possible to top this year’s program. Check out the pictures of the acts on pages 4 and 5.

# “Who’s in the Spotlight?”

## Polar Bear Plunge

The Polar Bear Plunge was held on Saturday, February 11th, 2006 at Foster Arends Park in



Rochester. This event is put on each year by the Law Enforcement Personnel to raise money and awareness for Special Olympics. It is a unique opportunity to support Special Olympics Athletes by plunging into the frigid water of Minnesota. This year there were 216 plungers raising over \$52,000 for Special Olympics! Out of the 216 plungers, 2 of them reside with Cardinal of Minnesota, Ltd. Anne MacGillivray and



Travis Whitcomb were brave enough to take

the plunge for Special Olympics, an organization in which they are very actively involved.

## St. Pat’s Party



South Park celebrated their third annual St. Pat’s Party on March 15th. This year the party was moved to Century High School to better accommodate the party goers. There was a lot more space, good food, good times and good friends. It was great to see the families who were able to attend, as well as clients and staff. A big “Thanks” to everyone who helped organize it, who brought food, who helped with the decorating and especially who helped with the clean up. See you there next year!

## Cardinals of Minnesota

One summer day there was a cardinal, who was just flying by. The cardinal stopped when he heard this lil boy who wanted to die. The little bird thought “Why won’t someone help this little boy who can’t walk?” The little red feathered bird decided he’d help the boy with his needs and bring him back joy. 3 years had passed. The boy had grown to enjoy his life. He still has that little red feathered friend helping him on a daily basis. I write this because I was that lil boy. This is my way of saying “Thank you.”

**Author: Adam Finke**

## Congratulations!

Apologies to the following people who were missing from our last issue. They are: Tom Brass, Connie Caynor, Kimberly Kranz, Tokriel Manyiel, Nikki Plank, Katrina Puffer, Sky Royston, Sandra Sanford, Kimberly Worisek, and Dan Zeller.

Thank you for the three years you have worked with Cardinal.



**First Annual**

# Cardinal Idol





## *Looking Inside...*

# Sapphire Heights

While Cardinal of Minnesota was busy celebrating 10 years of providing services for our clients, we were also busy opening our 25th house, Sapphire Heights.



Margot

Margot is a very social person who loves joking around with people. She also loves to go dancing, bowling, and making crafts. Margot is employed by Country Inn & Suites through ABC.

Machel is our #1 Vikings fan! She works at the ABC-AE program and recently was hired for an on-call job at HyVee. In her spare time, Machel loves writing in her journal and playing games on the computer.



Machel

Lori is a very hard worker. She works in the dish room at IBM and saves her money so she can go shopping, which happens to be her favorite thing to do. Lori is involved in classes through Community Ed., and is also an athlete and is looking forward to being involved in the Special Olympics again this spring.



Lori

Amy is the soft-spoken, intellectual one. She enjoys reading books and loves doing puzzles and working on word search books. Amy is a great fan of the band "Motley Crew". She takes great pride in any work that she does. Amy has a beautiful smile that is guaranteed to warm your heart.



Amy

*Looking Inside...*

# Windmill Ridge



Windmill Ridge opened on April 1st, 2001. This spacious home is located in the Oronoco countryside and has a beautiful scenic view. The staff and clients enjoy the peaceful surroundings and going for walks or golf cart rides.



Amy

Amy's day program is provided by Cardinal. She and her full-time staff participate in a variety of activities during the day. Amy is an auxiliary member of Olmsted Community Hospital and volunteers regularly for their many events.

Mandy will be graduating from Century High school in June. This summer she will begin her employment with Ability Enterprises. Mandy is a very happy individual who loves to have people clap and sign with her.



Mandy

This spring she will be participating in "RideAbilities" horseback riding program.



Teri

Teri works 5 days a week at PossAbilities. She is very enthusiastic and friendly. Her favorite card game is "Uno" and she is always ready to play with anyone who has the time. Teri enjoys helping out with housework and keeping her space "neat and tidy."



Donna

Donna is involved in the Abilities Unlimited program through ABC. When she is not working she loves to go shopping and out to eat. Donna has recently become involved with the local church and has been attending every Sunday.

# Congratulations

to everyone celebrating their anniversary with  
Cardinal during the last quarter

## 11 Years

Kathy Karls  
Tom Keller  
Jack Priggen

## 10 Years

Pauline Iverson  
Misty Leidal

## 8 Years

Traci Corson  
Paula McGuine

## 7 Years

Demari Johnson  
Denise Johnson  
Shelly Manship

## 6 years

Mary Lou Hanson  
Susan Hicks  
Dawn Magnuson  
Connie Miller  
Mary Sears

## 5 Years

Stephanie Cochran  
Eric Corson  
Becky Hoksch  
Karen Huffman  
John Pihart  
Laura Thompson

## 4 Years

Orchid Englund  
Violet Nelson  
Gina Ommen  
Monica Pena  
Kristin Walker

## 3 Years

Amanda Ellingson  
Linda Eppler  
Lyndsay Gasca  
Deborah Krachmer  
Lacy Morse  
Sheila Omar  
Diana Thompson

## 2 Years

Bandi Deetz  
Merry Finley  
Tessa Ingebritson  
Lynne Keeler  
Kimberly Kiehne  
Krista Koblotz  
Maggie Payne  
Melissa Satler  
Jessica Voss  
Ashley Ziebell

## 1 Year

Marian Ali  
Jeanette Brown  
Anita Gabrielson  
Todd Hagedorn  
Megda Haji-Yusuf  
Beth Hemann  
Kristin Henning  
Nicole Ihrke  
Amanda Johnson  
Sarah Korsness  
Jennifer Kraft  
Erin Kroc  
Shanda Kullenberg  
Kathleen Lynch  
Mary Jean Miller  
Kyle Mullen  
Shawn Olevson  
Fatima Omar  
David Otterness  
Megan Sondrol  
Dean Thompson  
Jill Wolf  
John Wood

# Thank You

for your years of service



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