



# News From the Nest

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Cardinal of Minnesota, Ltd.

## Who's Who on the Newsletter Committee

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## Cardinal is Ready When the Time Comes

Cardinal of Minnesota recently partnered with the American Red Cross and their program, "Ready When the Time Comes." A group of 30 Cardinal employees, made up of Residential Supervisors, office staff and management staff, went through the Red Cross disaster relief training to be ready to assist as volunteers in the event they are ever needed for local disasters. The individuals who received this training are also trained and ready to assist in the event of any national disaster throughout the United States, though our partnership with the American Red Cross is a commitment to just respond to local disasters as needed. Cardinal of Minnesota, Ltd. was the first local employer to join forces with the Southeastern Minnesota chapter of the American Red Cross in their "Ready When the Time Comes" program.

## In The Kitchen With... Holly from South Park

### Strawberry Margarita Cake

¾ cup bottled strawberry flavored margarita drink mix  
1 package white cake mix  
1/3 cup vegetable oil  
3 egg whites  
1-8 ounce container of Cool Whip  
Strawberries for garnish

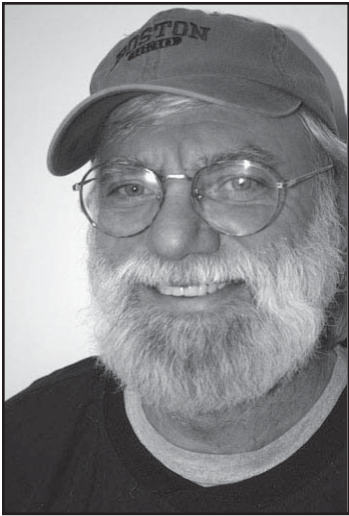
Heat oven to 350. Grease the bottom only of a 9x13 pan.

Add enough water to drink mix to make 1 ¼ cups. Beat cake mix, drink mix, oil, and egg whites in a large bowl with electric mixer on low speed for 2 minutes.

Pour into pan. Bake 28 to 33 minutes or until pick inserted in center comes out clean. Cool completely, at least an hour.

Thaw Cool Whip and spread on cake. Garnish with strawberries.





# JP's Corner

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## Cardinal Expands to Bemidji

On June 14th, 2006, Cardinal opened its first house in Beltrami County. The home is located in Bemidji, Minnesota. My good friend, Marshall Goughnour, contacted me when he left his previous employer and asked if we had any interest in opening one or more homes in the Bemidji area. Since it is only 300 miles away, we decided there was no good reason not to!!! Actually, the experience and expertise that Marshall brings to this expansion is the primary reason we were willing to develop services so far from our core geographic area.

In April, my best friend and real estate consultant extraordinaire, Wayne Mallan and I traveled to Bemidji to view a few properties and made an offer on a house that day. (I don't travel 300 miles to shop unless I'm prepared to buy!!) Paula McGuine, Carol Johnson, Michael Garner and I traveled to Bemidji, via our cabin in Upsala, for a three day sojourn the first week of June and had a great time taking care of several important details as well as providing orientation and training to our newest Cardinal staff members. Marshall made the house "Cardinal ready," and we opened the home for two men right on schedule. We already have another house in the development stage and look forward to serving four clients at that site in the near future.

If you are ever in Bemidji, look up Marshall and the Cardinal gang. The house is located on Feelinrite lane, just off Cardinal Drive!!! As Michael Garner would say, "How cool is that?!!"



**Bemidji Staff Photo (From left to right) Back Row: Max Brown, Carol Johnson, Marshall Goughnour, Cindy Goughnour, James Bergeron, John Dwyer, Jimmy Harper, Ryan Quirin, Michael Garner. Front Row: JP, Lynn Schuster.**

**Not Pictured: Aaron Graber, Josh Almendinger and Byron Willard.**

# “Who’s in the Spotlight?”

## Miss DAC, Ann Whalen

Ann Whalen resides in Cardinal’s home in Winona. She currently works at the Winona DAC, one of the vocational programs there. Ann participated in the Miss DAC pageant on June 30th at her work sight. The pageant consisted of a question that was asked and the judges would decide which answer they felt was the most creative. Ann was asked, “Who is your favorite staff person, and why?” Ann stated the name of the Executive Director of the DAC, who was also one of the judges. Ann won Miss DAC and was able to wear a sash throughout the rest of the day, as well as a tiara. Ann states that she will participate again next year.



## In Home

Shelly came to Cardinal as our first in home client. Since then she has joined People First where she became the reporter for a two year term, and this year she was nominated and became its current president for two years. Shelly is also on the Board of Directors for ARC and has attended some of ARC’s conferences. Shelly lives independently at Twin Towers in Austin. Congratulations on your accomplishments, Shelly, and thank you for your continued work and volunteer efforts.

## Locks of Love

Recently, Holly Timm decided on the ultimate sacrifice and cut her hair to donate to the “Locks of Love” program where your hair is used to make wigs for patients undergoing cancer treatments. You need to have 10 inches or more to donate, Holly has such thick hair that it was divided in half so she could donate two!



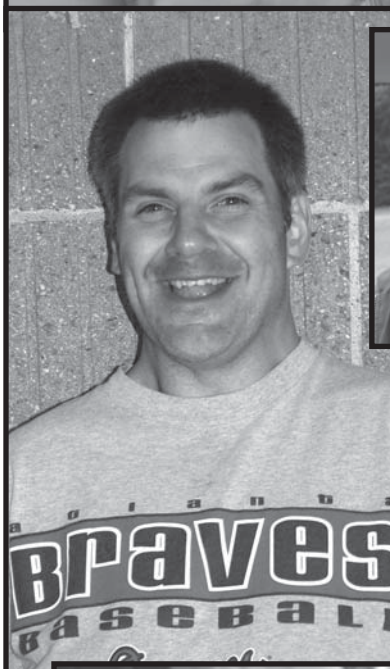
## Camp Stacy

We have had another successful year of summer activities. In fact this year’s participation in Camp Stacy has been so overwhelming we will need to make some changes next year to accommodate everyone who wants to participate. We started off the year with Craft Night. Everybody enjoyed meeting at the office, choosing what craft they wanted to paint and eat pizza. Next we sped off to Austin to tour the Spam museum and were amazed by all the Spam merchandise in the gift shop. This year we went horseback riding EARLY on a Saturday morning in an attempt to beat the heat. Valley Fair was once again a huge success despite the drizzle and overcast sky. LaCrosse Wisconsin welcomed us back to ride the LaCrosse Queen, and everyone was excited to see the animals at the Como Zoo again. There is one more Craft Night planned, as well as going to the Renaissance Festival in September to rub elbows with royalty. Thank you to everyone for your participation in Camp Stacy!

It was a cold and rainy day....



**Filled with Fun, Food  
and Laughter**



**Client Picnic June 25, 2006**

The piñata's were a "hit" with both young and old



## Staff Picnic, August 11, 2006



*Looking Inside...*

# City View

**City View originally opened in December of 1998 and was at that time known as the Jefferson house. In September of 2002, we moved to our present location and changed our name to City View.**



**The women who live here are Jane, Jen, Jeri and Sandy. While our home was under construction we went to visit the house often and watched as progress was being made. The ladies were all picking out their bedroom and colors for their walls long before the house was finished. Jen and Jane live in the downstairs sharing a kitchen and bathroom. Jeri and Sandy live**

**in the upstairs where there is a nice deck overlooking the backyard. Our neighborhood is still in the growing stage and now we are watching as many other homes are being built and new families are moving in. We have started to meet some really great neighbors.**



**All of the ladies are employed through ABC. Sandy works at Ramada in the laundry department; Jeri has many duties working in-center with AE where her favorite duty is sweeping; Jane works at the Mayo Clinic in patient records; Jen is working 4 days a week in the laundry area at Michael's restaurant.**



**The ladies in this house are constantly on the go with Community Ed classes, RADAR bowling, going to movies, visiting with family members, going to events at the Recreation Center, doing crafts at home and, of course, vacationing.**

**Each one of the ladies brings something special to their City View home.**



*Looking Inside...*

# Forest View



Forest View, located in the heart of “Amish Country,” is home to John, Kevin, Charlie and Dennis. It is one of two houses operated by Cardinal of Minnesota in Fillmore County. First opened on October 8th 2000, in a small 3-bedroom home, we all moved to our present location on April 8th 2002, into a much larger and more spacious home. Forest View sits at the very edge of town in a quiet neighborhood that is slowly expanding. All four gentlemen living here are employed by Fillmore County DAC.



John loves sports. He is a fan of the local Fillmore Central Falcons as well as a HUGE fan of the Minnesota Vikings, Twins and Gophers. He enjoys making trips to the dome twice a year to watch the Vikings and Twins play. In his eyes, they are “always” winners! John also enjoys watching country western shows and has filled his room with quite a variety of Native American figurines.

Kevin is a big John Deere fan and has many J.D. collectables in his room. He enjoyed a trip to Waterloo last year to the John Deere Factory where he could watch as tractors were being built. In his spare time, Kevin enjoys drawing pictures, coloring, and visiting with his Mom and Sister in Fountain, MN.



Charlie enjoys going to the Lanesboro Sale Barns every Friday with his housemates to watch the livestock auction. In his spare time, he enjoys bike riding or cutting shapes out of paperboard. Charlie also enjoys mowing the lawn and visiting with his family in Rushford, MN.



Dennis spends Mondays and Fridays visiting the Sale Barns in Decorah, IA and Lanesboro, MN. He also loves watching the livestock and especially enjoys spending this time with the many friends he has made there over the years. Dennis is also a big Vikings / Twins fan and looks forward to his trips to the dome to watch the games.



# Congratulations

to everyone celebrating their anniversary with  
Cardinal during the last quarter

## 8 Years

Donna Brass  
Julie O'Neil

## 7 Years

Jennifer Douty  
Diane Foley  
Maggie Hodge  
Siri Mossing  
Kristin Nagel  
Joyce Young

## 6 years

Kristine Chladek  
Stacy Stiever

## 5 Years

Joanne Adler  
Lori Kollasch  
Lawrence Stortz

## 4 Years

Chelsey Berg  
Lynne Corcoran-  
Zubke  
Karen Erickson  
Michael Garner  
Heather Nilsen  
Sarah Oachs  
Bonnie Tri  
Kimberly Wood

## 3 Years

Sara Bauza  
Alayna Huey  
Crystal Johnson  
Katie McGuine  
Dennis Stromback  
Jeremy Thompson  
Allison Windhorst

## 2 Years

Zahra Abdalla  
Amanda Brown  
Kristin Diderrich  
Mackenzie  
Johnson  
Nicole LaChapelle  
Andrea Light  
Patrick Priggen  
Emily Tofstad

## 1 Year

Katie Akkerman  
Gloria Balderas  
Katie Bambrick  
Mary Blank  
Jennifer Borgschatz  
Katie Browning  
John Cummings  
Molly Ann Finstad  
Christine Floren  
Teresa Fuchsel  
Julane Gehrking  
Kelli Gillespie

## 1 Year

### Continued

Nicole Hillemeier  
Joanne Hokanson  
Gayle Klinger  
Karolyn Kindschy  
Andrea Kodada  
Kenneth Kohn  
Bethany McCabe  
Liana Michelfelder  
Samantha Moreno  
Denise Morgan  
Jamie Nieman  
Chienye Okwuosa  
Carrie Plank  
Nicole Rathbun  
Jamie Rowe  
Allison Sheehan  
Elizabeth Singleton  
Bradley Strain  
Janis Turbenson  
Kayla Wangen

# Thank You

for your years  
of service

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