



# News From the Nest

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Cardinal of Minnesota, Ltd.

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## Cardinal Donates Vans to Local Families

On March 14, 2011, Eve Pavesich was given a van to allow her the ability to transport her son, Randy, with a lot less worry. Randy lives in our Manor Park home and when his father suddenly passed away in November, Eve was left with the task of keeping their very used and high mileage van in good running condition. When Randy's RS mentioned this need and concern, it only made sense that Cardinal could help them out. As they say, a picture is worth a thousand words.



On May 6, 2011, April Cummings and her family received a 2005 Dodge van from Cardinal. We have been providing In-Home support to April and her family since September of 2003. April's family did not have a van and needed to transfer her out of her wheelchair to get her into their car, and then fold up her wheelchair to also put in the car. Having their own wheelchair accessible van will now make life easier for April and her family.



On June 29, Cardinal gave the 5th of our donated vans to Shannon Baier and his family from Claremont, Minnesota. Shannon's family had heard about Cardinal's practice to give away our used Handicapped Accessible vans from their Dodge County Case Manager. When Cardinal's Community Support



Committee met to review several requests, it was clear that Shannon and his family were in great need as their current van had 150,000 miles on it and was in need of several major repairs. It was a great pleasure to meet Shannon and his family members. We're so glad we could help this family!

### Look What's Happening

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## Osman

Spring Break 2011 found me in Puerto Morelos on the Mexican Riviera with my daughter Michelle. Six days of doing mostly nothing was just what the doctor ordered and the two of us enjoyed our respite from school and work. For many years I have always been eager to share my love of Mexico and of the Mexican people. Mexicans are the antithesis of most stereotypes that have often been associated with them. They are the hardest working people I have ever known and honest to a fault. They not only are willing to do almost anything for you, they convey a sense of pride when able to do a favor for someone else. I have had many such experiences on my travels to Mexico. Michelle and I enjoyed the many amenities of our first-class resort, but again, the most pleasant amenity was the people. While it is true that most tourist destinations have courteous, helpful staff, this is quintessentially true in Mexico.

So, it was not surprising when we encountered Osman on our most recent trip south of the border. Our resort had eight restaurants, each offering a unique cuisine. On our fourth night we chose to dine at the poolside restaurant and the moment our waiter, Osman, first engaged us I knew we were in for a treat. When I ordered a piña colada, Osman's eyes lit up and he quickly offered to upgrade the "house" rum to their top of the line rum and of course double the dose! Who was I to argue?! Thus began one of the most enjoyable evenings I have had for some time.

We returned to the poolside restaurant the next evening as Osman had told us that he would be working there again. When we asked to be seated in his section we were told that he had been shifted to one of the other restaurants; however the hostess was not sure which one. On our fourth try we were told that indeed Osman was working there and we were seated in his section. After a few minutes he emerged from the kitchen and when he saw us, seemed as happy as a five year old kid on Christmas morning. The delight he expressed in our quest to find him was returned in kind by Michelle and me. Thus began the second-most enjoyable evening I have had for some time.

While practicing our Spanish and exchanging tidbits of information about ourselves, I interspersed the conversation with questions about why the Mexican people were so intent on making their guests feel not only welcome, but special. His response was, "Service is my passion!!" Those four words have resonated inside my head for the past four months or so.

Why would I share this story about Osman? Every day I see similar passion displayed by our staff which is aimed at delighting our clients and all the other folks we come in contact with. Our culture may not be exactly what you find on the Mexican Riviera, but our's, based on service and high performance, makes life at Cardinal of Minnesota quite delightful. I am proud to be part of an organization that has formed a culture that allows each of us to give our utmost to our clients, our team, and our organization. Viva Osman!!

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## Bemidji Courage Center Volunteer of the Year

On March 13, 2011, Marshall Goughnour, our "Up North" Administrator, was named Volunteer of the Year for his outstanding commitment to Courage Center's Adaptive Skiing Program. Courage Center ran this program from January 17th through March 6th at the local Buena Vista Ski Resort. Participants were encouraged to get out and enjoy the winter – no matter how they chose to slide down the hill! Each Sunday Marshall would provide individual instruction and physical assistance to people with a variety of physical and visual impairments, as well as a varying range of skill level. It was a very positive experience for both Marshall and the participants as he met a lot of neat people, made some new friends, and enjoyed this time he spent doing what he loves most – next to sailing of course! – which is skiing.





## Camp Stacy

Camp Stacy has been off to a great start this summer. Many have enjoyed going to places such as the Como Zoo, a bonfire in Spring Valley, the SPAM Museum, Niagara Cave, and a ride on the La Crosse Queen. A night of bingo and eating pizza was a big hit by many as well. A new activity that was added to the fun this year was a Trolley Ride in Winona. In the near future trips are planned to Valley Fair, the Science Museum, The National Eagle Center and the Renaissance Festival. It has been a great summer of fun filled activities.

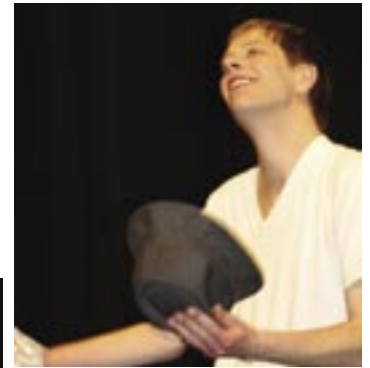
The bonfire was a big success, with over 30 visitors participating this year. After a meal of hotdogs and chips, we all moved down to the fire where we roasted marshmallows and made s'mores. Before long there were not too many clean faces to be seen. While the s'mores are quite fun, the best part is all the laughing, giggles, and interaction among everyone. Thanks to everyone who participated and for all the help you all provided.



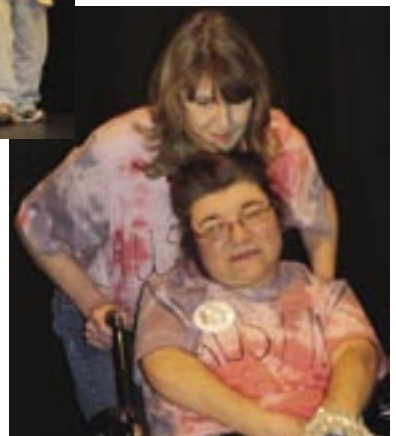
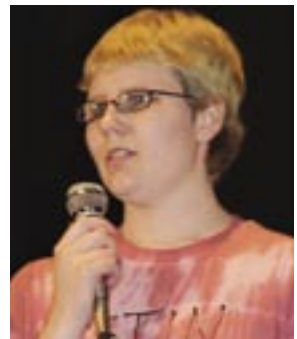
## Cardinal Employees Run the Med City Marathon

On Saturday May 28th, several Cardinal employees and friends participated in the Rochester Med City 5k walk/run event. This was Cardinal's first year participating in the annual event. The weather couldn't have been better and it was a great way to kick off the Memorial Day weekend. Congratulations to everyone who participated, and we look forward to more joining us next year!

# Cardinal Idol



2011





**Brandon Hall**

Brandon receives services through Cardinal's In-Home program and lives with his parents in Rochester. During his free time, Brandon enjoys watching all different types of construction taking place. If there is a new building going up somewhere, you can be sure that Brandon has probably already been there. He also enjoys bowling and has been very busy this past year with bowling in three leagues; on Monday nights and every other Saturday he bowls at Recreation Lanes, and then on Tuesdays he bowls with Park and Recreation. Brandon went camping in June for Special Olympics bowling. Everyone here at Cardinal certainly wishes Brandon "Good Luck at the Special Olympics!"

**Tim Strei**



## A Look Inside: In-Home

Known as "the lady of many hats," Linda started collecting hats when she moved to Rochester. She remembers purchasing her first hat at K-Mart, a white hat with "Winnie-the-Pooh" on the front of it. Since then, she has been collecting other hats including a couple from famous people such as Ricky Skaags and Conway Twitty. Linda is also very proud of the hats she has collected from other countries including Germany, China, Australia and Canada. She has collected hats from New York, Wisconsin, Pennsylvania, New Mexico, Missouri, Alaska and Hawaii. All total, Linda currently has 67 hats in her collection. Each day she likes to wear a different hat and definitely plans on adding many more to her amazing collection.

**Linda Kelley**



**Kevin Hovorka**

Since 2009, Kevin has been receiving In-Home support services from Cardinal and is currently living in an apartment in Rochester with his sister. Recently, he purchased a new car and was very excited to show it off to the receptionists and staff at the Cardinal office. Each week Kevin enjoys coming to the Cardinal office early before his scheduled time with staff so he can enjoy a cup of coffee and spend some time visiting with Lori and Sue at the front desk. They also enjoy Kevin's weekly visits.

Tim resides with his parents on the family farm outside of Rochester and receives weekly In-Home services through Cardinal of Minnesota, Ltd. He enjoys helping with a variety of chores around the family farm, especially feeding corn to the cattle and mowing the lawn using the riding lawn mower. Tim also likes to use the wagon attachment on their riding lawn mower to haul debris from the yard to the burn pile and to help out his neighbors by hauling hay to their farms. He also uses it to bring corn to feed the geese for some of his neighbors and he loves the tasty treats he receives from his neighbors for doing this for them! All of this may sound like a lot of work, but for Tim this is fun! He is always ready and willing to give wagon rides to his nieces and nephews whenever they come to visit. Tim has also shown how very thoughtful he can be when, weather permitting, he will pack a lunch for him and his girlfriend to share as he takes her on a wagon ride and then enjoy having a picnic together.

## A Look Inside: Cardinal Circle



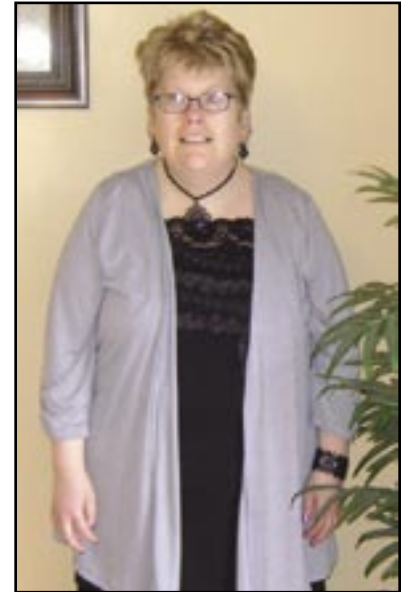
**Amy**

Over 15 years ago Amy moved into Cardinal Circle with the dream of living on her own some day as she was attending school to become a bartender. During this time, Amy lost over 300lbs with the assistance of “Sweatin to the Oldies” videos and going to the gym. While she never actually learned the skills of bartending, she will occasionally find herself on the other side of the bar simply relaxing and singing Karaoke while visiting with others. Amy loves music, dancing, games, bingo and going to the movies. If she has ever met you she will remember everything about you; just ask her! Amy’s ability to retain information is nothing less than amazing. If you want to know how old any of us are, just ask and she will tell you.

Julie also moved into Cardinal Circle over 15 years ago and hasn’t looked back since that day. She remains very active and is always ready to participate in just about anything. Julie loves animals, shopping, games and going to the movies. She is always the first one to offer a helping hand or give a big hug. Julie divides her support between the Vikings & Packers. While her favorite team may vary, her passion and love for the game remains strong.

Lindsey is our newest housemate. She moved into Cardinal Circle in June of 2010 and has been a pleasant addition to our home. Lindsey’s positive personality and willingness to participate in just about anything makes her a fun roommate. She enjoys dancing and playing Wii. Her favorite pastime is being pampered by staff with weekly manicures.

Allison is a long time resident of Cardinal Circle and has been with Cardinal for over 15 years. Allison is the queen of video games and enjoys keeping herself busy by playing games, cards, and working on artsy crafts. Her wry sense of humor will always bring a smile to others. Allison enjoys being a help to her peers and staff.



**Julie**



**Lindsey**

## A Look Inside: In-Home

Naomi Nienow experienced a TBI, however, she is able to live independently in an apartment in Rochester. She receives SILS services from Cardinal of Minnesota, Ltd. and states that she is very thankful for all that Cardinal has done for her, as well as all that they continue to do. Naomi especially looks forward to those times when she can help out at the Cardinal business office. She is a very happy and charismatic person and loves being around other people, especially children and the elderly.

Naomi also enjoys doing things for others and spending time with her family. She states that every day she tries to bring cheer and sunshine into the lives of the people she meets and can even accomplish this on a cloudy, dreary day. Naomi enjoys being outside and going on walks as she loves the sunshine, flowers, and being with nature. She has a pet fish named “Fergalicious,” and also likes frogs, but she states, “Not the real ones!”

**Naomi Nienow**



# THANK YOU *for your years of service!*

## 16 Years

Kathy Karls

## 13 Years

Traci Corson

## 12 Years

Diane Foley  
Maggie Hodge  
Siri Mossing

## 11 Years

Mary Lou Hanson  
Dawn Magnuson

## 10 Years

Joan Adler  
Karen Morse  
John L Pihart  
Laura Willford

## 9 Years

Gina Ommen-Flaby

## 8 Years

Lindsay Gasca  
Lacey Morse  
Michelle Priggen

## 7 Years

Amanda Brown  
Kristin Diderrich  
Lynn Keeler  
Ashley Ziebel

## 6 Years

Marian Ali  
Kris Henning  
Erin Kroc  
Kyle Mullen

## 5 Years

Joshua Almendinger  
John Dwyer  
Paul Gile  
Cindy Goughnour  
Marshall Goughnour  
Corrine McFadden  
Holly Robinson  
Lynn Schuster  
Brandi Turvey

## 4 Years

Trudy Durben  
Sue Foster  
Ashley Gehling  
Paul Henning  
Kimberly Kurth  
Amy Riley

## 3 Years

Cheyenne Capps  
Eric Cardel  
Connie Dostal  
Kerri French  
Richard Fritsche  
Krista Harland  
Kathy Kelly  
Alex Narveson  
Heather Omar  
Joshua Prentice  
Vanessa Remus  
Brigit Risch  
Christopher Sorensen  
Michelle Stewart  
Cheyenne Tollefson  
Philip Zeccardi

## 2 Years

Abdishafi Ahmed  
Kirk Anderson  
Jamar Boone  
William George  
Samantha Googins  
Hannah Hall  
Katherine Henry  
Andrea Kruse  
Gilles Mbo Enoa  
Nicholas Oswald  
Carrie Scheevel

## 1 Year

Samantha Dietrich  
Amy Finn  
Megan Friedrich  
Morganne Goff  
Kara Hartman  
Scott Herman  
Cory Illies  
Tonya Jackson  
Tina Kupcova  
Stephen Mann  
Bridget Nielsen  
Mary Sanderfoot  
Katherine Sayler  
Corey Siewert  
James Sorum  
Seth Wymore

*Congratulations to everyone  
celebrating their anniversary  
with Cardinal during the past  
four months!*

