

REGENCY-MUSKEGO REGISTRY

The Best Choice for Seniors

Residents Take It Outside

Research shows exercising outdoors can boost mood

The latest exercise trend is outdoor physical activity. Not only is outdoor exercising beneficial, but exercising in a natural setting compounds “the happiness factor”—in as little as five minutes! Studies also show that people who exercise outside have more energy and undergo a better workout than those who exercise indoors. Outdoor exercisers have greater feelings of revitalization and accomplishment, plus reduced stress, confusion and depression.

Regency-Muskego is the ideal place to put this trend in action. Our residents shape up and have fun outside on a picturesque

32-acre campus—a virtual wildlife and nature paradise! Residents frequently walk the trails around the grounds and our private nine-acre pond for daily exercise. It is not uncommon to see deer, geese, cranes, and wild turkeys while enjoying the scenery there. Many residents garden for exercise, and others ride the fitness bus to beaches or parks to walk outside with friends. Regency’s certified fitness specialist, Thena Stevens, is always available to help residents tailor their outside exercise routines to their health needs. **Come view our beautiful campus inside and out. Call Judy at (262) 679-0888 to arrange a personal tour.**

(continued inside)



INSIDETHISISSUE

Memorial Day
VFW Commemoration

Don't Stop Moving

The Power of Positive

Fresh From The Kitchen

Special Events For Seniors

Senior Health & Fitness Day



PROHEALTH CARE

REGENCY SENIOR COMMUNITIES

MUSKEGO

RegencySeniorCommunities.com

Questions?

Telephone Directory

If you would like more information or to schedule a private tour, call the following people at
(262) 679-0888

Administration

Sandy Mareno, Campus Administrator
Russ Leidel, Accounting

Dining Services

Todd Van Heesch,
Director of Dining and Linen Services
Nancy Rugolo, Supervisor of Dining Service
Mariann Verburt, Supervisor of Dining Service

Events, Volunteering, Country Store

Mary Plutz, Director of Life Enrichment Operations

Fitness Programs

Thena Stevens, Fitness Specialist

Health Services

Kathy Pegelow, RN-Director of Health Services
Chris Roth, RN-Supervisor
Christine Politoski, RN

Spiritual Enrichment

Steve Kielley, Chaplain

Tours

Judy Sorce, Director of Community Services

Beauty Salon/ Barber Shop

(262) 971-2128

Dining Reservations

(262) 971-2127

(continued from front) *How Our Residents Get Fit*

“Both walking and gardening keep me outside. I have a “double” garden—I grow marigolds and butternut squash.”
Betty Naze

“I grew tomatoes, peppers and cucumbers in my little garden last year.”
Joyce Schwabenlender

“I enjoy walking a half hour daily and visiting with the people I meet.” **Mary Kalk**

“I have a patio garden—one of my tomatoes weighed almost two pounds!”
Pauline Rothenbueler

“I do 20 toe touches and squats three times a day. I enjoy walking, watching the birds and seeing the flowers.” **Coriene Sniderwin, who recently celebrated her 96th birthday.**

Community Invited to Memorial Day Commemoration Ceremony

The Muskego Veterans of Foreign Wars Post 8171, led by Chief of Staff Dennis Duran, will conduct a Memorial Day ceremony at Regency-Muskego.

memorial wreath. Muskego Mayor John Johnson and other dignitaries will offer comments. The public is invited.

The ceremony will take place **Sat., May 28 at 10:00 a.m.** outdoors, weather permitting.

Refreshments will follow the ceremony.

You may add the name of your deceased veteran and loved one to the list of honor. To do so, call 262-679-0888 prior to May 23, 2011.

The program will include a balloon release and a roll call of honor for deceased veterans, rifle salute and taps bugle call, POW/MIA remembrance, patriotic songs and the placement of a



Outdoor Fun & Fitness



Marion Vinohradsky, Irene Vitt, Delores Coleman and Martha Jopke enjoy a walk in Cushing Park.

From Memorial Day through Labor Day, our residents are often outdoors having fun. You might find us hiking along the lake, riding a Harley, taking in a Brewers ballgame, or enjoying Music Under The Stars. We'll be mingling with our Muskego neighbors at the flower and hanging basket sale and the many socials and seminars planned for the season.



Range of motion exercise classes help residents stay flexible.



Regency Rockers celebrate "walking" to Rio.



A daily walk is an essential part of fitness—even if it's indoors at the mall.



Residents learn to snowshoe during a fitness trip to Retzer Nature Center.

Don't Stop Moving

Years ago, people believed that if you had arthritis you shouldn't exercise for fear of further damaging your joints. Today, research shows that exercise is an important tool in managing arthritis. In fact, regular exercise offers many benefits for people with arthritis—including reduced pain and stiffness, increased flexibility and enhanced energy. Exercise can also help keep other health problems like osteoporosis and heart disease at bay.

At Regency-Muskego, we offer various programs that can help our residents with arthritis. Our tai chi and range of motion classes, fitness walks, and trips to Swimtastics for warm



water exercises all help and are led by helpful and enthusiastic certified instructors. **If you or someone you know has arthritis, you're invited to attend the Arthritis Awareness Seminar presented by the Arthritis Foundation at Regency-Muskego on May 16 at 6:30 pm to learn more about arthritis.**

More information and programs are available through the Arthritis Foundation at www.arthritis.org and at www.regencyseniorcommunities.com.

Fresh from the Kitchen



Creamy and nutty-flavored Gruyere cheese tastes great with eggs.

from MarthaStewart.com, April 2009.

Asparagus, Leek, and Gruyere Quiche

- 1 tbsp. butter
- 1 leek (white and light green parts only), halved and thinly sliced, then well washed
- 1/2 tsp. coarse salt
- 1 tsp. ground pepper
- 1 bunch (1 pound) asparagus, tough ends removed, thinly sliced on the diagonal
- 4 large eggs
- 1-1/4 cups half-and-half
- Pinch ground nutmeg
- 1 prepared, refrigerated pie crust fitted into a 9-inch pie plate
- 1 cup shredded Gruyere cheese (4 ounces)



Preheat oven to 350 degrees, with oven rack in lowest position. In a large skillet, melt butter over medium heat. Add leek and asparagus; season with salt and pepper. Cook, stirring occasionally, until asparagus is crisp-tender, 6 to 8 minutes; let cool.

In a large bowl, whisk together eggs, half-and-half, 1/2 teaspoon salt, teaspoon pepper, and a pinch of nutmeg. Place pie crust on a rimmed baking sheet. Sprinkle with cheese; top with asparagus mixture. To make sure the vegetables are distributed evenly, spread them in the crust before pouring in the egg mixture. Pour egg mixture on top.

Bake until center of quiche is just set, 50 to 60 minutes, rotating sheet halfway through. Let stand 15 minutes before serving. (To store, let cool, then refrigerate, up to 1 day. Reheat at 350 degrees until warm in center, about 30 minutes.) Serves 6.

THE POWER OF A Positive Attitude

by Kathy Pegelow, RN,
Director of Health Services



Is the glass half-empty or half-full? Studies show that people with positive

attitudes have fewer health problems, feel calmer, and are more energetic. Moreover, a 2004 Dutch study reported that optimism even lowers the risk of death. According to the study, optimistic participants had a lower rate of cardiovascular death than did the self-described pessimistic participants. Statistics showed that death rates from all causes were 55% lower for those with an optimistic outlook, and the risks of dying from heart disease were 23% lower.

The good news is that it's possible to become more optimistic. Eating well benefits both the body and mind. Exercise releases endorphins in the brain, which reduces depression, anxiety and stress. Getting plenty of sleep improves attitude and enhances energy stores. Identifying the causes of stress and eliminating them also helps build a more optimistic outlook. It goes without saying that the more satisfied people are with their lives, the more optimistic they are liable to be or become.



REGENCY-MUSKEGO What's Happening

Open TO THE PUBLIC
Call 262-679-0888 for information.

KEEP YOUR BRAIN SHARP

WEDNESDAY, APRIL 6 & 13 • 1:00 - 3:00 pm

Third & fourth parts of series presented by Mary Sorensen, retired MATC professor. Explore the impact of the brain on health and ways to harness its power.

SENIOR PROM WITH MUSKEGO H.S.

FRIDAY, APRIL 15 • 6:30 - 8:00 pm

AARP DRIVE ALIVE 55 ONE-DAY CLASS

MONDAY, APRIL 18 • 1:00 - 5:00 pm

Bring your driver's license and AARP card. Payment due at time of class. Make checks out to AARP. Call to reserve your spot at this safety class.

ANNUAL SPRING FLOWER & HANGING BASKET SALE

FRIDAY, MAY 6 • 10:00 am - 2:00 pm

ARTHRITIS AWARENESS SEMINAR

MONDAY, MAY 16 • 11:30 am

Presented by the Arthritis Foundation.

SENIOR HEALTH & FITNESS DAY

TUESDAY, MAY 17 • 11:30 am - 3:30 pm

Register for our healthy salad bar luncheon by May 10.

VFW MEMORIAL DAY CEREMONY

SATURDAY, MAY 28 • 10:00 am

LOVE AFFAIR WITH BASEBALL

MONDAY, JUNE 6 • 6:30 pm

Stephen Hauser, history expert and professor presents.

MUSIC UNDER THE STARS

MONDAY, JUNE 20 • 6:30 pm

Tim Burr entertains, weather permitting.

ABIGAIL ADAMS VISIT

MONDAY JULY 11 • 6:30 pm

Jessica Michna presents a character study of the second First Lady of the United States.

Special Events FOR RESIDENTS

April 4 • 10:00 am

What's Baking? Spring Sugar Cookie Cutouts

April 11 • 10:00 am

Crafters' Corner - Colored Easter Eggs

April 27 • 2:00 pm

Armchair Travel to Seattle

May 5 • 3:00 pm

Cinco de Mayo Social Hour

May 12 • 3:00 pm

Happy Hour - Cool & Calm Cooler with Musical Entertainment by Karen Wickman

May 25 • 2:00 pm

Armchair Travel to Hawaii

June 6 • 10:00 am

Crafters' Corner - Brewers Team Spirit Banner

June 13 • 10:00 am

What's Baking? Cake Decorating Team Competition

June 19 • 3:00 pm

Happy Hour - Tailgate Party and Musical Entertainment by Jack Zaffiro

July 6 • noon - 6:00 pm

Day Trip to Miller Park for a Brewers Game (sign-up required)

July 9 • 9:30 am

Young at Heart Harley Ride at Regency-New Berlin (sign-up required)

July 14 • 3:00 pm

Happy Hour - Red Sparkler

July 26 • 1:15 pm

Fitness Bus to McKinley Marina and Bradford Beach

Senior Health & Fitness Day

Tuesday, May 17 • 11:30 am - 3:30 pm

Join us on Senior Health & Fitness Day for a healthy lunch, a walk and a health fair, as well as a "Heart Beats" exercise demonstration.

- 11:30 Healthy Salad Bar Luncheon
- 12:30 Registration & Check-in at Welcome Center Area
- 1:00 Walking Event
- 1:00 Exhibits Open
 - Chair massages
 - Physical therapy information
 - Computerized foot analysis
 - Low vision aids
 - Blood pressure screenings
 - Hand massages
 - Rehabilitation information
 - Spinal screenings
 - "Healthways" presentation
 - Literature/handouts/smoothies
- 2:20 Regency Rockers Dance Team performs
- 2:30 Featured Presentation: "Heart Beats"

REGISTRATION FORM

Please return to Regency-Muskego's Welcome Center by May 10th

Name _____

Address _____

I will walk: 1/8 1/4 mile (inside)
 1/3 2/3 1 mile (outside weather permitting)

I would like to have the Healthy Salad Bar: Yes
 (\$6.95 return to Welcome Center or Regency Muskego for lunch ticket.) Make check payable to Regency-Muskego.



PROHEALTH CARE
REGENCY SENIOR
COMMUNITIES

MUSKEGO

3.5 mi. S of I-43 on Racine Ave.

262-679-0888



BROOKFIELD
777 N. Brookfield Rd.
262-780-0321

NEW BERLIN
13750 W. National Ave.
262-789-1699



Lifelong Learning

Your Monthly Planner

APRILEVENTS

Respect

- | | | | | | |
|----|-----------------|--|----|-----------------|---|
| 4 | 10:00 am | What's Baking? Spring Sugar Cookie Cutouts | 15 | 6:30 to 8:00 pm | Senior Prom with Musical Entertainment by Dick Strauss and His Band Muskego High School Student Council members join our residents. PUBLIC WELCOME |
| 4 | 6:30 pm | Musical Entertainment by Milwaukee Accordion Ensemble | 18 | 1:00 to 5:00 pm | AARP Drive Alive 55 One-Day Class Bring your driver's license and AARP card. Payment due at time of class, made out to AARP. Call to reserve your spot in this safety class. PUBLIC WELCOME |
| 6 | 1:00 to 3:00 pm | Seminar: Keeping Your Brain Sharp Part 3 with Mary Sorensen. PUBLIC WELCOME | 19 | 12:15 pm | Fitness Bus Trip to Swimtastics Senior Living. (sign-up required) |
| 11 | 10:00 am | Crafters' Corner - Colored Easter Eggs | 21 | 3:00 pm | Resident Birthday Celebration with Musical Entertainment by Tom Jahnke |
| 12 | noon | Fitness Bus to West Wood Health Club | 24 | | EASTER |
| 13 | 9:30 am | Lunch & Tour of Quality Candy Assisted Living. (sign-up required) | 27 | 2:00 pm | Armchair Travel to Seattle |
| 13 | 1:00 to 3:00 pm | Seminar: Keeping Your Brain Sharp Part 4 with Mary Sorensen. PUBLIC WELCOME | 29 | 9:30 am | Brunch at Sunset/Little Shop Around the Corner Table Show A fanciful world of beautiful design. Senior Living. (sign-up required) |
| 14 | 3:00 pm | Happy Hour Social with Musical Entertainment by Mary Ann Miller | | | |
| 14 | 7:00 pm | Watch 'Em Dance at Regency-New Berlin Ballroom dance demonstration featuring USA Ballroom Dance Association dancers, Robyn Pearce and Ryan Wehr. (sign-up required) | | | |

Programs subject to change.
Watch weekly calendar for updates.

MAYEVENTS

Balance

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|----|---------------------|---|----|---------------------|--|
| 2 | 10:00 am | Crafters' Corner - Symmetrically Balanced Floral Arrangement | 11 | 9:30 am | Lunch Bunch to Ferches Malt Shoppe & Grille Assisted Living. (sign-up required) |
| 5 | 3:00 pm | Cinco de Mayo Social Hour | 12 | 3:00 pm | Happy Hour - Cool & Calm Cooler with Musical Entertainment by Karen Wickman |
| 6 | 10:00 am to 2:00 pm | Annual Spring Flower & Hanging Basket Sale PUBLIC WELCOME | 16 | 6:30 pm | Arthritis Awareness Seminar PUBLIC WELCOME |
| 8 | | MOTHER'S DAY | 17 | 11:30 am to 3:30 pm | Senior Health and Fitness Day Call (262) 679-0888 to register for a healthy luncheon by May 10. PUBLIC WELCOME |
| 9 | 10:00 am | What's Baking? Balance Based Granola | 19 | 3:00 pm | Resident Birthday Celebration with Musical Entertainment by The Katie and Andrea Duo |
| 10 | 9:15 am | Day Trip to Milwaukee Art Museum See <i>Frank Lloyd Wright: Organic Architecture for the 21st Century</i> . Enjoy lunch and a guided tour. Senior Living. (sign-up required) | | | |



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|----|---------|---|----|----------|---|
| 24 | 1:00 pm | Fitness Bus to the Fox River Parkway | 28 | 10:00 am | VFW Memorial Day Ceremony
PUBLIC WELCOME |
| 25 | 2:00 pm | Armchair Travel to Hawaii | 30 | | MEMORIAL DAY |
| 27 | 1:30 pm | Women of Note Chorus | | | |

Programs subject to change. Watch weekly calendar for updates.

Teamwork

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|----|---------------------|---|----|---------------------|--|
| 6 | 10:00 am | Crafters' Corner - Brewers Beaded Bracelet | 20 | 6:30 pm | Music Under the Stars Featuring Tim Burr.
PUBLIC WELCOME |
| 6 | 6:30 pm | Love Affair with Baseball Stephen Hauser, Elm Grove/Brookfield history expert and professor, presents. PUBLIC WELCOME | 21 | 12:30 pm | Fitness Bus to Swimtastics Senior Living. (sign-up required) |
| 7 | 11:00 am to 3:00 pm | Trip to Water Street Brewery in Delafield Lunch and beer tasting. Senior Living. (sign-up required) | 22 | 2:00 pm | Armchair Travel to Harpers Ferry and Philadelphia |
| 8 | 9:00 am | Trip to New Berlin Ale House Lunch and bowling. Assisted Living. (sign-up required) | 23 | 3:00 pm | Visit with General Patton David Wiedenkiller, historian and educator, portrays General George S. Patton. WWII artifacts will also be on display after the presentation. |
| 9 | 3:00 pm | Happy Hour - Tailgate Party with Musical Entertainment by Jack Zaffiro | 27 | 11:00 am to 5:00 pm | Trip to the Cotton Exchange Restaurant See the Eddie Cash Show. Senior Living. (sign-up required) |
| 13 | 10:00 am | What's Baking? Cake Decorating Team Competition | 28 | 12:30 pm | Fitness Bus to the Harley Davidson Museum Join us for a walk in the garden. Senior Living. (sign-up required) |
| 16 | 3:00 pm | Resident Birthday Celebration with Musical Entertainment by Nice and Easy | | | |

Programs subject to change. Watch weekly calendar for updates.

Determination

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|----|-----------------|---|----|----------|--|
| 4 | | FOURTH OF JULY | 14 | 3:00 pm | Happy Hour - Red Sparkler |
| 6 | noon to 6:00 pm | Day Trip to Miller Park See the Arizona Diamondbacks play the Milwaukee Brewers. Senior Living. (sign-up required) | 18 | 10:00 am | What's Baking? 1-2-3 Easy Cookie Fun |
| 7 | 3:00 pm | Social Refreshment Hour with Musical Entertainment by Eddie Lemberger | 18 | 6:30 pm | Musical Entertainment by Musicale |
| 9 | 9:30 am | Young At Heart Harley Ride at Regency-New Berlin Senior Living. (sign-up required) | 19 | 12:30 pm | Fitness trip to Swimtastics Senior Living. (sign-up required) |
| 11 | 10:00 am | Crafters' Corner - Patriotic Pride Pin | 21 | 3:00 pm | Resident Birthday Social with Musical Entertainment by Bob Ropiak |
| 11 | 6:30 pm | Abigail Adams Visit Jessica Michna presents a character study of our 2nd First Lady. PUBLIC WELCOME | 26 | 1:15 pm | Fitness Bus to McKinley Marina and Bradford Beach |
| | | | 27 | 2:00 pm | Armchair Travel to San Francisco |

Programs subject to change. Watch weekly calendar for updates.

Welcome
NEW RESIDENTS

Carol Bartes
Irene Brewer
Robert Grede
Lil & Clem Glubka
Michele Hancox
Robert King

Maria Larson
Armando Luna
Gladys Pasterski
Myra Reichertz
Judith Savignac
Marilyn Standfield

Margaret & Edwin Staszak
Bill Tatera
Ardis Wroblewski