

REGENCY-MUSKEGO
REGISTRY
The Best Choice for Seniors

The Better Alternative
to nursing home care

When is it time to suggest that your parent or loved one considers a move to assisted living? Family members often struggle to make the right decision, even when it's clear their loved one can no longer live safely on his or her own. That's where our Assisted Living program comes in—providing a supportive, residential setting for those who can't live alone, but without the expense or lack of privacy a nursing home entails.

Regency Senior Communities pioneered the concept of Assisted Living nearly 20 years ago. Owned and operated by a major health care system, anchored by area hospitals, and staffed with three fulltime nurses and onsite certified nursing assistants, Regency-Muskego offers unlimited access to exceptional medical care.

Our Assisted Living seniors enjoy an independent lifestyle, while receiving a helping hand with bathing, dressing, medication

and other daily activities. Transportation is provided to doctor appointments and area outings, and three meals a day are served to ensure our seniors are getting the nutrition they need. At Regency-Muskego, our Assisted Living program offers privacy and support for one affordable monthly fee—at a much more economical rate than area nursing homes.

Best of all, our seniors are able to “age in place.” If a higher level of care is needed or health issues crop up, no move is needed. Seniors stay put for Attended Care, our innovative alternative to traditional long-term care. Once health is re-established, seniors can transition back to the Assisted Living care level.

If your loved one is undecided about making a move, come and join us for a tour. Don't miss out on years of independence, dignity and enjoyment of your own private home at Regency-Muskego.



INSIDETHISSUE

Health Through Hypnotherapy

'Tis the Season

Sew Many Possibilities

Attended Care: Our Best Kept Secret

Fresh From The Kitchen

Special Events For Seniors



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 Verburtg, Supervisor of Dining Service

Events, Volunteering, Country Store

Mary Plutz, Director of Lifestyle Services

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



Health through Hypnotherapy

presented by Patricia A. Lawn, CH, CSW

**Attend this seminar on Monday,
January 24th • 3:00 to 4:30 pm**

Join us at Regency-Muskego for a seminar on hypnotherapy to learn more about hypnosis and its benefits on mind, body and spirit. Presented by Patricia A. Lawn, certified hypnotist and clinical social worker, this hypnotherapy technique and tool can be profoundly helpful in improving and maintaining health. Attendees will also have a

brief experience of being guided into a relaxing state of hypnosis during the seminar.

Whether you wish to reduce your weight, minimize stress, manage or alleviate pain, or improve concentration, hypnotherapy is an effective tool that can lead you to more comfort in your life. Come learn how.

'Tis the season

Chaplain Steve Kielley

At this time of year, we hear "'tis the season to be jolly." But what if you find you're NOT jolly? A matter of fact, what if you are downright crabby and overwhelmed by the holidays? What do you do? I have a simple answer that might help. Give yourself away. That's right—give yourself away. Smile at somebody. Touch someone

next to you. Show your love through your actions. These things don't need to be wrapped and topped with a bow. People are looking for a kind word and a patient, smiling face. Give these things away and you might find that you CAN be jolly at this time of year, in spite of the pressures of the holidays.

Winter Scenes



Dorothy Kafura and Lifestyle Assistant Margie Posbrig team up to finish a project during Quilt Hour.

We're celebrating the sights and sounds that make this the happiest season of all. Each new day brims with potential—festive light tours, holiday crafts, concerts, and plenty of parties to keep us busy. As winter settles in, we'll leave the holiday hustle and bustle behind and look forward to a new year of life-enriching activities, fitness classes, educational lectures and off-site outings.



Resident Wanda Jackson sings with Danny Darren.



Clarence Berg shares a pre-prom moment with a visiting Muskego High School student.



Ray Cormier visits with his daughter.

Ruth Bro, Jan Nielsen and Arlis Lohmiller enjoy a trip to the Performing Arts Center for dinner and a symphony performance.



Sew Many Possibilities

by Mary Plutz & Margie Posbrig

Lucky for us, Sharon Meier recognizes the talent and enthusiasm that is alive in our residents and our lifestyles area. Sharon's mother is a Regency resident and Sharon is a longtime employee who works in our Welcome Center. She recently coordinated the donation of two big boxes of discontinued fabric swatches from Collaborative Design Studio in Waukesha to our Lifestyles Department. The teamwork and creativity here immediately began to flow with the lifestyle sewer Margie Posbrig.

The Regency Quilting Club, which consists of residents who are experienced sewers and those eager to learn a new skill, worked together to turn

the samples into various items. Some were paired together to make fabric bags, aprons and quilts. Resident and active sewer, Lee Schnetz artistically assembled and cut out coordinating pieces into yardage to create a beautiful, one-of-a-kind jacket.

The first jacket, pictured here, was then given to Sharon for her generous gift and to highlight our creative use of the fabric swatches. Lee is currently working on a second jacket.

Great job, Lee and Sharon! And thanks to our team members who all work together when it comes to our many lifestyle activities and leisure interests.



Perfect for a cold day, this quick rendition of a classic Cajun stew is "comfort by the ladleful."

Half Hour Chicken Gumbo

3 tbsp.	vegetable oil
1/3 cup	all-purpose flour
2	red bell peppers (ribs and seeds removed), chopped
1	medium onion, chopped
4	garlic cloves, chopped
1 tsp.	dried oregano
Dash each	coarse salt and ground pepper
1 pkg (10 oz.)	frozen cut okra
8 oz.	smoked andouille sausage, halved lengthwise and sliced 1 inch thick
1	rotisserie chicken, shredded (approx. 2 1/2 lbs.)

Store-bought or homemade cornbread, for serving (optional)



In a 5-quart Dutch oven or heavy-bottomed pot, heat oil over medium flame. Add flour, and cook, whisking constantly, until pale golden, 5 to 7 minutes. Stir in bell peppers, onion, garlic, and oregano; season with salt and pepper. Cook, stirring occasionally, until vegetables are crisp-tender, 10 to 12 minutes.

Add 4 cups water; stir in okra and sausage. Bring to boil. Stir in shredded chicken, and warm through, 1 to 2 minutes. Season with salt and pepper. If desired, serve with cornbread. Serves 4.

From *marthastewart.com*, April 2008

Attended Care: Our Best Kept Secret

Many people view us only as providing Assisted Living services to our residents—and as a result, our Attended Care program may be our best kept secret. In fact, our residents' families love our Attended Care program.

Regency's Attended Care program is recognized as one of the most advanced support systems available in a residential setting to older adults today. We can handle changing health needs so our residents can stay right here—at home. As people age and their health and support needs grow, families often think their only option for care is a nursing home for their loved

one. They are delighted to discover that Mom and Dad can live here and receive the care they need in the dignity and privacy of their own Attended Care residence.



The program allows us to provide an extended range of services for residents who require more direction, encouragement and reminders, or greater assistance with mobility, dressing and bathroom needs. Best of all, along with the dignity of living in an Attended Care apartment rather than a nursing home, our Attended Care can be in many cases up to a 50%

savings over a nursing home! **For more details or a personal tour, call us at (262) 679-0888.**

REGENCY-MUSKEGO What's Happening

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

HOLIDAY GIFT, CRAFT & BAKE SALE
FRIDAY, DECEMBER 3 • 10:00 am - 2:00 pm

HOLIDAY CONCERT WITH MUSIC
BY TOM STANFIELD
THURSDAY, DECEMBER 23 • 3:00 pm

PROMOTING HEALTH THROUGH
HYPNOTHERAPY
MONDAY, JANUARY 24 • 3:00 pm

Certified hypnotist Patricia A. Lawn discusses hypnosis and its power to heal mind, body and spirit.

MUSICAL ENTERTAINMENT BY
EASY DAYS QUARTET
THURSDAY, JANUARY 27 • 3:00 pm

Featuring a cappella barbershop harmony.

MEET TEDDY ROOSEVELT
TUESDAY, FEBRUARY 8 • 4:00 pm

Professional actor Derek Evans brings the 26th president alive with an engaging history performance and impersonation.

KIDS KORPS PERFORMING
DANCE TROUPE
SUNDAY, FEBRUARY 13 • 2:00 pm

LOVE YOUR HEART
MONDAY, FEBRUARY 14 • 3:00 pm

Discover the best approach for a healthy heart and active lifestyle in this seminar presented by Odyssey Hospice.

AN EVENING WITH ABRAHAM LINCOLN
MONDAY, FEBRUARY 21 • 6:30 pm

Robert Rotgers appears in period costume to discuss the life and times of Lincoln.

MUSIC BY BAGPIPER JOHN P. JONES
MONDAY, MARCH 14 • 6:30 pm

KEEP YOUR BRAIN SHARP
WEDNESDAY, MARCH 23 thru April 13
• 1:00 - 3:00 pm

4-part series presented weekly by Mary Sorensen, retired MATC professor, explores the impact of the brain on health and ways to harness its power.



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



Special Events FOR RESIDENTS

December 6 • 10:00 am
Crafters' Corner - Garland Swag

December 13 • 10:00 am
What's Baking? Pineapple Holiday Cake

December 24 • 3:00 pm
Christmas Eve Mass

January 6 • 3:00 pm
New Resident Meet & Greet

January 17 • 10:00 am
What's Baking? Dream Bars

January 20 • 3:00 pm
Resident Birthday Celebration with
Musical Entertainment by Kathy Kaye

January 26 • 2:00 pm
Armchair Travel to Italy

February 7 • 10:00 am
Crafters' Corner - Heart Sampler

February 11 • 9:30 am
Intergenerational Game Day with
students from St. Leonard's.

February 18 • 10:00 am
MSO Concert and Luncheon
Senior Living. (sign-up required)

February 24 • 3:00 pm
Poems from the Heart Shirlee Monty
discusses creative writing.

March 8 • 3:00 pm
Mardi Gras/Fat Tuesday Fun with Musical
Entertainment by Tichigan Two

March 17 • 3:00 pm
Resident Birthday Social with Musical
Entertainment by Greg Driss

March 24 • 3:00 pm
Reading the Wind: Fortune Telling Fun



Seasonal Goings-On for residents

Make sure to set aside time in your busy holiday schedule to join us for these festive get-togethers.

Trim and Untrim the Tree
November 30 & January 11 • 7:45 am
Muskego High School students help with this yuletide tradition.

Holiday Concert
December 1 • 1:30 pm
Featuring Women of Note Chorus.

Happy Hour - Peppermint Twist Cocktail
December 9 • 3:00 pm
Music by Caribbean Eclipse.

Christmas in the Country Events at Grand Geneva Resort & Spa
December 10 • 9:30 am
Senior Living. (sign-up required)

Holiday Lights Tours
December 13 & 17 • 6:00 pm
Delight in the twinkling lights that make the holiday season so bright. See the sights and lights!

Christmas Holiday Party
December 20 • 6:30 pm
With music by Sudden Change.

New Year's Eve Music
December 31 • 11:00 am
Enjoy festivities including strolling musical entertainment by The Banjo Barons.

Welcome the New Year Party
January 7 • 7:00 - 9:00 pm
Music by The Dick Strauss Band.

Lifelong Learning

Your Monthly Planner

DECEMBEREVENTS

Deck The Halls

1	1:30 pm	Women of Note Chorus Holiday Concert	13	10:00 am	What's Baking? Pineapple Holiday Cake
3	10:00 am to 2:00 pm	Holiday Gift, Craft and Bake Sale Shop early for the best sales. PUBLIC WELCOME	13	6:00 pm	Holiday Lights Tour I (sign-up required)
6	10:00 am	Crafters' Corner - Garland Swag	16	3:00 pm	Resident Birthday Social with Musical Entertainment by Tom Jahnke
6	6:30 pm	Musical Entertainment by Taryn Whipple	17	6:00 pm	Holiday Lights Tour II (sign-up required)
8	9:00 am to 12:45 pm	Lunch Bunch Trip to Red Lobster Assisted Living. (sign-up required)	20	6:30 pm	Holiday Celebration with Musical Entertainment by Sudden Change
8	3:00 pm	Mass of the Immaculate Conception	23	3:00 pm	Holiday Concert with Musical Entertainment by Tom Stanfield PUBLIC WELCOME
9	3:00 pm	Happy Hour - Peppermint Twist Cocktail with Musical Entertainment by Caribbean Eclipse	24	3:00 pm	Christmas Eve Mass
10	9:30 am	Day Trip to Grand Geneva Resort & Spa Christmas in the Country events. Senior Living. (sign-up required)	25		CHRISTMAS
			31	11:00 am	New Year's Eve Music Enjoy festivities including strolling musical entertainment by The Banjo Barons.

Programs subject to change. Watch weekly calendar for updates.

JANUARYEVENTS

Harmony

1		NEW YEAR'S DAY	17	10:00 am	What's Baking? Dream Bars
6	3:00 pm	New Resident Meet & Greet All new residents are welcome.	20	3:00 pm	Resident Birthday Celebration with Musical Entertainment by Kathy Kaye
7	7:00 to 9:00 pm	Welcome the New Year Party with Musical Entertainment by The Dick Strauss Band	24	3:00 pm	Promoting Health through Hypnotherapy Patricia A. Lawn, certified hypnotherapist, discusses the benefits of hypnotherapy and its power to heal mind, body and spirit. PUBLIC WELCOME
10	10:00 am	Crafters' Corner - Lavender Sachet	26	2:00 pm	Armchair Travel to Italy
11	7:30 to 10:00 am	Untrim the Tree Party Muskego High School students join us for interviews and games.	27	3:00 pm	Musical Entertainment by Easy Days Quartet Featuring a cappella barbershop harmony. PUBLIC WELCOME
12	9:00 am to 12:30 pm	Lunch Bunch Trip to Greendale Enjoy lunch at Harmony Restaurant. Assisted Living. (sign-up required)	31	6:30 pm	Musical Entertainment by Musicale
13	3:00 pm	Happy Hour - Dreamy Cocktail with Musical Entertainment by Dorothy Fennig			

Programs subject to change. Watch weekly calendar for updates.



Love

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|----|---------------------|--|----|----------|--|
| 3 | 3:00 pm | Social Hour | 14 | 10:00 am | What's Baking? Valentine Sweet Bread with Flavored Butters |
| 7 | 10:00 am | Crafters' Corner - Heart Sampler | 14 | 3:00 pm | Love Your Heart Discover the best approach for a healthy heart and active lifestyle in this seminar presented by Odyssey Hospice. PUBLIC WELCOME |
| 7 | 6:30 pm | Musical Entertainment by Julie Nelson | 17 | 1:30 pm | Resident Birthday Social with Musical Entertainment by Sam, the Piano Man |
| 8 | 4:00 pm | Meet Teddy Roosevelt Professional actor Derek Evans brings the 26th President of the U.S. alive with this engaging history performance and impersonation. PUBLIC WELCOME | 18 | 10:00 am | Day Trip to the Milwaukee Symphony Orchestra Prelude Concert & Luncheon Senior Living. (sign-up required) |
| 9 | 9:00 am to 12:45 pm | Lunch Bunch to Dot's Place Restaurant Assisted Living. (sign-up required) | 21 | 6:30 pm | An Evening with Abraham Lincoln Robert Rotgers appears in period costume and discusses the life and times of Lincoln. PUBLIC WELCOME |
| 10 | 3:00 pm | Happy Hour - Amore Ade with Musical Entertainment by Paul Makaena | 23 | 2:00 pm | Armchair Travel to Scotland |
| 11 | 9:30 am | Intergenerational Game Day Fun activities with students from St. Leonard's 7th grade class. | 24 | 3:00 pm | Poems from the Heart Shirlee Monty, journalist and freelance writer, discusses creative writing. |
| 13 | 2:00 pm | Afternoon Entertainment with Kids Korps Performing Dance Troupe PUBLIC WELCOME | | | |
| 14 | | VALENTINE'S DAY | | | |

Programs subject to change. Watch weekly calendar for updates.

Fortune

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|----|---------------------|---|----|-----------------|---|
| 3 | 3:00 pm | Social Hour and Refreshments | 17 | 3:00 pm | Resident Birthday Social with Musical Entertainment by Greg Driss |
| 8 | 3:00 pm | Mardi Gras/Fat Tuesday Fun with Musical Entertainment by Tichigan Two | 20 | 2:00 pm | Musical Entertainment by Tim Burr |
| 9 | 9:00 am to 12:45 pm | Lunch Bunch to Blue Ray Restaurant Assisted Living. (sign-up required) | 23 | 1:00 to 3:00 pm | Keep Your Brain Sharp 4-part series presented weekly by Mary Sorensen, retired MATC professor, explores the impact of the brain on health and ways to harness the brain's power. PUBLIC WELCOME |
| 10 | 3:00 pm | Happy Hour - Frozen Fizz with Musical Entertainment by Sandy Lee | 23 | 2:00 pm | Armchair Travel to Ireland |
| 14 | 6:30 pm | Musical Entertainment by Bagpiper John P. Jones PUBLIC WELCOME | 24 | 3:00 pm | Reading the Wind: Fortune Telling Fortune teller Kait Johnson entertains with palm reading, tarot cards and crystal balls. |
| 17 | | ST. PATRICK'S DAY | | | |

Programs subject to change. Watch weekly calendar for updates.

Welcome NEW RESIDENTS

Doris Bourdo

Frank Brad

Linda & Vito Catalano

Irene Coates

Jan Krueger-Dufour

Pat & Al Forrest

Arthur Gustafson

Ruth Hough

Rosalie Kiedrowski

Catherine Kowalski

Jane & Bob McLaren

Warren Nowak

Rose Servi

Barbara & Leon Sommers

Pear & Warren Waarvik

William Zuzan