

— REGENCY-NEW BERLIN —  
**REGISTRY**  
— The Best Choice for Seniors —

Now, *This* IS LIVING!  
A move here is a move to a new life.

**W**ouldn't it be nice to relax and enjoy the Wisconsin winter in a world of comfort and convenience? Our residents spend their time doing the things they *enjoy* in a setting that's warm, friendly and comfortable. We'll take care of everything while you sit by the fireplace and read, work on a craft, take a class or socialize with friends.

In addition to the option of leaving shoveling, repairs, grocery shopping and meal preparation behind, your new life at Regency-New Berlin will offer a multitude of benefits. Take advantage of our onsite church services, bank, Internet Café, convenience market and hair salon. For fun, join an exercise class or take a fitness walk. Board our buses and go shopping, see plays, visit museums, attend ballgames or travel to medical appointments. Our country club setting provides the easy lifestyle people crave—one that promotes health, wellness and friendly companionship.

Upon moving here, you'll realize you no longer have to worry about a thing. Every residence here comes with services and amenities designed to enrich your everyday life and provide a new, stimulating and fun lifestyle.

To arrange a private tour with Arleen, call (262) 789-1699. She'll show you our luxurious 1- and 2-bedroom suites, answer questions and share how affordable and rewarding Regency-New Berlin can be.

## INSIDETHISSUE

**The Culinarily Creative  
Marilyn Belland**

**Chaplain's Corner**

**Meet the Schmids**

**Coconut Macaroons**

**The Joke Collector—Irene Britt**

**Gift Ideas From Santa**

**Special Events for Residents**



PROHEALTH CARE  
REGENCY SENIOR COMMUNITIES  
NEW BERLIN

RegencySeniorCommunities.com

# Questions?

## Telephone Directory

For information or tours call

**(262) 789-1699**

### Administration

Kay Braaten, Campus Administrator  
Russ Leidel, Accounting

### Dining & Catering Services

Todd Van Heesch,  
Director of Dining and Linen Services  
Barbara Saelens, Dining Supervisor

### Fitness Programs

Thena Stevens, Fitness Specialist

### Health Services

Laura Lange, RN-Director of Health Services  
Terri Steffen, LPN-Supervisor  
Mary Ann Koehler, LPN-Supervisor

### Spiritual Enrichment

Steve Kielley, Chaplain

### Events, Volunteering, Regency Market

April Dethloff, Director of Lifestyle Services

### Campus Tours, Meeting Rooms

Arleen Houssaye, Director of Community Services  
Lisa Rindahl, Resident Services Coordinator

### Beauty Salon/ Barber Shop    Adult Day Services    Senior Taxi

(262) 789-1699    (262) 782-0740    (262) 814-1611

# THE CULINARILY CREATIVE MARILYN BELLAND

by Kay Braaten, Campus Administrator

Marilyn Belland joined our culinary team in August 1996. She has been instrumental in assuring that the Regency Dining Program is one of the finest in southeastern Wisconsin. Marilyn reflected on her responsibilities and said it's very rewarding to coach and develop new teammates in the Regency standards of dining and service. In Marilyn's free time, she claims to be a "football mom" and enjoys many activities with her twelve-year-old son. Marilyn likes the challenges of preparing a very diverse and ever-changing menu, finding it both exciting and rewarding. She prides herself on demonstrating her creativity in the many catering events for Regency-New Berlin. Thank you, Marilyn!



## Live Life to the Fullest

 Chaplain Steve Kielley

It has been said that life does not slow down for anyone. So it is extremely important that you live your life to the fullest. Tell those you love how you feel, take part in random acts of kindness, and, most of all, keep your focus on what's important—that eternal part of your being that reaches out to its Creator. Remember faith is a commodity that is not affected by the seasons but lives on in the heart of the one who holds it close.

May the spirit of the season brighten your world and bring you peace.  
Happy Thanksgiving, Happy Hanukkah, Merry Christmas, and Happy New Year!

# As Autumn Leaves



After meeting our goal of "walking" 5,000 miles to Brazil, we celebrated with a wrap-up party.



Residents paint wooden toys to donate to St. Francis Hospital.



Friends finish up a fitness walk on the trails of Nagawaukee Park.

As we leave crisp fall temperatures, football and brilliant leaves behind, there's a whirlwind of activities awaiting us. This holiday season, our days will be filled with crafts, festive light tours and parties galore. The fun continues, gaining momentum through the end of the year, when things quiet down. As winter settles in, we'll enjoy crafts, campus classes, socializing with friends and touring the world with Armchair Travel.



Resident Florence Schaefer threads beads on hemp to make a necklace in craft class.



Participants in our annual billiards tournament celebrate victory with a pizza party.

# Meet the Schmids

Regina and James Schmid

Jim and Reggie moved to Regency-New Berlin last September, after living in Milwaukee for 56 years. It was their daughter, Christine, a real estate agent, who found their new home here. The Schmids also have two sons, Dan and Bob, six grandchildren and two great-grandchildren.

Reggie was a church secretary for 20 years before retiring. Jim was an engine assembler at Wisconsin Motors. They also volunteered at their church, Our Lady of Lourdes, serving meals for funerals and for the weekly senior citizens group.

They love taking car trips. "She's the navigator," Jim said. They have traveled all over Wisconsin and throughout the Midwest. Their most memorable trip was to Europe in 1985, 40 years after the end of World War II. They visited

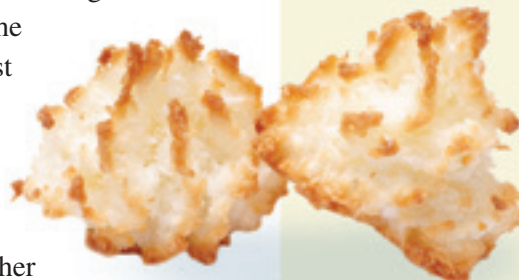
Germany and Switzerland—places where Jim served in the Army and strung telephone wire "all over the Alps." It was Reggie's first plane ride.

The Schmids enjoy their life at the Regency. They play canasta with other residents and especially like the musical entertainment. Jim's hobby is woodworking, and he hopes to take advantage of the workshop.



"I love it here," Reggie said. She appreciates the security and likes the daily check-in system, even though it took some getting used to.

Jim and Reggie, we're glad you're here.



Fresh From the Kitchen

## Coconut Macaroons

*What would the holidays be without cookies to share?*

*Try these easy coconut macaroons, one of my favorite holiday cookie recipes.*

*Macaroons have a European history that dates back to the 18<sup>th</sup> century.*

*The cookies were a common delight in Italian monasteries.*

Mike Giles  
Food Services Supervisor

2 2/3 cups	sweetened shredded coconut
2/3 cup	sugar
1/4 cup	all purpose flour
1/4 tsp.	salt
4	egg whites
1 1/2 tsp.	vanilla extract

Combine coconut, sugar, flour and salt in a bowl. Mix in egg whites. Mix well by hand and form into 1-2 oz. balls. Place on baking sheet. Bake at 325° for 20 minutes.

## The Joke Collector Irene Britt



Irene Britt was born in northern Minnesota and moved to the Chicago area after graduating high school to attend a beauty school. Her first job in Chicago was at Aragon Ballroom so she got to see some big bands.

She married William Britt in 1953. They had four boys and one girl, and she decided to leave her hairdressing career behind to stay home and take care of the children.

Dancing was one of Irene's many hobbies. Today, her hobbies include reading, sewing, and knitting. Irene attends Regency Fitness Classes and Tai Chi classes, and she enjoys babysitting her grandchildren.

Every week for the past two years, Irene has taken the time to cut out jokes from magazines and prepare the joke boards in our campus hallways. Family and friends have passed along jokes for Irene to use. She enjoys the thought of helping someone feel better by reading a funny joke from one of her joke boards. Thanks, Irene, for putting smiles on our faces!



## Gift Ideas from Santa

*Stumped for gift ideas for your favorite senior? The following suggestions may not have the panache of cashmere or the sparkle of fine jewelry, but for the person who's hard to buy for, these gifts are guaranteed to please.*

- Heavy-duty flashlight with extra batteries
- First aid kit
- Calendars
- Phone cards
- Polar fleece blanket
- Large button cell phone
- Electronic handheld games
- Sugar-free treats, nuts, hot cocoa mix, fruit
- Lap desk or book stand
- Easy-grip can & bottle opener
- Jumbo pill box/organizer
- Graspable key holder
- Puzzle books
- Newspaper or magazine subscriptions
- Tickets to events or movies
- Night light
- Large print books, playing cards, address book, photo albums
- Exercise videos for seniors
- Slippers, socks, shawls, scarves
- Small throw pillows
- Magnifier
- Stamped envelopes with stationery

# REGENCY-NEW BERLIN

# What's Happening

*Open* TO THE PUBLIC  
Call 262-789-1699 for reservations.

## SELL YOUR HOME IN A TOUGH REAL ESTATE MARKET

**WEDNESDAY, OCTOBER 6 • 9:30 am**

First Weber Group and Milwaukee Inspection Service offer tips. Call to reserve your spot.

## ANNUAL REGENCY FOOD DRIVE

**OCTOBER 18 THROUGH 29**

Drop off non-perishable food items at any Regency campus. All proceeds will be donated to local food pantries.

## MEDICARE SEMINAR

**MONDAY, NOVEMBER 1 • 1:30 pm**

Presented by Medigap counselors with the State of Wisconsin Board on Aging and Long Term Care.

## KEEP YOUR BRAIN SHARP

**TUESDAY, NOVEMBER 2, 9 & 16**  
**9:30 - 11:00 am**

3-week series presented by Mary Sorensen, retired MATC professor, explores the impact of the brain on health and ways to harness the brain's power. Advance registration required.

## JUST DESSERTS FOR THE HOLIDAYS

**TUESDAY, NOVEMBER 2 • 1:30 pm**

Presented by nutritionist and registered dietician Betty Holloway.

## TAI CHI CLASSES

**TUESDAYS • 2:15 - 3:15 pm**

\$5 fee per class. Free to residents.

## Special Events FOR RESIDENTS

**October 2 • noon**

**Day Trip to Crosstown Harmony Cabaret**  
(sign-up required)

**October 5 • 7:00 pm**

**Milwaukee Damenchor Women's Chorus**

**October 7 • 1:00 pm**

**Fitness Bus for Fall Walk**

**October 11 • 3:00 pm**

**Presentation and Wine Sampling**

**October 25 • 6:30 pm**

**Annual Halloween Party**

**November 10 • 1:30 pm**

**Resident Birthday Celebration with Musical Entertainment by Tom Jahnke**

**November 12 • 1:30 pm**

**Holiday Craft - Holiday Door Décor**

**December 6 • 10:00 am & 1:30 pm**

**Crafts by Hand - Santa Claus**

**December 17 • 9:30 am**

**North Shore Bank Bingo Session**

**January 5 • 1:30 pm**

**Food, Fun & Friends - Dream Bars**

**January 12 • 9:30 am**

**Day Trip to Greendale**  
(sign-up required)

**January 26 • 6:30 pm**

**Spa Day at Regency**

## Holiday Happenings



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



PROHEALTH CARE  
REGENCY SENIOR  
COMMUNITIES

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

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

**MUSKEGO**  
3.5 mi. S of I-43 on Racine Ave.  
262-679-0888



### Annual Toys for Tots Holiday Drive

**November 15 through December 3**

Please consider dropping off a new, unwrapped toy for a child in need, 12 years or younger. Your gift will help a Milwaukee area child experience the joy of the season.



### A Fireside Christmas

**November 17 • 9:30 am**

See the annual Christmas show at The Fireside Theatre.

### Christmas Music through the Ages

**December 3 • 1:30 & 2:45 pm**

Featuring Musical Entertainment by Dan Naumann.

### Christmas in the Country

**December 10 • TBA**

Holiday happenings at the Grand Geneva Resort & Spa.

### Holiday Lights Tours

**December 13 & 14 at 7pm**

Delight in the twinkling lights that make the holiday season so bright. See the sights and lights!

### Christmas Party

**December 15 • TBA**

Featuring music and a special visit from Santa and Mrs. Claus!

### New Year's Eve Party

**December 31**

Enjoy dinner and other festivities including music by The Banjo Barons.

# Lifelong Learning

Your Monthly Planner

## Shine On Harvest Moon

OCTOBEREVENTS

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| <p><b>2</b>    12:00 pm    <b>Day Trip to Crosstown Harmony Cabaret</b> (sign-up required)</p> <p><b>5, 12, 19, 26</b><br/>2:15 pm    <b>Tai Chi Fundamentals</b> Presented by Claire Walchli, certified instructor. Sessions every Tuesday for \$5. Residents attend free. <b>PUBLIC WELCOME</b></p> <p><b>5</b>    7:00 pm    <b>Milwaukee Damenchor Women's Chorus</b></p> <p><b>6</b>    9:30 am    <b>Sell Your Home in a Tough Real Estate Market</b> Presented by First Weber Group. Plus the value of a home pre-inspection prior to sale by Milwaukee Inspection Service. Call to reserve your spot. <b>PUBLIC WELCOME</b></p> <p><b>6</b>    6:30 pm    <b>Crafters' Corner - Cat in the Moon</b></p> <p><b>7</b>    1:00 pm    <b>Fitness Bus</b> Fall walk location to be determined. Senior Living. (sign-up required)</p> <p><b>11</b>   3:00 pm    <b>Staller Estate Vineyard and Winery</b> Learn about one of Walworth County's newest wineries and enjoy wine tasting.</p> | <p><b>13</b>   1:00 pm    <b>Resident Birthday Social with Musical Entertainment by Tim Burr</b></p> <p><b>14</b>   9:30 am    <b>Lunch Bunch to The Elegant Farmer and Cottonpicker Restaurant</b> Assisted Living. (sign-up required)</p> <p><b>Oct. 18-29</b>    <b>ANNUAL REGENCY FOOD DRIVE</b> Drop off non-perishable food items at any Regency campus. All proceeds will be donated to local food pantries. <b>PUBLIC WELCOME</b></p> <p><b>25</b>   6:30 pm    <b>Annual Halloween Party</b> Costumes are welcome!</p> <p><b>27</b>   6:30 pm    <b>Armchair Travel - The River Road and the Natchez Trace</b></p> <p><b>29</b>   2:00 pm    <b>Food, Fun &amp; Friends - Pumpkin Soup with Spicy Croutons</b></p> <p><b>31</b>                    <b>HALLOWEEN</b></p> |
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Programs subject to change.  
Watch weekly calendar for updates.

## The Saints Go Marching In

NOVEMBEREVENTS

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|--|--|
| <p><b>1</b>    1:30 pm    <b>Medicare Seminar</b> Presented by Medigap counselors with the State of Wisconsin Board on Aging and Long Term Care. <b>PUBLIC WELCOME</b></p> <p><b>2, 9 &amp; 16</b><br/>9:30 to<br/>11:00 am    <b>Keep Your Brain Sharp</b> Mary Sorensen, retired MATC professor, explores the impact of the brain on health and ways to harness the brain's power to build memories and more in this 3-week series. Advance registration is required. Call (262) 789-1699. <b>PUBLIC WELCOME</b></p> <p><b>2</b>    1:30 pm    <b>Just Desserts for the Holidays</b> Presented by nutritionist and registered dietician Betty Holloway. <b>PUBLIC WELCOME</b></p> <p><b>2, 9, 16, 23 &amp; 30</b><br/>2:15 pm    <b>Tai Chi Fundamentals</b> Presented by Claire Walchli, certified instructor. Sessions every Tuesday for \$5. Residents attend free. <b>PUBLIC WELCOME</b></p> | <p><b>3</b>    10:30 am    <b>Lunch Bunch to Machine Shed Restaurant</b> Assisted Living. (sign-up required)</p> <p><b>10</b>   1:00 pm    <b>Resident Birthday Celebration with Musical Entertainment by Tom Jahnke</b></p> <p><b>11</b>                    <b>VETERANS DAY</b></p> <p><b>11</b>   6:30 &amp;<br/>7:45 pm    <b>Veterans Day Program with Musical Entertainment by Sandi Webb</b></p> <p><b>11</b>   1:00 pm    <b>Fitness Bus to Brookfield Square Mall</b> Senior Living. (sign-up required)</p> <p><b>12</b>   1:30 pm    <b>Holiday Craft - Holiday Door Décor</b></p> <p><b>17</b>   9:30 am    <b>Day Trip to the Fireside Theatre</b> See <i>A Fireside Christmas</i>. Senior Living. (sign-up required)</p> <p><b>25</b>                    <b>THANKSGIVING</b></p> |
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## Deck The Halls

- |  |  |   |   |
|--|--|---|---|
| <p><b>3</b> 1:30 pm<br/>&amp; 2:45 pm</p>    | <p><b>Musical Entertainment by Dan Naumann</b> Featuring Christmas music through the Ages.</p>   | <p><b>13</b> 7:00 pm</p>                    | <p><b>Holiday Lights Tour</b> Senior Living. (sign-up required)</p>   |
| <p><b>6</b> 10:00 am<br/>&amp; 1:30 pm</p>   | <p><b>Crafts by Hand - Santa Claus</b></p>   | <p><b>14</b> 7:00 pm</p>                    | <p><b>Holiday Lights Tour</b> Assisted Living and Attended Care. (sign-up required)</p>   |
| <p><b>7, 14, 21 &amp; 28</b><br/>2:15 pm</p> | <p><b>Tai Chi Fundamentals</b> Presented by Claire Walchli, certified instructor. Sessions every Tuesday for \$5. Residents attend free.<br/><b>PUBLIC WELCOME</b></p> | <p><b>15</b> TBA</p>                        | <p><b>Annual Christmas Party</b> With a visit from Santa and Mrs. Claus.</p>  |
| <p><b>8</b> 1:00 pm<br/>&amp; 2:15 pm</p>    | <p><b>Musical Entertainment by Caribbean Eclipse</b> Enjoy this steel drum duo's music.</p>  | <p><b>17</b> 9:30 am</p>                    | <p><b>North Shore Bank Bingo Session</b></p>  |
| <p><b>10</b> TBA</p>                         | <p><b>Day Trip to Grand Geneva Resort &amp; Spa</b> Christmas in the Country events. (sign-up required)</p>  | <p><b>20</b> 10:30 am<br/>&amp; 1:30 pm</p> | <p><b>Musical Entertainment by Women of Note Chorus</b></p>   |
|  |  | <p><b>25</b></p>                            | <p><b>MERRY CHRISTMAS</b></p>   |
|  |  | <p><b>31</b> TBA</p>                        | <p><b>NEW YEAR'S EVE</b> Enjoy dinner and other festivities, including strolling musical entertainment by The Banjo Barons.</p> |

Programs subject to change. Watch weekly calendar for updates.

## Harmony

- |  |  |                          |   |
|--|--|--------------------------|---|
| <p><b>4, 11, 18 &amp; 25</b><br/>2:15 pm</p> | <p><b>Tai Chi Fundamentals</b> Presented by Claire Walchli, certified instructor. Sessions every Tuesday for \$5. Residents attend free.<br/><b>PUBLIC WELCOME</b></p> | <p><b>19</b> 6:30 pm</p> | <p><b>Crafters' Corner - Lavender Sachet</b></p>                    |
| <p><b>5</b> 1:30 pm</p>                      | <p><b>Food, Fun &amp; Friends - Dream Bars</b></p>   | <p><b>24</b> 2:00 pm</p> | <p><b>Happy Hour - Dreamy Cocktail and Zen Temple Dumplings</b></p> |
| <p><b>12</b> 9:30 am</p>                     | <p><b>Day Trip to Greendale</b> Enjoy lunch at Harmony Restaurant. (sign-up required)</p>  | <p><b>26</b> 6:30 pm</p> | <p><b>Spa Day at Regency</b> Featuring Aromatherapy-Zen spa.</p>    |
|  |  | <p><b>?</b> TBA</p>      | <p><b>Sweet Adelines Blue Plate Special Quartet</b></p>             |

Programs subject to change. Watch weekly calendar for updates.

## Welcome NEW RESIDENTS

Geraldine Beck  
Christine Cerwin  
Marian Cone  
Shirley Gohlke  
Mary Jane Johnson  
Walter Klapper  
George Kozina  
Sally Lochowicz  
Alton Mather  
Phyllis Schulenberg  
Benjamin Yamada

## HOW WOULD YOU LIKE TO EARN \$300?

**W**e are offering a reward of \$300 each time your referral becomes a new resident at our campus!\*

### Here's What You Need To Do:

Tell your relatives, friends, neighbors, and work associates about Regency-New Berlin. Encourage them to tour our campus and experience our lifestyle for themselves.

**Note:** You must call Arleen and provide the name and phone number of your potential referral, or it does not qualify.

### Collecting The \$300 Is Easy:

After the resident you referred signs a lease, occupies a Regency residence and lives there for one full calendar month, a check for \$300 will be sent to you!\*\*

Call Arleen at **262-789-1699** with your referral today!

\* Referrals made by ProHealth Care employees as required by directives included with their position descriptions do not qualify.

\*\*Only one reward granted per resident move-in. All referrals will be registered by date and time.

**If you are interested in sharing a special talent or skill as a volunteer, call April Dethloff at 262-789-1699.**