

March • April • May • June 2011

—REGENCY-BROOKFIELD— REGISTRY

The Best Choice for Seniors

Gardening Splendor

Popular Flower Show Returns During Open House

Public invited to attend March 26 from noon to 5 pm • March 27 from 11 am to 3 pm

The Floral Designers of Wisconsin Garden Club will present a Standard Flower Show at Regency-Brookfield again this spring. Even if you've attended a Flower Show before, we promise you'll enjoy this splendiferous one! Displays will include stunning flower arrangements, horticultural specimens and educational exhibits. The flower show is free and open to the public during our Spring Open House.

This year's theme is *Gardening Splendor*. Names for each of the judged divisions are in keeping with the theme: "Design Splendor" (Division I Creative Designs), "Springtime Splendor" (Division II Horticulture), and "Gardening Promises" (Division III Special Exhibits).

A special educational exhibit will address the "good type" of bugs gardeners love, entitled "Beneficial Garden Bugs." A second exhibit,

called "Vertical Gardens," explores the popularity of vertical gardens as an answer to limited space.

Blue ribbon juries of professional accredited flower show judges will pick top winners in each category. All displays will be showcased throughout the campus during the Flower Show's two-day run.

To experience Gardening Splendor to its fullest, attend our Spring Open House **Sunday, March 27 from 10 am to 2 pm**. Tours are complimentary, our residences will be open for your viewing, and you'll get an insider's look at our campus amenities along with this season's gorgeous flowers and plants.

For more information or to schedule a personal tour, call Terry Sommers at (262) 780-0321.



INSIDETHISSUE

Senior Health & Fitness Day
Book Lover Jeanette McArthur
Meet Dorothy Kowalicki
Chaplain's Corner
Fresh from the Kitchen
Special Events for Residents



PROHEALTH CARE
REGENCY SENIOR COMMUNITIES
BROOKFIELD

RegencySeniorCommunities.com

Questions?

Telephone Directory

If you would like more information or to schedule a private tour, call the following people at

(262) 780-0321

Administration

Christine Catalano, Campus Administrator
Donna Sullivan, Office Manager
Russ Leidel, Accounting

Dining, Catering and Linen Services

Todd Van Heesch, Director
Mike Giles & Josh Lang, Supervisors

Events, Volunteering & Country Market

Diane Plugge, Director of Lifestyle Services

Fitness Programs

Thena Stevens, Fitness Specialist

Health Services

Craig Pollack, RN, BSN - Director of Health Services
Joni Sevallius, LPN, Supervisor
Barbara Eddy, LPN, Supervisor

Spiritual Enrichment

Steve Kielley, Chaplain

Tours

Terry Sommers, Director of Community Services

Beauty Salon/ Barber Shop

(262) 938-0879 North
(262) 797-9273 South

Elmbrook Senior Taxi

(262) 785-1200



Senior Health & Fitness Day

Monday, June 6 • 11:30 am to 3:30 pm

Join us for a day of fun events, including lunch, a fitness walk, health fair and our new “Heart Beats” exercise demonstration.

Led by Marj Chepp, certified instructor, “Heart Beats” is fun for all participants, no matter their level of physical function. As participants drum on beach balls, their heart rate rises and alpha waves match the beating of the drums, making for a truly exhilarating experience.

11:30 am Luncheon (Senior Living Building) with grilled chicken and more for \$6.95. Reservations must be made in advance by May 31 by calling Terry at (262) 780-0321.

12:30 pm Registration (Assisted Living Center)

1:00 pm Health Fair and Fitness Walk

2:30 pm “Heart Beats” Demonstration

Spring Renewal



Jeanette McArthur recommends a book to Jo Menz.

Like bits of green ready to burst forth, we too are sprouting with energy and fresh starts. We're ready to try something new or things we haven't done in years. Maybe we'll take a fitness walk or a craft class. Experience a new food. Learn how to stock a healthy pantry. Enjoy Music under the Stars. It's all here for us to experience this spring!



Complimentary chair massages are popular during Senior Health and Fitness Day.

Resident Kay Graf takes advantage of a free bone density screening.



Swimtastics class offers physical & mental health benefits.



Friends gather for a fitness walk with Thena.

The Book Lover

VOLUNTEER JEANETTE MCARTHUR

Jeanette McArthur plays an important part in the success of our campus library. Besides checking books in and out, sorting and shelving, and making sure the collection is in the correct order, she volunteers at St. Anne's Nursing Home as a Vigil Keeper and at the Wauwatosa Public Library, where she continues the work she did from 1981 until retiring in 2008.



is a candidate for Lay Salvatorian membership. Always a fan of reading, Jeanette also loves to hike, take walks and travel. She has fond memories of traveling with her husband, John, before his death in 2005. She has visited Ireland, England, Scotland, Wales and France, as well as throughout the U.S.

Jeanette enjoys spending time with her six grandchildren, ages 4 to 10 years. She

Thanks, Jeanette, for making a big difference in the quality of our library service by

All-Around Creative

RESIDENT DOROTHY KOWALICKI



Dorothy Kowalicki moved to our North Campus a year ago from Regency South Campus where she lived for six years.

She proudly shows off Regency-Brookfield to everyone, because she thinks the campus is beautiful.

Now a widow, Dorothy and her husband Norbert, a manager at Woolworth and other

dime stores, raised two daughters, Lynn and Sue. As a homemaker, Dorothy spent a lot of time on artwork and needle crafting—crewel embroidery, counted cross-stitch and knitting afghans. For 30 years, she played piano and the organ with an organ club and sang in church choirs from 1929 until 1960.

In her spare time today, Dorothy particularly enjoys all the wonderful programs that Regency offers. She adds, "I am very happy to be living here. I also think the staff is great." Welcome to our campus, Dorothy.

NEW SEASON, NEW ATTITUDE



Do you feel the excitement of the season? Today is God's gift for you to enjoy. Each day is unique in itself. Don't be surprised if you feel reborn in your attitude towards life.

Chaplain Steve Kielley

Fresh From the Regency Kitchen



Eating right in the spring can be easy, fun and fast with nutritious fruit and yogurt smoothies. A refreshing way to start your day, this smoothie delivers a good balance of protein and carbohydrates plus vitamins and calories for lots of energy.

Mike Giles
Food Service Supervisor

Fruit & Yogurt Smoothie

- ½ frozen banana, peeled and chopped
- 1 cup frozen strawberries (no sugar added)
- ½ cup nonfat milk
- ½ cup fat-free plain yogurt or Greek yogurt
- 2 tbsp. powdered protein supplement (found at vitamin stores)
- 1½ tbsp. flaxseed
- 1 tsp. honey

In a blender, combine fruit and blend until pureed. Add remaining ingredients and blend to desired consistency. Pour into a glass and enjoy. Makes 1 serving.

WOULD YOU LIKE TO VOLUNTEER?

We have opportunities available that take minimal time, but mean so much to our residents.

*Thank you in advance
for considering sharing your
time with others.*

If you are interested in volunteer opportunities, call Diane Plugge at 262-780-0321.

REGENCY-BROOKFIELD

What's Happening

Open TO THE PUBLIC

TAI CHI CLASSES

THURSDAYS, BEGINNING MARCH 3 • 1:00 - 2:00 pm
8 week class (no class on March 31). March 3 class is free. \$5 fee for each class after March 3. Residents attend free.

PANTRY EVOLUTION

WEDNESDAY, MARCH 16 • 2:15 pm
Registered dietician Betty Holloway shows how to stock a healthy pantry.

THE KATIE & ANDREA DUO

MONDAY, MARCH 21 • 6:30 pm

FYI: COPD

TUESDAY, MARCH 22 • 9:30 - 11:00 am
Join us as Teresa Ortel, OTR and Rehabilitation Director at Brookfield Rehab, shares exercise tips and ways to improve the health of your heart and lungs. Continental breakfast served.

BALLET-IN-A-BOX WITH THE MILWAUKEE BALLET

THURSDAY, MARCH 24 • 2:00 pm
This interactive show at our Assisted Living Center focuses on the athleticism of the ballet and the important role dancers play.

GARDENING SPLendor FLOWER SHOW

SATURDAY, MARCH 26 • noon - 5:00 pm
SUNDAY, MARCH 27 • 11:00 am - 3:00 pm

Presented by the Floral Designers of Wisconsin Garden Club.

SPRING OPEN HOUSE

SUNDAY, MARCH 27 • 10:00 am - 2:00 pm

WATCH 'EM DANCE

MONDAY, APRIL 4 • 6:45 pm
Ballroom dance demonstration

ANNUAL FLOWER & HANGING BASKET SALE

WEDNESDAY, MAY 4 • 2:00 - 4:00 pm

SENIOR HEALTH & FITNESS DAY

MONDAY, JUNE 6 • 11:30 am - 3:30 pm

MUSIC UNDER THE STARS

THURSDAY, JUNE 23 • 6:30 pm
Performance by Mainstreet Song & Dance

PARKINSON'S SUPPORT GROUP

FIRST THURSDAY OF THE MONTH • 2:30 - 4:00 pm

BLOOD PRESSURE SCREENINGS

THIRD TUESDAY OF THE MONTH • 10:00 - 11:00 am

Special Events FOR RESIDENTS

March 3 • 10:00 am
Food Around The World - Ireland

March 15 • 1:30 pm
St. Patrick's Day Party with Musical Entertainment by Mike Waitowicz

March 31 • 9:30 am
Day Trip to Fireside Dinner Theatre (sign-up required)

April 5 • 10:00 am
The Music of Jeanette MacDonald & Nelson Eddy Learn about these musical legends with educator Julie Falk.

April 12 • 2:00 pm
Broadway Wannabe's

April 19 • 3:00 pm
Happy Hour - Resolute Cocktail

April 28 • 2:00 pm
Armchair Travel to Switzerland

May 5 • 10:00 am
Food Around The World - Cinco de Mayo

May 17 • 3:00 pm
Happy Hour - Cool & Calm Cooler

May 26 • 2:00 pm
Musical Entertainment by Women of Note Chorus

June 7 • 2:00 pm
Musical Entertainment by The Elderberries

June 13 • 2:00 pm
Fitness Bus to the Harley Davidson Gardens

June 21 • 3:00 pm
Happy Hour - Tailgate Party



JOIN US FOR OUR SPRING OPEN HOUSES!

At all 3 Regency Campuses

Muskego • Sun., March 20 • 10 am - 2 pm

Brookfield • Sun., March 27 • 10 am - 2 pm

New Berlin • Sun., March 27 • 10 am - 2 pm

If you'd like to learn more about the selection of residences available and the possibilities we can provide for an exciting, secure future, we invite you to attend our Spring Open House. Join us for a tour of our buildings, and meet and mingle with our residents to learn firsthand what living at Regency is all about. Tours, wellness clinics, ham and rolls, demonstrations, blood pressure tests and live entertainment will be provided, and our health staff will be available to answer all your questions. We hope to see you there.



PROHEALTH CARE
REGENCY SENIOR
COMMUNITIES

BROOKFIELD MUSKEGO
777 N. Brookfield Rd. 3.5 mi. S of I-43 on Racine Ave.
262-780-0321 262-679-0888



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



Lifelong Learning

Your Monthly Planner

Fortune

MARCHEVENTS

- | | | | | | |
|----|----------|---|----|---------------------|--|
| 1 | 1:00 pm | Depart for Swimstastics Join us for warm water pool exercises. Senior Living. (sign-up required) | 21 | 10:00 am | What's Cooking? Reuben Soup |
| 3 | 10:00 am | Food Around the World - Ireland | 21 | 6:30 pm | The Katie & Andrea Duo Performing a variety of toe tappin' classics. PUBLIC WELCOME |
| 3 | 1:00 pm | Tai Chi Classes This 8-week series is led by certified instructor Claire Walchli. March 3 class is free. \$5 fee for each class after March 3. Residents attend free. No class on March 31. PUBLIC WELCOME | 22 | 9:30 am | FYI: COPD Teresa Ortel, OTR, will discuss Chronic Obstructive Pulmonary Disease and ways to improve the heart and lungs. PUBLIC WELCOME |
| 6 | 1:30 pm | Trinity Irish Dancers | 22 | 1:30 pm | Senior Living Birthday Celebration with Muscial Entertainment by Tom Stanfield |
| 7 | 10:00 am | Elm Grove Garden Club Décor Craft | 24 | 2:00 pm | Ballet-In-A-Box with the Milwaukee Ballet This interactive show focuses on the athleticism of the ballet and the important role dancers play in the art form. PUBLIC WELCOME |
| 8 | 1:30 pm | Mardi Gras Fun with Musical Entertainment by Marilyn Woolsley | 26 | noon to 5:00 pm | Gardening Splendor Flower Show Presented by the Floral Designers of Wisconsin Garden Club. PUBLIC WELCOME |
| 11 | 9:30 am | Tour the Wisconsin Humane Society With lunch at Bluemound Gardens Restaurant. Assisted Living. (sign-up required) | 27 | 11:00 am to 3:00 pm | Gardening Splendor Flower Show Flower show continues. PUBLIC WELCOME |
| 14 | 10:00 am | Crafters' Corner - Denim Purses | 27 | 10:00 am to 2:00 pm | SPRING OPEN HOUSE Tours, demonstrations, chef-prepared treats, entertainment and more. PUBLIC WELCOME |
| 14 | 4:00 pm | Fitness Walk at Bayshore Mall | 28 | 4:30 pm | Destination Walking Program Kickoff Party |
| 15 | 1:30 pm | St. Patrick's Day Party with Musical Entertainment by Mike Waitowicz Enjoy the Midwest's premier banjo entertainer. | 29 | 1:30 pm | Musical Entertainment by John and Carol Hanzel |
| 15 | 3:00 pm | Happy Hour - Irish Fortune Punch | 31 | 9:30 am | Day Trip to the Fireside Dinner Theatre See <i>Annie</i> , one of the most popular Broadway shows of the century. Senior Living. (sign-up required) |
| 16 | 2:15 pm | Pantry Evolution Registered dietician Betty Holloway shows how to stock a healthy pantry. Learn how to combine cupboard essentials with fresh, seasonal ingredients to create quick, nutritious meals. PUBLIC WELCOME | 31 | 2:00 pm | Armchair Travel to Ireland |
| 17 | | ST. PATRICK'S DAY | | | |
| 20 | | SPRING BEGINS | | | |

Programs subject to change. Watch weekly calendar for updates.

Respect

APRILEVENTS

- | | | | | | |
|---|----------|--|----|----------|--|
| 4 | 10:00 am | Elm Grove Garden Club Spring Craft | 7 | 10:00 am | Food Around the World - Switzerland |
| 4 | 6:45 pm | Watch 'Em Dance! Ballroom dance demonstration featuring USA Ballroom Dance Association dancers. PUBLIC WELCOME | 8 | 9:30 am | Shady Lane Greenhouse Tour and Lunch at Schwabenhoff Restaurant Assisted Living. (sign-up required) |
| 5 | 10:00 am | The Music of Jeanette MacDonald and Nelson Eddy Learn about these musical legends with educator, Julie Falk. | 11 | 10:00 am | What's Baking? Spring Sugar Cookie Cutouts |
| | | | 11 | 3:00 pm | Fitness Bus to West Wood Health and Fitness Club |



- 12 2:00 pm **Broadway Wannabes** Enjoy a spring program of song and dance.
- 18 10:00 am **Crafters' Corner - Organically Colored Easter Eggs**
- 19 1:30 pm **Musical Entertainment by Ed Lemberger**
- 19 3:00 pm **Happy Hour - Resolute Cocktail**
- 24 **EASTER**
- 26 1:30 pm **Senior Living Birthday Celebration with Musical Entertainment by Danny Crivello**
- 28 10:00 am **Armchair Travel to Switzerland**
- 29 9:30 am **Day Trip to Le Caffe Bistro/Little Shop Around the Corner Table Show** Enjoy brunch and a fanciful world of beautiful design. Senior Living. (sign-up required)

Programs subject to change. Watch weekly calendar for updates.

Balance

- 2 10:00 am **Crafters' Corner - Symmetrically Balanced Floral Arrangement**
- 3 1:30 pm **Musical Entertainment by Bob Ropiak**
- 4 2:00 to 4:00 pm **Annual Spring Flower & Hanging Basket Sale** Shop early for the best selection of hanging baskets, patio containers and small plants. **PUBLIC WELCOME**
- 5 10:00 am **Food Around The World - Cinco de Mayo, Mexico**
- 8 **MOTHER'S DAY**
- 9 4:30 pm **Fitness Bus to the Fox River Parkway**
- 10 9:30 am **Day Trip to Milwaukee Art Museum**
Frank Lloyd Wright: Organic Architecture for the 21st Century. Enjoy lunch and a guided tour. Senior Living. (sign-up required)
- 10 1:30 pm **Musical Entertainment by Sandy Lee**
- 12 2:00 pm **Armchair Travel to Mexico**
- 16 10:00 am **What's Baking? Balanced Granola**
- 17 1:30 pm **Musical Entertainment by Lil' Rev**
- 17 3:00 pm **Happy Hour - Cool & Calm Cooler**
- 24 1:30 pm **Senior Living Birthday Celebration with Musical Entertainment by Tom Jahnke**
- 26 2:00 pm **Women of Note Chorus**
- 27 9:30 am **Trip to Wisconsin Memorial Park and Joey's Seafood Grill** Assisted Living. (sign-up required)

Programs subject to change.
Watch weekly calendar for updates.

Teamwork

- 2 10:00 am **Food Around the World - Russia**
- 6 11:30 am to 3:30 pm **Senior Health & Fitness Day**
PUBLIC WELCOME
- 7 10:00 am **Day Trip to Water Street Brewery**
Beer tasting, shopping and lunch in Delafield.
- 7 2:00 pm **Musical Entertainment by The Elderberries**
- 13 10:00 am **What's Baking? Cake Decorating Team Competition**
- 13 4:30 pm **Fitness Bus to the Harley Davidson Gardens**
- 14 1:30 pm **Musical Entertainment by Danny Crivello**
- 20 10:00 am **Crafters' Corner - Brewers Team Spirit Banner**
- 21 1:30 pm **Musical Entertainment by Tom Stanfield**
- 21 3:00 pm **Happy Hour - Tailgate Party**
- 23 6:30 pm **Music Under The Stars** Featuring Main Street Song and Dance Troupe.
PUBLIC WELCOME
- 28 1:30 pm **Senior Living Birthday Celebration with Musical Entertainment by The Katie and Andrea Duo**
- 30 2:00 pm **Armchair Travel to Russia**

Programs subject to change. Watch weekly calendar for updates.

Welcome
NEW RESIDENTS

Joan & Don Dergin
Lillian Grimm
Margaret Guskowski
Jeanette Hanson
Peg Hanson

Mickey Hughes
Marion Marinello
Etta Melin
Barbara Otto
Pat & John Petroff

Bobbie Poshepny
Willy Reinke
Aggie Rundel
Larry Volk

Interested in volunteering? Call Diane Plugge at 262-780-0321.