

—REGENCY-BROOKFIELD—  
**REGISTRY**

*The Best Choice for Seniors*

*Paying Homage to Our Heroes*

***This Veterans Day, November 11 at 10 a.m., we will honor the nearly 40 veterans living at Regency-Brookfield.***

In his book *The Greatest Generation*, Tom Brokaw described the generation who grew up in the United States during the Great Depression, fought in World War II, and came back to rebuild America into a superpower as “the greatest generation any society has ever produced.” This Veterans Day, we will pay homage to our greatest generation—the residents who fought for our country.

We'll start with a delicious, made-to-order breakfast served by our staff, to be followed by a Veterans Day Program hosted by the Veterans of Foreign Wars Post 2787.

Thank you to ALL veterans for their dedication and loyal service to our country.

**WATCH THE HISTORY CHANNEL'S *The Air War* on November 10.** See the story of a lieutenant and pilot who flew 49 combat missions on a B-17G Flying Fortress named "Miss Irish" during WWII. The Flight Crew inherited the "Bloody Hundredth" nickname from other bomb groups due to the amount of losses it took. The group was awarded a Distinguished Unit Citation after completing a succession of attacks on Berlin in 1944. Regency-Brookfield South Campus resident Col. John Gibbons was the Lieutenant and Pilot on these missions. Col. Gibbons is a modest man and believes ALL veterans should be honored for their service to their country.



Some of our Regency-Brookfield veterans include:

(FRONT ROW) Col. John Gibbons (Air Force),  
Vic Anderson (Marine Corps), John Schmitz (Navy)

(BACK ROW) Ken Robbins (Coast Guard), John Belton (Army),  
Winston Williams (Naval Academy), John Heinen (Navy Air Corps),  
Robert Montaba (Navy) and Robert Reimeker (Army Air Corps)



PROHEALTH CARE  
REGENCY SENIOR COMMUNITIES  
BROOKFIELD

[RegencySeniorCommunities.com](http://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

# JUST DESSERTS

BY THENA STEVENS, FITNESS SPECIALIST

Join us Thursday, November 4 at 1:30 pm  
South Campus, Community Room  
695 N. Brookfield Road



Join Betty Holloway, registered dietician with a master's degree in clinical nutrition from Cornell University, as she demonstrates how to prepare "justifiable" desserts for the holidays with a seminar entitled *Just Desserts*.

Betty believes that desserts don't need to be high fat, high sugar concoctions. In this demonstration, she will show you how to create delicious and healthy alternatives with a few substitutions and additions. Eating the right desserts can be a treat for your taste buds *and* your waistline.



All three Regency campuses will be sponsoring this FREE cooking demo. Enjoy samples and take home the recipes demonstrated in the presentation.

Or join Betty for additional presentations **November 2 at Regency-New Berlin** and **November 9 at Regency-Muskego**. To learn more about Betty, the founder of Nutriphoria LLC, visit [www.nutriphoria.com](http://www.nutriphoria.com).



## Wrapping up the Year



Nothing says the holidays like a walk through the poinsettias at Olbrich Botanical Gardens.

The holidays are in full swing and we're celebrating the sights, smells and sounds that make this the happiest season of all. Our long list of merry events includes something for everyone: festive light tours, holiday crafts and music programs. As the Wisconsin winter wonderland settles in, we'll be busy with classes, cooking demonstrations, happy hours, and touring the world with Armchair Travel.



The baskets made in Crafters' Corner will be the perfect addition to a spring table.

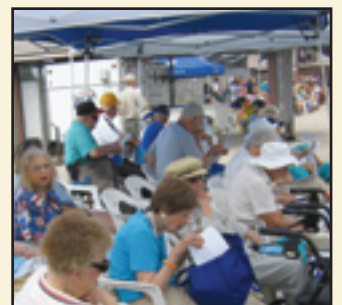


Residents enjoy the outdoors and animals at Villa Loretto.



Dorothy Patches, Gerry Fischer, Bernice Brem, and Evelyn Foker celebrate their "walk to Key West" with a party.

The ProHealth Care Senior 75s softball games pull in a big crowd.



# A History of Helping

## VOLUNTEER PAT SMITH

Pat Smith has a history of volunteering, from dancing for the USO during WWII to serving as a Eucharistic minister at St. Dominic Church. Today, she continues to volunteer by calling bingo and working as a greeter at Regency-Brookfield.

As a fulltime homemaker, Pat volunteered for more than 40 years at her children's schools and at area churches and hospitals in the various places the family lived. Thanks to Pat's volunteering and her love of socializing, our residents enjoy stopping



by the desk just to talk to her.

In her spare time, Pat enjoys her three daughters and son, plus six grandchildren. Always a fan of dancing, Pat recalls Tommy Dorsey and Benny Goodman playing at her prom. She has fond memories of traveling to Europe, the Caribbean, Alaska and Hawaii with her family.

We appreciate the friendliness and community spirit that shines in Pat.



## Fresh From the Regency Kitchen

*As fall turns to winter, I'm reminded of the sweet smell of holiday cookies from my grandmother's kitchen. My favorite cookie was always a Dutch shortbread called boterkoek—literally "butter cake or cookie." This simple, traditional recipe has been passed down in my family for generations.*

Mike Giles  
Food Service Supervisor

## Boterkoek

1½ cups butter  
1¾ cup flour  
1 cup brown sugar, packed

Preheat the oven to 350°. Cream butter and sugar together using an electric mixer. Add flour and knead lightly. Once combined, refrigerate the dough for two hours. Remove and roll dough out to ¼" thickness. Using a pastry wheel, cut into a grid of square or diamond shaped cookies. Place cookies on a greased baking sheet and bake for 10-12 minutes until golden brown. Allow to cool before removing from the baking sheet. Delicious with hot chocolate or coffee!

## All That Jazz

### RESIDENT MARY JABER



Mary debuted her musical career at the age of four when she gave her first recital in Fond du Lac, her hometown.

In high school, she was the lead in musical comedies. After graduating, she moved to Florida where she was a featured piano bar entertainer. Mary went on to a career in radio and TV, where she appeared on her own television program for CBS affiliate WTAR-TV called "Songs, Inc." Along the way, she married, worked with the Fort Story Officers Club and the Little Creek Amphibious Airbase Orchestras in Norfolk, Virginia, and recorded two records.

In 1955, Mary returned to Wisconsin and decided to give up her career to settle down to being a wife, homemaker and mother of four daughters. After some urging from friends, she formed the Mary Jaye Trio, and they began touring when Mary's youngest turned 16. She gave up the music business once again when she moved to Milwaukee in 1987 and became a receptionist at a large, corporate law firm.

Mary loves to draw, read, study the Bible and enjoy her six grandchildren and three great-grandchildren. She appreciates the independent pace of Regency where she can "do nothing or sign up for things to do and be as busy as I want." Today, she is grateful for the peace and quiet of her cozy apartment and her wonderful friends at Regency-Brookfield!

## 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.*



## Give of Yourself

It has been said that, "Like ornaments, thoughts of special people brighten the season and warm our hearts." As time passes in our lives, we become more focused on relationships than we do on things. This year, consider that the best gift you can give is to give of yourself. BE a blessing instead of hoping to receive one. Your warm smile and loving touch are far more valuable than anything that comes wrapped in a box. And rest assured, you're a gift that no one will want to return!

Chaplain Steve Kielley



# REGENCY-BROOKFIELD What's Happening

## Open TO THE PUBLIC

### UNRAVELING THE MYSTERY OF MEDICARE

**MONDAY, NOVEMBER 1 • 5:30 - 7:00 pm**

Join Medicare experts for a presentation that will help you understand Medicare, Medicare Part D and Advantage Plans. You'll leave with a better understanding of plans and how they fit together. Light refreshments will be served.

### JUST DESSERTS FOR THE HOLIDAYS

**THURSDAY, NOVEMBER 4 • 1:30 - 3:00 pm**

Nutritionist Betty Holloway, MNS, RD, creates delicious, healthy alternatives to fat- and sugar-laden holiday desserts in this cooking demo. Enjoy samples afterward.

### SENIOR WELLNESS AND FITNESS

**TUESDAY, NOVEMBER 9 • 9:30 - 11:00 am**

Teresa Ortell, Rehabilitation Director, and other occupational therapists will answer questions and interpret your fitness score. Prizes, refreshments and knowledge await you!

### TOYS FOR TOTS HOLIDAY DRIVE

**NOVEMBER 15 THROUGH DECEMBER 3**

Drop off new, unwrapped toys for children in need, 12 years or younger at any of our three campuses. Your gift will help a Milwaukee area child experience the joy of the season.

### CHAIR YOGA FOR SENIORS

**THURSDAYS, BEGINNING JANUARY 6 • 1:00 pm**

Taught by certified Ruth Tozer, this eight-week class runs through February 24, 2011. First class is free. Subsequent classes are \$5 each. Residents attend free.

### 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

**November 1 • 10:00 am**

Elm Grove Garden Club Winter Craft

**November 8 • 10:00 am**

What's Cooking? Potage St. Germain

**November 16 • 3:00 pm**

Happy Hour - St. Croix Cooler

**November 24 • 3:00 pm**

Armchair Travel to England

**December 2 • 1:30 pm**

Musical Entertainment by Women of Note Chorus

**December 6 • 2:00 pm**

Drumming for Exercise

**December 13 • 10:00 am**

What's Baking? Pineapple Holiday Cake

**December 21 • 3:00 pm**

Happy Hour - Peppermint Twist Cocktail

**January 13 • 10:00 am**

Quilting Show & Share

**January 27 • 2:30 pm**

Armchair Travel to Norway

**February 15 • 1:30 pm**

Valentine's Day Party with Musical Entertainment by Kathy Kaye



### Annual Toys For Tots Holiday Drive

November 15 through December 3



### A Fireside Christmas

November 17 • 9:30 am

Enjoy the annual Christmas show at The Fireside Theatre.

### Holiday Lights Tours

December 2, 9 & 16 • 6:00 pm

### Christmas Concert at Holy Hill

December 5 • 1:00 pm

Musical entertainment by Hartland Band and Arrowhead High School Choir.

## Holiday Happenings

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

### Christmas Music by New Beginning Contemporary Choir

December 6 • 6:30 pm

### Christmas in the Country

December 10 • 9:30 am

Holiday happenings at the Grand Geneva Resort & Spa.

### Christmas Eve & New Year's Eve Mass

December 24 & 31 • 4:00 pm

### New Year's Eve Party

December 31 • 1 pm



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

## The Saints Go Marching In

NOVEMBEREVENTS

- |                  |                  |  |    |          |  |
|------------------|------------------|--|----|----------|--|
| 1                | 10:00 am         | <b>Elm Grove Garden Club Winter Craft</b>  | 15 | 10:00 am | <b>Crafters' Corner - Personalized Greeting Cards</b>  |
| 1                | 5:30 to 7:00 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> | 16 | 1:30 pm  | <b>Musical Entertainment by Tom Jahnke</b>   |
| 2                | 10:00 am         | <b>Food Around the World - England</b>   | 16 | 3:00 pm  | <b>Happy Hour - St. Croix Cooler</b>   |
| 4                | 1:30 pm          | <b>Just Desserts for the Holidays</b> Presented by registered dietician Betty Holloway. <b>PUBLIC WELCOME</b>                                | 17 | 9:30 am  | <b>Day Trip to the Fireside Theatre</b> Enjoy <i>A Fireside Christmas</i> . Senior Living. (sign-up required)  |
| 8                | 10:00 am         | <b>What's Cooking? Potage St. Germain (Pea Soup)</b>   | 19 | 9:30 am  | <b>Day Trip to Waukesha Historical Society and Museum</b> See the photography exhibit <i>Memories of World War II</i> . Lunch at J. Lotti's Pub and Grill. Assisted Living. (sign-up required) |
| 8                | 4:30 pm          | <b>Senior Living Fitness Bus to Brookfield Square Mall</b> (sign-up required)  | 23 | 1:30 pm  | <b>South Campus Birthday Party with Musical Entertainment by Todd Pridgeon</b>   |
| 8                | 6:30 pm          | <b>Assisted Living Fitness Bus to Brookfield Square Mall</b> (sign-up required)  | 24 | 10:00 am | <b>Memorial Service with Chaplain Steve and Musical Accompaniment by Alex Lamoureux</b>  |
| 9                | 9:30 to 11:00 am | <b>Senior Wellness and Fitness</b> Therapists will help you interpret your "fitness score" and answer questions. <b>PUBLIC WELCOME</b>       | 24 | 3:00 pm  | <b>Armchair Travel to England</b>  |
| 9                | 2:00 pm          | <b>Musical Entertainment by Taryn Whipple</b>  | 25 |          | <b>THANKSGIVING</b>  |
| 11               |                  | <b>VETERANS DAY</b>  | 30 | 10:00 am | <b>North Campus New Resident Meet &amp; Greet</b>  |
| 11               | 9:00 am          | <b>Veterans Day Breakfast</b> (sign-up required)   | 30 | 1:30 pm  | <b>Musical Entertainment by Carol and John Hanzel</b>  |
| 11               | 10:00 am         | <b>Veterans Day Program with VFW Post 2787</b>   |    |          |  |
| NOV. 15 - DEC. 3 |                  | <b>ANNUAL TOYS FOR TOTS DRIVE</b> Drop off a new, unwrapped toy for a child in need, 12 years or younger. <b>PUBLIC WELCOME</b>              |    |          | Programs subject to change. Watch weekly calendar for updates.   |

## Deck The Halls

DECEMBEREVENTS

- |   |          |   |   |          |   |
|---|----------|---|---|----------|---|
| 1 | 10:00 am | <b>Assisted Living Trim the Tree Party</b>  | 6 | 10:00 am | <b>Crafters' Corner - Garland Swag</b>  |
| 1 | 1:00 pm  | <b>Senior Living Trim the Tree Party</b>  | 6 | 2:00 pm  | <b>Drumming for Exercise</b>  |
| 2 | 10:00 am | <b>Food Around The World - South Africa</b>   | 6 | 6:30 pm  | <b>Musical Entertainment by New Beginning Contemporary Choir</b> Featuring Christmas music. |
| 2 | 6:00 pm  | <b>Holiday Lights Tour 1</b> (sign-up required)   | 7 | 1:30 pm  | <b>Musical Entertainment by Tom Stanfield</b>   |
| 2 | 1:30 pm  | <b>Musical Entertainment by Women of Note Chorus</b>  | 8 | 10:00 am | <b>Mass of the Immaculate Conception</b>  |
| 5 | 1:00 pm  | <b>Christmas Concert at Holy Hill with Musical Entertainment by Hartland Band and Arrowhead High School Choir</b> Senior Living. (sign-up required) | 9 | 6:00 pm  | <b>Holiday Lights Tour 2</b> (sign-up required)   |



DECEMBEREVENTS

- 10 9:30 am **Day Trip to Lake Geneva Resort & Spa**  
Christmas in the Country events.  
Senior Living. (sign-up required)
- 13 10:00 am **What's Baking? Pineapple Holiday Cake**
- 16 6:00 pm **Holiday Lights Tour 3** (sign-up required)
- 21 1:30 pm **Musical Entertainment by the Katie & Andrea Duo**
- 21 3:00 pm **Happy Hour - Peppermint Twist Cocktail**
- 24 4:00 pm **Christmas Eve Mass**
- 25 **CHRISTMAS**
- 28 10:00 am **South Campus New Resident Meet & Greet**
- 28 1:30 pm **South Campus Birthday Celebration with Musical Entertainment by Caribbean Eclipse**
- 30 2:30 pm **Armchair Travel to South Africa**
- 31 1:00 pm **New Year's Eve Celebration** Festivities include strolling musical entertainment by The Banjo Barons.
- 31 4:00 pm **New Year's Eve Mass**

Programs subject to change. Watch weekly calendar for updates.

*Harmony*

- 1 **NEW YEAR'S DAY**
- 3 10:00 am **Crafters' Corner - Lavender Potpourri**
- 4 6:30 to 8:00 pm **Welcome the New Year Party with Musical Entertainment by the Dick Strauss Band** North Campus residents and their families are invited to attend.
- 5 10:00 am **Assisted Living Untrim The Tree Party**
- 5 1:00 pm **Senior Living Untrim The Tree Party**
- 6 10:00 am **Food Around The World - Norway**
- 6 1:00 pm **Chair Yoga for Seniors** 8-week series presented by Ruth Tozer, certified instructor. \$5 per class. Residents attend free. **PUBLIC WELCOME**
- 11 1:30 pm **Musical Entertainment by Sandy Lee**
- 12 9:30 am **Day Trip to Greendale** Enjoy lunch at Harmony Restaurant. Senior Living. (sign-up required)
- 13 10:00 am **Quilting Show & Share** Kick off the Regency Quilting Bee.
- 17 10:00 am **What's Baking? Dream Bars**
- 18 1:30 pm **Musical Entertainment by Danny Crivello**
- 18 1:30 pm **Happy Hour - Dreamy Cocktail**
- 20 10:00 am **Spa Day at Regency**
- 25 10:00 am **North Campus New Resident Meet & Greet**
- 25 1:30 pm **South Campus Birthday Celebration with Musical Entertainment by Dan Sullivan**
- 27 2:30 pm **Armchair Travel to Norway**

Programs subject to change. Watch weekly calendar for updates.

*Love*

- 1 1:30 pm **Musical Entertainment by Dan Naumann**
- 3 10:00 am **Food Around the World - Japan**
- 7 10:00 am **Crafters' Corner - Heart Sampler**
- 14 **VALENTINE'S DAY**
- 14 10:00 am **What's Baking? Valentine Sweet Bread with Flavored Butters**
- 15 1:30 pm **Valentine's Day Party with Musical Entertainment by Kathy Kaye**
- 15 3:00 pm **Happy Hour — Amore-ade**
- 18 10:00 am **Day Trip to the Milwaukee Symphony Orchestra & Luncheon** See Mendelssohn's Beloved Violin Concerto. Senior Living. (sign-up required)
- 22 1:30 pm **South Campus Birthday Celebration with Musical Entertainment by Musicale**
- 24 2:30 pm **Armchair Travel to Japan**

Programs subject to change. Watch weekly calendar for updates.

JANUARYEVENTS

FEBRUARYEVENTS

*Welcome*  
NEW RESIDENTS

Eleanore Baumann  
Stella Bolek  
Fran Cvetan  
Angelo Dragotta  
Pat Gage  
Jo Gagliano

Jack Henry  
Betty Jung  
Doreen Leach  
Ann & Paul McBride  
Marjorie McMenamin  
Jean Meissner

Barbara Powell  
Elaine Rosiak  
Maddie White  
Rosalind Wincell

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