

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

The Best Choice for Assisted Living

Twenty years ago, we pioneered Assisted Living to help seniors maintain their independence in a private residence for as long as possible. Our Assisted Living program provides residents with all the comforts of home, along with the support they need, including assistance with their basic daily needs. This combination allows our residents to cultivate a greater degree of self-sufficiency, a higher sense of self-esteem, and an improved quality of life.

During this time of soaring health costs, Regency-New Berlin offers the most affordable, comprehensive Assisted Living program available. For one monthly fee, you or your loved one could live at our conveniently located campus—close to freeways, shops, entertainment, and health care providers. Every Regency residence comes with services and amenities designed to enrich a resident's everyday life: chef-prepared meals served in our private dining rooms, 450 enriching social and recreational programs and 45 outings to enjoy monthly, and free transportation to medical appointments.

Our campus even offers a beauty salon/barber, bank, general store, and Internet Café for a world of convenience right outside your door.

We remain the best choice for Assisted Living, based on our established reputation as a licensed and certified leader in senior care. Our sole focus is on resident care and quality of life. To that end, our program is extremely senior-friendly, from the size of our apartments and a highly trained staff to the five levels of care we are able to provide to residents as their needs change.

Our Regency Assisted Living program provides security and peace of mind that everything will be attended to. We truly offer the best fit for everyone.

To arrange a private tour with Lisa, call (262) 789-1699 today. She'll show you our newly expanded campus, answer all your questions and share with you how affordable and rewarding Regency-New Berlin can be.



INSIDETHISISSUE

Fresh Starts

Coming Soon—Guided Care

Hats Off to Leona Raffin

Meet Walt Jones and Joe Pederson

Recipe from the Regency Kitchen

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
June Roberts and Barbara Saelens, Dining Supervisors

Fitness Programs

Thena Stevens, Fitness Specialist

Guided Care

Jane Leuzinger, Guided Care Program Coordinator

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

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

Event Community Outreach

Karen Hartwell, Director of Outreach Services

Beauty Salon/ Barber Shop	Adult Day Services	Senior Taxi
(262) 789-1699	(262) 782-0740	(262) 814-1611

Fresh Starts

As we anticipate the dawning of spring, our hearts become lighter. Like the changing of the seasons, we experience changes in our everyday lives, spanning the joys of birth to the sorrows of death. God is the one constant for humanity. His love never changes. And like the sun rising in the morning and setting in the evening,

He is nearby to help us face the day—each one bringing hope and promise.

As we emerge from winter to spring, may the season bring you new beginnings and fresh starts.

Chaplain Steve Kielley

New Guided Care for the Cognitively Impaired

The Guided Care Program at Regency Senior Communities is an innovative, systematic approach that meets the challenges of seniors with cognitive impairments and other complex health needs. By providing the best in healthcare and making more efficient use of health services, Guided Care can improve the quality of life for these seniors. While all Regency campuses are slated to offer this new program, Regency-New Berlin will be the first to provide the Guided Care Program.

we can help them to realize a state of well-being. Our team of registered nurses, certified nursing assistants, lifestyle specialists, and a certified dementia practitioner work together to meet the needs of the participants, while providing the best health care.

A Personalized Guided Care Program Features:

- Memory-enhancing activities & projects
- Mind exercises along with structured and supported activities of daily living
- Tactile & sensory stimulation activities
- Health & fitness programs for the mind and body
- Guided spiritual celebrations
- Supported social events

With the ever-growing number of adults facing decisions for their aging parents and as many as 5.3 million people in the U.S. living with Alzheimer's, now is the right time for Regency's Guided Care.

By offering Guided Care activities that build on the strengths and abilities of program participants,

To learn more about our new Guided Care Program, call Jane Leuzinger at 262-789-1699 or visit www.RegencySeniorCommunities.com.

Spring is on its way



Traditional country music, western gear, homemade bandanas, and square dancing are all part of the fun of our annual Regency Hoedown.



Harry Meinhold competes in a Ladder Ball contest at the Senior Olympics.



Lucille Martinson, Shirley Jaeger & Florence Schaefer participated in the Memory Walk, a benefit to help those battling Alzheimer's Disease.

The warmer weather presents a wealth of opportunities for fun. Make the most of the season with a stroll around our beautiful 31-acre campus, a breakfast outing, or an afternoon on the patio. Don't miss our annual Flower & Hanging Basket Sale, Senior Health & Fitness Day, or the many socials and seminars we have planned for this spring!



Creative card class is always a favorite among residents.



Walter Jones and Florence Schaefer won the Billiards Tournament.

Hats Off to Leona!

Leona Raffin

Leona Raffin moved to our campus in November 2008. This 84-year-old resident is originally from Pence, Wisconsin where her father used to work in the mines.

Leona was the ninth child of ten. She was 3-years-old when the family moved to Kenosha, and her father found work at a factory.

Leona worked at American Motors during the war and there she met her husband of 37 years. They had six children (three boys and three girls) and Leona proudly talks about each one: two live in Wisconsin while the others live out of state. Leona has eight grandchildren and four great-grandchildren.

Besides raising her six children, Leona was very active at church and her children's schools. She was a Girl Scout leader and chairperson and the president of the Association of Christian Women. She also became a leader at Weight Losers of

Milwaukee, where she lost over 100 pounds and inspired other people to reach their weight loss goals. She enjoyed being a volunteer because she enjoys meeting new people and having fun working with children.



When her children were older, Leona got her GED. After that, she worked for many years at the GED office at the Gateway Technical College in Kenosha. She retired around

20 years ago. Leona and her family traveled around the country and Canada.

Today, Leona participates in all the crafts activities Regency has to offer. Her favorites are wood painting classes and creative cards classes. She enjoys taking classes with Thena and exercises at the Fitness Gym using weights and the bicycle. She is also involved in our annual food drive for the New Berlin Food Pantry, Operation Christmas Child and Toys For Tots. She enjoys helping others in

Fresh From the Kitchen

Baileys Irish Cream Chocolate Truffles



Todd Van Heesch
Director of Dining Services

Introduced in 1974, Baileys was the first Irish Cream liqueur on the market.

¼ cup	Baileys Irish Cream
12 oz.	semisweet chocolate chips
¼ cup	Heavy cream
1 tbsp.	Butter (room temperature)
2	Egg yolks
	Powdered sugar
	Cocoa mix

Melt chocolate over very low heat. Stir in Baileys and heavy cream. In a separate bowl, beat egg yolks. Stir a small amount of chocolate mixture into eggs, then slowly add the eggs to the chocolate mixture. Mixture will thicken. Add butter. Refrigerate overnight or several hours.

Using two large spoons or a small ice cream scoop, form small balls. Roll the balls in powdered sugar, then the cocoa mix. The brand of cocoa mix with chocolate bits works nicely.



Don't Miss Our Spring

Open Houses

Muskego

Sunday, March 21 • 11 - 2 pm

New Berlin

Saturday, March 27 • 10 - 1 pm

Brookfield

Saturday, March 27 • 2 - 5 pm

Experience all that ProHealth Care Regency Senior Communities have to offer.

If you or a loved one is looking into new living options, this is the place to begin. Join us this spring for FREE refreshments, entertainment, tours, seminars and demonstrations.

Meet Our Volunteers

Walt Jones and Joe Pederson

Newscurrents with Walt and Joe is a Thursday morning activity held every other week at Regency-New Berlin. Walt and Joe gather news stories and humorous items from local newspapers and discuss them with residents to keep us all up to date on current events.

Formerly from Joliet, Illinois, Walt Jones has been a Regency resident for four years. He is a widower with three children, one granddaughter and one grandson. Walt has done volunteer work all of his life. He believes volunteering is "everyone's duty." For the last five years he has volunteered two mornings a week at Hoover Elementary School in the special needs classroom. "Working with these kids is fantastically good," he said. While in Illinois, he volunteered at a free medical clinic.



Walt is retired from a division of Emerson Corp. where he was a materials manager. He has traveled throughout the United States and has visited the British Isles.

Helping people just comes naturally to Joe Pederson. He retired after 30 years on the West Allis Fire Department, working rescue.

He and his wife, Jean, have lived at Regency for 4 years. They have four sons, 16 grandchildren and 13 great-grandchildren.

"I love to help people," Joe said. He has volunteered at the West Allis Care Center for 26 years, transporting residents to chapel and distributing communion to residents

who can't get to chapel.

Joe used to golf in his spare time. He and Jean make frequent trips to Vancouver, Canada, to visit one of their sons.

Walt and Joe, thanks for all you do!

REGENCY-NEW BERLIN

What's Happening

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

TAKING THE MYSTERY OUT OF REVERSE MORTGAGES

THURSDAY, FEBRUARY 18 • 9:30 am

Fieldpointe entrance. Call to register.

GALLERY NIGHT

FRIDAY, FEBRUARY 19 • 6:00 - 8:00 pm

WORLD WAR II MEMORIES

FRIDAY, FEBRUARY 26 • 1:00 pm

WADOMA WEST AFRICAN DANCE OF MADISON

THURSDAY, MARCH 11 • 7:00 pm

CHOLESTEROL—THE GOOD, THE BAD & THE UGLY

THURSDAY, MARCH 18 • 9:30 am

Fieldpointe entrance. Call to register.

SPRING OPEN HOUSE

SATURDAY, MARCH 27 • 10:00 am to 1:00 pm

SPRING INTO GOOD NUTRITION

TUESDAY, APRIL 20 • 1:30 pm

HOW TO SELL YOUR HOME IN A TROUBLED MARKET

THURSDAY, APRIL 22 • 9:30 am

Fieldpointe entrance. Call to register.

GREAT DECISIONS: A FOREIGN POLICY DISCUSSION GROUP

EACH THURSDAY IN MAY • 9:30 - 11:30 am

Fieldpointe entrance. Call to register.

ANNUAL FLOWER & HANGING BASKET SALE

FRIDAY, MAY 7 • 1:00 - 3:00 pm

ARTHRITIS ANSWERS SEMINAR

FRIDAY, MAY 7 • 1:00 pm

Fieldpointe entrance. Call to register.

SENIOR HEALTH & FITNESS DAY

WEDNESDAY, MAY 26 • 12:30 pm

Fieldpointe entrance.

BLOOD PRESSURE CLINICS

**SECOND & FOURTH MONDAYS OF THE MONTH
11 am - Noon**

LOW VISION SUPPORT GROUP

LAST TUESDAY OF THE MONTH • 11 am - Noon

TAI CHI FUNDAMENTALS

TUESDAYS • 2:15 - 3:15 pm

\$5 fee per class for community participants. Free to residents.

Special Events FOR RESIDENTS

February 8 • 6:30 pm

Crafters' Corner - Sweetheart Candy Boxes

February 10 • 6:30 pm

**Bingo with Swanson Elementary
Cub Scouts**

February 16 • 6:30 & 7:30 pm

**Mardi Gras Musical Entertainment by
The Bourbon Street Stompers**

March 4 • 7:00 pm

**Musical Entertainment by Suburban
Concert Band**

March 17 • 9:30 am

**Trip to the Fireside Dinner Theatre
(sign-up required)**

March 24 • 6:30 pm

**Armchair Travel to Beijing and The
Great Wall**

April 8 • 7:45 am

**Breakfast Trip to Muskego's
Rainbow Restaurant (sign-up required)**

April 20 • TBA

**Trip to the Milwaukee Public Museum
See the Dead Sea Scrolls exhibit.
(sign-up required)**

April 26 • 2:30 pm

**Nostalgia John's Smiling Memories
& Melodies**

May 5 • 6:30 pm

**Food, Fun & Friends - Cinco de Mayo
Super Salsa**

May 12 • 1:00 & 2:30 pm

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

Be Our Guest for a Short-term Stay

Regency offers the community more than a wonderful home and lifestyle for seniors. We also invite the community to be our guest for a short-term stay, which can be a valuable resource for a variety of situations.

See if Regency is right for you on a trial basis

Experience the Regency lifestyle with a 3-day minimum. You can enjoy all the services and amenities that our residents do without any long-term commitment. Guests will receive the level of care they need from active Senior Living and Assisted Living to more personalized 24-hour Attended Care.



A support system for caregivers

Our respite care program provides short-term care for seniors with special needs in a nurturing, safe environment. Seniors can stay for a few days up to a few weeks. It's the ideal solution for caregivers who need to travel, recover from surgery, or just enjoy a much-needed break.



We ease the transition from hospital to home

Our transitional care is designed for seniors who no longer meet Medicare rehab requirements, yet are not comfortable returning to their homes. Seniors can get stronger and healthier in an upbeat environment safeguarded by 24-hour staff and security.

SERVICES AVAILABLE:

3 nutritious meals daily • A spacious furnished private residence
Social activities & outings • Free transportation to PHC appointments
Fitness & wellness classes • Medication management by an RN
Bathing & personal care assistance • Housekeeping & linen services
Call 789-1699 for information.



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



Lifelong Learning

Your Monthly Planner

FEBRUARYEVENTS

Ain't She Sweet

1	10:00 am & 1:30 pm	Crafters' Corner Wood Painting Heart	14		VALENTINE'S DAY
3	6:30 pm	Food, Fun & Friends - Sweet Chocolate Treats	16	6:30 & 7:30 pm	Mardi Gras Musical Entertainment by the Bourbon Street Stompers
4	1:00 pm	Fitness Bus to the Pettit National Ice Center	18	9:30 am	Taking the Mystery Out of Reverse Mortgages Call to register. PUBLIC WELCOME
5	1:00 & 2:30 pm	Resident Birthday Celebration with Entertainment by Red Deacon	19	6:00 to 8:00 pm	Gallery Night Featuring artwork by Poplar Creek Elementary students. PUBLIC WELCOME
8	6:30 pm	Crafters' Corner - Sweetheart Candy Boxes	23	7:00 pm	Memorial Service
10	9:15 am	Fitness Valentine Celebration	24	6:30 pm	Armchair Travel to Hawaii
10	6:30 pm	Bingo Session with Swanson Elementary Cub Scouts	26	1:00 pm	World War II Memories Mr. George Michel discusses his wartime experiences as a radio operator and gunner on a B-24 bomber. PUBLIC WELCOME
12	TBA	Day Trip to Milwaukee Symphony Orchestra Concert & Luncheon Series Enjoy the program <i>Romantic Tchaikovsky</i> . Senior Living. (sign-up required)			Programs subject to change. Watch weekly calendar for updates.

Red, Red Robin

3	2:00 pm	Resident Birthday Social with Musical Entertainment by Julie Nelson	18	1:00 pm	Fitness Walk at Gold's Gym
3	6:30 pm	Food, Fun & Friends - Cherry Dumpling Soup	20		SPRING BEGINS
4	7:00 pm	Musical Entertainment by Suburban Concert Band	24	10:00 am to 12:30 pm	Shopping & Lunch Bunch Trip to Red Robin Restaurant Assisted Living. (sign-up required)
10	6:30 pm	Crafters' Corner - Felt Bird House	24	6:30 pm	Armchair Travel to Beijing and the Great Wall
11	7:00 pm	Wadoma West African Dance of Madison PUBLIC WELCOME	25	3:00 pm	Destination Walk Kickoff
17		ST. PATRICK'S DAY	27	10:00 am to 1:00 pm	SPRING OPEN HOUSE Tours, wellness clinics, chef-prepared treats, entertainment and more. PUBLIC WELCOME
17	9:30 am	Day Trip to the Fireside Dinner Theatre Featuring the popular musical <i>Joseph and the Amazing Technicolor Dreamcoat</i> . Senior Living. (sign-up required)	28	1:30 & 3:30 pm	Musical Entertainment by Terry Morgenroth
18	9:30 am	Cholesterol—The Good, The Bad & The Ugly Call to register. PUBLIC WELCOME			Programs subject to change. Watch weekly calendar for updates.

MARCHEVENTS



Somewhere Over The Rainbow

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|----|----------------|--|---------|--|---|
| 4 | EASTER | 20 | 1:30 pm | Spring into Good Nutrition Registered dietician Betty Holloway presents healthy tips. PUBLIC WELCOME | |
| 7 | 1:30 & 2:45 pm | Resident Birthday Celebration with Musical Entertainment by Dan Naumann | 21 | 11:30 am | Shopping & Lunch Bunch at the Harmony Inn in Greendale (sign-up required) |
| 7 | 7:00 pm | Crafters' Corner - Rainbow Suncatchers | 22 | 9:30 am | How to Sell Your Home in a Troubled Market Presented by First Weber. Call to register. PUBLIC WELCOME |
| 8 | 7:45 am | Outing to the Rainbow Restaurant
Join us for breakfast in Muskego. Senior Living. (sign-up required) | 26 | 2:30 pm | Nostalgia John's Smiling Memories & Melodies Storytelling, memories & melodies from the forties performed by the country's number one nostalgia entertainer. |
| 14 | 6:30 pm | Food, Fun & Friends - Pot o' Gold Potato Soup | 20 | TBD | Day Trip to the Milwaukee Public Museum See the legendary Dead Sea Scrolls exhibit. (sign-up required) |

Programs subject to change.
Watch weekly calendar for updates.

Toot Toot Tootsie

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|---|------------------|---|----|------------------|--|
| 3 | 1:30 pm | May Day Program with Elmwood Elementary School Kindergarten Class | 12 | 1:00 & 2:30 pm | Resident Birthday Social with Musical Entertainment by Tom Jahnke |
| 5 | 6:30 pm | Food, Fun & Friends - Cinco de Mayo Super Salsa | 13 | 9:30 to 11:30 am | Great Decisions: A Foreign Policy Discussion <i>Afghanistan and Pakistan.</i> Refreshments served. PUBLIC WELCOME |
| 6 | 9:30 to 11:30 am | Great Decisions: A Foreign Policy Discussion <i>The U.S. and Other Rising Global Powers.</i> Refreshments served. PUBLIC WELCOME | 19 | 6:30 pm | Crafters' Corner - Tulip Plant Pokes |
| 7 | 1:00 pm | Arthritis Answers Seminar
PUBLIC WELCOME | 20 | 9:30 to 11:30 am | Great Decisions: A Foreign Policy Discussion <i>Potential Development of the Arctic.</i> Refreshments served. PUBLIC WELCOME |
| 7 | 1:00 to 3:00 pm | Annual Hanging Basket & Flower Sale Shop early for the best selection of hanging baskets, patio containers and small plants. PUBLIC WELCOME | 26 | 12:30 pm | Senior Health and Fitness Day
Special guest speaker—the ProHealth Care Senior 75's Softball Team. |
| 9 | | MOTHER'S DAY | 27 | 9:30 to 11:30 am | Great Decisions: A Foreign Policy Discussion <i>The Global Food Crisis.</i> Refreshments served. PUBLIC WELCOME |

Programs subject to change. Watch weekly calendar for updates.

Welcome NEW RESIDENTS

Raymond Ausloos
Dorothy Beck
Annette & Frank Domanek
Claire Dufour
Gilbert Engbring
Ilamay Fredricks
Joe & Marie Gazzana
Glenn George

Dorothy Hanauer
Billie Irwin
Toni Klopf
Mary Luksich
Joe Maciolek
Gretchen Mandal
Betty Matheus
Doris McKeon

Lucille Morgan
Ann & Joe Panella
Rosemarie Paradowski
Joceil Rein
Regina & James Schmid
John & Nancy Shinnors
Lydia Stammer
Cliff Stutzman

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