

February • March • April • May 2011

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

*Come Stay Awhile*

Leave the chores behind!

The residents of Regency-New Berlin have long since said goodbye to the demands associated with home ownership to embrace a new, lighthearted lifestyle. In place of shoveling snow, residents attend seminars, work on crafts, socialize with friends, and enjoy professional entertainment on and off campus. One of the principal advantages of living at Regency is leaving the driving to us—our residents enjoy chauffeured outings and trips to the grocery, the theater, or simply decide to stay in and visit by the fireplace.

Basking in the warmth of Regency-New Berlin might mean making new friends or exploring our many superb in-house activities. Maybe

that means taking a cooking class, playing cards, attending a concert, or enjoying a chef-prepared meal, served restaurant style in our dining room. The choice is all yours.

**Come visit several models during our Spring Open House Week, March 21-27, 2011.** Plan to stay for the afternoon to take advantage of special Open House activities—enjoy flower and table arrangements, cooking demonstrations, brain stimulation classes, even an exercise class on belly dancing! Call Arleen at (262) 789-1699 to arrange a personal tour.



**INSIDETHISSUE**

- Meet Peggy Belaen
- Chaplain's Corner—Check Your Glasses
- World Traveler Annette Luckow
- Tom Uselmann, Regency Volunteer
- Recipe from the Regency Kitchen
- Special Events for Residents



PROHEALTH CARE  
REGENCY SENIOR COMMUNITIES  
NEW BERLIN

[RegencySeniorCommunities.com](http://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

Amy Bielawski, Lifestyle Services Coordinator

### Campus Tours, Meeting Rooms

Arleen Houssaye, Director of Community Services  
Peggy Belaen, Resident Services Coordinator

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

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

# Meet Peggy Belaen, Resident Services Coordinator

by Kay Braaten, Campus Administrator

Peggy Belaen handles all the questions that residents may have once they begin living on campus. She handles everything from parking issues to reservations for parties.

golfing, baking and playing yard games with her family.

Peggy has been married to her husband, Bob, for over six years. She has five children and three grandchildren. She likes to spend time gardening,



What she enjoys most about working at the Regency is the day-to-day interaction with the residents. Her motto is, "Good things come to those who wait." She says she found the ideal man and the ideal job late in life—but they were both worth waiting for!



*Steve Kielley, our campus chaplain, supports the dimensions of mind, body and spirit in the lives of our residents, family members and staff. He is an integral part of the quality health care delivered on the campus. Chaplain Steve respects and listens to the life experiences of each resident, wherever they are in their life. Spiritual counseling, supportive presence, grief support and crisis intervention are a few of the goals he has set. This interdisciplinary resource and collaboration with other departments betters the care given to residents and their families here at the Regency.*

## Brimming with Potential



Residents demonstrate "Heart Beats" exercise.



Elizabeth Reichel, Joe and Marie Gazzana have fun celebrating a Resident Birthday Party.



Walt Jones, Bart and Bill Johnson at our annual Veterans Day breakfast for residents.

With the holidays behind us and spring not yet sprung, an active social life becomes even more important to us all. This season, we have a wealth of activities planned—all designed to complement your lifestyle and keep you connected. Try a craft class on for size. Learn a new skill. Get fit with a partner. Each new day brims with potential!



John and Nancy Summers enjoy the musical entertainment at a campus social.



Dorothy Hanauer dressed up as a tree, in one of the most creative costumes this Halloween!

# World Traveler Annette Luckow

by Susan Sorenson

Annette Luckow moved to Regency-New Berlin 2½ years ago. She previously lived in West Milwaukee.

She has been around the world—once with her husband, Dick, on their honeymoon, and the second time with her daughter, a travel agent, after Dick died 27 years ago. Annette has visited Japan, the Holy Land and Germany, where she became reacquainted with relatives she helped after World War II.

Annette particularly enjoyed England: "I could talk to the people." She spent one summer attending classes in Stratford-upon-Avon, where she enjoyed the literary culture.

Her husband was the owner of a gravel pit, so he was free to travel.

Those travels included big game hunting. Annette said they had two "trophy" rooms in their home with souvenirs of their travels to Africa. They were married for 17 years.

Annette grew up in Columbus, Wisconsin. She taught English and speech at a high school in West Milwaukee for 14 years and also taught in Beaver Dam and Norwalk before she was married.

Annette is learning Sheepshead, and she plays bridge with Regency card groups. Until a few years ago, she played violin with the Milwaukee Festival Symphony.

She enjoys life at Regency. "The food is just terrific, and they plan so many things for us to do.

The people here are just great," she said about living at Regency. "And I love my apartment." Annette has a small roommate—a black cat named Sylvia, who shares her life at Regency.



*We celebrate Chinese New Year on Thursday, February 3. Here is a wonderful recipe for vegetable fried rice to help you celebrate Chinese New Year!*

*Todd VanHeesch, Director of Dining*

1/4 cup	soy sauce
3 tbsp.	rice wine or dry sherry
1/2 tsp.	salt
6 tbsp.	peanut oil
2	eggs, lightly beaten
1	carrot, cut in 1/2" cubes
1	red bell pepper, cut in 1/2" cubes
1	celery stalk, chopped
1/3 cup	frozen peas
4 cups	cold cooked rice



Combine the first three ingredients listed for the sauce in a bowl. Mix to blend well and set aside.

Place a small fry pan over medium heat. When it begins to smoke, add two tablespoons of peanut oil and the lightly beaten eggs. Stir until the eggs are firm but moist. Transfer the eggs from the skillet to a small bowl and break them into small curds. Set aside.

Bring one quart of water to a boil in a small saucepan. Add the carrot and boil one minute. Drain and rinse in cold water. Drain again and reserve.

Place a wok over medium-high heat. When it begins to smoke, add the remaining four tablespoons of peanut oil and garlic if desired. Stir briefly. Add the carrot, celery, red pepper, and peas. Stir-fry one minute. Stir in the rice and stir-fry one minute. Pour in the eggs and cook until the rice is heated through, about five minutes, stirring frequently. Add the sauce and serve hot. Serves six.

# Regency Volunteer Tom Uselmann

by Susan Sorenson

Tom has lived at Regency-New Berlin for almost five years.

As an active volunteer here, Tom calls bingo, helps set up and sings at Mass, and teaches Sheepshead and cribbage. "Volunteering keeps me busy," Tom says. "I don't like to sit around. I also meet new people."

Tom lived just a short distance away from campus in New Berlin. His wife, Kim, passed away five years ago, right before their 50th anniversary.

He has six children and 11 grandchildren. One son is an astrophysicist and a daughter works at Oxford University in England.

Tom was in sales most of his working life – selling shoes wholesale and carpeting retail, most recently at Sears. He spent four years in the U.S. Navy during the Korean Conflict.



Before moving to Regency, he was active at Holy Apostles Church. Golf, bowling and ballroom dancing were among his hobbies. He also enjoys cooking.

Thanks for all you do, Tom. We hope only good things are in the cards for you.



# REGENCY-NEW BERLIN

# What's Happening

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

## MEET TEDDY ROOSEVELT

**TUESDAY, FEBRUARY 8 • 10:30 am**

Professional actor Derek Evans brings the 26<sup>th</sup> President of the U.S. alive with this engaging history performance and impersonation.

## SPECIAL PRESENTATION BY LIONEL RAILROAD CLUB

**WEDNESDAY, FEBRUARY 23 • 2:00 pm**

## PANTRY EVOLUTION

**THURSDAY, MARCH 10 • 2:15 pm**

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.

## AMERICAN SIGN LANGUAGE PRESENTATION

**THURSDAY, MARCH 24 • 1:00 pm**

## SPRING OPEN HOUSE

**SUNDAY, MARCH 27 • 10:00 am - 2:00 pm**

Tours, wellness clinics, chef-prepared treats, entertainment and more.

## WATCH 'EM DANCE

**THURSDAY, APRIL 14 • 7:00 pm**

Ballroom dance demonstration featuring USA Ballroom Dance Association dancers.

## SENIOR HEALTH & FITNESS DAY

**MONDAY, MAY 23 • 11:30 am**

Healthy salad bar luncheon (call for price), walk, health fair and "Heart Beats" drumming presentation. Call to make reservations for lunch.

## TAI CHI CLASSES

**EVERY TUESDAY • 2:15 - 3:15 pm**

\$5 fee per class. Free to residents.



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



## Special Events FOR RESIDENTS

**February 1 • 1:00 pm**

Day Trip to Retzer Nature Center  
(sign-up required)

**February 10 • 1:00 pm**

Fitness Bus to the Pettit National Ice Center

**February 14 • 7:00 pm**

Musical Entertainment by New Berlin  
Community Band

**February 18 • 10:00 am**

Day Trip to the Milwaukee Symphony  
Orchestra Concert & Luncheon Series

**March 3 • 1:00 pm**

Fitness Walk at Bayshore Mall

**March 8 • 6:30 & 7:15 pm**

Mardi Gras Fun with Musical Entertainment  
by Bourbon Street Stompers

**March 21 • 10:30 am & 1:30 pm**

Creative Card Classes

**April 7 • 1:00 pm**

Fitness Bus to Westwood Fitness Center

**April 15 • 2:00 pm**

Food, Fun & Friends - Homemade  
Marshmallow Treats

**April 21 • 1:30 pm**

Spring Program with Elmwood Elementary  
School Kindergarteners

**May 5 • 1:00 pm**

Fitness Bus to Fox River Parkway

**May 20 • 2:00 pm**

Food, Fun & Friends - Healthy Fruit Dip



## Save the Dates

Spring Open Houses at all 3 Regency Campuses

**Muskego** Sunday, March 20 • 10 am - 2 pm

**New Berlin & Brookfield** Sunday, March 27 • 10 am - 2 pm

All three Regency campuses will be celebrating Open Houses again this spring with fun-filled activities, including musical entertainment, helpful seminars, tours, healthy treats and more—all open to the public!

## Be Our Guest for a Short-term Stay

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

### 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 262-789-1699 for information.

# Lifelong Learning

Your Monthly Planner

FEBRUARYEVENTS

## Love

- |   |   |
|---|---|
| <p><b>1</b> 1:00 pm <b>Day Trip to Retzer Nature Center</b> Enjoy daylong "Winter Magic" activities including nature programs, optional snowshoeing, nature exhibits, gift store and planetarium shows. (sign-up required)</p> <p><b>4</b> 2:00 pm <b>Crafters' Corner - Heart Sampler</b></p> <p><b>7</b> 10:00 am &amp; 1:30 pm <b>Crafters' Corner - Valentine Bear</b></p> <p><b>8</b> 10:30 am <b>Meet Teddy Roosevelt</b> Professional actor Derek Evans brings the 26<sup>th</sup> President of the US alive with this engaging history performance and impersonation. <b>PUBLIC WELCOME</b></p> <p><b>9</b> 1:00 &amp; 2:30 pm <b>Resident Birthday Celebration with Musical Entertainment by Papi Makaena</b> Hawaiian music and more.</p> <p><b>10</b> 1:00 pm <b>Fitness Bus to the Pettit National Ice Center</b></p> | <p><b>11</b> 1:30 pm <b>Food, Fun &amp; Friends - Valentine Sweet Bread with Flavored Butters</b></p> <p><b>14</b> <b>VALENTINE'S DAY</b></p> <p><b>14</b> 7:00 pm <b>Musical Entertainment by New Berlin Community Band</b></p> <p><b>18</b> 10:00 am <b>Day Trip to the Milwaukee Symphony Orchestra Concert &amp; Luncheon Series</b> Senior Living. (sign-up required)</p> <p><b>22</b> 6:30 pm <b>Armchair Travel to Scotland</b></p> <p><b>23</b> 2:00 pm <b>Special Presentation by Lionel Railroad Club</b> <b>PUBLIC WELCOME</b></p> <p><b>23</b> 7:00 pm <b>Musical Entertainment by Golden Eagle Band</b></p> <p><b>28</b> 10:00 am &amp; 1:30 pm <b>Crafts by Hand - Penguin Puzzles</b> Puzzles will be donated.</p> |
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Programs subject to change. Watch weekly calendar for updates.

## Fortune

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|---|--|
| <p><b>3</b> 1:00 pm <b>Fitness Walk at Bayshore Mall</b></p> <p><b>4</b> 1:00 &amp; 2:30 pm <b>Resident Birthday Celebration with Musical Entertainment by Tom Jahnke</b></p> <p><b>7</b> 10:00 am &amp; 1:30 pm <b>Crafts by Hand - Leprechaun</b></p> <p><b>8</b> 6:30 &amp; 7:15 pm <b>Mardi Gras Fun with Musical Entertainment by the Bourbon Street Stompers</b></p> <p><b>10</b> 2:15 pm <b>Pantry Evolution</b> 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. <b>PUBLIC WELCOME</b></p> <p><b>17</b> <b>ST. PATRICK'S DAY</b></p> <p><b>20</b> <b>SPRING BEGINS</b></p> | <p><b>21</b> 10:30 am &amp; 1:30 pm <b>Creative Card Classes</b></p> <p><b>22</b> 6:30 pm <b>Armchair Travel to Ireland</b></p> <p><b>24</b> 1:00 pm <b>American Sign Language Presentation</b> <b>PUBLIC WELCOME</b></p> <p><b>24</b> 2:30 pm <b>Destination Walking Program Kickoff Party</b></p> <p><b>27</b> 10:00 am to 2:00 pm <b>SPRING OPEN HOUSE</b> Tours, wellness clinics, chef-prepared treats, entertainment and more. <b>PUBLIC WELCOME</b></p> <p><b>28</b> 10:00 am &amp; 1:30 pm <b>Crafts by Hand - Elephants</b></p> <p><b>31</b> 9:30 am to 2:00 pm <b>Day Trip to the Fireside Dinner Theatre</b> See <i>Annie</i>, one of the most popular Broadway shows of the century. Senior Living. (sign-up required)</p> |
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Programs subject to change. Watch weekly calendar for updates.



MARCHEVENTS

## Respect

- |    |                    |   |    |                    |   |
|----|--------------------|---|----|--------------------|---|
| 4  | 10:00 am & 1:30 pm | <b>Crafts by Hand - Garden Angel Part 1</b>   | 18 | 10:30 am & 1:30 pm | <b>Creative Card Class</b>  |
| 7  | 1:00 pm            | <b>Fitness Bus to Westwood Fitness Center</b>   | 21 | 12:20 pm           | <b>Depart for Swimtastic</b> Join us for warm water pool exercises. Senior Living. (sign-up required) |
| 13 | 1:00 & 2:30 pm     | <b>Resident Birthday Celebration with Musical Entertainment by Mike Stanfield</b> Salute to spring.                             | 21 | 1:30 pm            | <b>Spring Program with Elmwood Elementary School Kindergarten Class</b>                               |
| 14 | 7:00 pm            | <b>Watch 'Em Dance!</b> Ballroom dance demonstration featuring USA Ballroom Dance Association dancers.<br><b>PUBLIC WELCOME</b> | 24 |                    | <b>EASTER</b>   |
| 15 | 2:00 pm            | <b>Food, Fun &amp; Friends - Homemade Marshmallow treats</b>  | 25 | 10:00 am & 1:30 pm | <b>Crafts by Hand - Garden Angel Part 2</b>   |
- Programs subject to change.  
Watch weekly calendar for updates.

## Balance

- |     |                    |   |    |          |   |
|-----|--------------------|---|----|----------|---|
| 5   | 1:00 pm            | <b>Fitness Bus to Fox River Parkway</b>   | 19 | 12:30 pm | <b>Depart for Swimtastic</b> Join us for warm water pool exercises. Senior Living. (sign-up required)   |
| TBA |                    | <b>Annual Hanging Basket &amp; Flower Sale</b><br>Shop early for the best selection of hanging baskets, patio containers, and small plants. Call for details and date.<br><b>PUBLIC WELCOME</b> | 20 | 2:00 pm  | <b>Food, Fun &amp; Friends - Healthy Fruit Dip</b>  |
| 8   |                    | <b>MOTHER'S DAY</b>   | 23 | 11:30 am | <b>Senior Health &amp; Fitness Day</b> Healthy salad bar luncheon, walk, health fair and "Heart Beats" drumming presentation by fitness instructor Marj Chepp.<br><b>PUBLIC WELCOME</b> |
| 9   | 10:00 am & 1:30 pm | <b>Crafts by Hand - Shelf Decoration</b>  | 30 |          | <b>MEMORIAL DAY</b>   |
| 16  | 10:30 am & 1:30 pm | <b>Creative Card Classes</b>  |    |          |   |
- Programs subject to change. Watch weekly calendar for updates.

## Welcome NEW RESIDENTS

Janet Bilitz  
Myrtle Bohleen  
Viola & Ivan Driscoll  
Elaine Ernst  
Joe Hader  
Maynard Hansen  
Henry Laabs  
Bill Line  
June & Jim Malison  
JoAnne McCormick  
Marilyn & Al Reiske  
Arlene Rosenbecker  
Jeanne Saathoff  
Kathleen Scholke  
Pearl & Warren Waarvik

## 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 262-789-1699.**