



PROHEALTH REGENCY  
SENIOR COMMUNITIES

# Memory Care

(262) 780-0321

[regencyseniorcommunities.com](http://regencyseniorcommunities.com)

## INTRODUCTION

### WELCOME TO REGENCY

Making the decision to move your loved one into a memory care community is not about giving up a life once lived, but about gaining the opportunity to make the most of each and every moment.

You are not alone in this journey. At ProHealth Regency Senior Communities, it is our mission to provide a superior quality of life for seniors by offering a continuum of care that allows them to age in place with dignity.

Committed to maintaining our industry-leading standards of excellence. Our guiding principles celebrate life stories, individual interests, current abilities and independence in a safe and secure environment.

Regency Brookfield offers full service memory care in a park-like setting. Our highly trained staff ensure a superior quality of programming and care and provide families with ongoing resources and support. And, while tucked away from the fast-paced surroundings, the convenient location invites frequent visits to our tranquil oasis.

Experience the peace of mind knowing that your loved one's days will be filled with engagement, connection and self-expression.

We invite you to get in touch with us to learn more about our memory care accommodations at Regency Brookfield.

Sincerely,



Elizabeth Brzeski, Chief Operating Officer



### WHAT IS MEMORY CARE?

Memory care communities are specifically designed for seniors living with memory loss including Alzheimer's disease or other forms of dementia.

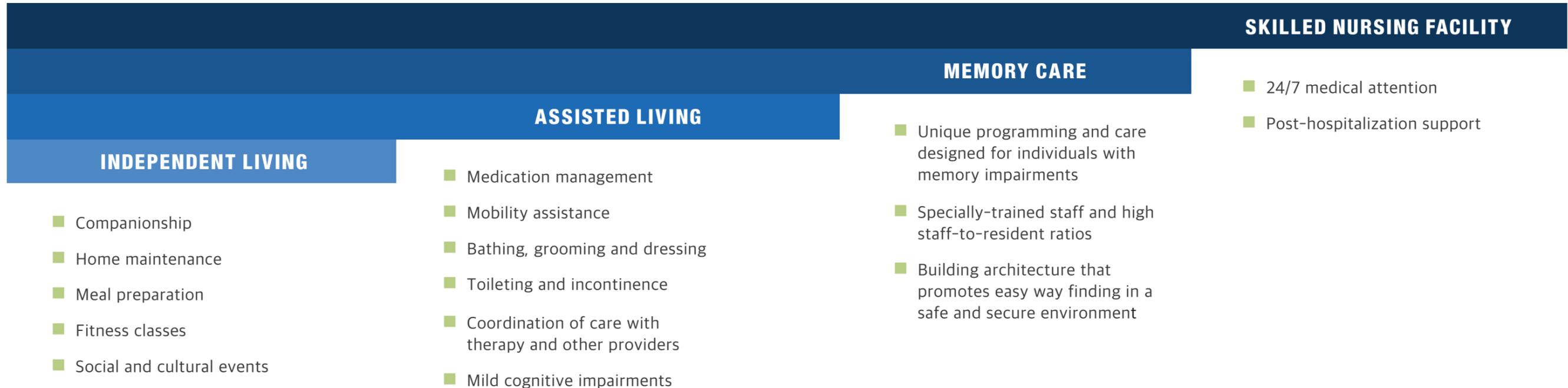
They feature uniquely-designed environments that resemble a home-like setting and feature simple navigation. This safe and secure design allows dementia care specialists to closely monitor the health of the residents. You'll also find individualized programs, activities and events that promote all dimensions of wellness.

Just because someone you love is experiencing memory loss, doesn't mean that they should have to sacrifice their quality of life. Our residents spend their days surrounded by people who encourage them to enjoy life, experience feelings of belonging and purpose, and maintain their current skills.

It's important to do your research before coming to a final decision. At Regency, we are here to answer all of your questions along the way.



# Senior Housing and Care Options



# 10 WARNING SIGNS OF ALZHEIMER'S

As we age, it's common to experience some issues with memory, thinking and behavior. However, changes that interfere with daily life could be a sign of something more serious, such as dementia. The Alzheimer's Association® has outlined 10 warning signs of Alzheimer's disease, a form of dementia. If you notice more than one of these warning signs in a loved one, it can be difficult to know what to do. At Regency, we're here to help you make the best decision.

### 1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

- Forgetting recently learned information or important dates or events
- Asking the same questions repeatedly
- Needing to rely on others for things they used to handle on their own

### 2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

- Changes in the ability to develop and follow a plan or work with numbers
- Trouble following a familiar recipe or keeping track of monthly bills

### 3. DIFFICULTY COMPLETING FAMILIAR TASKS

- Trouble completing routine tasks or driving to a familiar location
- Problems organizing a grocery list or remembering the rules of a favorite game

### 4. CONFUSION WITH TIME OR PLACE

- Losing track of dates, seasons and the passage of time
- Trouble understanding something if it is not happening immediately
- Forgetting where they are or how they got there

### 5. TROUBLE RECOGNIZING IMAGES & SPATIAL RELATIONSHIPS

- Vision problems
- Difficulty with balance
- Problems judging distance and determining color or contrast

### 6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

- Challenges following or joining a conversation
- Repeating themselves often
- Struggling with vocabulary and naming a familiar object

### 7. MISPLACING THINGS AND UNABLE TO RETRACE STEPS

- Placing things in unusual place or losing items
- Accusing others of stealing, especially as the disease progresses

### 8. DECREASED OR POOR JUDGMENT

- Changes in judgment or decision-making, especially with money
- Paying less attention to bathing and grooming

### 9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

- Withdraw from hobbies, social activities or other engagements
- Trouble keeping up with a favorite team or activity

### 10. CHANGES IN MOOD AND PERSONALITY

- Mood and personality changes
- Increased confusion, suspicion, depression, fear and anxiety



## Memory Care

# Benefits



## BENEFITS

### A SAFE SETTING

To ensure the safety of our residents, we keep exterior doors secured 24/7, and closely monitor who comes through the building at all times. Our community also features an enclosed courtyard and sunroom so residents can get some fresh air and explore the outdoors while remaining in the community. Our unique way finding cues promote freedom of movement and reassurance.

### HIGHLY-TRAINED CARE TEAM

We don't just hire good people; we invest in quality training and education. Our talented leaders and care staff hold certifications in dementia care and receive ongoing training to stay up-to-date on the latest dementia care techniques. High staff-to-resident ratios allow us to offer each and every resident a highly personalized experience.

### ENGAGING ACTIVITIES

Your loved one will have a full social calendar that reinforces daily routines and helps our residents cope with signs of short-term memory loss. Brain games, dancing, art classes, and music programs are just a few of the ways our residents enjoy their days.

### HOME-LIKE ENVIRONMENT

Our memory care community is designed to feel and function like a home with spacious studio apartments, private bathrooms and plenty of natural light. This helps our residents feel more comfortable and at ease when they move in. The community also features easy-to-navigate commons spaces complete with a full kitchen and areas for seniors to participate in leisure activities.

### PERSON-CENTERED CARE

We believe in providing quality care that caters to each individual resident. Sometimes that means using a different approach for one person than we would for another. It's all with the goal of getting to know each resident for who they are and incorporating their individual needs and interests into their care plan.



Regency Brookfield

# Accommodations

Regency - Brookfield's quaint 11-unit memory care wing is designed to support the needs of today's seniors. Each apartment is spacious, with large private bathrooms that have walk-in showers and other safety features. Residents will have the opportunity to join events and activities in a welcoming common area complete with full kitchen, dining and activity space. A large enclosed outdoor courtyard adds a home-like touch to the community. Schedule a tour today to see the space for yourself!

## MEMORY CARE COSTS

**ALL-INCLUSIVE RENT STARTING AT  
\$6500/month**

- Private suite and utilities including electricity, water, gas and trash
- Three daily, nutritious meals that honor each resident's preferences
- Individualized personal care, activities of daily living and mobility assistance
- Housekeeping, laundry and linen services
- Individualized recreational and social activities
- Licensed nurse oversight of each resident's individualized service plan
- Trained staff on-site 24/7
- Coordination of medical services
- Routine health monitoring
- Medication administration and monitoring
- Behavioral supports
- Scheduled transportation to medical appointments, shopping and group outings

### DID YOU KNOW?\*

Caregivers spend an average of **24 hours per week** providing unpaid assistance to a loved one and nearly **60%** of caregivers struggle with high levels of emotional stress.

\*Data from from *Caregiving in the US, Report from AARP Public Policy Institute; The Shriver Report: A Woman's Nation Takes on Alzheimer's; Alzheimer's Disease Facts and Figures from the Alzheimer's Association.*

### AMENITIES

- Dedicated and secure community with sunroom, outdoor courtyard and walking areas
- Person-centered, activity-focused care and service
- Welcoming common area with kitchen, dining and activity space
- Maintenance of community spaces and campus grounds
- Emergency notification system in residence
- Way finding cues and emergency lighting
- Dedicated HVAC system
- Induction cook top for safe cooking in community kitchen



### A DAY IN THE LIFE

Our memory care programming is uniquely designed to help our residents maintain their current skills, improve their cognitive functions and live their best life. Here's what a day in the life might look like for your loved one.

#### MORNING

Our residents start each day with a delicious breakfast in the dining room with their friends before participating in one of our signature group fitness classes. From there, they may play group games that encourage brain health or attend spiritual programming.

#### AFTERNOON

When it's time for lunch, your loved one will have the opportunity to help prepare for the meal before joining their friends in the dining room. To prevent unnecessary stress or confusion, everyone has their own assigned seat. Your loved one will then be able to join a cooking, art or music class, take a scenic ride on our bus, or do some gardening in our courtyard.

#### EVENING

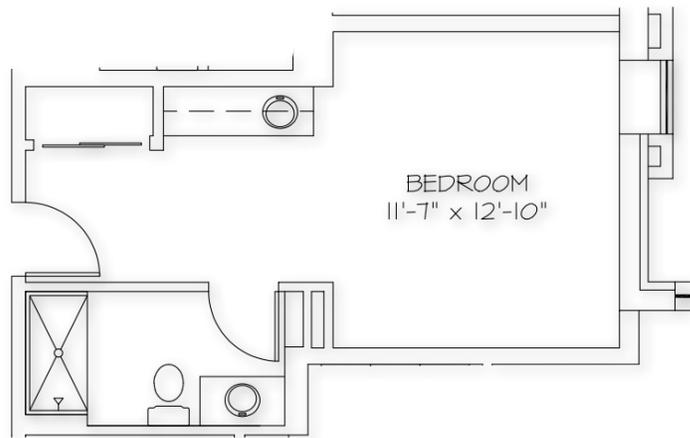
Our residents end each day with a group reading session or some fun brain games before getting ready for dinner. After dinner, residents settle in and watch one of their favorite classic movies and reminisce with their friends about the good old days before getting ready for bed.

# FLOOR PLANS

## STUDIO APARTMENTS

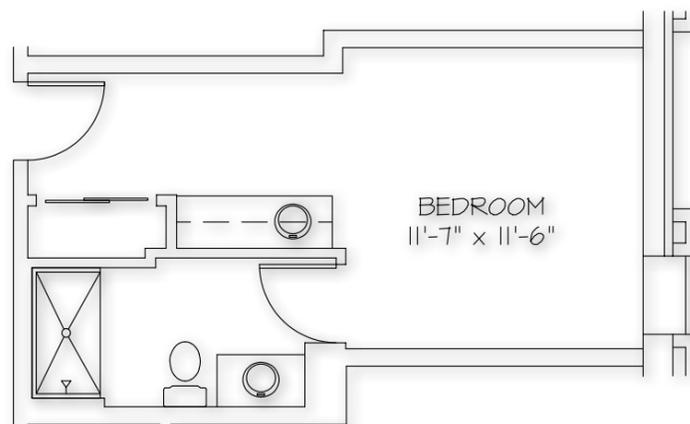
### THE MOON ROOM

357 Sq. Ft.



### THE SUN ROOM

335 Sq. Ft.

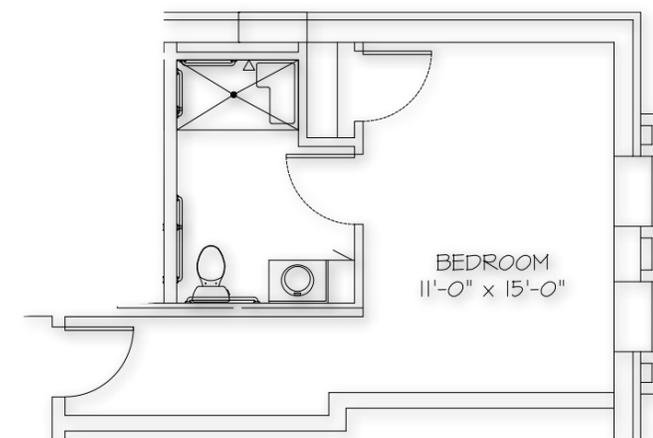


# FLOOR PLANS

## STUDIO APARTMENTS

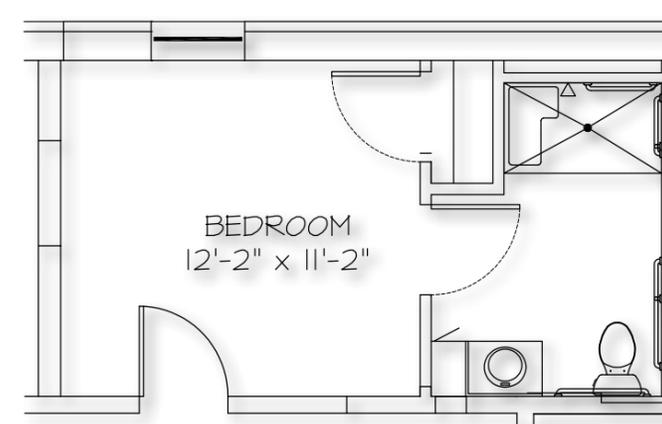
### THE BUTTERFLY ROOM

387 Sq. Ft.



### THE LEAF ROOM

268 Sq. Ft.

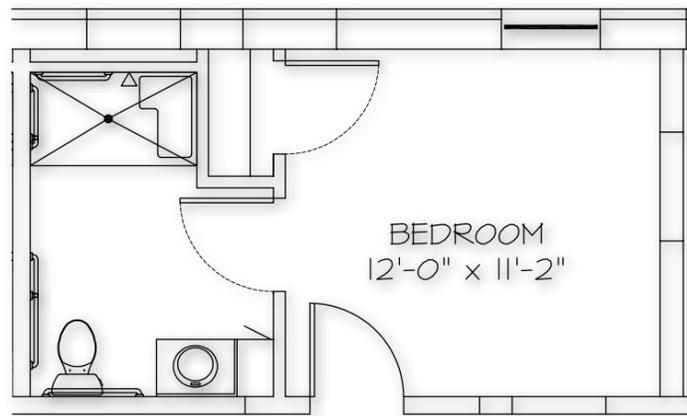


# FLOOR PLANS

## STUDIO APARTMENTS

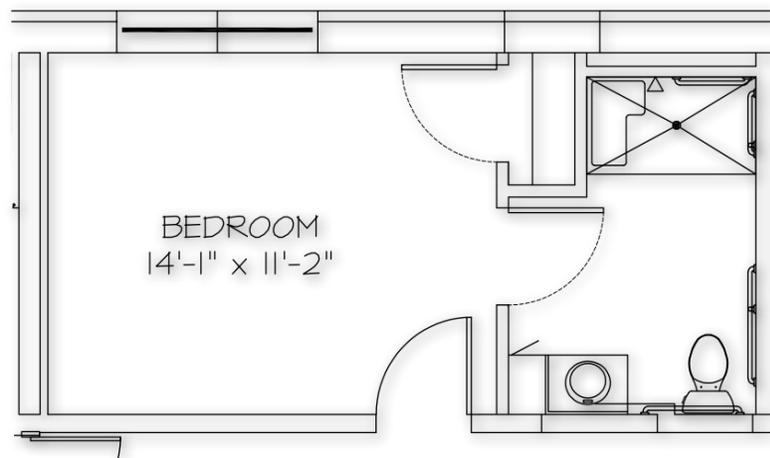
### THE FLOWER ROOM

266 Sq. Ft.



### THE PINE CONE ROOM

296 Sq. Ft.

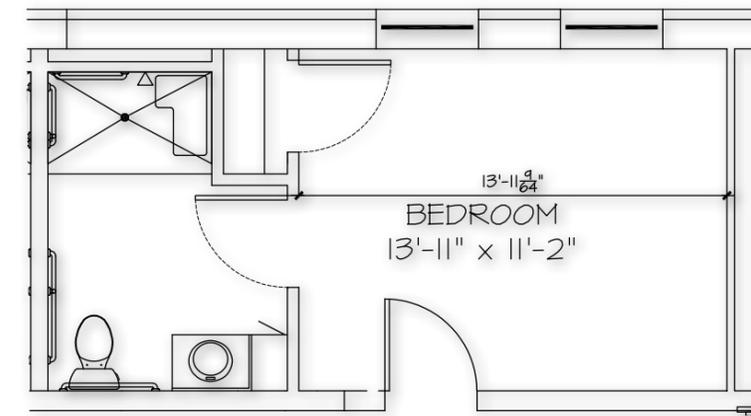


# FLOOR PLANS

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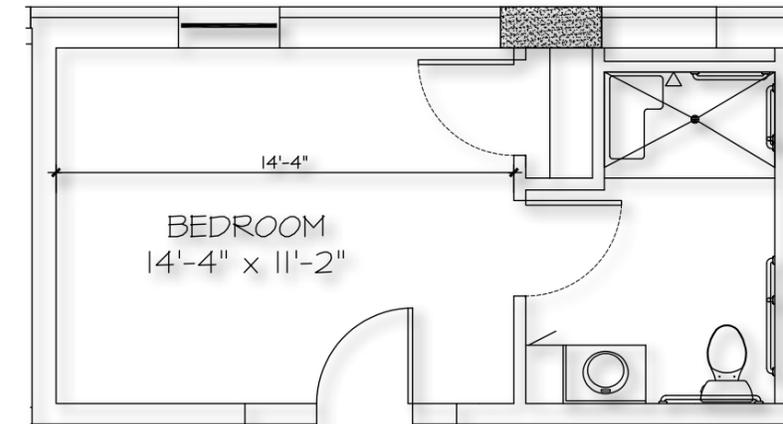
### THE GRAPES ROOM

296 Sq. Ft.



### THE FISH ROOM

297 Sq. Ft.

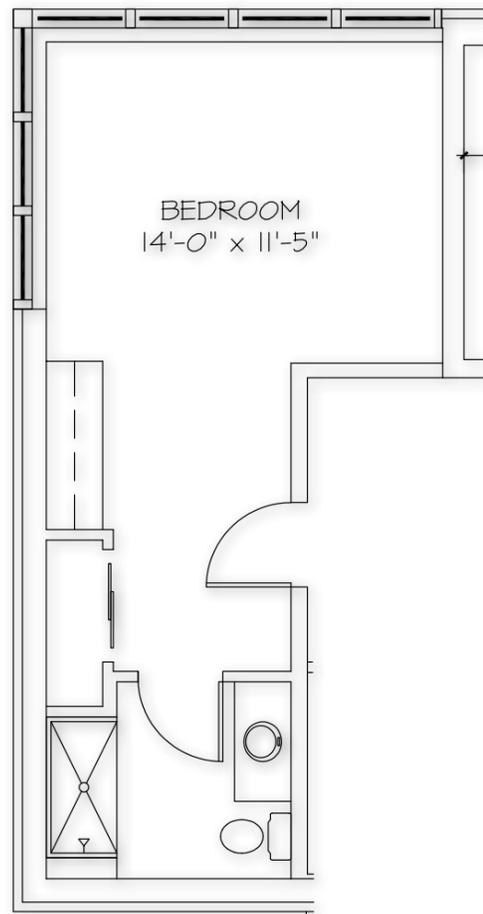


# FLOOR PLANS

STUDIO APARTMENTS

## THE DOVE ROOM

396 Sq. Ft.

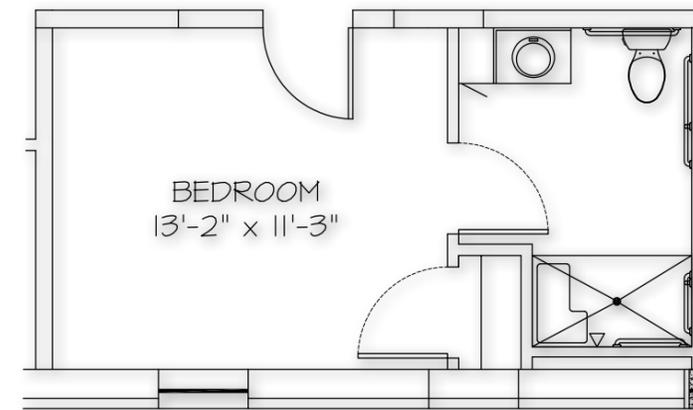


# FLOOR PLANS

STUDIO APARTMENTS

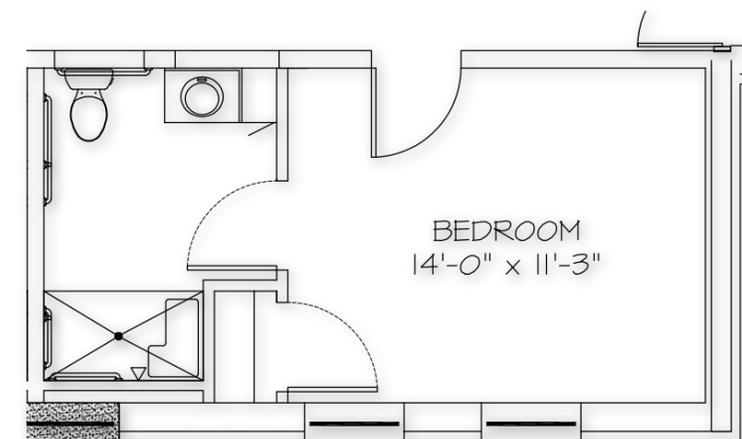
## THE FROG ROOM

282 Sq. Ft.



## THE CARDINAL ROOM

304 Sq. Ft.



## MEMORY CARE CHECKLIST

### QUESTIONS TO ASK

When visiting a memory care community

- Does the community feel warm and inviting?
- Did you receive a warm greeting from staff?
- Is the staff knowledgeable, caring and happy to be there?
- Do residents seem happy and well-cared for?
- Does the community feel secure yet accommodating?
- Are common areas well lit?
- Is the community clean and odor-free?
- Is the community easy to navigate with unique visual cues for way finding?
- Are daily nutritious meals provided?
- Do residents eat in a dining room?
- Are friends and family allowed to visit and dine with residents?
- What level of nursing staff is available 24/7?
- How often are housekeeping and bed linen services provided?
- What type of training has the staff received?
- What is the staff-to-resident ratio?
- What is the application and move-in process?
- What is the monthly rate and what does that rate include?
- What level of personal assistance can residents expect?
- What recreational and social activities does the community offer?
- How does the community communicate with families?
- What is the policy for handling medical emergencies?
- Is transportation and assistance provided for regularly-scheduled doctor visits?

## REGENCY - BROOKFIELD



**CALL FOR YOUR FREE  
HEALTH ASSESSMENT**

**(262) 780-032**

**REGENCY - BROOKFIELD**

777 N Brookfield Rd  
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