



Tudor Oaks
Retirement Community

To set up a personal tour
call Lorri or Judy at
414-525-6500

Tudor Oaks Windsor Gardens Memory Care



At Tudor Oaks'
New Windsor Gardens
you'll find state-of-the-art
memory care.

- Offering a safe and enriching life experience
- 35 years of providing senior health care
- State-of-the-art environment

Tudor Oaks Retirement Community
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a not-for-profit provider of senior housing and healthcare since 1930.



TUDOR OAKS

Fall/Winter 2011

Retirement Community

Great Faces - Great Spaces - Great Place... Tudor Oaks

If you're ready to meet great smiling faces and enjoy great new spaces then Tudor Oaks is the perfect *great place* for you.

We're looking for active seniors to come learn about what we have to offer on our newly redeveloped campus. Tudor Oaks is putting the finishing touches on a senior living community that is state-of-the-art. This is an excellent time to take a tour.



Tudor Oaks apartment home

Already completed are contemporary apartment homes offering everything that's important to your lifestyle. Spacious, bright and cheery the apartments feature granite counter tops, ceramic tile walk in showers, washers, dryers, dishwashers, stove, refrigerator and built in microwaves. Self closing cabinetry with pull out shelves, and easy access corner shelving and special compartment areas create the perfect kitchen. Generous balconies and patios extend the apartment into the wonderful land

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scape. Attached heated garage and storage brings the convenience of your home to community life. The centrally located Community Square brings together all the amenities that make Tudor Oaks unique. The aroma of fresh brewed coffee from the Butternut Bistro means we're open for business. Homemade soups, salads, sandwiches, cookies and sweet treats are delicious and ready. It's a fun spot for friends and families to gather throughout the day to quench their thirst for friendship and tasty food. It's a Great Space with Great Faces.

Too many cookies and sweet rolls are not a problem if you stop off at the Mighty Oak Wellness Center. Aerobic classes on land and in the pool will keep you fit. It's even relaxing to soak in the comfy whirlpool with friends after a good workout. All of the classes are designed for the senior body. Wellness staff work as personal trainers to ensure you have fun while keeping your body in good shape.



Plays, talent shows, musical and vocal groups, plus educational presentations fill the Olive Wood Theatre. The theatre space also includes a large 8ft x 14ft projection TV screen. Residents say it is like attending the sporting events in person without worrying about tailgating weather. The Royal Wedding was also relived complete with specialty tea and sweets as everyone attended in their best attire. If the walls could talk they would tell you how much the Great Space is enjoyed and filled with laughter.



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Great Faces - Great Spaces - Great Place... Tudor Oaks

Continued from page 1



In the Green House is Tudor Oaks resident XXXXXXXX shapes and colors greet the senses with a regenerating freshness.

As you tour, you may notice residents with green thumbs. The Leaf & Petal Greenhouse Committee is always delighted to show off their lovely space. The greenhouse – attached to the Community Square – is an oasis. As you enter you immediately feel the refreshing touch of nature. Plants of all sizes,

family friendly community offering opportunities to enjoy spontaneous or planned time together in all the wonderful Great Spaces.

The benefits of community life spill into outside Great Spaces as well. Community patios near the dining room and theatre, plus a lovely court yard all enhance the relaxing outdoor spaces. With 110 country-like acres, Tudor Oaks can provide garden spaces, walking and biking paths plus the relaxing Reflection Pond walk and seating area. The lighted fountain and pathway creates an atmosphere of welcome from early morning to after sunset.

The Tudor Oaks Man Cave is a gathering spot for the men. With a heated car wash bay, work shop and “Break Room” complete with TV, refrigerator, comfy furniture and tables for cards, the guys have a space of their own.



Campus golf cars are great for touring the grounds and enjoying nature. In the future they will also be handy for playing a round of golf on the executive golf course that will be completed for resident use.

This is the perfect time to make an appointment to learn about the retirement community option. Plan ahead and educate yourself on what is available, to secure a plan for your future and make your own decisions.

Come see the new floor plans plus the models, learn about the affordable financial programs, and let us show you what the community lifestyle is like. You must come in to appreciate the value. We want you to share in our excitement and teach you about one fantastic option for your future! Come meet the Great Faces and enjoy the Great Spaces in this Great Place of Tudor Oaks. Call today for an appointment (414) 525-6500.

Fiction and Non-Fiction fill the shelves of the Wisdom Tree Library. From mystery buffs to history buffs and romance novel lovers the shelves provide hours of enjoyable reading material. An association with our local library also brings in new books each month, accommodating your favorite author and/or genre. Interesting thoughts are shared if you enjoy being part of a book discussion meeting. This Great Space also includes, movies and community computers.



Enjoying the Library is Tudor Oaks resident XXXXXXXX

Every resident on the campus truly feels retired as they walk into the Oak Ridge Room to dine. Being seated by a hostess, selecting from a delicious menu that changes daily, linen table cloth and napkins with a waiter pouring coffee and tea is just the beginning. Socializing with friends over a tasty meal and no worries about cleaning up the kitchen make you feel like you are on the perfect vacation. The atmosphere is lovely and sometimes filled with dinner music played on the beautiful Baby Grand Piano.

Comfortable lounges round out the Community Square providing space for family and friends to gather and reminisce about the day or days gone by. Tudor Oaks is a

Tudor Oaks Offers FREE Presentations

If you are looking information about retirement or senior living Tudor Oaks is your “Go To” resource. The Senior Living Specialists at Tudor Oaks offer senior groups a comprehensive list of educational seminars FREE. Tudor Oaks is able to host your group seminar, or we can do a presentation at your club or meeting location. When you visit our new campus be sure to join us for lunch and a tour.



Below is a list of topics we offer that are important and timely for today’s seniors. The presentations typically last 20 to 30 minutes with time for questions. As part of the Tudor Oaks mission we continually strive to reach out and positively impact the lives of seniors and the greater community. If you are interested in having a presentation for your group or organization please call 414-525-6500, or via email at jradish@abhomes.org

10 Truths about Independent Retirement Community Living

Understand the living options available to you. Independent Living may not be what you originally thought. Find out how things have changed!

21 Questions You Should Ask When Shopping for Independent Living

What questions to ask about a community? This talk provides practical ideas to help you decide if Independent Senior Living is right for you or a loved one.

Can I Really Afford to Live in an Independent Retirement Community?

Learn how to protect your future financial security. A continuum of care community is more than just a place to live. This presentation gives practical answers to important questions to help you decide for the future.

9 Reasons to Give Up My Mortgage-Free Home

If a mortgage free home sounds like a real bargain, you will want to hear this talk. Find out if you are making the best financial decision by staying in your own home.

Understanding the Senior Living Alphabet!

What do all the terms mean and what is right for you. Understand the terminology and make an informed decision about your future.

Tudor Oaks... What is it all about?

Learn about the Classic Senior Style living available on the picturesque 110 acre setting. This active senior community is something you should investigate. New updated amenities include: attached heated garages, granite counter tops, Wellness center and Café Bistro just to name a few. As one person said, “Living here rocks and I don’t mean in a rocking chair!” We are even designing a “Man Cave” to give the guys extra space to enjoy.

Financial Planning for Seniors: The Process and Valuable Resources

Financial planning and managing your finances so you can achieve your dream and goals—while at the same time helping you negotiate the financial barriers that inevitably arise in every stage of life.

How to Help Your Parents Through A Later Life Move

This program discusses the Do’s and DON’Ts of helping parents with a later life move. Important signs to watch for, educational resources and the timing of key decisions. This presentation will help you to understand the steps to a successful later life move.

Life at Tudor Oaks, Meet a Resident

Living in a retirement community sounds like it could be the answer to many of today’s worries. But how can you be sure? During this presentation you will get to meet and talk with a resident of Tudor Oaks. They will explain the life style they have chosen and be able to answer questions. This is a great way to get a senior perspective on life in a retirement community.

Sleep...Why Does It Elude Me Now?

Retirement is a great time to enjoy the things you missed while working, even extra sleep. This talk explores the reasons behind sleepless nights and offers some possible solutions.

Stay Healthy... Stay Fit

A man once said, “If I had known I was going to live this long, I would have taken better care of myself.” It’s never too late to start. Learn some practical ways to feel younger and healthier

Senior Defense Against Scams

Someone you know has probably been a victim of some kind of scam. Those “you can’t go wrong” deals are usually no deal at all. During this presentation you will learn easy practical tips to help you recognize a scam and who to call for help.

Lessons of a Lifetime

Through the years, we learn something new every day. Sometimes we forget all the wonderful lessons we have acquired. Old adages remind us of how to stay healthy, wealthy and wise. This program explores the wonderful information we have collected over a lifetime. We’ll check out the reasons behind the good old sayings.

WINDSOR PLACE, Assisted Living

ASSISTED LIVING



TUDOR OAKS

However, as time goes on we may find ourselves, or a loved one, in need of help with normal daily activities. This can happen gradually or sometimes suddenly, after a medical occurrence. Perhaps those tasks that were once enjoyed have become difficult or even impossible. Struggling alone in these kinds of situations is not only difficult, but potentially dangerous.

We understand that everyone wants to live as independently as possible, for as long as possible.

However, as time

With Windsor Place, we've designed three distinct assisted living programs to meet whatever level of care may be needed, with the overarching mission of creating environments that allow people to live to their greatest potential, regardless of condition. Each potential resident of Windsor Place is carefully assessed to determine which level of care most closely matches their individual situation. Our professional staff works closely with both the family and the resident to ensure the most positive outcomes. Families are encouraged to participate, ask questions and provide input at every stage of the transition.

As you read through the following descriptions you will undoubtedly have some questions regarding your individual situation. We invite you call or set an appointment to discuss the specifics with our professional counselors.

Welcome to Windsor Place at Tudor Oaks!

1. WINDSOR HOUSE ASSISTED LIVING

The Windsor House (registered RCAC) program is specifically designed to accommodate folks looking for a bit of professional help with those daily chores that may have become challenging. Perhaps managing one's daily medications accurately and consistently has become a concern. Or has bathing become an issue of safety for you or a loved one? Perhaps reaching zippers and buttons is now a daily struggle. At Windsor House we can provide a custom program designed to meet your individual and specific needs.

Each of our beautiful new Windsor House apartments are designed by Renner Architects of Milwaukee and features the same finishes and unique touches found in our beautiful independent apartment homes. Each Windsor House apartment offers a spacious, fully tiled bath with walk in shower, a tea kitchen with microwave and refrigerator as well as a living

room and separate bedroom. These lovely homes also offer the best in smart design for managing any needed adaptive equipment.

At Windsor House, we've made every effort to design personal services and create community spaces that encourage independence and respect the individual. Dining is an important and enjoyable experience with three delicious meals served each day from our Chef's ever changing menu. Linen tablecloths and napkins are standard in our beautiful new dining room and your lunch is served by an attentive wait staff. Relax with family and friends in the comfy living room and pass an afternoon watching a movie or simply relaxing by the fire. And of course, you have the ongoing assurance and peace of mind knowing professional medical staff is available 24/7.

2. WINDSOR MANOR ASSISTED LIVING

The Windsor Manor was created for those assisted living folks needing more help than can be provided in Windsor House. At Windsor Manor, apartments were created with the same attention to detail found in both our Windsor House and our beautiful independent apartments. Tiled baths, granite counters and thoughtful design provide personal living spaces that are comfortable, functional and beautiful.

We've designed generous community spaces with the same attention to detail found in our apartments. From the cheery, light-filled community dining room to the well appointed sitting room, each space is thoughtfully designed to provide a truly home-like and comfortable living environment for you or a loved one.

As lovely as our "spaces" are, we know the individualized care and service plans developed for each resident are truly

the heart of what makes Windsor Manor special. In addition of up to 3 hours of professional skilled nursing care weekly, each individual is personally assessed by our assisted living nursing team and a customized care plan is created. And with over 35 years of providing skilled care for seniors, the Tudor Oaks reputation for excellence gives you the assurance you or your loved one can depend on.

We also understand that living life to the fullest, regardless of age or condition, means much more than simply good quality nursing care. As with all our levels of care, we address the whole person. From wellness opportunities to lifestyle activities, our assisted living programs are designed to meet not only critical needs, but whenever possible, wants and desires.

3. WINDSOR GARDENS MEMORY CARE


Our third area of assisted living, Windsor Gardens Memory Care (licenced CBRF), is designed for those who may be experiencing memory loss and associated concerns due to Alzheimer's or diagnosed dementia. Here too, Renner Architects have created individual apartments that are both appealing and specifically designed for this unique group of seniors. Thoughtful design and layout are complimented by subtle colors and textures especially selected for those dealing with memory loss.

You will find bright and inviting community spaces that help encourage participation in the broad variety of activities developed specifically for the residents of Windsor Gardens. And this Spring we'll be opening our memory garden to encourage and support that sense of freedom found only out of doors.

As a resident of Windsor Gardens, the specific needs of each resident can be determined and met on a moment to moment basis by our specially trained, professional staff. Individualized care plans include a wellness component based on the "whole person" concept that addresses the emotional, spiritual, social and physical needs. Families can be assured their loved one is safe, secure and living to their greatest potential as a resident of Windsor Gardens.

If you have any questions about Assisted Living or would like to schedule a personal tour please call Tudor Oaks Retirement Community 414-525-6500.

Open to the Public



Butternut Bistro
 Tudor Oaks

**Butternut Bistro:
 The Flavor of Tudor Oaks**

- Signature Salads and Sandwiches
- Homemade soup of the day
- Fresh baked muffins, scones, bagels
- Desserts – Cake, pies, cookies
- Featuring Anodyne Coffee
- Assorted teas and juices

BUTTERNUT BISTRO

Profile - John Cemirys - Tudor Oaks Resident



John Cemirys (where else) in the Tudor Oaks pool to heart and is an amazing example of health and fitness himself.

During his professional career John Cemirys was a physical therapist. And through his profession he helped many people discover that a healthy and active lifestyle is vital to a fulfilling and long life. John has taken this message



John & Georgia Cemirys

However it was during WWII that John took advantage of his affinity for the water and his natural drive. The armed services also saw this in John and made him a combat swim instructor for the Marine Corps.



These many years later John is battling it out in the pool at the Senior Olympics. John has entered the Senior Olympics in swimming where his main events are the freestyle and the backstroke. Although John does not claim to be the next Michael Phelps (eight time gold medal winner at 2008 Beijing Olympics) John has taken home gold in both freestyle & backstroke.

John's Olympic career does not stop there. This time, out of the water, John has taken up another challenge to keep him on his toes, Table Tennis. Over the years he has fine-tuned his game and come home the Senior Olympics Table Tennis champ.

Both John and wife Georgia (also a swimmer) also enjoy many of the other lifestyle changes since moving to Tudor Oaks. They no longer worry about home maintenance and repair getting in the way of their retirement. Neighbors are close for a quick game of cards or going to dinner. John and Georgia say this about Tudor Oaks, "We love our apartment location, the friendly staff and residents at Tudor Oaks".