

Regis Chronicle



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Quote of the day

"The mind is like a parachute, it doesn't work unless it's open".

First Edition

Message from GM

It is with great pleasure that I write this column in this new newsletter. This newsletter is part of the new developments that can be seen at Inala Village.

Over the past 12 months we have been working to improve the standards of service in all the facilities by listening to what the residents tell us need to change, and then by planning a strategy to make the change happen.

As with all change it can be slow and ponderous at times but as they say the tortoise always wins the race!

I believe that there is still a long way to go to make Inala Village the best that it can be and I hope that all residents, relatives and staff will keep talking to the management teams via meetings, emails, improvement forms or in person, so that the changes we make, are the ones people want, and they make Inala a better place to live.

My focus over the next 12 months is customer service - supporting staff to develop skills that make the facilities a homely and happy place to be.

Resident Column

Independent Living at Inala Village

Inala Village is a place where residents retain their independence and choice in an environment that offers safety and security in tranquil surrounds with the opportunity to share some time together enjoying continued friendships.

Inala Village is also a place where residents have the chance to meet some very lovely people and form new friendships.

In light of this, our residents enjoy many opportunities to get together and enjoy simple yet delightful and very pleasant special events.

The resident column is an invitation to residents of Inala Village Independent Living & Aged Care to express, suggest and discuss any ideas or thoughts. Snippets, news items, celebrations, special events, birthdays, anniversary's and compliments are very welcome.

Please, send in your stories, items, poems, messages etc. to the Lifestyle Manager by the 20th of each month.

Accreditation Results

Recently Inala Nursing Home had an unannounced visit from the accreditation agency. The visitors examined all three sites of the Lodge. The results yielded that Inala Lodge was fully compliant in all areas. Congratulations to all the staff and management who tirelessly work to uphold the policy and procedures of Regis and provide 'excellence in care' to residents across the board.

St Patricks Day

Affectionately known as **Paddy's Day**, is an annual feast day which celebrates Saint Patrick (*circa* AD 385–461), the most commonly recognized of the patron saints of Ireland.



According to legend, St. Patrick used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pre-Christian Irish people.

It was only in the mid-1990s that the Irish government began a campaign to use Saint Patrick's Day to showcase Ireland and its culture. The government set up a group called St. Patrick's Festival. The first Saint Patrick's Festival was held on 17 March, 1996. In 1997, it became a three-day event, and by 2000 it was a four-day event. By 2006, the festival was five days long; over 675,000 people attended the 2009 parade.

The topic of the St. Patrick's Symposium was "Talking Irish," during which the nature of Irish

identity, economic success, and the future were discussed. Since 1996, there has been a greater emphasis on celebrating and projecting a fluid and inclusive notion of "Irishness" rather than an identity based around traditional religious or ethnic allegiance.



St Patrick's Day celebrations in Trafalgar Square London

Share this toast with friends on St. Patricks' Day –

May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go.

Recent Events

Inala Village BBQ

A power interruption the main kitchen provided a wonderful opportunity to hold a BBQ across the whole village on Tuesday 16th Feb.

Lifestyle staff were seen cooking, serving and assisting care and kitchen staff to bring the special lunch to residents in all areas. According to resident feedback, the BBQ was enjoyed by one and all and Alawarra has requested for a BBQ to be provided once a month on a Saturday. Great idea!

Inala Resident enjoying BBQ



Lifestyle Staff cooking!



Ready To Chow Down!



Cultural Diversity



Recent Events (cont.)

Chinese New Year

The year of the Tiger was celebrated and enjoyed by all on the eve of February 4th. Guests were welcomed and ushered to their table as Chinese New Year traditional songs were beautifully performed by one of Inala Village's respected Chinese residents who also introduced the tradition of the celebrations including the Chinese New Year traditional hand movement – not the hand shake as westerners are accustomed to.



Inala Village dining room in readiness for Chinese New Year

Inala Village was honoured to be asked to provide the venue for the visiting Indo Chinese Community who performed beautiful renditions of traditional song and dance on Monday 8th February to our hearty applause. Residents from all aged care and independent living at Inala Village packed the auditorium and were introduced to the culture of the Vietnamese. Têt is the most important festival in Vietnam and is celebrated on the same day as Chinese New Year.

The visiting group were very interested in what our village offers and enjoyed a tour of our popular amenities.



Visiting Indo Chinese Community celebrating Tết Nguyên Đán

Inala Village on show at Centro Box Hill



Centro Box Hill was the venue for a display by Inala Village on Thursday 18 February, depicting the fabulous lifestyle so many residents enjoy.

Sincere thank you to the many wonderful residents who gave their time to be at the display and convey to the public what Inala Village is all about.

The display created great interest and many people were given the opportunity to chat with residents of Inala Village.

Information and literature was on hand but of great interest, was the smaller display of produce that demonstrated the support and effort some residents have contributed to the community vegetable garden.

Milestones

On behalf of everyone at Inala Village, farewell to our very dear friend, Dave Eldridge who with his wife Mabel, enjoyed 12 years together in Inala Village managing the shop-supermarket as we know it.

Sincere condolences and our deepest sympathy to Mabel and family on the very sad loss of Dave.

March 8th - International Women's Day

This event has been celebrated for the past 95 years in honour of women's achievements in all walks of life: sport, cultural, politics, art economic, fashion and many more. It is a time to think about the trials and tribulations of women throughout the centuries and to focus on increasing equality and bright opportunities for future generations.



Coming Events

Start collecting items and ideas to create and invent interesting headwear so you can display your creations in the Easter Bonnet/Hat parade. This should be great fun! Friday 26th March is the date for the independent living Easter Parade & Saturday 3rd April for aged care residents.

Staff Profile



Steven Van De Maat
Personal Care Worker

Place of work?

[Inala Lodge Wilani West](#)

How long have you worked at Inala?

[14 years](#)

What was your first job?

[Loaded milk trucks in a dairy](#)

What is your favourite past time?

[Cricket](#)

Your best moment?

[The birth of my 2 boys](#)

Your favourite food?

[Chinese sweet and sour pork](#)

If you could invite any 3 people to dinner, who would you invite?

[Kellie, my wife, Clint Eastwood & Marilyn Monroe](#)

Do you have a nickname?

[No](#)

Who is the person you most admire?

[My parents](#)

Inala Village Independent Living Resident Profile



Leon Milewczyk

Our neighbour, Leon Milewczyk celebrated his 82nd birthday on 16 January this year.

Leon's favourite hobby is wood working which stemmed from memories of when he used to sit on his grandfather's lap while his grandfather carved figurines and furniture in wood. Leon creates authentic and detailed miniature Australian country pioneer homesteads complete with rusted out water tanks and the like.

Painting landscapes is another favourite pastime and Leon's wall features beautiful Australian country landscapes.

When Leon was asked what as the one thing he would change in the world – He replied, "Change the current wave of violence and associated current laws in Melbourne."

Coming Events

"Friendly Friday" as it has become popularly known, is an opportunity for independent living residents to relax and enjoy something a little different.

A cheese and wine tasting will be held on Friday 12 March starting at 3.00pm in the Village Hub so come along, relax, sit back with great company and enjoy a treat. Residents are very welcome to invite friends and family - please advise Reception on ext 7 for catering purposes.

We extend a warm welcome to our new Kooluna residents

– we know that you will have a wonderful year ahead with great friends at Inala Village.

What Is A Friend

**A friend is like a flower,
a rose to be exact**

**Or maybe like a brand new
gate that never comes
unlatched**

**A friend is like an owl,
both beautiful and wise**

**Or perhaps a friend is like a
ghost whose spirit never
dies**

**A friend is like a heart that
goes strong until the end**

**Where would we be in this
world if we didn't have a
friend**

- By Emma Guest

A Personal Note:

We hope you enjoy the first edition of the Regis Chronicle and with your input we will continue to provide a monthly issue with many varied and interesting items, stories, events and star profiles for your enjoyment.

Warmest Wishes,

Clayton Saunders
Lifestyle Manager