

JUNE 2018

INSIGHT

FROM THE CEO



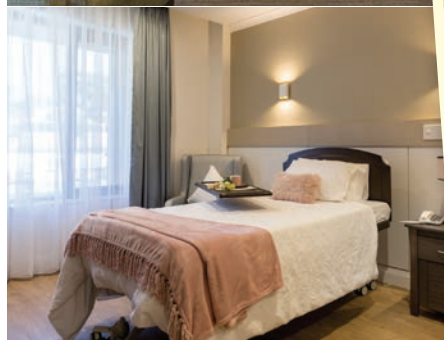
It has been a busy quarter for Regis. Last month, we officially opened Regis Burnside, our first resident moved into Regis Woodlands, and Maroochydore celebrated 20 years with Regis. Our new build program will see four more sites open by September 2018, so it will continue to be a busy year.

These past months we celebrated International Nurses Day, recognised our Service Milestone recipients and National Volunteers Week.

Thank you to all our hardworking staff and volunteers for your daily contributions to improving our resident's quality of life.

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From 1 - 27 July, nominate those who go above and beyond in the 2018 National Awards online (www.regisawards.com.au), or ask one of our friendly staff for a Nomination Form.



Welcome to Woodlands, Maree!

WELCOME TO WOODLANDS

We welcome our first resident, Maree Kelleher to Woodlands (WA). Since joining us in April, Maree has settled and comfortably made Regis her home, receiving regular visits from her beloved five children and ten grandchildren; and her much-adored dog, Pepper.


Woodlands is a 123-bed facility that offers hotel-style club services and first-class amenities, such as a cinema, café, private dining room, internet, Foxtel, library, hair salon and day spa.

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Also, with our 2018 National Awards nomination period opening in July, it's time to recognise any and all people, teams and initiatives who have gone above and beyond their daily tasks. I encourage our current staff members, residents, family members, community stakeholders and our

volunteers to write a deserving individual, team or facility a quality nomination, detailing why you think they are admirable of the appropriate award category.

Nominations are open from 1 - 27 July 2018.



Ross Johnston
Managing Director & CEO

MAROOCHYDORE MILESTONES

It's been a big month of milestones for Maroochydore (QLD) this May with many celebrations. Maroochydore's team organised morning a High Tea, inviting the local council, residents and all their families and friends to join in celebrating the facility's 20th Birthday, as well as two residents who shared a 101st birthday Irene and Bennie, and Lorraine who moved in 20 years ago.

Since moving in 20 years ago, Lorraine reminisces about the infrastructural developments around the facility, as well as garden improvements she has seen. Lorraine likes to keep socially active by delivering mail to residents every afternoon in her Postwoman attire, looking after Maroochydore's library and helping out with Bingo. Together with Lorraine, Irene, Bennie and all our attendees enjoying Maroochydore's High Tea and entertainment.



Maroochydore's 20 year party

BEST PRACTICES IN FOOD SERVICE

Congratulations to our Frankston (VIC) catering team for receiving Frankston City Council's inaugural Frantastic Food Safety Award. The Award program, run by the Council, recognises local food handling businesses to showcase their commitment to best practices, providing customers with the safest food possible.

The Council present the Frantastic Food Safety Award to businesses, like Regis, who are considered excellent operators and leaders within the local food industry.

THE AWARD PROGRAM RECOGNISES LOCAL FOOD HANDLING BUSINESSES TO SHOWCASE THEIR COMMITMENT TO BEST PRACTICES.



Maroochydore's Birthday boy Ben

BURNSIDE GRAND OPENING

Regis recently celebrated the grand opening of Burnside's (SA) new extension with Federal MP, Hon. Christopher Pyne. Burnside's new Club build opened their doors in February 2018 and set a new benchmark with every stylish detail thoughtfully designed for both residents and families to enjoy. Offering the full range of aged care services, Burnside now provides Regis Club Services; an extra layer of superior services for those who appreciate the little extras. The service offers a cafe, cinema, hairdressing salon, private dining room, Wi-Fi and landscaped gardens for residents to enjoy.



Regis team with Hon. Christopher Pyne (far left)

REGIS RECENTLY CELEBRATED THE GRAND OPENING OF BURNSIDE'S (SA) NEW EXTENSION WITH FEDERAL MP, HON. CHRISTOPHER PYNE.



SMILES IN THE SUN

Regis staff, family, volunteers supported 120 residents from Sippy Downs, Maroochydore and Kuluin (QLD) to a beautiful beach-side barbeque. A professional photographer was on hand to capture the glorious family event and showcase the enjoyment had by all.



NATIONAL EVENTS ACROSS REGIS

ANZAC DAY

Regis recognised and remembered those 'who served and died in wars, conflicts, and peacekeeping operations' and 'the contribution and suffering of all those who served' across our sites nationally.

One Mildura Home Care client, Esme Reilly recognised the day at her local RSL. Esme was the youngest of five girls and joined the army at twenty-one as a Cipher, encoding and decoding messages for the war. After serving for approximately three and a half years, Esme lived and travelled around Europe before coming to Mildura to teach obedience dog training. She fell in love with the landscape and stayed ever since. Esme looks forward to reaching the century in three years time.



Decoder, Esme Reilly at her local RSL

COMMONWEALTH GAMES

The stakes were high between three of our Regis facilities in Queensland with their very own Seniors 'Commonwealth Games'. The competition was fierce between Greenbank, Salisbury and Gatton staff and residents. Everyone had fun, laughed (and cried) and came out as winners. Even Bunbury (WA) joined in our Commonwealth Games celebration with some belly-dancing entertainment.



Winners are Grinners at QLD Games

MOTHER'S DAY

Regis celebrated all the mothers nationally at all our sites. Kirwan (QLD) went above and beyond to celebrate the day with a glamorous photo-shoot that was enjoyed by family, friends and residents alike. As a Mother's Day momentum, each of Kirwan's female residents received a framed copy of their professional portrait. While facilities, like Tiwi (NT) organised a beautiful High Tea for their residents and families.



Kirwan mothers receiving their glamour shots

NATIONAL VOLUNTEERS WEEK

Alongside Mother's Day, May also marks Australia's annual National Volunteers Week. All our facilities acknowledged our volunteers' generous contributions and the profound impact they have on our resident's wellbeing in their own unique way with morning and afternoon teas and luncheons acknowledging their dedication. On behalf of all Regis staff, we thank you for your selfless support.



Regis' Kim Savas with Birkdale volunteer, Danna Fisher

INTERNATIONAL NURSES DAY

Our facilities celebrated International Nurses Day in a combined event with Service Milestone Recognition Awards. To celebrate, Shenley Manor (VIC) residents created uniquely designed hand-made cards for each of their Registered and Enrolled Nurses.

We interviewed two of our longest-standing Registered Nurses, Cheryl 'Nancy' Maric, Whitfield (QLD) and Beryl Chester, Marlestone (SA) to find out more about their valuable vocation.

CHERYL MARIC

I joined Regis Whitfield through the Masonic Care acquisition and have worked at this facility for 25 years. If I could go back in time, I would tell myself in the first year of nursing to stay calm; and keep learning from experienced nurses, as ongoing education is essential.

To keep myself balanced, I leave work stresses at the work and personal stresses at home. There's nothing like seeing our residents improve from the care we provide them, as they settle into the facility in their own different ways.

BERYL CHESTER

I knew I wanted to be a nurse at the age of nine when I had a tonsillectomy. The care the nurses provided inspired me. There's nothing I love more after 35 years with Regis than having a resident say "that helped, thank you" or recognition from a team member.

I treat each day as a gift and a new beginning; forgiving myself and others for yesterday and bring love and joy to everyone in my life when I feel the hardships of nursing.

As a passionate and dedicated nurse, I fear becoming a couch potato and like to keep active whenever I can!



Cheryl Maric



Beryl Chester

EQUINE THERAPY

Over recent months Sippy Downs (QLD) has developed a connection with the members and horses of the nearby Buderim Equestrian and Pony Club. On the first visit, residents were escorted by Regis Lifestyle staff and Club volunteers. They had a great time walking around the lovely serene site, reminiscing about old times. Some residents had past experiences with horses (owned or looked after horses, their families kept horses, or they rode horses as transport to school). At the end of the visit, residents were asking when they would next visit the stables, as they loved their interactions with the horses!

So the regular excursion to the Club has become a fixture on the calendar. Each visit is different, with last seeing the residents treated with an equestrian display, followed with the opportunity for them to feed the horses with apples and carrots. The connection these horses have brought to our residents is fantastic, and they are all excited for her next visit.



Sippy Down's Joyce Marschke with Casper



Doug horsing around

MOVE2MUSIC

Residents of Sunraysia (VIC) took part in Dareton Primary Health Centre's Move2Music program. The program was developed three years ago by Dareton Primary Health Centre and aims to provide an opportunity for the community to meet new people, increase physical activity and enhance general wellbeing in a relaxed and enjoyable environment.

Dareton Primary Health Centre primary health nurse, Elizabeth Buffon says "It is a friendly, therapeutic way of building social interactions, increasing physical momentum while having lots of fun with different members of the community".

"Dancing can also stimulate long-term memory" says Elizabeth, "they may not remember things that have happened, but they remember how to dance."

"Many residents danced a lot when they were younger and with this program we find they become more vibrant and enjoy reminiscing," says Lifestyle Coordinator, Jaime Collins.



RESIDENT RECEIVES AN ORDER OF AUSTRALIA

After more than 30 years of volunteering, Norwood (TAS) resident, Matthew Henry Jacobs received an Order of Australia Medal (OAM) for his services to marine rescue organisations.

Matthew has been around water all his 85 years. "Some people play cricket - I go boating" and views his award as a team effort. Matthew has been division and unit commander of the Tamar Volunteer Marine Rescue (formerly Royal Volunteer Coastal Patrol) since 1996; a volunteer member since 1987, a recreational motorboat instructor since 2005.

Like anything, things can get tough at times out at sea, but Matthew always enjoys the ride while he reminisces the longest tow he was ever involved in, that was 78 miles out into the Bass Strait to pick up a boat.

"The Bass Strait can be pretty bad, particularly at night because you cannot see what's going on. You do the best you can, that is it. We never lost a boat, we never lost a person and were always able to get back."

Well deserved, Matthew!

MATTHEW HAS BEEN AROUND WATER ALL HIS 85 YEARS. "SOME PEOPLE PLAY CRICKET - I GO BOATING"

THE SECRET TO A LONG, FRUITFUL LIFE

Regis wishes Embleton (WA) resident, Harry Dunning a Happy Birthday as he turns 107. Celebrating with Regis staff and residents, his son Tony and grandson Keith; Harry says the secret to a long life is "plenty of exercise, eat lots and work hard".

Born in East London, Harry served in WW2; then worked as a drayman, delivering barrels of beer for London's Charrington Breweries. He migrated to Australia with his wife and Tony in the 1970s and until recently, lived at home with family support. The "absolute character" enjoyed the festivities Embleton arranged for him.



"Exercise lots and eat even more" – Harry Dunnings

FEEDING THE HOMELESS

The staff and residents at Legana (TAS) are excited to be involved with Launceston's Feeding the Homeless community initiative.

'Giving back 100%', Registered Nurse, Julie Young was already a volunteer before she brought the idea of engaging residents to assist by preparing food. As a team, they made chicken casseroles, pancakes and supplied blackberry jam. The residents loved getting involved and feeling part of the local community and look forward to becoming regularly involved in this monthly activity.



Legana's Roger Syms making pancakes for the homeless

GLADES QUILTERS CLUB

Caboolture (QLD) invited the Glades Quilters Club for morning tea to appreciate and thank them for donating quilts, cushions, handbags, bags to go on the backs of residents wheelchairs. The bags they designed and created hold several items, with pockets on the front of a wheelie walker. These lovely ladies donate their handmade, quilted artwork regularly, so it was lovely for residents to put names to faces and thank them in person.



Glades Quilters Club showing off their beautiful design

PROPERTY UPDATE

NEDLANDS, WA

Regis Nedlands opens June 2018. The modern facility will offer a selection of contemporary standard rooms and suites. Regis Nedlands will provide day therapy services, hairdresser, day spa, café, Wi-Fi, and cinema with magnificent views of the city and river.



LUTWYCHE, QLD

Regis Lutwyche opens August 2018 and will be a contemporary 135 place Club Service facility in inner north Brisbane. Features include single rooms with en-suites, private dining room, café, day spa, hair salon, cinema room and library.



PORT COOGEE, WA

Regis Port Coogee will open in September 2018, overlooking the Port Coogee Marina with expansive views of the ocean. Offering dementia-specific area, the Club Services facility will provide an on-site chef, private dining, Foxtel, Wi-Fi, onsite café, day spa, and more.



ELERMORE VALE, NSW

Regis Elmore Vale will open in September 2018. Located on the former Viking Swim Centre site, Elmore Vale will feature tree-lined views of the picturesque Hunter Valley region in a serene setting along with a café, cinema, hair salon and library.

