

WINTER 2019

INSIGHT

FROM THE CEO



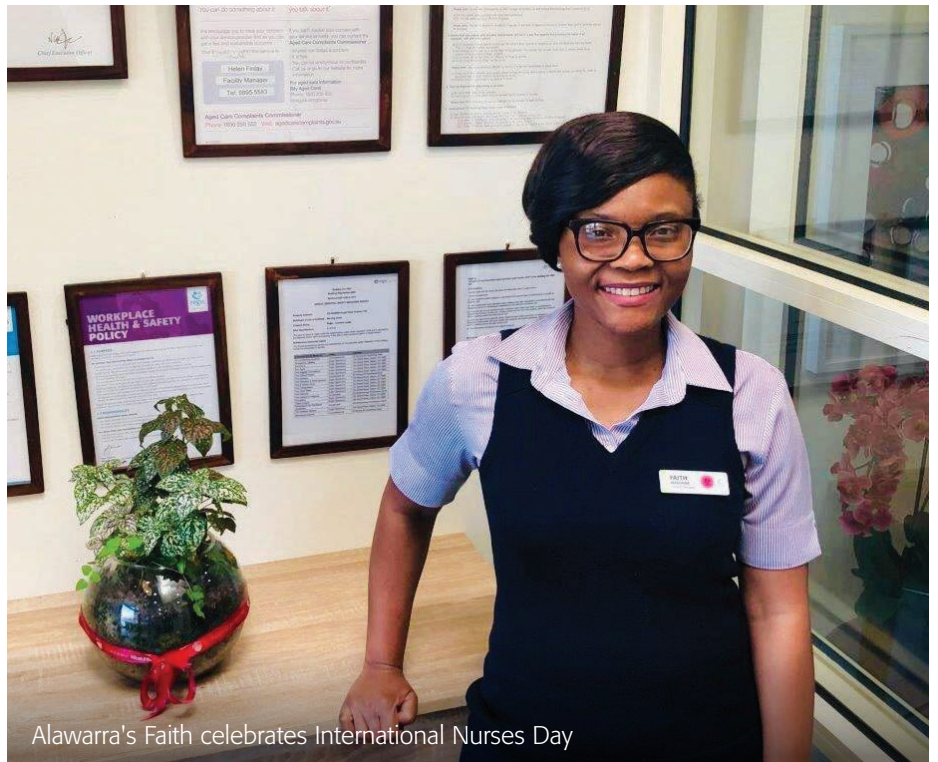
Welcome to the winter edition of Insight Newsletter. As we enter the cooler season, I strongly encourage you all to speak with your GP about the flu vaccination to protect you and your loved ones this season, if you have not already yet.

I would also like to announce the successor of my role as Chief Executive Officer and Managing Director, Dr Linda Mellors, effective from 4 September 2019. Linda has been Chief Executive Health Services of Mercy Health since March 2015 and was appointed Chief Operating Officer of Mercy Health in June 2018.

As this will be my last edition of Insight Newsletter, I would like to thank you for all your support during my time here with Regis.



Ross Johnston,
Managing Director & CEO



Alawarra's Faith celebrates International Nurses Day

INTERNATIONAL NURSES DAY

International Nurses Day is celebrated every year on 12 May. The day commemorates Florence Nightingale's birthday, a prominent English social reformer and founder of modern nursing. Across Regis we celebrated the daily dedication and commitment of all our nursing staff with team events and interviewed our 2018 National Award winner for Outstanding Clinical Excellence, Faith (Alawarra, VIC).

Motivated by her passion for people, Faith provides excellent

care to residents while developing fulfilling relationships with her team members. Faith started as RN at Alawarra Lodge and was promoted to Clinical Manager. Faith has found working with Regis to be supporting and rewarding and appreciates the recognition that staff receive for their achievements.

Nursing can sometimes be emotionally challenging, but Faith feels supported by her colleagues and enjoys unwinding with friends over a hot cup of tea.

ACROSS REGIS

This quarter, we celebrated a wide array of activities and events, such as Mother's Day, ANZAC Day, Easter and National Volunteers Week.



Chelmer's Barbara enjoying her Mother's Day photo shoot



Port Coogee's Sandra working the catwalk

MOTHER'S DAY

Many of our facilities celebrated Mother's Day in fashion, with bouquets of flowers, high teas and family photo shoots. Port Coogee (WA) spent Mother's Day week celebrating all the ladies with the "Country Women's Association Choir", a catwalk fashion parade, as well as a unique shopping experience.



ANZAC Day celebrations at Tiwi. Above: Dandenong North's Patricia holding up a photo of her brother on ANZAC Day

ANZAC DAY

Regis commemorated ANZAC day with remembrance services around the country. Residents, family and staff, gathered to pay respects to all those who lost their lives in service. A local RSL visited Dandenong North (VIC) residents to conduct a memorial service. This included Mary who lost her husband and Patricia who holds her older brother's photograph with pride. North Fremantle (WA) invited a local school to celebrate their ANZAC Day event at the facility.

NATIONAL VOLUNTEERS WEEK

Regis recognises National Volunteers Week (20 – 26 May) and celebrates all volunteers, big, small or furry. At Gatton (QLD), we thanked our wonderful volunteers with afternoon tea and special treats. Ollie, one of our pet therapy dogs (pictured below), loves being a volunteer at Regis, and getting lots of pets and hugs from the residents and family members.



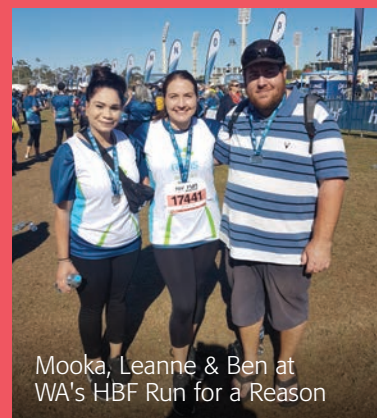
Hurstville's Ann with therapy bunny, Albus

EASTER

It was nice to see the Regis Easter Bunny make its way around our facilities. A busy bunny indeed, Caboolture (QLD) residents managed to catch the bunny and were personally gifted with chocolate treats as their reward. Hurstville (NSW) residents were graced with a visit from pet therapy bunny, Albus. Needless to say, the residents had an egg-cellent time this Easter with the Regis bunny.

FUN RUNS

We would like to congratulate our fifty team members across Victoria who ran and walked in the Herald Sun's Run for the Kids. Their efforts were inspiring, which gave thirty members of the WA team a 'run for a reason' with the HBF Run. Thank you to all participants who got involved, helped and supported each other. The money raised went to charities like Cancer Council and Lifeline.



Mooka, Leanne & Ben at WA's HBF Run for a Reason

LAUNDRY ATTENDANT'S DAY

On 15 April, Regis celebrated Laundry Attendant's Day recognising 185 laundry staff and the work they do on a day-to-day basis. Clean clothes, crisp sheets and fresh laundry scents, it's these basics in life that provide us with simple pleasures.

Some of our facilities even went to the effort of making laundry-themed cakes to celebrate.



Greenbank (OLD)'s Lorraine, Vinita and Kerrie celebrating Laundry Attendant's Day



Yeronga celebrated Laundry Attendant's Day with a themed cake



We see the LED Lights

SEEING THE LIGHT

Regis is installing over 15,000 LED lights across our facilities towards a more sustainable environment.

Up to 35% of total energy consumption at a typically aged care facility is used for lighting, and these LED light installations will reduce associated electricity consumption and greenhouse gas emissions.

SUSTAINABLE IDEAS

Regis ran a 'Sustainability Ideas' campaign in March, providing an opportunity for staff and residents to write down innovative ideas on how Regis can reduce our environmental impact. Our Sustainable team will be investigating some of the following ideas and initiatives:

- Carbon offset for corporate travel
- Community herb gardens
- Turn off monitors and computers at the end of the day
- Food scrap composting
- Improve recycling and reduce waste to landfill.



Armadale's sustainable artwork

SENSORY ART

Hurstville (NSW) residents are delighted to explore their creativity and interact with each other through art therapy twice a month. Using a sensory projector, residents get creative and display their masterpieces across their home, bringing them joy and happiness through colour. As part of their first art therapy session, residents decorated folders to store their keepsakes.



Hurstville's Gauri enjoying sensory art therapy

JEEPERS CREEPERS!

Bulimba (QLD) residents were graced with a music performance from the famous Louis Armstrong's grandson. Living locally, Herb loves to share his grandfather's legacy and passion for music with residents, as well as some newer songs. The Hall was packed with residents all wanting to relive their glory days. A good time was had by all.





Birkdale's Shirley assisting with our pavlova cooking demonstration

COOKING DEMONSTRATIONS

Birkdale (QLD) residents were treated to their first cooking demonstration, organised by the Regis Catering and Lifestyle team. The Chef prepared and cooked Wok tossed Chicken Noodle Stir Fry and Pavlova in front of the residents.

The Facility Manager, along with one of our excited residents, Shirley, showcased how to decorate Pavlovas, a meringue-based dessert.

The residents loved watching the fresh Chicken noodle stir fry, and Pavlova demonstrations; and especially enjoyed eating the delicious stir fry and the decorated Pavlova that were prepared for them.



Mario the Almost Magnificent Magician

MARIO THE ALMOST MAGNIFICENT

Regis residents at our WA facilities in North Fremantle, Nedlands and Como joined in a magical community performance by Mario the Almost Magnificent Magician. The roaming magician entertained each table with his unbelievable illusions, as his audience laughed and enjoyed their cupcakes and popcorn.

FAMILY & CARERS WORKSHOP

Many of our Regis Club facilities are working closely with Dementia Australia to create workshops designed for families and carers to build their knowledge and create a support network amongst the community. Sessions across Chelmer (QLD) and The Gap (QLD) have been very successful with families and friends in attendance.



Dementia Australia Training

VACATIONING WITH REGIS

We received a lovely testimonial from Lizzie (Regis Bramble Bay Retirement Village (QLD)), who went on a holiday to Perth and stayed at our Regis Hollywood Village (WA). The fully equipped unit Lizzie stayed in had two bedrooms, kitchen, lounge, TV, balcony, a large shower room, laundry and toilet.



Lizzie visiting Kings Park in WA

Over 6 days, Lizzie enjoyed midday meals for \$8, meeting the residents and day trips to Perth CBD and Fremantle.

On Friday, Lizzie attended Happy Hour meeting the Chairman of the Residents' Committee. People were very communal, bringing their own drinks and nibbles to share with others.

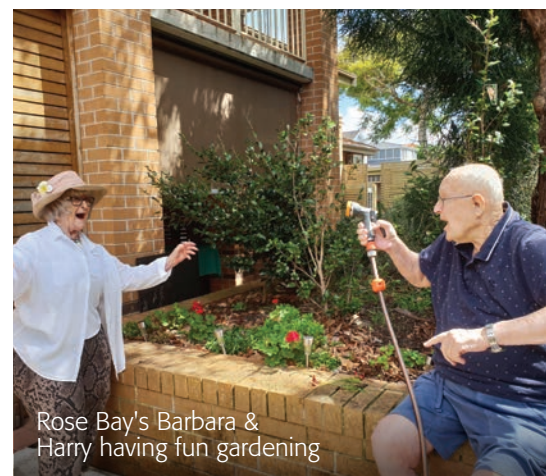
Regis is proud to offer our RV residents vacations to stay and experience our other retirement villages.



L-R Andrew with Dandenong North's Facility Manager, Toni and his edible certificate

MOST VALUABLE PLAYER

Regis like to recognise our most valuable team players through our Spirit program twice annually across each and every one of our facilities. Dandenong North (VIC) went above and beyond with their celebrations by recognising their Food Service Assistant team members, Andrew, with an edible 'MVP' certificate. Andrew received recognition for his idea for Bain Marie guards so that staff are less likely to burn themselves on heated lamps. Congratulations, to Andrew and all our other MVP winners!



Rose Bay's Barbara & Harry having fun gardening

EXERCISING OUR GREEN THUMBS

Our Rose Bay (NSW) Garden Club had fun exercising their green thumbs in the gardens recently. Preparing for the cooler seasons, residents Joan, Betty, Annie, Alan and Harry were taking advantage of the sunny Autumn mornings, planting winter crops and spring flowers. Gardening has been proven as an excellent stress reliever and doing meaningful activities like gardening, brightens up everyone's lives days, making gardeners feel connected not only with each other but with nature also.

CROQUET IN THE VILLAGE

Our Norwood Village (TAS) residents had the pleasure of participating in an inaugural game of croquet. The event had a wonderful turnout, despite the overcast day with threats of rain. Residents were also fortunate to have a volunteer from the Northern TAS Croquet Centre referee the games to ensure competition remained healthy.

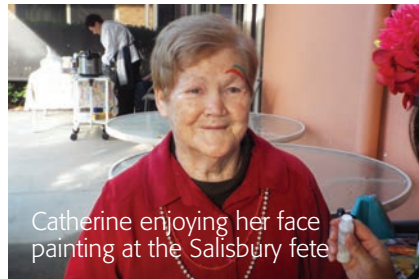


Norwood Village residents having a yarn at croquet

FAMILY FUN FETES

Kingswood (SA) recently celebrated their inaugural fete with residents, family, friends and the broader community. There were sausage sizzles, jumping castles, market stalls, swing dancing and a classic car show.

Further up north, Salisbury (QLD) also enjoyed their Family Fete Day with residents, families and the community. With market stalls, jumping castles, face painting, entertainment and farm animals too!



Catherine enjoying her face painting at the Salisbury fete

WOODLANDS CELEBRATES 1ST BIRTHDAY

Congratulations Woodlands (WA) for celebrating their first birthday recently with residents, family and friends. To ring in the milestone, staff dressed up as fairies, pirates and hippies. They had a visit from an animal farm, a face painter, a balloon-twisting artist, happy hour with live entertainment, raffles and plenty of food, entertainment and competitions for all. A resident's daughter, who is a professional photographer, captured the event. The raffle raised over \$930 for Dementia Australia. Great fun!



Woodland's celebrating their 1st Birthday!



Swing dancers at Kingswood Fete

BUS OUTINGS

Every week, Kuluin's (QLD) DSU residents venture out on a bus outing, travelling around Sunshine Coast's most popular locations.

Setting out with a picnic, residents explore local destinations like the Alexandra Headlands Duck Pond and Hastings Street, Noosa.

In a recent outing, residents spent the afternoon at Kings Beach Caloundra, sitting on the Esplanade and having afternoon tea. The bus trips not only provide a safe and enjoyable excursion but optimises independence by allowing reconnection with the community, meeting many lovely people, engaging in conversations and interacting with animals.



Kuluin's residents enjoying the scenery of Kings Beach Caloundra

ARAFURA GAMES

Tiwi (NT) residents enjoyed a trip to the Arafura Game in the NT, which is a unique, inclusive multisport event for athletes with disabilities. A week-long event, held every two years in Darwin, the Game features seventeen different sporting disciplines, such as Athletics, Badminton, Basketball, Beach Volleyball and much more. This year residents loved the new experience of attending the tennis finals between Chinese Taipei and East Kalimantan (Indonesia); as well as a soccer match between Australia Indigenous and Indonesia U20s.



Tiwi residents, Robert, Elizabeth, Patricia, John and Amanda at the Arafura Games

WISHING TREE

Bunbury (WA) unveiled their new wishing tree. Introduced late last year, residents write what they wish for on a leaf and stick it on the wishing tree. Staff then endeavour to fulfil their wishes, big or small. To date, we have granted over thirteen wishes, including a pool table for the facility, a boat trip, fishing trip, a picnic and much more.



Bunbury's Wishing Tree

NEWLYWEDS TIE THE KNOT AT REGIS

Sandringham (VIC) residents were thrilled to witness Joyce's granddaughter Vikki marry her husband, Levi. The newlyweds originally tied the knot in Sydney February 2019. Unfortunately, Joyce couldn't make it to the wedding, so the couple organised to get remarried and bring the wedding to their grandmother. The celebration brought tears of joy to Joyce's eyes and fellow residents, family members and friends. We wish all the happiness in the world for the newlyweds.



Congratulations to the newlyweds, Vikki and Levi



Shenley Manor's Jill with a little chick

READY, SET, HATCHIN'!

Shenley Manor (VIC) recently housed a different species of residents with their chicken incubation program from Henry Penny. Regis residents had the pleasure of seeing chickens being hatched in their facility, which sparked excitement and discussion amongst observers. Residents also got to hold and play with the chicks, with some residents even reminiscing about owning chickens in the past. After two weeks, the chickens were adopted and taken to live on a farm.

MEN'S FISHING CLUB

For over eighteen months, the Sandgate-Lucinda (QLD) Men's Fishing Club meets every fortnight to go fishing at the local Baxter's Jetty. The group have a great time down by the water, wetting a line and having a laugh. They've even started getting to know some of the locals and the regular fishermen who spend time chatting with the residents. For our residents, fishing is not only a sociable activity but stimulates focus and concentration and is a great activity for relaxation.



Sandgate-Lucinda's Men's Fishing Club by the water

POP-UP MARKET

Once a month for the past three months, Lutwyche (QLD) has had a pop-up market for residents, with many employees coming in their personal time to assist with the event. It has become a massive success with families, friends and staff who all contribute items such as homemade baked goods, jewellery, paintings, a beautiful Indian stall and hand-crafted products. Local stallholders have also started participating creating a greater sense of community and helping it become an even more wonderful event for all.

NATIONAL AWARD NOMINATION PERIOD 1 – 26 JULY

Our annual National Awards celebrates our dedicated team members and volunteers who go above and beyond for our residents and clients, as well as an opportunity to recognise outstanding initiatives teams create that positively influence our resident's quality of life. In 2018, Milpara (VIC) volunteer Anne, who is celebrating fifteen years with Regis, won Volunteer of the Year for her outstanding and selfless contributions. You can nominate deserving Regis team members and volunteers, from 1 July until 26 July via www.regisawards.com.au



Volunteer of the Year- Anne Smith