

SPRING 2019

INSIGHT



FROM THE CEO

I am very pleased to introduce myself today as Regis' new Managing Director and Chief Executive Officer. I am so impressed by the Regis team and the highly skilled, professional and dedicated people I have met over the past four weeks.

I have been particularly struck by

- the warmth of the interactions between staff, residents and clients
- the welcoming atmosphere in our homes
- the passion and enthusiasm of all staff
- the quality of our facilities
- the strong focus on safety – for our staff, our residents and visitors
- the commitment to our workforce in terms of support, development and wellbeing

It is great to see you working together to provide the best care and services. The opportunity to meet so many of you, as well as our residents, clients and their families, has very quickly reaffirmed for me the decision to join the Regis team.

Thank you for the warm welcome and an even bigger thank you for the important work each of you do every day.

A handwritten signature in black ink, appearing to read "Linda Mellors".

Linda Mellors,
Managing Director and Chief Executive Officer

ACROSS REGIS

This quarter residents were out attending sporting events, organising community day events and engaging in intergenerational activities. It was indeed a beautiful quarter all around Regis.

R U OK?

Regis sites nationally held fundraising activities in support of R U OK? Day in September. The annual event aims to inspire and empower everyone to meaningfully connect with the people around them and start a conversation with anyone who may be struggling with life.

Regis Support Office held a cake decorating competition while staff in our homes enjoyed themed morning teas and discussed this important topic.



CULTURAL DIVERSITY

August was Cultural Diversity month at Regis with all sites running events. Ringwood (VIC) and Elmore Vale (NSW) seized the opportunity to involve residents with an array of activities like trivia, sing alongs and to add icing to the cake, a taste testing session on treats and meals from different countries. Residents enjoyed the cultural experience and some even said they learnt a thing or two!



EKKA COMMUNITY DAY

Sandgate facilities (QLD) organised a Community EKKA Day celebration which attracted family, friends and community members. This fun filled day was enjoyed by attendees over delicious foods, beverages, live music, petting zoo, market stalls and lots more.

99.7 Bridge FM was in-house broadcasting popular songs and interviews to a wider audience. It was a great afternoon enjoyed by all who attended.



MELBOURNE STEAM TRACTION MUSEUM

For residents at Cranbourne (VIC) visiting the Melbourne Steam Train Museum was on their TO-DO list. When the day came to check this list, they organised a bus trip to the Scoresby museum. As they toured a number of sheds filled with mobile steam engines, diesel engines and tractors, residents shared their knowledge and stories. It was a great day enjoyed by all.



FRANTASTIC FOOD SAFETY AWARD

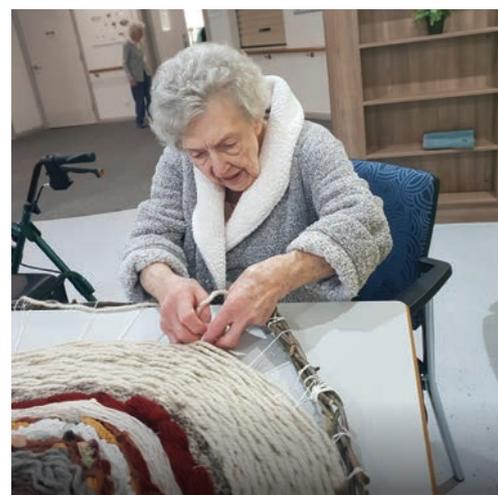
Congratulations to our Frankston (VIC) catering team for receiving Frankston City Council's inaugural Frantastic Food Safety Award for the second year in a row. This Council initiative recognises local businesses that excel in their commitment to best practices within the local food industry, providing customers with the safe, high quality food.

We are grateful to the Frankston City Council for another opportunity to showcase our outstanding practices.



ORGANIC WEAVING

During Art Therapy sessions, residents in our DSU unit at Legana (TAS) are using their creative skills by weaving mats. This organic weaving does not require any previous skills or experience and does not utilise a planned weaving shape. It is a great activity for residents to come together and have fun doodling with several yarn colours. Residents are fascinated at the results of the finished mats which are now on display at the home.



LET'S CLEAN UP!

Residents at Milpara and Alawarra (VIC) participated in Keep Australia Beautiful Week with a clean up around Inala Village, picking up rubbish and doing some weeding. It was a perfect day with the sun shining as residents and staff combed the gardens with their buckets and tongs, picking up rubbish that had been left discarded. It was a great chance for the residents to get outside and soak up some Vitamin D whilst making a positive impact on our planet.



Richard Christine and Renee cleaning up Inala Village

SPRING AND SUMMER MENU

Twice a year, Regis' catering team review our menus through resident's feedbacks and surveys. In addition, the catering team are running focus groups with residents and families around the country to seek further feedback on what 'choice' means to them under the New Standards which were introduced by the Australian Government 1st July 2019.

The spring and summer menu is underway with menus reviewed and assessed by our external Dieticians to ensure they meet nutritional and balance criteria.

If at any time you have feedback, please feel free to inform your Facility Chef or Facility Manager as we will gather this feedback and consider it for inclusion into the next seasonal menu.

THE SPRING AND SUMMER MENU IS UNDERWAY WITH MENUS REVIEWED AND ASSESSED BY OUR EXTERNAL DIETICIANS.





FATHER'S DAY

Our facilities celebrated Father's Day in style. For example, Greenbank (QLD) held a Father's Day BBQ out in their lovely garden. There was a good turn out with activities for everyone in attendance including children who had jumping castles, face painting and colouring competitions. The day ended with a lucky resident winning the Grand Father's Day Raffle draw.



REDLYNCH VS WHITFIELD

With pleasure and the spirit of sportsmanship, Redlynch and Whitfield (QLD) came together for a friendly croquet tournament. Both facilities had players and spectators who came to cheer them on. It was also a good opportunity to catch up with each other.



SOUTH RUGBY GAMES

Residents from Yeronga, Salisbury and Chelmer (QLD) organised a combined trip to watch the Yeronga South Rugby home game. Regis is proud to be supporters of the South Rugby Club and everyone was looking forward to this last game of the season. Following cheering loudly for their winning team (yey!) was a meet and greet with the players to dissect the nuances of the game. Residents loved watching the game and are looking forward to next season's games.



DEMENTIA LIAISON

We are proud to announce the introduction of Dementia Liaison staff who work directly with our clinical team to provide support to our dementia residents and families. Across all our Club and Reserve sites, these staff have been recruited due to their passion for dementia care and love to educate and support others. Feedback from the education sessions has been resoundingly positive with families and loved ones saying the sessions were a great opportunity to better understand the disease, remove the taboo that surrounds it and make new friends in similar situations.



INTERGENERATIONAL GROUPS

Regis homes nationally run regular intergenerational activity groups. The fun and playful interactions bring together the generations through a range of activity programs. The friendships and sense of community have ongoing wellbeing benefits for the residents and are a valuable part of life at Regis.



BOOK WEEK AT BUNBURY

Residents and Staff at Bunbury (WA) were thrilled to organise book week costume parade.

The parade was a rousing success with everyone getting to dress up as their favourite book characters.



THE PARADE WAS A ROUSING SUCCESS WITH EVERYONE GETTING TO DRESS UP AS THEIR FAVOURITE BOOK CHARACTERS.

HOT AUGUST NIGHT

Sippy Downs (QLD) welcomed the local community to a Hot August Night (in the afternoon!) Neil Diamond Tribute Show. Entertainer Billy Guy and 92.7 MixFM radio were in attendance broadcasting their show live from the event.

Along with all the Neil Diamond classics, there was a barbecue lunch including lots of "Cherry" flavoured goodies. Everyone was abuzz with excitement and to quote one resident, channelling Neil Diamond, the day was "Done Too Soon".



REGIS SIGNS UP TO TAKE2



As part of our sustainability effort, Regis is proud to join TAKE2, the Victorian State Government's climate change pledge program.

TAKE2 is a Sustainability Victoria program that provides every Victorian business with the information they need to act on climate change. Through this, Regis will make commitments to continue implementing more sustainable practices for residents and staff across all our homes.

SUPPORTING CHARITIES

Residents and staff at Redlynch (QLD) dedicated August to raising money to support the Ronald McDonald House Charities. A yellow-themed event was organised and residents spent the week prior, making yellow decorations for their lodges. On the day, staff and residents dressed up in yellow as they gathered to raise money for a good cause.

BOWLING TIME

As a part of Northern Territory Seniors month, Tiwi (NT) residents spent the day perfecting their lawn bowling skills. Members of the Darwin Bowling Club were on hand to provide some tips and help organise a friendly competition. For some of the residents, it was their first time on the bowling green. The beautiful weather and friendly atmosphere made it a great experience.



FASHION EXHIBITION

Shenley Manor (VIC) went on a trip to the NGV to see a fashion exhibition. Residents were able to view designs from more than ninety designers in the fashion and textile industry. It was an interesting trip as well as a unique experience.



CARDIO DRUMMING!

Frankston (VIC) has added Cardio Drumming to its weekly schedule of activities. Catering to people of all abilities, this creative exercise activity encourages residents to drum and sing along to chosen songs. The tempo and energy from the room during the activity is exhilarating with everyone smiling, singing, getting a workout and feeling great. Since its introduction, Cardio Drumming has become a favourite pastime with residents always ready to rock and roll.

