



October Riverview Happenings



Riverview
Lutheran Rest Home Inc

SPRING HAS SPRUNG!

Spring is here, new life, fresh breeze, a promise of warmer weather! I love spring, it symbolises that summer is near, and days are getting longer. Signalling more time to get outside and appreciate Gods amazing creation!

In September I was lucky enough to walk a 30km trek, from Victor Harbor to Goolwa with a team of 3 others, we were raising money at the same time for Beyond Blue. I have spent the better part of winter walking many kilometres, from Loxton to Berri, and from Swan Reach turn off to Wunkar to name a couple.



It hasn't been easy, and it has taken a lot of time to walk those distances, but the training was worth it! The training gave me the time out to appreciate and breathe in Gods good air and scenery and just mindfully walk together.

Now that spring has sprung, and the air is warm, why not get outside and breathe in the good Murray air, and enjoy each other's company outside at Riverview. October is shaping up to be a ripa month in lifestyle, so have a read of the happenings and have a look at the new Calendar and let's put a SPRING in our step and celebrate OCTOBER together.

Till next month –

Paula Nitschke

Wellness Program Manager



Monthly Newsletter
Riverview Lutheran
Rest Home

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www.riverviewresthome.com.au

Upcoming Events

*Please book at
Reception for outings

13th October –
Picnic lunch at
Loxton's Apex park

17th October –
Adelaide
Symphony
Orchestra at
Loxton

18th October –
Ladies lunch at
Berri

27th October
Lunch at Loxton
Club



News from our CEO

From our beginnings right back in 1964 when the foundation stone of Riverview Lutheran Rest Home Inc was laid by the Vice-President of the Lutheran Church of Australia SA District and a former pastor of the St Peters congregation Pastor H Stiller in front of a crowd of over 400 people. Then followed by the official opening by the Premier of South Australia Sir Thomas Playford, and dedication of the new 28 room facility by the President of the UELCA SA District Rev CJ Pfitzner in 1965, Riverview continues to be well patronised by residents, who call Riverview their home, well supported, by members of the community who give generously both of their time and resources, and a very special part of the lives of the now 100+ staff that work at Riverview, cooking, cleaning, serving, mowing, fixing, washing, caring, nursing, entertaining and generally spending a large amount of their lives here at Riverview assisting and interacting with our residents on a daily basis.

We are very blessed that Mr Alwin Waldemar Traeger and Mr Ernst Konrad Kaesler had the foresight to purchase the land upon which Riverview sits today with the view of setting up a low care Home for the Aged in Loxton. They were the catalyst for creating the wonderful caring community we still enjoy here today at Riverview.

The concept of Aged Care has changed considerably over this time. When the facility was first opened many residents had their own cars and came to Riverview to live in a community environment, often helping prepare meals and attend to daily chores. A very different aged care world to the regulated environment in which we now operate.

Nowadays the Government has introduced home care packages that enable the elderly to stay at home much longer than was ever possible back in 1964, and now people generally call Riverview their home much later in life, often after having lived at home by themselves or with loved ones assisting them for some time.

Back in 1964 Rest Homes were generally a place for older people to live, today Riverview Lutheran Rest Home is so much more than that, we are a community in which residents and staff share their daily lives, there are many activities to choose from during the day, and we also enjoy getting out and about in the community. We value the many hours and gifts of our volunteers and treasure the visits from the Lutheran School children across the road. We are so much more than just an "Aged Care Facility", we are a community that is a special part of the daily lives of so many people; our residents, our families, our staff, our volunteers and our visitors. Thank you for the special role you all play in making Riverview the special place that it is today.

Thank you for Choosing Riverview.

Nicolle Jachmann
Chief Executive Officer





News from our DON

Hello everybody,

I hope you are all keeping well as we start to enjoy this beautiful Spring weather.

Firstly, I would like to welcome all our new residents to Riverview Rest Home, those who are permanent and those who are just here for some respite. We aim to make your time here enjoyable, happy and relaxing. In order for us to ensure we are providing an environment and care to the highest possible standard, we are currently conducting a resident survey, that with your help, or the help of your loved ones, we can gather your feedback about how you are experiencing your time with us. Once this information is collated, we can then plan our future direction and improvements to enhance your current living environment, entertainment and care. Please take the time to complete this survey if you haven't already done so and thank you to those who already have.

Now for just a few reminders:

As the weather is improving, so could your Vitamin D levels if you go out and get some sunshine. All it takes is 3 minutes a day to improve your Vitamin D intake which is important for those aging bones, and also to help ward off depression as it is good for your brain. I haven't seen too many people outside over the last few weeks, so if it's a nice day, ask a staff member to help you to sit outside for a bit, but don't forget the sun block if you are going to be out there for a longer period.

A reminder of what to do if the fire alarm goes off, if you are a visitor, resident or volunteer, please stay where you are if safe to do so, a staff member will come and get you if necessary and direct you to where you need to go. As bush fire season approaches, it is more important than ever to ensure that if you sign out and back in when you are a resident going on social leave, and that visitors and volunteers sign in and out, so we have an up to date list of who is in the building at all times. Sign in sheets are located in both front entrances. If you are entering through side doors, please ensure you still sign in and out at reception for this reason.

That's all from me for now. I will include results of the resident satisfaction survey in the next issue of the newsletter.

Warm regards,

Jane Perry
Director of Nursing

DON'T FORGET!

THE NEXT RESIDENT MEETING

is October 12th at 10:30am

All family and friends of residents are welcome to attend.

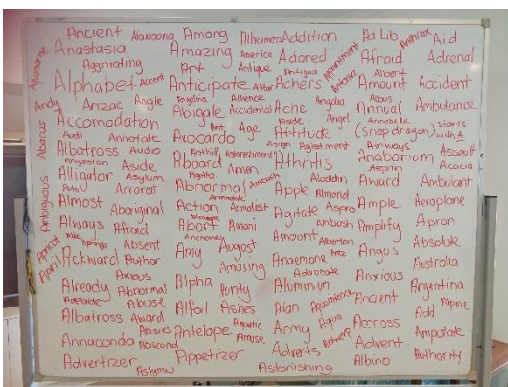


Lifestyle has welcomed Rex from our Kaelser apartments who has happily accepted an opportunity to play his key board on the first Tuesday of the month. Come along to hear him play on the first Tuesday of October.

We were very privileged to have the vintage car club come and visit Riverview. It was a beautiful morning to watch the cars parade around the car park and then for the residents to go outside and chat to the gentlemen who brought their cars and find out more about their history.



Words beginning with A, who would have thought in a couple of hours we would turn the whiteboard red with A words! What a GREAT morning to use our brains! We may be getting older, but there is proof in the whiteboard that our brains are as SHARP as ever, always challenging the Wellness Program Manager Paula with her spelling capabilities!



Loxton Primary School staff Choir came to Riverview for a chance to practice their songs, and we were BLOWN away by the staff's musicality! It was such a joy to have Riverview FILLED with music and we cannot wait to have them come back and practice again soon.

The Loxton Scouts came to visit Riverview and got involved with the residents after hours! The wellness Program manager got the scouts to introduce themselves with a little bit about why they like the scouts and what badges they had completed. THEN it was game on and we had a competition between the scouts and Riverview residents with indoor bowls. There was LOADS of happy noises and much fun had by all. The Riverview residents were then treated to a great evening supper a GREAT reward! We look forward to having the scouts come back again!!



We have been out for lunch at Berri Golf Club and Loxton Club, we have been building friendships with St Catherine's nursing home in Berri with a visit and a game of bingo together.

On the 14th September we had the year 7s come over for a paper plane making competition, and then had our resident Tom teach the year 7s how to play lawn bowls. WE also taught them how to play Ladder ball, another highly competitive game the year 7s got into, IT was a beautiful warm sunny day and much fun!

We also celebrated crazy tie day, having the staff of Riverview get dressed in crazy wear!



Happy
Birthday!

We would like to wish a big Happy Birthday to our residents who are celebrating their birthday this month!

- 1st John Coleman
- 2nd Pearline Ziersch
- 2nd Esther Freundt
- 6th Dennis Schulz
- 8th Elda Barnes
- 10th Allan Anderson
- 26th Kath Hondow
- 27th Elaine Vasey

We hope you have a blessed Birthday and a memorable year ahead. Many blessings and love from the Lifestyle Team and the Staff of Riverview.

*You will be
exactly
as happy
as you decide
to be*

TRAINING FOR VOLUNTEERS

Riverview are offering training in

PRIVACY & CONFIDENTIALITY

NEXT VOLUNTEERS TRAINING:

3:30pm Training room 30th
October 2018

Please RSVP to Reception
on 8584 7370



On the 12th of September we had a visit from some furry friends! Our residents loved having cuddles with the Luther and Nixon, the two little joeys. Our residents absolutely adored them! Here are some of our ladies getting their dose of kangaroo cuddles.



Footy Tipping

Another year of footy tipping is over! We had a great number of tipsters in our competition this year. We hope you all join in again with tipping next year.

CONGRATULATIONS to our footy tip winners!

Residents:

- 1st place – Libby Proud 142 points
- 2nd place – Barb Simpson 132 points
- 3rd place – Kevin Milera 115 points

Staff:

- 1st place – Nicolle Jachmann 133 points
- 2nd place – Kate Fisher 129 points
- 3rd place – James Thiele 127 points

Our winners were awarded with their winner's prizes and certificates at our Grand Final Celebration on Saturday 29th September.

On Monday the 16th of October we are expecting to have some issues with our telephone system whilst we change over to NBN.

Many of our Residents have now made the switch with minimum fuss, which is pleasing to see. Now it's our turn as a facility to take the leap.

Please note on this day, you may be unable to get through using the telephone, please be patient and consider other methods of communication such as emailing reception@riverviewresthome.com.au All families will be notified by email when the lines are reopened and there will also be a notice placed on our Facebook page. If you haven't already, find us on Facebook for up to date information on the fun we are having.

NEVER SOME OF THE TIME MOST OF THE TIME ALWAYS



Have you received your Satisfaction Survey yet?

These were emailed to all family members on the 20th of September. We would like to have these returned by the 5th of October to ensure we can have results ready for the Resident meeting on Monday the 12th of October.

Strongly disagree Disagree Neutral Agree Strongly agree



Did you know that the District Council of Loxton Waikerie is currently taking nominations for Councillors?

Soon you will receive a ballot paper (if enrolled to vote) in the mail.

These can be returned to Hannah at Reception for posting.

This should have arrived in the last week of September, if you failed to receive on, please contact the electoral commission.

All Voting forms need to be received to the Loxton Council or Waikerie Office by 5pm on the 9th of November so we have plenty of time!

Keep your eyes out in the Loxton News for information on the people who hope to represent you. OR for the computer savvy people... go here for more information

<http://www.loxtonwaikerie.sa.gov.au/Elections>