



August Riverview Happenings



Intergenerational Interaction – A Learning Opportunity for All

One of the highlights of the first two terms of the 2018 school year has been hearing from staff and students after they have come back from visiting the residents of the Riverview Rest Home. Seeing the smiles on their faces and the excitement in their eyes as they recount stories and share highlights of their experiences has been truly uplifting. Listening to staff retell some of the funny and heartfelt moments from the visits has been magical.

I must admit, when I first learnt that children from the school went over to the Rest Home, I thought it was mainly for the benefit of the residents. Well, after some deep reflection, I am happy to admit that my thinking was somewhat flawed! From what I have witnessed over these two terms of school, our students are substantial beneficiaries from the interaction during the visits.

They are developing skills, attributes and qualities such as communication, confidence, self-awareness, humility, love, positive behaviour and leadership, just to name a few. These skills are hard to nurture from a text book or on an iPad!

So, I would like to take this small opportunity to thank each one of the residents and staff at the Riverview Rest Home, who are helping to grow, educate and nurture the next generation of children attending Loxton Lutheran School.

May God continue to bless you all!

Brad Williams

Principal
Loxton Lutheran School



Crazy Hair Day with Loxton Lutheran School

Monthly Newsletter
Riverview Lutheran
Rest Home

**5 Luther Rd
LOXTON SA 5333**

Ph: 8584 7370

Website:

www.riverviewresthome.com.au

Upcoming Events

- **4th August ladies luncheon at Loxton Club**
- **28th August Residents meeting**
- **16th August Luncheon at Berri Golf Tavern**
- **18th August Men's Luncheon at Loxton Club**

***Please book at Reception for outings**



News from our CEO

Last Friday evening I had the honour of representing Riverview with Paula Nitschke our Wellness Program Manager, at the Aged Care Services Australia, South Australian Awards dinner, where Paula accepted our certificate of achievement for being selected as a finalist in the awards for our Intergenerational Community engagement lifestyle program.

Brad Williams, Principal of Loxton Lutheran School, a partner in this program has shared some very encouraging words on the front page of the Newsletter, which I will assume you have already read. Whilst we did not win the award, it was still a huge honour to have been selected as a finalist.

I believe the program itself is also a great reflection of the wonderful community lifestyle we enjoy here in Loxton and the Riverland, and am truly grateful for each and every resident, staff member and member of the community that participates in our Lifestyle program and enables our residents to continue to engage with our community.

As an organisation, we are continually striving to learn more about the excellent things others are doing within the Aged Care Industry with the view to trying to implement the best ideas and programs here at Riverview. Education and Training also continues to be a major focus for our staff with a number of staff having recently attended specialised training sessions in areas including Nutrition, Dementia Care, Mental Health, and Human Resources.

I was also fortunate to recently attend the Aged Care after the Federal Budget Conference, where speakers such as the Australia Federal Treasurer, Minister for Health, and Minister for Ageing all spoke about the future of the Aged Care Industry and changes we are likely to see implemented in the future. This information enables providers like us to best position ourselves for the future regulatory and funding changes proposed.

I hope you are all managing to stay warm throughout the winter months and encourage you all to keep praying for much needed winter rains, that have still not yet arrived, not only here in the Riverland and Mallee, but also many areas of the state and nation.

Thank you for choosing Riverview

Nicolle Jachmann
CEO

Nicolle Jachmann
CEO, Jane
representing
category sponsor
CBB, and Paula
Nitschke Wellness
Program Manager
with our finalist
certificate.



Introducing Jane Perry!

The new DON on the Riverview Block.

Hello Riverview Community

For those of you who I haven't met yet, and just a bit of background about me, my name is Jane Perry. I have been the Director of Nursing at Riverview Lutheran Rest Home for the past 4 and a half weeks. A huge thankyou to those who have made me feel welcome.

I really value newsletters as my way of being able to keep you informed of any issues that may crop up from time to time including ways you all may be able to assist us in ensuring we provide high quality care.

But first, a little bit about myself: I started working in aged care at the age of 15 part time in a local nursing home in Adelaide while I finished high school. I then commenced my Nursing training at the Royal Adelaide Hospital in 1981. Since then, I have worked in and out of the industry over many years in various states. More recently, I worked for a not for profit organisation for 12 years working my way up to the Director's position for the last 8 years. We had 46 high care residents in one of the businesses and 76 in the low care with aging in place. I really enjoyed working there and had built a beautiful team of staff over this time and we all worked in a home where both residents and staff had wonderful, respectful relationships. We always remained compliant with the Accreditation Agency Standards, and when they visited they always commented how happy everyone was.

We redeveloped the site to increase the bed size to 168 residents over a 3-year period. This was done in 3 stages, and I was involved with the first 2 until I left. I spent a couple of years working with my husband in our business of Home Maintenance, but really felt that I needed to do what I enjoy the most so decided to return to a Director of Nursing position again. I had previously worked in the country in NSW and really enjoyed it, so decided that I would apply for country positions and here I am.

My children are adults now, and I have recently become a Nan of my first grandchild which is exciting. Loxton is an ideal location being so close to Roxby Downs and Adelaide where my family are, so I don't feel like I am missing out on their lives. I have 2 beautiful dogs (which I do miss) and hope to have them come and stay with me soon. Enough about me.

We would like to take this opportunity to remind residents and their families that we encourage residents to either have a phone connected directly to their room or have a mobile phone to enable conversations to be had at everyone's convenience. If you do have the need to talk to relatives or friends, we would like to encourage families and friends to perhaps make these calls between 10.30am and 5pm, and between 6.30pm and 7.30pm. The reason being that the Registered Nurse is conducting the medication rounds at these times and they have a duty of care to try provide safe administration of medication and interruptions can disrupt this process. We understand that this may at times not be possible, but your assistance would be appreciated in taking good care of yourselves and family members.

That's it for me. I'm looking forward to our future together to make Riverview the Rest Home of choice in the Riverland.

Jane Perry

DON





Reminiscing about Rawleigh's products.

Do you remember them?

Lifestyle discussed the Rawleigh's van that used to visit frequently to the houses for the housewives and husbands to purchase these well-known goods. What you do remember using them for? The Wellness Program Manager Paula STILL owns the Rawleigh's medicated ointment!!

We'd love to know if you have some Rawleigh products of your own!



Out and About...

We love going on outings and we always make sure to have plenty during the month!

Some of our ladies went out and had a morning tea at the Mini Mart on the 16th July where we enjoyed some coffee and cake.



We took a trip to the Loxton RSL military museum on 20th July, it was great to see that the RSL have created such a valuable asset to acknowledge those local community members who went to war.



A visit to St Catherine's on 3rd July, we took some residents over for a word game afternoon, it was a challenge to get the brain moving after lunch, but all enjoyed the opportunity to get out and meet some residents of St Catherine's Nursing home in Berri.

DID YOU KNOW... residents have 52 days social leave! Your families are welcome to take you for a coffee, lunch, tea, a walk, a sit down by the river, or for a drive.

Don't hesitate to ring reception and inform them of the date and time you wish to take your loved one out for a day, a morning, or afternoon.



Crazy Dress Up Day at Riverview

On Friday 29th June we held a crazy hair/dress up day! Residents and staff joined in with the craziness of the day by dressing up or creating a crazy hairdo.

We are hoping to hold more dress up days throughout the year and we encourage all to join in on the fun!



NAIDOC Week

8th–15th July

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.

During NAIDOC week we had a range of activities involving trivia, history talks and craft.



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

13th August Violet Anderson

16th August Lila Hutchens

30th August Ronda Sior

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.



BECAUSE OF HER, WE CAN!
8-15 JULY 2018



Your time to SHINE!

Your story is a wonderful chance to tell others, family, friends, fellow residents of the events in your life.

You have all seen amazing changes, technological, mechanical, changes in cooking, freezing, refrigeration, the introduction of cars, Automatic teller machines (ATMs) from radio to record to cassette to TV, video, smart TVs, the list is long!

How does telling your stories benefit future generations? Stories connect the past and present to the future. Your stories and our learning from them honours and respects our ancestors and us. They can awaken future generations to their potential. Life stories model a way to connect to our history and to our values.

I can see the cogs turning though, "my story is insignificant" "I didn't do anything spectacular" well let me tell you, my story so far doesn't read amazing either, but it does say this. "I am a unique person loved by God and all experiences I have had, whether they be good, or challenging or significant were meant for me." You may *think* your story has nothing of substance, but it does, no matter how old or young you are, YOU all have a story to share and I encourage you to share it, to write it down, to talk about the good times, the hard times, the fun times and the downright challenging times. You don't have to be in your 90s to start writing it down, you can be in your 20s and have a story to tell! Life stories, YOUR life story makes you who you are and it's time to celebrate that!

Written by Wellness Program Manager,
Paula Nitschke



TRAINING FOR VOLUNTEERS

Riverview are offering training in

PRIVACY & CONFIDENTIALITY

NEXT VOLUNTEERS TRAINING:

3:30pm Training room

21st AUGUST

Please RSVP to Reception on
8584 7370

The wellness program manager – Paula is offering on Fridays, some gentle exercise moves in the morning and after lunch, so in the words of our beautiful active resident Lila "move it or lose it", come along and see and experience some gentle movement and let's make Fridays exercise fun!