



February Riverview Happenings



Riverview
Lutheran Rest Home Inc

BOY! IS IT HOT!

We have hit February 2019 and its HOT! I hope you all have had a good and healthy start to this year and that whilst its hot out there, you are all still remaining cool as cucumbers within Riverview.

I love a chance to reminisce with you all here at Riverview, I learn so much about your lives and what you all did when you were younger! Right now, all I can think about is how you all coped WITHOUT air conditioning, a modern convenience we are all accustomed to now! I'm not sure I'd have survived this hot weather in your time! I'm so very thankful for modern conveniences such as air conditioning!!!!

A couple of weeks ago we spoke about school memories, I couldn't help but laugh at some of your memoirs of school!

Here are some of your memories of your schooling life:

Desma - I went to boarding college in Adelaide, it was an interesting and fun life at boarding college, I also learnt to play the banjo.

Max - I rode a pushbike to school every day rain or shine and remembers going to Lake Bonney as an excursion.

Rob - remembers canteen lunches as something to look forward to.

Rodney - remembers going to the Zoo as an excursion.

Betty - remembers the girls playing football when the Governor came to visit, girls were NOT allowed to play football!!

Pauline - recalls lots of boys *giggles*

Ronda - remembers people getting the "Cane".. ouch!!

Missy - remembers walking to school for 3.5 miles ONE WAY and Ray remembers walking to school just as far as Missy but with no shoes on.

Veling - remembers walking in the rain and arriving at school sopping wet, there were no umbrellas then. She also recalls climbing trees on the way home to eat fruit off them.

It was lots of fun recalling the fun and the not so fun things of school life and how different life is for the kids of today, with buses, umbrellas, rain coats, air conditioning, and ice packs to keep lunches cool.

Till next time, see you on the lifestyle floor!

Paula
Wellness Program Manager

Monthly Newsletter
Riverview Lutheran
Rest Home

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Ph: 8584 7370

Website:

www.riverviewresthome.com.au

Upcoming Events

8th February
Residents Meeting

9th February
Lunch at Loxton
Club

15th February
Movie and Lunch
at Living Waters

***Please book at
Reception for outings**



News from our CEO

Wow what a flying start to 2019, January is over, February is already here, and Easter goods are already appearing in Supermarkets. I enjoyed some time off over the January School holiday period, spending time away with my teenage and adult children, so I'm now refreshed and ready to hit the ground running in the busy aged care world.

So far this year we have completed and lodged our application for reaccreditation, which involved undertaking and submitting a self-assessment audit of how we believe we meet the current accreditation standards.

We have been notified that our application meets the requirements of the new Aged Care Quality and Safety Commission 2018 (Rules), therefore the Commissioner will now appoint an assessment team to conduct an Unannounced Reaccreditation site audit, any time between now and July 2019.

When the quality assessors visit the home, you (or someone who represents you) will be given the opportunity to talk to an assessor about the quality of your care and services. You (or someone who represents you) can also provide information prior to the audit by calling the Commission on 1800 951 822. The Commission respects the privacy of your information and will not provide us with the details that you have discussed with them, unless you agree to this, or where they are very concerned about your care.

Your personal information and comments will be used by quality assessors when conducting the site audit, and also when they prepare their report about the quality of care and services provided here. For information on the Commission's privacy policy and practices, please refer to the Commission's website agedcarequality.gov.au or contact the Commission on 1800 951 822.

If you need interpreter assistance, please call Translating and Interpreting Service (TIS) on 131 450 and ask for Aged Care Quality and Safety Commission.

Also, just a reminder that here at Riverview we believe residents should always receive the best possible level of care and everything should be to standard 24 hours a day, 365 days a year.

If you have any issues or concerns, we ask that you please raise them with us immediately, so they can be addressed as soon as possible. Whilst every effort is made to have policy and procedures in place, staff that follow these, and audit processes to check that what we say we do, does actually happen, we always welcome improvements and also need to know if you or your or someone who represents you has an issue or concern, by speaking to a staff member, filling out a form and lodging it in the secure boxes in the dining room or near the Traeger entrance, you can also provide feedback via our website. We cannot change what we are not aware of, so please don't hesitate to assist us in delivering the best possible level of care and services at Riverview, by letting us know what we do well, and what we can do better.

Thank you for Choosing Riverview.

Nicolle Jachmann
Chief Executive Officer

POP-UP SHOP

Warners fashion are doing a Pop-Up SHOP for Riverview on the Thursday 7th March at 1:30pm

If this is of interest to you can family members contact Riverview with any requests for clothing purchases for their loved ones. (it can be intimate apparel to pants and shirts (men's and ladies attire catered for)



FROM THE DON ..

Well January was a very hot month for our residents, having extra staff on to assist with drink rounds was very successful. As we know that dehydration in the elderly is very import, here at Riverview we ensure that the residents are offered extra fluids throughout the day.

We are hoping with this cooler weather for our residents to spend some time out in the fresh air, so they can absorb the vitamin D which is great for the resident's wellbeing. The residents enjoy their time outside especially when the lifestyle team have interesting activities for them to participate in.

Riverview has been very fortunate to have a numerous of students on placement, we see this as an opportunity to provide a non-threatening learning environment. These students are buddied with our staff and assist the residents.

The staff and residents enjoyed their afternoon tea farewell for Pastor Buck, it was lovely for them to personally say goodbye and we hope that he really enjoys his retirement and makes time to slow down and smell the roses.

The education that is being offered for staff coming up in the next two months is Palliative Care, Wound Management, Continence and Fire and safety. It is very important that staff have access to quality education.

Kind regards

Cale
Director of Nursing

Screening of Storm Boy

The Chaffey Theatre are holding two screenings of Storm Boy for Aged Care Groups.

Screening sessions are:

Wednesday 13th Feb at 10:30am

Thursday 14th Feb at 10:30am

All tickets on \$9.90 per person

If we can get enough interest from residents, we can take the bus to Renmark for one of the screenings! Let us know ASAP so we can inform the Chaffey Theatre.



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

6th Lurleen Albrecht

12th Jeanne Noakes

12th Kath Thiele

15th Myra Taylor

23rd Dulcie Goodes

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.



WHAT HAPPENED IN JANUARY?



We had a lovely morning high tea provided by the lovely Anne Battams and her team of happy helpers. Thankyou Anne and team for spoiling us with your cups of tea in fine china and a beautiful array of finger food. Your view of the river was lovely and appreciated by all who attended.



We had another visit from the musically talented Daryl Knowling who sang and played beautifully. We had a lovely time reminiscing over old songs and singing the songs that we knew well. Thanks, Daryl, for your time and musical talent!

Wellness Program Manager Paula and Antigoni celebrated their birthdays together on the 25th January. When asking Antigoni how old she was, she replied "21 today". Paula joined in on that age as well!!



We said "HAPPY RETIREMENT & GOOD BYE" to Pastor David Buck who has been a part of the Riverview family for a number of years. Pastor Buck has made the decision to retire and move away from the Riverland. We wish him a wonderful, happy and healthy retirement. We will miss your Wednesday services, your sermons, and your home-made bread!

Thank you for all that you have done for our Riverview family over the many years of service.



We said "see ya later" and "Good Luck" to Aimee who has been a part of the lifestyle team in Traeger for 2 years. We gave her a great send-off later in the day after celebrating beach day. Aimee will be greatly missed by our lifestyle team and we wish her well in her future study and career prospects. Thankyou Aimee for your dedication and passion for working in lifestyle.





RIVERVIEW COMMUNITY NOTES:

A GOOD COMMUNICATION TOOL and some FUN along the way...



How about PLAYING A GAME with your LOVED ONES: If you own an **APPLE device (iPad, iPhone)** you can upload a FREE **APP** called **"A Better Visit"**. The app is filled with short games that are designed to be played together with your family member, like colouring, washing windows, 10 pin bowling and a tango inspired version of tic-tac-toe. Upload it today and have a game or two on your own then, play it together when you visit.

SENDING MAIL to RESIDENTS

Residents LOVE receiving mail, what's more they LOVE receiving news and photos of people, however some may not remember who the people are, so by way of assisting staff with this, when a photo is sent can you please write who they are and who they are related to (i.e. this is your daughters (Mary) son "Jack" (your grandchild) who got married to "Amelia" and their baby Mila (your great grandchild)

Ladies probus meeting

10am 12th February at Loxton Hotel. Let reception know if you wish to attend.

Bringing Food in to Riverview:

In accordance with the Riverview Food Safety Plan, we accept no responsibility for food items supplied directly to residents by friends or family members and these food items can neither be processed, handled nor distributed by any Riverview staff member (with the exception of supplying required utensils to enable their consumption if so required).

Residents lost property is located in the new cupboards at the alternate entrance.

Please look for your loved one's items and arrange for labelling with office staff if required.



Riverview Rest Home

Are you looking after your bladders and bowels?

Learn about:

- ◆ Healthy bladder & bowel habits
- ◆ Incontinence – What is this?
- ◆ Problems & risk factors
- ◆ Looking after your Pelvic Floor
- ◆ Where to get help

WHERE:

Riverview Lutheran Rest Home
5 Luther Road,
Loxton

WHEN:

Wednesday 20th February
2:00pm – 3:00pm





Games corner:

Clues 9985

Across

- 1 Gigantic
- 6 Shows displeasure
- 9 Persistently tormented
- 10 Look for
- 12 Of a particular course
- 14 The orient
- 17 Rigid
- 19 Keeps
- 20 Bloody noses

Down

- 1 A British Army Guard
- 2 Step of a ladder
- 3 Require
- 4 Operates
- 5 Brief record
- 6 Respond
- 7 Gaseous element, symbol Ne
- 8 Assembled human bones
- 11 Helpful suggestions
- 13 Ferric oxide
- 15 Long period of time
- 16 Labels
- 17 Social climber
- 18 Unemployed



Solution No. 9985

G	A	R	G	A	N	T	U	A	N	
R		U			E		S		O	
E		N		R	E	S	E	N	T	S
N	A	G	G	E	D		S	E	E	K
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D	I	R	E	C	T	I	O	N	A	L
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