



June Riverview Happenings



A little reminiscing....

I remember the corned beef of my childhood,
And the bread that we cut with a knife,
When the children helped with the housework,
And the men went to work not the wife.
The cheese never needed a fridge,
And the bread was so crusty and hot,
The children were seldom unhappy,
And the wife was content with her lot.

I remember the milk from the bottle,
With the yummy cream on the top,
Our dinner came hot from the oven,
And not from a freezer; or shop.
The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends on the road,
And sometimes the Saturday flicks.
I remember the slap on my backside, and the taste of soap if I swore,
Anorexia and diets weren't heard of and we hadn't much choice what we wore.
Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

Author Unknown

A note from our Wellness Program Manager – Paula

Isn't it great to have the change to chat about the yester year of your lives, to recall what fun you had as children, teenagers, young adults and as parents/ grandparents?

Your stories and memories are an important part of who you are, and we all love to hear a good story!

As the Autumn of your life is here, remember the colourful stories and don't forget to share them with each other.



Autumn is a wonderful time of the year, watching the colours of the leaves change. If you haven't noticed the windows of Edwards dining room, we captured the changing colours of Loxton.

Monthly Newsletter
Riverview Lutheran
Rest Home

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Upcoming Events

*Please book at
Reception for outings

2nd Gospel concert
Uniting church
Loxton \$6 for
lunch

8th Sheep Dog
Trials Barmera

10th Queens
Birthday long
weekend.

15th Lunch at
Loxton Club

29th Lunch at Berri
Tavern



News from our CEO

We are very pleased to share with you all the great news that the Quality and Safety Commission Decision Maker agrees with the recommendations of the Quality assessors that visited our service to conduct our full re-accreditation audit back in April, and we have formally received 'met' for all 44 Aged Care Standards and will be re-accredited for a further period of 3 years.

A big thankyou to all residents, families and staff that co-operated with the assessors and shared their views of what it's like to live and work at Riverview.

The Riverview team are currently preparing to introduce the New Aged Care standards that come into place from 1st July 2019. At the heart of the new standards, is dignity, respect and choice. We are very interested to hear about what you as residents view as dignity, what does dignity mean to you, how should our staff act and what things would we be doing for you, for you to feel we are treating you with dignity and respect? We will spend some time discussing this at our next resident meeting but would welcome you sharing your views on this with us earlier if you wish to do so.

Meanwhile Cale our Director of Nursing and myself have recently spent 4 days exploring the new standard 8, Organisational Governance. We have been learning about what we need to change or implement at Riverview to meet the new standards in terms of Organisational Governance, Clinical Governance, Open Disclosure, Antimicrobial Stewardship, Dignity of Risk which is about balancing choice - where the resident can do as they wish, with risk – ensuring they understand the risk of making certain choices. Which all have new significant framework and reporting requirements under the new standards. We will also talk further about this at our resident meeting on the 14th of June.

Cale our Director of Nursing, and Paula, our Wellness Program Manager have also attended leadership training, whilst Sandy our finance officer has been furthering her knowledge on Aged Care Medicare payments, and Refundable Accommodation Deposits and Daily Payments. Our Head Chef Michelle will be attending education early June in relation to the upcoming changes to national guidelines regarding texture modified foods for residents that are unable to swallow as well as they could previously. Michelle will then share her learnings with our other Cooks at Riverview on her return.

In other exciting news, the board of Riverview have recently approved the building of a new Chapel and Wellbeing centre here at Riverview, we will also discuss this and share the proposed plans at our residents meeting in June.

In closing, just a reminder that we always welcome your feedback, if you have any ideas, suggestions, things we do well, or things that you think we could improve on, please don't hesitate to share them with us, we can't change what we don't know about, and we want to keep doing the things you like. You can either talk to a staff member, fill out a comment, suggestions, complaints form located in the Edwards dining room, and the main entrance near Traeger, or provide feedback through our website.

Enjoy the few remaining warm days before the cold of winter sets in, stay warm and keep praying for the much-needed rain that has eluded us so far this year, yet is so vital to the livelihood of our region.

Thank you for Choosing Riverview.

Nicolle Jachmann
Chief Executive Officer



A note from the DON

As we embark on the flu season, I'd like to encourage those who visit Riverview as family members to have a flu vaccination, it's not too late for you to contact your local medical clinic and book in for your immunisation.

The residents have had a flu vaccination the end of May. We would ask that before you come to visit your loved one that you are in good health, so please refrain from visiting Riverview if you are unwell. I would also encourage you to sign in at the main entrances in our visitors' book and please use the alcohol hand sanitiser provided to assist in keeping Riverview healthy. Our residents are precious, and we would like to keep as many infections out of the facility not only for the residents but also for the staff.

We were fortunate to have our unannounced three-year accreditation last month and with our good result, so now we are working towards the new standards and how the facility can meet these for the residents.

Now winter is upon us I would encourage you to come in and go through your loved one's clothes to ensure they have comfortable and warm clothing. If you purchase new items of clothing, please give them to Hannah at reception for labelling as this stop's things going missing. This is a good time to declutter rooms as well.

I would like to personally thank all the residents, staff and board and visitors for their condolences on my Oma's passing, she had been a resident here at Riverview. Our family would like to thank everyone for the amazing care she received.

Thank you.

Cale Edwards
Director of Nursing



Missy's daughter Maureen visited to share the history of Moorook. There were lots of questions, discussion and memories shared about Moorook in the "old days



We would like to wish a big Happy Birthday to our residents who are celebrating in June

7th Ursula Hime

9th Helen Lewis

10th Garry Burzacott

13th Max Krause

26th Eva Childs

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 MAY?

Biggest morning tea – And what a BIG morning tea it was! Thankyou to all who attended, staff, volunteers, residents and family. A SPECIAL thanks goes to the Riverview kitchen staff who prepared an AMAZING spread of yummy treats! We also had the exciting opportunity to present certificates of service to staff who have given Riverview many years of service.

Leanne Johnson, Michele Possingham, Sonya McKenzie and Terri Miller. We thank these staff members for their continuing service to Riverview. You all play a big and wonderful part in our Riverview family.

It was also a day to recognise our well-loved volunteers of Riverview who volunteer in a number of ways. Thankyou for your time!

We raised a total of \$293.60



Ladies pampering day hosted by Jarrahs Hair and Beauty Salon in Berri.

Maria Vaughn offered her hair dressing services and staff along with Pure Skin and Body to provide a wonderful afternoon for 4 Riverview ladies at NO cost. The ladies had a glass of champagne, nibbles and flowers donated by Mureti Boutique on arrival whilst being pampered all before Mother's Day!!



Peter & Carla Magarey presenting Loxton's history as part of May History month. What a wonderful afternoon of history. Peter and Carla's presentation sparked many memories and conversation with the residents of Riverview. So much so we all want Peter and Carla to come back!





SA health lifestyle vs Riverview lifestyle

SA health Lifestyle club came for an afternoon of conversation, music and fun. It was lovely to see the ladies & gentlemen of Riverview catch up with friends they have not seen in a long while, there was much chatter, laughter and rekindled friendship on that day. The afternoon was kicked off with some great singing with Julie Noble and finished with a game's competition between lifestyle Riverview and lifestyle SA health.



Moving and Grooving – we have been blessed with the attendance of many children this term. The residents of Riverview are affectionately known as our “Grandmas and Grandpas of Riverview” and they are really enjoying the interaction with the children.



Kaesler Café – The ladies were back again for another Café style morning tea at Kaelser which was well attended. Many conversations over a good cuppa coffee and tea and rekindling friendships with the residents of the Kaesler units. Be on the lookout for the next Kaesler Café in the coming months. Many thanks to this team of ladies.



Men's Shed

Outside in the sunshine 17th May a great afternoon playing golf and just basking in the sunshine and breathing in that fresh Autumn air. It was a fabulous day of fun, laughter and a lesson or 2 from Tom our resident Bowls champ!





We took advantage of the beautiful Autumn weather (maybe the last of the warmer days) and spent our time outside getting our dose of vitamin D! We played golf and lawn bowls. The staff members walking past also wanted to be a part of the fun so had their own turn at our games. What a great day full of lots of laughter and fun!



Have you seen the little Quiet time space in Chapel?

Our volunteers Julie and Martina created a little quiet space for our residents and families of Riverview. So, if you are looking for some quiet time away from the hustle and bustle of the Edwards Rec room, then pop into the Chapel (and you are welcome to use this space after Chapel service on Wednesday) to have some time out or a quiet conversation. Julie and Martina have spent quite a lot of thoughtful time with this project and they wish for people to come and use this space.





A note from our precious Lifestyle Officer Leanne Farr

Hi all as some of you may be aware, I have been unwell and spent nearly 4 weeks in hospital and another 2 weeks recovering from hospital at my brother's place.

Before I became unwell, I was on leave visiting family and I was 3 days into this holiday when I became extremely unwell, a trip via ambulance, a lumbar puncture and scans/blood tests with a possible diagnosis of meningitis. However, this wasn't the case and I continued to deteriorate further, I was then rushed to Flinders medical Centre and placed in ICU. I was incubated and put in an induced coma to help my body heal. Turns out I had acquired a strain of influenza A and developed pneumonia to make matters a little more challenging!

I had a fight on my hands and with the caring Doctors by my side, my deep faith and the prayers of so many wonderful friends, I pulled through.

I felt I was granted a second chance at life and was granted a miracle which I am eternally grateful for. My immediate family made as many trips as they could from the Riverland to see me whilst I was in ICU and they prayed whilst I was in an induced coma for comfort, peace and healing.

Thank you to all who have cared and prayed for me during this time, I am so truly grateful. I also wish to personally thank Crystal for organising Pastor Buck to visit me. Being away from my family and friends and not having an advocate, for me, was terrifying and I was very appreciative of Pastor Bucks visits alongside my extended family. I have been given a renewed understanding about what it's like to forget and lose time, since being unwell has affected my short-term memory. It was quite confronting and scary. I now have so much more compassion and understanding for those people who suffer memory loss

Currently I'm undertaking a number of rehabilitation initiatives to get my body back to good health which has therefore led to my resignation as a lifestyle officer in emotional support. However, I'm feeling stronger every week and have made a personal decision to volunteer at Riverview. I cannot wait to return to Riverview in this new capacity and continue to spend quality time with you all. It's so good to be back home again amongst you all. The Riverview community is a very special community of people and I wish to thank you for your continued support. I've missed you!

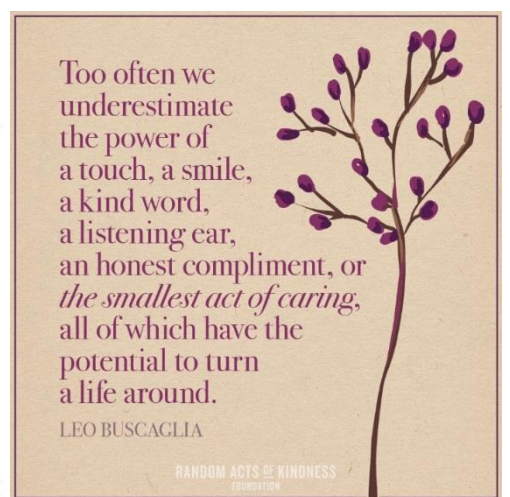


THANK YOU

**If the only prayer
you ever say in your
entire life is thank
you, it will be
enough**

Meister Eckhart

THANK YOU





RIVERVIEW COMMUNITY NOTES:

The importance of labelling EVERYTHING

Have you lost your glasses? We currently have 8 pairs in the office that have built up over a number of years, none of which are labelled. If you would like to look through this box, please speak to the Nurse in your section e.g. Traeger or Edwards. And request them to be labelled.

We ENGRAVE items for FREE, just bring them to office.

Clothing is at a cost of \$50 FOR LIFE. Our new labelling machine can withstand our HOT WASHES and makes it easy for staff to identify who's items are who's.

Having EVERYTHING labelled, Clothes, hearing aids, glasses, electrical equipment, shoes, Blankets and rugs, makes it easier for staff to find their owners, if you are missing items of clothing, please check the lost property at the alternative entrance (staff can assist if required.) and request for items to be labelled if they are yours.

Clothing labelled with permanent marker are requested to have the new heat proof labels, as they will wash off.

Did you know... residents have 52 weeks social leave per year? Your families are welcome to take you out for a coffee, lunch, tea, for a sit down by the river for fish and chips or for a drive. Don't hesitate to get your loved ones out for a day, just let Reception know of the date and time!

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.

Volunteers Julie and Martina would like to publicly thank the following organisations for their generous donations of goods towards their quiet time space: LaVilla, Loxcare, Rotary Op Shop, Red Cross, LD's discounts, Mureti. And we would love to thank Martina and Julie for their dedication, time and service to not only the residents of Riverview but to our lifestyle program. **Thank you!**