



August Riverview Happenings



The importance of family

I have had the privilege of visiting my family in South Africa recently. My main purpose for this visit was to take my youngest daughter and her husband (who has not met my family nor experienced our Indian culture) for a visit. We travelled from Johannesburg to Cape Town and then to Durban before returning to Johannesburg on our way to Perth.

My son – in - law could not get over how large my family was in number. After three weeks I still did not cover all my family. They showed their love through hospitality and every meal at every home was a banquet. After all I am the youngest of 10 children and the only surviving grand uncle.

Family is important to us, hence everyone wanted to celebrate our visit and be part of the family gatherings. To know that you are loved and valued plays such a great role in family dynamics. You feel appreciated and honoured. Senior family members of the family in turns. This gives them involvement in the life of the family and keeps their intellect stimulated.

My daughter and son-in-law came back with an unforgettable experience of food, culture and country. We at Living Waters Loxton find it an honour and a pleasure to offer our facilities and care to our valued seniors from our three nursing homes, because family is important.

Pastor Sonny Pillay
Living Waters Christian Community



Monthly Newsletter
Riverview Lutheran
Rest Home

5 Luther Rd
LOXTON SA 5333
Ph: 8584 7370

Website:
www.riverviewresthome.com.au

Upcoming Events

*Please book at
Reception for outings

9th Resident
Meeting Edwards
Rec Room 10:45am

10th Loxton Club
Lunch

14th Kitchen Menu
Resident Meeting

16th Living Waters
Movie day (lunch
included)

21st Loxton High
School Musical
"Little Shop of
Horrors"

31st Berri Golf
Tavern Lunch



News from our CEO

The New Aged Care standards commenced on July 1st, 2019. Our board and staff have been busy attending information/training sessions on what the new standards mean for them in their roles at Riverview. The new Standard 8 now holds Aged Care Provider boards more accountable for the delivery of quality care and services, than they have ever been before.

The focus of Standard 1 is on Dignity and Choice. Our staff have been talking to our residents about what dignity means to them, this may be different for everyone. What is important to someone is not necessarily important to someone else. It is important that we treat each resident in the way *"they would like to be treated"* and not necessarily in the way *"we would like someone to treat us"* as that could be very different to what a resident would actually like. It is therefore very important that our staff understand this, many people were raised being taught to *"do unto others as you would like done unto yourself"*, however the new standards really flip this on its head, it is now *"do unto others what they would like done unto them"*, but firstly we need to find out what that is, therefore it is important that we have these conversations with each and every resident.

Whilst the New Aged Care legislation refers to Residents as Consumers, our Residents have exercised their choice and decided at a Resident meeting that they would prefer to be known as Residents, rather than Consumers as per the new legislation, therefore here at Riverview, we will continue to use the word Resident, rather than Consumer.

Our new Chapel and Wellbeing centre is currently out for tender. Tenders close mid-August, so we hope to be in a position to appoint a builder and have further information regarding timeframes for the project by the next newsletter.

The Board of Riverview Lutheran Rest Home Inc is currently in the process of recruiting a new board member with Clinical Skills under a Clinical Governance Scholarship, (the successful recipient will receive a scholarship to undertake Governance training with the Australian Institute of Company Directors in return for a minimum of 2 terms on our board) We should also be in a position to announce the successful applicant/new board member in next month's newsletter.

We are currently in the process of calling a Pastor to Riverview and would appreciate your prayers as we undertake this process. At the time of writing I am not quite able to announce who the Pastor that will be called is, but we hope to be able to do this in time for the Lutheran Parish bulletin for the first Sunday in August.

Our Serviced Apartments are currently 100% occupied, however we do have vacancies for either rental or purchase options in our cottages. Our rental options are very affordable and are a great alternative to licence to occupy (purchase) retirement living. If you know of anyone who would like to live independently in one of our cottages without the commitment of purchasing, Annie would be very happy to show them through.

Thank you for Choosing Riverview.

Nicolle Jachmann
Chief Executive Officer



News from the DON

Wow! Just like that we are at the end of July. The shortest day has been, and we are looking forward to the longer and warmer days for our residents to be able to get out and enjoy our beautiful sunshine.

I am sure you are all aware of the changes to the Aged Care Quality standards, and that they are now being implemented by all Aged Care Facilities in Australia as of the 1st of July. Our staff and Board have been receiving education about the new standards over the past several months.

As the DON I wanted to share some information about Clinical Governance and how this will look for Riverview. Management and Board have been working to develop a framework that sits behind this new standard and this will be implemented for our organisation.

Clinical governance provides a system through which managers and the clinical team are jointly accountable for resident safety and quality care. Good clinical governance places an emphasis on systematic approaches to safety and quality, rather than reactive, short-term fixes. It draws on the experiences of residents and the contributions of all staff, as well as organisation-level strategies and continuous quality improvement.

The Riverview Board will be selecting a new board member that has clinical experience to assist with the guidance and support of the clinical team.

Management will be monitoring the clinical quality and safety performance which now includes collection and review of data relating to the experience of consumers, as well as clinical risk, practice, and outcomes. Clinical quality and safety performance are reported to the governing body, workforce and residents.

From the 1st of July 2019 all Commonwealth subsidised residential aged care providers will be required to comply with the National Mandatory Quality Indicator Program. The three quality indicators which services are required to collect and submit are

- Pressure injuries
- Use of physical restraint
- Unplanned weight loss.

If anyone has any issues or concerns, please make a time to meet with me to discuss any issues.

Thank you

Cale



We would like to wish a big Happy Birthday to our residents who are celebrating in **AUGUST.**

13th Veling Scheffel

13th Violet Anderson

16th Lila Hutchens

23rd Prue Turnbull

30th 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.



Intergenerational Community Connections

We had the **receptions** from the Lutheran school join in with us for Moving and Grooving on the 1st July, much fun was seen and heard from both residents and receptions as they sang and danced together with our regular movers and groovers.



Then the **year 7s** visited us in the afternoon for a game of Scattegories. There was LOTS of happy chatter and giggles around tables as our residents and students laughed over silly names and funny memories.



Riverview Residents went to support the **BIG FREEZE** at the Lutheran school, and staff supported this fundraiser by wearing blue and donating money for the cause. The Lutheran School had Pastor Darrin Kohrt and a few school teachers go down a wet slippery slide into a small pool of **ICEY COLD water!** In total the Lutheran School fundraised over \$3000 for Motor Neurone Disease. WHAT a fantastic Effort!

We also had the **year 4/5** class from the Lutheran school join us for a games afternoon with our newly purchased games gear. What a LOUD hour that was! The children were happy to engage with us and were seen to show love, compassion (some competitiveness) and most of all fun and laughter!



On 5th July The Loxton Primary School SRC came to visit Riverview for the very **FIRST TIME**. Will they be back? ABSOLUTLEY, they brought us gifts of love and shared that one of their core values at school is the gift of Caring, so we each received a gift of a cuppa! Then we played a "Maths Bingo" game together and there was again much laughter and fun had by interacting with each other, a true example of intergenerational ministry.





NAIDOC Week.

We celebrated on Friday with staff dressing up in Nunga colours and we felt honoured that nurse Leanne Johnson started our day with Acknowledgement to country. It was a truly special day! During the NAIDOC week we had many different activities for the residents to engage in and much discussion and learning about indigenous culture.



Barmera Winter Orchid Show

Riverview took an outing to Barmera to see the Winter Orchids. The ladies had a lovely day together and took the chance to have a great lunch at the Barmera Hotel and a drive around town.



Check out our new lounge space outside in the courtyard! Decorated lovingly by our volunteers! Thankyou ladies !! Make sure you come and sit !

8th July Riverland Children's Choir run by local Karen Skewes at Music Alive in Loxton came to Riverview to sing some current songs and showcase their talent. We had a wonderful turnout to hear these children sing. The children then presented the residents with a small quote on a card and had a brief chat together.



Riverview Staff dressed up again for FUN FRIDAY and we all came in our "ONSIES" or pyjamas as you would know them just for fun and to celebrate working as a team to bring joy and laughter to our work roles!





Men's Shed

The Men of Riverview have had some fun outings in July, it's always good to share in some mateship, conversation and fun over a beer and chips! They have been on a couple of drives around town this month.



Birthday Celebrations. Did you know we celebrate residents' birthdays monthly? We have a special cake to celebrate with and sing happy birthday to recognise and remember that these days are special! Our monthly birthday celebrations are 3rd Thursday of each month if you wish to join in.



Horse visit

Our DON, Cale, brought a very special 4-legged friend to Riverview. How lovely it was to meet, touch, talk and remember those days where horses played a huge part in how we got around and just how special they are to have.



Baking with Carol!

On Thursdays you will see our Residents cooking up a storm! we have made many a slice or biscuit around this table as well as having a good conversation, reminiscing about what recipes we loved!





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.

Bringing Food into 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).

DID YOU KNOW that Riverview is lucky enough to have a qualified staff member on hand weekly who can complete **Electrical Equipment testing and tagging FOR FREE?**

Please make sure you advise Reception staff before bringing in any new equipment or furniture (especially electrical) as we want to make sure our Residents room are the safest possible places.

What is the IDDSI Framework?

Some people have problems feeding, chewing or swallowing. This means some foods and drinks are a danger for choking or for material to 'go down the wrong way' and into the airway.

The International Dysphagia Diet Standardisation Initiative (IDDSI), through consultation and following best practice principles, has developed a global standardized way of describing foods and drinks that are safest for people with feeding, chewing or swallowing problems. The Framework can be used for people of all ages, in all care settings and can be applied to all cultures.

Simple measurement methods are included in the Framework. These measurement methods confirm the IDDSI Level a food or drink belongs to, or if it is unsafe for people with feeding, chewing or swallowing problems.

