



September Riverview Happenings

A Father's love

A father's love
Is gentle and strong
A place where you know
You'll always belong
A steady beat
In life's changing song

A mentor, a teacher
A guide and a fan
Providing support
Best he can

Sometimes close
Sometimes from afar
Holding the truth
Of who you are

Wisdom to share
Or nothing to say
Even in silence
He lights the way

A father's love
An eternal bond
A stable rock
In a familial pond
The freedom to grow
And sail beyond.

Dan Coppersmith

September 1st is

Father's/ Grandfather's Day

Here's **CHEERS** to all
our Riverview fellas
here at Riverview.

May your day be
blessed with many
happy thoughts and
love as you
celebrate, think back
over the years and
recall how special
your role in your
family is and has
been.



Monthly Newsletter Riverview Lutheran Rest Home

**5 Luther Rd
LOXTON SA 5333
Ph: 8584 7370**

Upcoming Events

**7th Loxton Historical
Village Community
Day**

10th Kaesler Cafe

**14th Barmera Hotel
Lunch**

**20th Living Waters
Movie Date**

**21st Picnic down by
the River**

**28th AFL Grand
Final Day**

***Please book at
Reception for
outings**

Exercises at Riverview Happen every Monday and Friday with Paula, these exercises have been specifically designed to get your body moving, even if you sit down!

If you have been given exercises to do by the physio, then **Monday/ Friday** are the days for you to come and get them done in the Edwards rec room! The Wellness Program Manager – Paula is a qualified EMAA (Easy moves for Active Ageing) Instructor and just for MORE fun, we have added in some weighted balls to increase your muscle tone, and to assist with strength!

We care about your mobility and doing chair based exercises will enhance your ABILITY to move and gain strength, so come along and **LETS GET MOVING!**



Traeger CAFÉ! Traeger residents had a change to go out for a special coffee and afternoon tea at the Kaesler recreation room. The outing was much appreciated by all. Different scenery and special cake and coffee for afternoon tea was much appreciated.



♥
BE SO HAPPY THAT
WHEN OTHERS
LOOK AT YOU, THEY BECOME
HAPPY TOO!



Happy
Birthday!

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

7th Desma Altmann
7th Joan Ingram
20th Missy Kassulke
23rd Jean Marshall
27th David Sparnon
28th Kevin Milera

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 has been happening during the month of **AUGUST** at Riverview?

Riverland Children's Choir visited. Teacher from the Lutheran School, Margaret Wormald, came to showcase the Lutheran Schools Choir talent and boy! We were not disappointed in the strength of their voices and happy smiling faces! This cohort of students went on to perform at the Chaffey theatre Riverland Musical Performance and did a wonderful job!



Men's Shed. The men have been busy out and about with a visit to the pub for international beer day and a visit to the local Loxton recycling depot to learn about what is recyclable. The men really enjoyed the outing to the Loxton Ice works and it generated quite a bit of discussion.



Visit from Peppa "pig" We had an impromptu visit from a couple of little piglets from Hampel's farm at Taplan. The piglets were able to visit every resident! This generated much discussion on jobs the residents had as kids, one of which was to feed them or work in the pig sty!



Ball Room Dancing! Wow what a spectacular spectacle it was! We had a number of brave volunteers in community who came to shine their dancing shoes on the Riverview dance floor. A HUGE thanks to John & Monica Schell, volunteers Martina and Julie, and Rob Nitschke for the music. I have to say it was a day to remember, and the residents DID just that, some even got up on that dance floor for a couple of dancing rounds. Fond memories were spoken, dance styles recalled, talk of who met whom and whom married whom, and the music recreated many memories of first kisses, the first "shy look at that hot fella in that suit" and that first shy "may I have this dance" from that "hot fella in that suit!" We hope to have the ballroom dancing back again soon.

Thank you for the memories.



Rex (from Kaesler apartments) received a gift of warmth and thanks for his talent and time he dedicated to Riverview one Tuesday a month, playing his keyboard. Rex has chosen to "retire" his talent for now! Thanks Rex, your music was much appreciated.



Ted got to "try out" a modern-day electric drum kit (brought in by one of our Carers)

Ted enjoyed spending time tapping the sticks and belting out a tune, remembering his time back in the Army band!



Craft time with the ladies, Riverview ladies were stitching up a storm! We have opportunities to get the needles out at times and we love a good craft session!



Visiting Wildlife, we had some joeys visit Riverview which was met with much enthusiasm and love!



Lutheran School came over to visit Riverview dressed in theme for Book Week.

The Edwards Rec room was PACKED with colourful costumes as each child spoke about who they dressed up as.



Soaking up the August Sunshine

The weather is starting to warm up and we love taking the opportunity to get outside in the sun for a daily dose of vitamin D!



OUT n ABOUT in COMMUNITY

We have been out to the Loxton Club for lunch, always a pleasure to get stuck into a Schnitzel and hot chips!



Visit to the Historical Village

We took a group of Riverview residents to the Loxton Historical Village and had a lovely time walking around and looking at the vintage machinery, Loxtons historical hut and the old gaol!



Visit to the community men's shed

We took the Riverview men out to the local Community Mens Shed and caught up with many folks we knew! It was lovely to chat to the men of the Community Mens shed and check out the machinery and what they are making. We look forward to another visit really soon.!



Some Days are **BRIGHTER** than others.

Friday 30th August saw Riverview dress up in all manner of **BRIGHT** clothing and it was lovely to see the Residents also get into the **Bright colours!** We love a DRESS UP day and we love to BRIGHTEN up the Rest home with much laughter and fun!



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).

VISITOR **EVACUATION PROCEDURE**

When you hear a FIRE BELL or ALARM:

- DO NOT PANIC
- Remain where you if safe to do so.
- If an Evacuation is required, staff will come and direct you to a safe place.
- When the Fire Brigade give the 'all clear' staff will inform you.

Riverview Lutheran Rest Home Management

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.

You would have received an email back in July asking **FIRE QUESTIONS**, and I wanted to provide you all with some feedback. Firstly, a BIG thank you to all who responded. I received 13 responses within a week which was amazing.

85% of surveys returned stated they HAD seen this pink sign. For your reference, it is located where you sign in.

Only 54% sign in when visiting. We now ask that you sign in at every visit. Forms are available at BOTH entrances (Traeger & Edwards/Reception) If we were to have an emergency, we need to account for all volunteers, visitors & tradespeople onsite at any time. This also includes 'SIGNING RESIDENTS OUT' if you are unsure of how to do this please ask Nursing or Administration staff for assistance.

46% have been onsite & heard the fire alarms activated. This noise is VERY LOUD & designed like this to ensure all persons on site can identify that there is an emergency. When testing, contractors only test for a short burst as this noise can be disruptive to our Residents.

77% have seen a smoke door. Once the alarm is activated, these doors close automatically to keep Residents & Staff safe by slowing the progression of the smoke & fire. It is essential that these doors are not obstructed at any time by any objects – have a look for them next time you are here.

Thank you for reading about our safety procedures!

Crystal Petch, Operations Manager.