



March Riverview Happenings

Customs and traditions associated with Lent.

Most of us will know something about Ash Wednesday, the day on which we mark 40 days (not including the Lord's days; Sundays) to Easter. We call these days Lent. When we notice '40' days, we are reminded of the wilderness wandering of God's people for 40 years before entering the promised land and of Jesus' temptation in the desert for 40 days after his baptism, fasting, praying, and being tempted by Satan....And we consider our own wanderings in the deserts of our own sin.

On Ash Wednesday we have ashes placed on us in the shape of the cross. We did that this year at our weekly Riverview chapel service. We heard "Remember you are dust, and to dust you shall return." as we received those ashes. Stark words! The ashes and the words reminded us of our frailty before God because of our sin... He is an all consuming fire. And it reminded us of our promise and hope in Jesus cross for us. Later, questions were asked about why some had that dirty ash mark on our heads; they gave a witness!

Sometimes fasting is observed as a symbol of self denial in Lent and this has been extended to a period of abstinence from luxuries such as chocolate or wine or even Facebook, supposedly reminding us of Jesus self-denial for us.

But what about the day before, Shrove Tuesday, Pancake day? What is it about, and where does it come from? Because Lent was traditionally a time of fasting, Anglo-Saxon Christians went to confession and were "shriven" (absolved from their sins). A bell would be rung to call people to confession. This came to be called the "Pancake Bell" because it was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes were the perfect way of using up these ingredients! But much of this has been long forgotten by those who tuck into pancakes for the sheer joy of the feast alone!

Pastor Avito



Riverview
Lutheran Rest Home Inc

Monthly Newsletter Riverview Lutheran Rest Home

**5 Luther Rd
LOXTON SA 5333**

Ph: 8584 7370
Upcoming Events

**6th Loxton Club
Lunch**

**9th Adelaide
Cup day Holiday**

**10th Kaesler
Café**

**13th Bill Ebert's
Houseboat Trip
(limited places)**

**20th Living
Waters Movie
and Lunch**

**31st Barmera
Hotel Lunch**

***Please book at
Reception for
outings**

From the CEO

It was great to see our residents, staff and volunteers representing Riverview on our float in the Loxton Mardi Gras Parade last Saturday morning. Here at Riverview we believe it is very important to assist our residents to remain out and about and active in the community. Residents had a great time waving to the crowds that lined the main street, and staff had fun dressing up and showing the crowds the types of games and activities, our residents play at Riverview. A big thank you also to our volunteers who assisted on the day. Well done to all involved.

Work on our new Chapel and Wellbeing centre is progressing. The old veranda and external concrete have been removed, earthworks for our 2 new rooms have been completed, next up is the footings and foundations. You are welcome to enter our existing Chapel and look out the window at what's happening, alternatively the end of the corridor in Edwards on the right side of our current building also has a nice big window and is a great place to check out what's going on. We are currently working with our cabinet makers on the design of cabinetry for our new rooms and kitchenette. The kitchenette will be located in front of the new Chapel and Wellbeing centre, opposite a small private lounge, enabling families and visitors to help themselves to tea and coffee whilst they relax with residents in this area.

Following board ratification of our Clinical Governance Framework as discussed in the last newsletter, our management team and board clinical governance subcommittee have been busy reviewing our Organisational Clinical Risk Management register. This involves identifying potential high-risk high prevalence clinical matters and ensuring we have appropriate policies, procedures and audits in place to minimise the occurrence of these things and reduce the risk of injury or complications. We are then required to audit and review what has happened to ensure what is in place is working, and to also identify areas for improvement and implement change.

We also monitor all incidents, resident clinical incidents and staff workplace incidents, review each of them, look at the action taken, was it successful? look what we have in place to prevent/reduce such incidents, is it working? What do we need to change? Is what we have previously changed working? This information is collated and examined monthly at Clinical Management meetings; these reports then go to our Organisational Risk Management meeting and the Board Clinical Governance sub-committee members for further review and are then also tabled at board meetings. This ensures clinical transparency across the organisation from the floor to the board as required under the new Aged Care Standards.

In other Governance news, a big thank you to outgoing board member Anne Battams, who served on the Riverview board for nearly 10 years, Anne has held the roles of Chairman of the Capital Works and Maintenance sub-committee and also Vice Chairman, for much of this time. Anne will continue to volunteer by playing the piano for our very popular 'Melody sing-a-long with Anne' lifestyle activity each Thursday afternoon. Anne's contribution to the board has been significant and greatly valued and appreciated.

At Riverview we pride ourselves on delivering the best possible care and services, we really appreciate your feedback. If there is something you think we can do better, please let us know, also if there is something we do well, please tell us so we can make sure we keep doing it. If you have any suggestions, queries, or concerns about care or services provided at Riverview, please do not hesitate to contact us.

Thank you for choosing Riverview.
Nicolle Jachmann
CEO

What has been happening during the month of **FEBRUARY** at Riverview?

Pastor Avito Da Costa's Installation

What a SPECIAL day of Celebration this was. Riverview was PACKED to the rafters, with over 120 people in attendance for the installation of Pastor Avito Da Costa. Including the Bishop for SA and NT, Bishop David Altus, Pastor Darrin Kohrt, Pastor David Buck, Pastor Chris Georg and Vicar Stephen Noblett.

Riverview Board Members, Management, Residents, Families and Volunteers were in attendance as well as representatives from Lutheran congregations in the area and the Port Adelaide - Woodville and Mildura parishes (where Pastor Avito previously served).



The community of Loxton and Riverview made the morning a wonderful celebration and welcome for Pastor Avito and his wife Anna and we look forward to seeing them both more as they get involved in the Riverview and Riverland community.

A special thanks to our volunteers and staff on the day for all their extra hard work ensuring that everything ran smoothly.



Bible Presentation at Lutheran School

On the 14th February some Riverview residents went to the Lutheran school to be apart of a very special presentation of bibles to the year 2s, new students and receptions. Our CEO had the privilege on behalf of the Residents of Riverview whom every year donate these bibles from the collection of chapel monies. Pastor Avito and Anna were also warmly welcomed by the school on this day.



Lunch Outings

Our residents love to get out into community and this month we have been out to the Loxton Club, visited Living Waters church to watch a movie and have lunch.

We also took a trip to Barmera to have a look around and have lunch at the Hotel.



Look what our amazingly talented residents made!



Above is a large wall hanging which now resides in Traeger. A large group of Residents were involved in the creation of this masterpiece! This allowed for reminiscing & chatting about crafts we had done in the past and what we might like to do in the future. It gave us yet another means to socialise together and to connect and share!

There have been countless hours spent weaving a variety of materials over and under, around and around circles of different sizes then joining them all together to make this wonderful wall hanging piece.

We invite all families and visitors to view our lovely work of art hanging up in Traeger. We have already started planning for our next creative venture!

Kevin visits the Crows

And he was SUPER happy to be able to ask the question if they know his nephew! The Crows fellas, Reilly O'Brien, Jordan Gallucci and Fischer McAsey were happy to chat to Kevin and sign a very special autograph for him and YES! All three know his nephew!



Community Men's Shed

The Men's group went to visit the local Community Men's shed this month and enjoyed the social comradery and chance to see, feel and touch what the community men's shed were creating.



Blankets for Kangaroo Island Bushfire Victims

With the help of our volunteer Rosie Hahn, we have been busy making blankets for those affected by the recent bushfires. Such a lovely gift from our Residents at Riverview.



Putting the SPOT LIGHT on Volunteers

This month we recognise our loved volunteer Julie..

Julie has been with us as a volunteer since early 2018 and has been SUCH a blessing in so many ways. Julie supports the lifestyle team and is often on outings, driving the bus, and chatting to residents, on the floor during lifestyle hours. Julie often comes in on weekends, as well to spend time with many of you. Julie, THANKYOU for your talent, time, your passion and love. We appreciate you!



Loxton's 63rd Mardi Gras Parade! The theme was PLAY and BOY! Did Riverview do this well!



Riverview have an active lifestyle program FILLED with many wonderful opportunities to move and groove with children, brain booster activities, exercises, outdoor fun, and lawn bowls for example!

There is SO much we do to have fun here. So we thought we would show the Loxton Community some Riverview "Play" themed fun!

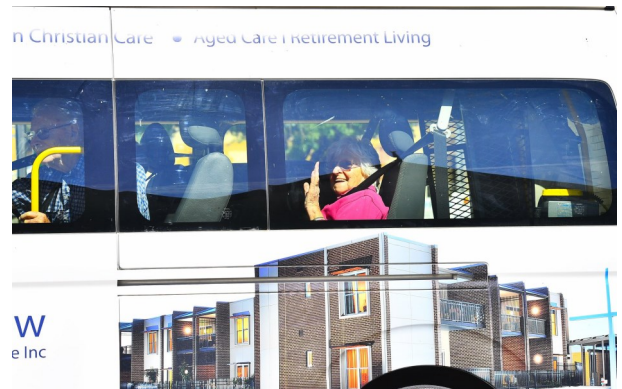


Thank you volunteers and staff, including our CEO Nicolle, who came dressed up and had fun. Here is Ronda and Nicolle in this photo enjoying the day.

We had a number of Riverview residents come and sit in the bus and the car.



Look at Myra's happy SMILE !



Here is one of our lovely staff members, Susan, all dressed up for the parade!.



Happy Birthday!

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

15th Tony Auld

16th Jan Burlik

19th Maureen Stokes

29th Wanda Hucks

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.

RIVERVIEW COMMUNITY NOTES:



Have you lost your glasses?

We currently have many 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.



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Riverland Transport

Wheelchair Access Vehicle



Do you know someone that is in a wheelchair and is socially isolated? Do they need help to go to doctors or to do a little bit of shopping? Red Cross can help! We now offer extra support whilst shopping and we can also assist to pack it away once at home at no extra cost.

Only applies to the wheelchair access vehicle*

Bookings and general enquiries:

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Shop 4, 30 Kay Ave

BERRI, SA 5343

Phone: 1800 334 882

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The South Australian Transport Subsidy Scheme (SATSS) assists with vouchers to make travelling more affordable. Please contact SATSS on 1300 360 840

	TARIFF 1	TARIFF 2
	Mon - Fri	Sat - Sun
	7AM - 7PM	7PM - 7AM
		Public Holidays
Flag fall	\$3.87	\$4.90
Distance (KM)	\$1.87/km	\$2.16/km
Waiting Time (HR)	\$39.30	\$39.30
First 15 minutes free		



TELEPHONES:

All Residents are encouraged to have their own phone. This ensures they have the ability to call family and friends when they wish. It also ensures families are able to contact Residents at their convenience.

Want help to get yours connected? Contact Crystal on 8584 7370 for a chat.

CALL BELLS:

Reminder to all new family and friends visiting Riverview, the **GREEN** CALL button is used when a Resident requires assistance, e.g. toileting, dressing etc the **YELLOW** ASSIST button is for EMERGENCIES, a fall, choking and any other immediate dangers.

VISITOR ALERT

CORONAVIRUS

If you have ANY of these symptoms:

- fever • cough • sore throat • shortness of breath

AND

- travelled to (including transit through) mainland China, or travelled to Cambodia, Hong Kong, Indonesia, Iran, Italy, Japan, Singapore, South Korea, or Thailand in the 14 days before getting sick

OR

- had close contact with someone diagnosed with or suspected of having coronavirus in the 14 days before getting sick please:

PLEASE DO NOT ENTER OUR FACILITY

PLEASE INSTEAD SEEK MEDICAL ASSISTANCE

If you are well but have travelled to, *or transited through* mainland China, Cambodia, Hong Kong, Indonesia, Iran, Italy, Japan, Singapore, South Korea, or Thailand in the last 14 days we ask that you:

PLEASE DO NOT ENTER OUR FACILITY

ALL VISITORS MUST USE HAND SANITISER ON BOTH ENTRY AND EXIT

Please contact the CEO or Director of Nursing on 0885847370 if you have any further queries regarding this notice. Current as at 3/3/2020