



AUGUST Riverview Happenings

Positive Ageing

"When grace is joined with wrinkles, it is adorable. There is an unspeakable dawn in happy old age."

- Victor Hugo, Les Miserables

What is positive ageing to you? Is it defined by the number of wrinkles on your face? Is it defined by a number? Is it a state of mind??

The Positive Psychology Institute states that positive ageing is

"The process of maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, and engaging fully in life as you age".

Attitude is everything. Regardless of how old you are, if you have a negative attitude, it makes your experience that much worse. Positive aging isn't all "roses and daffodils." Sometimes aging is difficult, and it can be depressing. But, research supports the fact that our attitude reigns supreme in how the negatives impact our lives.

Riverview's lifestyle program supports positive ageing, and we strive to provide a diverse, fun, engaging, and meaningful program that promotes keeping your mind and body fit and healthy.

As the Wellness Program Manager of Riverview it is very important to me that you are happy where you are at. I understand that not everyone wants to come out to be a part of the lifestyle program and that is ok. There may be only a few activities that you are happy to join in with.

Engaging in our lifestyle program is an opportunity for you to embrace the day in a fun way, enjoy social community and put a smile on your face.

One thing **is** for sure, we will get to "old age" eventually. We can do it kicking and screaming or in complete denial. Or, we can embrace the third act, have a bit of fun, and go to bed worn out with a smile on our faces!!!

Thankyou all for putting a smile on my face daily !

Paula Nitschke
Wellness Program Manager.



Monthly Newsletter

Riverview Lutheran Rest Home

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

**7th August Jeans
for Jeans day**

**7th August Aged
Care Employee
Day**

**14th August
Residents
Meeting**

From the CEO

Friday 7th August is Aged Care employee day – a day where the fantastic hard work and commitment of all aged care workers across Australia is acknowledged. I know there is also Nurses Day, Carers Day, and many other special days across the year, but I particularly like 'Aged Care Employee Day' as it acknowledges ALL staff that work in Aged Care. I strongly believe that here at Riverview there is no position that is any more important than another. All staff have important roles to play in the delivery of quality care and services at Riverview, from meals and cleaning, to maintenance, administration, and reception, right through to nurses, carers, lifestyle and laundry we could not operate without any one of these areas.

Aged Care Employee Day recognises and thanks everyone. The theme for this year is 'thanks for caring'. This year we held a morning and afternoon tea for staff with yummy Red Velvet Cup Cakes from the Country Bakehouse, we also acknowledged 5, 10, 15 and 40 years of service from our staff. Yes, that is correct 40 years! What an awesome effort by kitchen staff member Judith Nitschke, who is now retiring. We are grateful for the many years of dedicated caring service Judith has provided to our residents. They especially loved having a chat with Judith on the evening supper round, and Judith really enjoyed this as well. We wish Judith all the very best for her retirement. 40 years ago, Judith was asked to help in the Laundry at Riverview when someone else was away..... 40 years later she was still here. This is also the only job Judith has held in her working years, what an amazing effort.

Congratulations also to Crystal Petch who has been awarded a Rotary Pride of Workmanship award. Crystal is our Operations Manager and very capably looks after the non-care related needs of residents and their families, in addition to managing our maintenance department,

and ensuring the facility and all equipment is looked after and serviced in line with regulatory requirements, and is currently working closely with the builders on the Chapel and Wellbeing centre project. Crystal is a great help to residents, families, and staff, she is always bubbly and friendly, nothing is ever too hard, and she has a fantastic ability to get things done and just 'make it happen'. We are truly blessed to have Crystal as part of the Riverview team.

Our new rooms are complete and demolition on the old chapel has commenced, we hope to have the new Chapel and Wellbeing centre completed in January next year.

Please stay safe, and remember stay home if you are unwell and get COVID-19 tested, social distancing and hand hygiene is essential, and if people are required to isolate or quarantine, it is essential that they do so. Complacency is our biggest enemy and COVID-19's greatest friend, so let's all make sure we are doing our bit to keep everyone as safe and healthy as possible.

Thank you for choosing Riverview.
Nicolle Jachmann
CEO



News from the DON

This year is flying, we have been busy with normal duties. You will see that we are remaining vigilant with our social distancing and staff wearing masks all the times. We need to remind you that when you assist your loved ones and staff to do the same. Residents have been enjoying all the activities that the Lifestyle team have been providing the residents. We have seen some beautiful warmer weather so the residents have been getting out in the sunshine, vitamin D which is so good for them. Staff have been working in dedicated areas which has been valuable to the residents. Staff working in the same areas means that a good working relationship build both ways. Our staff know what the residents require, and needs are.

Being socially active is hard in our current climate so at Riverview we have been working hard for residents to stay socially active the staff have encourage residents to come into the Rec room or outside to join in with activities, be it bowling, bingo, gardening (you should make sure you check out the veggie pods they look great) and on Thursday afternoon the have a knitters group. Residents have remained social which has increased their sense of wellbeing.

Physical activity is another important area, Paula and her team have some form of physical activity each day. As the classes are getting busy, we have purchased more stationary bike stations (mini bike pedals).

We also have a group of residents that go for a walk around the complex each day (sometimes twice) just to keep those limbs moving (we know the saying if you don't use it we lose it). It's lovely to see the residents take it upon themselves to get moving. Its proving to be a popular activity! It started with one and now we can have up to 5 residents walk at once! Their mobility has improved as well as their self-confidence and they have formed great friendships.

Nutrition is a large part of a residents wellbeing, here at Riverview we pride ourselves on the nutritional and delicious meals that are provided at breakfast, lunch and tea and then morning tea, afternoon tea and supper. There are lots of opportunities to refuel the bodies and of course drinking lots of water. We encourage water intake even in this cooler climate, as we know we tend to drink less. Water has some many great properties for the aged (anyone really).

I would like to thank all the staff that are doing an amazing job providing care for the residents.

Many thanks

Cale Edwards, Director of Nursing

Fun Activities

Riverview ladies and gentlemen are always up for a game or two! Lifestyle have a lot of fun creating competitions with 10 pin bowling or our mini golf! Even resident Leone Hunt got into the spirit of mini golf wearing her golf like slacks'.



Crazy Hair Day

Riverview staff LOVE a good dress up day, it lifts the mood of residents and staff alike. This month was crazy hair day and staff came to work with all manner of crazy hair



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

Riverview Chapel Offerings

Every month chapel offerings are donated to a variety of organisations.

For the month of **July \$405** been donated to the Finke River Aboriginal Mission. Thank you all for your kind offerings. If you wish to make an offering on Wednesdays during chapel please see the Lifestyle Staff.



August Chapel offerings will be donated to Riverview Rest Home.

Gardening in Edwards.

Our veggie's in our veggie pods are looking rather BIG! There is a competition between Edwards and Traeger at the moment as to who's veggies are the BIGGEST. Which unit is winning? Edwards or Traeger?



Our resident gardening ladies have been assisting with the Edwards upright garden beds, they have been very busy right now weeding the garden and watering the plants. Thanks to residents Marg, Gay and Vling!



World Chocolate Day

Some residents were happy to come outside and not only enjoy the sunshine but join in with the fun on winning CHOCOLATE on world chocolate day. Pictured here is Prue having a go at "Ping Pong chocolate" - throw a ping pong ball into the cup to win a chocolate!



The building update:

The two new bedrooms at Riverview were completed on Thursday 23rd July. Work will now commence on the new chapel, and wellbeing centre another exciting phase!



Resident Ray Sonntag and the CEO Nicolle Jachmann were pictured in July looking over the plans and discussing the building works.



Traeger News

We yarn bombed the tree in Traeger and had a good yarn whilst doing it! The tree has sparked many a discussion and we appreciate the bright colours! The tree has taken on a whole new colourful look!



Residents Barry, Ted and Ian have been busy in our Traeger Men's shed using the hammer and nails and screws and screwdriver. This activity has been excellent for their hand eye coordination, for memory recall, and for general good ole fashion b l o k e fun!



Sundays BBQ

Every fortnight we have a BBQ cooked by lifestyle staff. There is nothing like igniting the senses with a BBQ, the smell of those sausages and burgers cooking brings everyone out for conversation and reminiscing!



Ian's daughter Emily brought in a project for her Dad to complete which gives Ian a purpose for the day. Here is what Emily said:

For as long as I can remember Dad has spent most of his spare time in the shed. Like most blokes he spent hours in there on the weekends fixing or making things. On occasion it was probably to escape all the women in his house (he has a wife and two daughters)!

Before he moved to Riverview the shed and garden was his favourite place to be, somewhere where he could feel useful and create some sort of order. With Paula and Kylie's help Dad is able to recreate some of the jobs would do in the shed and garden to give him a sense of purpose and achievement. His first project is to sand back some chairs to go in our kitchen on the farm, we've been renovating and Dad has followed our progress through lots of photos and updates, this way he can feel part of the project.

We are so grateful to the team at Riverview for helping him, particularly James who, if we are being honest sanded most of the first chair.



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.

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.

RIVERVIEW MAILING LIST

If you would like to be on our mailing list, or know a family member who would like to receive copies of our newsletter, lifestyle calendar or other important Riverview information please call Reception on 8584 7370 or email reception@riverviewresthme.com.au with your details and we can add you to our system.

FACETIME/SKYPE

If you would like to facetime or Skype your family member please ring reception and book a time, we offer this service 7 days a week!



RIVERVIEW CHAPEL AND WELLBEING CENTRE

Planning for our new Chapel and Wellbeing Centre is currently underway.

Donations to our Chapel and Wellbeing Centre Building fund would be much appreciated and are tax deductible.

Please contact us at finance@riverviewresthme.com.au if you would like to contribute.

Donations will be acknowledged as follows:

In Donation Recognition Book:

\$50 - \$249

On Donor Recognition Wall in New Centre in the following bands:

\$250 - \$999

\$1,000 - \$4,999

\$5,000 - \$9,999

Over \$ 10,000



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

1st Irene Voigt

2nd June Barnett

13th Veling Scheffel

16th Lila Hutchens (100)

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.