



NOVEMBER Riverview

Happenings

We Remember

On 11 November 1918, the guns of the Western Front fell silent after four years of continuous warfare. With their armies retreating and close to collapse, German leaders signed an Armistice, bringing to an end the First World War. From the summer of 1918, the five divisions of the Australian Corps had been at the forefront of the allied advance to victory. Beginning with their stunning success at the battle of Hamel in July, they helped to turn the tide of the war at Amiens in August, followed by the capture of Mont St Quentin and Péronne, and the breaching of German defences at the Hindenburg Line in September. By early October the exhausted Australians were withdrawn from battle. They had achieved a fighting reputation out of proportion to their numbers, but victory had come at a heavy cost. They suffered almost 48,000 casualties during 1918, including more than 12,000 dead.

In the four years of the war more than 330,000 Australians had served overseas, and more than 60,000 of them had died. The social effects of these losses cast a long shadow over the post-war decades.

Each year on this day Australians observe one minute's silence at 11am, in memory of those who died or suffered in all wars and armed conflicts.



Adelaide, South Australia.
1918-11. A huge crowd at
Parliament House for the
Declaration of the Signing of
the Armistice. (Donor W.S.
Smith)

LEST WE FORGET



Monthly Newsletter

**Riverview
Lutheran
Rest Home**

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

**3rd Nov
Melbourne Cup**

**8th– 15th Nov
NAIDOC WEEK**

**11th Nov
Remembrance
Day**

From the CEO

I hope you have been able to make the most of beautiful spring weather before the heat of summer arrives. Our courtyard and Riverview lawn are both lovely places to sit and make the most of this lovely weather, so please feel free to enjoy these spaces with your family and friends.

What an interesting year it has been in the Aged Care Industry, with the impact of COVID-19 and the Aged Care Royal Commission also taking place at the same time. The Final Report of the Royal Commission is due by the end of February 2021, at present Lawyers assisting the Royal Commission have outlined 124 recommendations. It will be interesting to see which of these are adopted. There will no doubt be significant change across the Aged Care Industry, and as a result many things that will need to be implemented/changed at organisational level over the coming year.

The concrete slab for our new Chapel and Wellbeing Centre has been laid and structural steel works are due to commence later this week. We are currently on track for a late January/early February completion. Any donations to our Chapel and Wellbeing centre would be greatly appreciated, gift envelopes are available from Hannah in the office for anyone who would like to contribute to the fund. Donations of \$2 and over are tax deductible.

After a lengthy wait, we have finally received approval to remove the hand rails on the insides of the Edwards hallways, this will enable us to install linen cupboards and handwash stations on the insides of both Edwards corridors, and place the chairs, linen skip on the inside of the hallway rather than against the rail on the outside where they currently sit. We are currently awaiting the installation of air-conditioners in these areas and are hopeful they will be installed soon.

Some of our Nursing staff have recently undertaken leadership training, with others booked into Clinical Risk Management training next week. Our Chef/Cooks are having practical refresher training on texture modified diets and all staff are also in the process of undertaking their annual Manual Handling training online.

We still continue all of our previously advised COVID-19 health screenings, temperature checks and declarations for anyone that enters Riverview, including staff, visitors and contractors. Our staff all continue to wear masks, have completed the SA Health mandatory Infection Control Training and refresher hand hygiene practical assessments. Visitors are now allowed from New Zealand and any state or territory in Australia except Victoria. Please remember that visitors should stay away if unwell and if they have any COVID like symptoms, get tested. Please remember to practice good hand hygiene and ensure you social distance so that residents and visitors remain at least 1.5 meters from each other.

Thank you to Gemma Webber who has been in the role of Acting Director of Nursing whilst Cale Edwards has been on extended leave. Gemma will remain in the role of Acting Director of Nursing for the coming months as Cale has recently tendered her resignation. We wish Cale all the best for whatever she chooses to pursue in the future. If you have any Director of Nursing related queries, please do not hesitate to contact Gemma, she can be reached via email don@riverviewresthme.com.au, by phoning Riverview or personally via appointment. We really appreciate Gemma stepping up during this time.

Thank you for choosing Riverview.
Nicolle Jachmann

Acting Director of Nursing Report

Hello Everyone.

I would like to say thank you to everyone who has made me feel very welcome in the Acting Director of Nursing role. It has been a very busy month and I have been thoroughly enjoying it.

For those who don't know me, I am a Barmera girl and I have worked at Riverview for six and a half years. I started out as an RN then progressed to the Care Planning role which I have been doing for 3 years. I live in Loveday with my partner Matty and our 2 adorable little dogs, Booge and Milo.

I hope you are all keeping well as we start to enjoy this beautiful Spring weather.

I would like to welcome all our new residents to Riverview Rest Home, those who are permanent or who are here for some respite. We aim to make your time here enjoyable, happy and relaxing.

Now for a few reminders:

As the weather is improving, so could your Vitamin D levels if you go out and get some sunshine. All it takes is 3 minutes a day to improve your Vitamin D levels which is important for aging bones, and can also help ward off depression as it is good for your brain. Riverview has sun block available if you are going to be out there for a longer period. Remember that a hat is important. Due to COVID 19 Riverview is not able to supply hats from our collection for you to borrow. If you need a hat, we are happy to help you contact your family to arrange.

The older population are at greater risk of dehydration. As we age our thirst declines and you don't always recognise that you are thirsty. Staff will encourage and remind you to drink to keep well hydrated.

Under the new South Australian Emergency Management Direction 2020 effective from the 5th of November some restrictions have been removed. Therefore, residents can have more than 2 visits per day and the visits can be more than 2 people at the same time. However please remember the visits must take place in the resident's room or outside. Visiting times have remained the same, our visiting hours remain at 1pm -5pm 7 days per week.

That's all from me for now.

Warm regards,

Gemma Webber

Acting Director of Nursing

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

Riverview Chapel Offerings

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

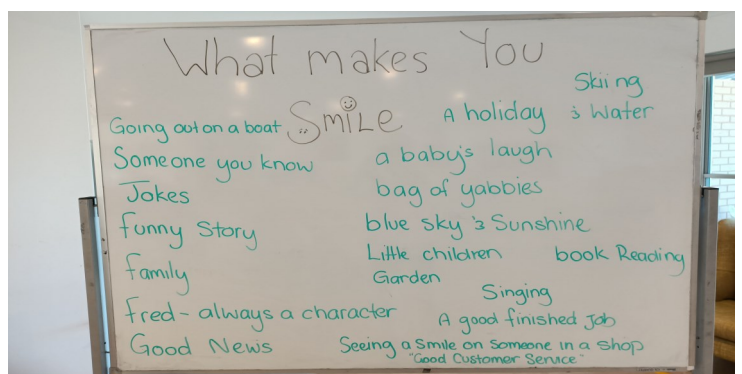
For the month of October \$230 has been donated to Lutheran Community Care. Thank you for your kind offerings.

If you wish to make an offering on Wednesdays during chapel please see the Lifestyle Staff for a chapel voucher.

November Chapel offerings will be donated to Gideons International in Australia Inc.

When you're SMILING....

We had a chat about what makes you smile. This conversation not only brought a smile to our faces but enabled us to remember what really did make us smile and how thankful we are to be able to smile together and have a laugh.



So what does make us smile?

A bag of yabbies, a funny story, blue sky and sunshine, book reading, jokes, good news, a holiday, and a baby's laugh just to name a few.



The building update:

The concrete has been poured. We are now awaiting the outer structures to start. Exciting times



Gardening in Edwards.

With the recent rains, our garden has never looked SOOO good! Our tomato plants have really shot up, parsley and cos lettuce has been picked by our head Chef Greg, for our lunches which we have enjoyed AND our strawberries are getting redder by the day.



Our Garden in Traeger

We have planted spring onions, and our Basil has really sped up production! Our broccoli had some caterpillars in them, but we spent time getting rid of those!



Footy Colour Friday

We also celebrated the Grand Final (Geelong vs Richmond) on Saturday 24th with a traditional footy food lunch—party pies and sausage rolls. We also had the chance to dress in our footy favourites.

Resident Prue was ready to barrack for her beloved team "Geelong!" Sorry that they lost Prue!



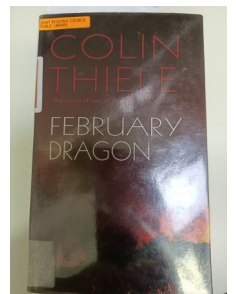
Craft in Traeger

We are still working on the wood board, we spend time in the men's shed sticking wood onto the board and when we are done, we will hang it outside!



Book Reading

We finally completed the "Seeds of Inheritance" book by Colin Thiele and started another book called **"February Dragon"** this is also a book written by Colin Thiele and it's a fictional story about a group of kids and a bushfire. Come along Mondays and Wednesdays to hear the story being read. If it's a lovely day you may just see us outside reading it!



Keeping your MIND active

Not only do we exercise our bodies, but we also exercise our minds! This month saw us get to **100 Letter N words!** This is NOT as easy as one might think it is! But we achieved it and it was the MOST we had written down for this word game!

Colour your hair for Mental Health Week

This month we raised money for mental health by colouring our hair, many of us had fun getting into the spirit of this by wearing wigs or colour through their hair.

We raised \$45.00 for Mental Health.



NAIDOC WEEK 2020 "Always Was, Always Will Be" Will be celebrated from November 8th-15th here at Riverview.

Riverview embrace all cultures and in November we especially acknowledge our local indigenous culture who's land we now reside on. Riverview will celebrate the richness of Aboriginal and Torres Strait Islander history.

Always Was, Always Will Be. recognises that First Nations people have occupied and cared for this continent for over 65,000 years.

We are spiritually and culturally connected to this country.

This country was criss-crossed by generations of brilliant Nations.

Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists.

Australia has the world's oldest oral stories. The First Peoples engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies. We built and engineered structures - structures on Earth - predating well-known sites such as the Egyptian Pyramids and Stonehenge.

Our adaptation and intimate knowledge of Country enabled us to endure climate change, catastrophic droughts and rising sea levels.

Always Was, Always Will Be. acknowledges that hundreds of Nations and our cultures covered this continent. All were managing the land - the biggest estate on earth - to sustainably provide for their future.

Through ingenious land management systems like fire stick farming we transformed the harshest habitable continent into a land of bounty.

NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact whether in 1770 or 1606 - with the arrival of the Dutch on the western coast of the Cape York Peninsula.

The very first footprints on this continent were those belonging to First Nations peoples.

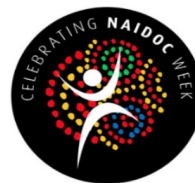
It's about seeing, hearing and learning the First Nations' 65,000+ year history of this country - which is Australian history. *We want all Australians to celebrate that we have the oldest continuing cultures on the planet and to recognise that our sovereignty was never ceded.*

Always Was, Always Will Be.

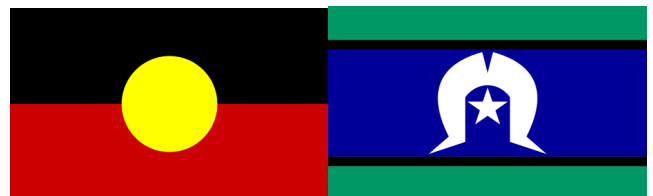
Our coastal Nations watched and interacted with at least 36 contacts made by Europeans prior to 1770. Many of them resulting in the charting of the northern, western and southern coastlines - of our lands and our waters.

For us, this nation's story began at the dawn of time.

NAIDOC 2020 invites all Australians to embrace the true history of this country - a history which dates back thousands of generations.



**Always Was,
Always Will Be.**
8-15 NOV 2020



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

11th Selina Knowling

28th Joel Pickering

28th Wally Wendt

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:

The importance of labelling EVERYTHING

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.

WHAT DOES MAINTENANCE DO?

- Gardening
- Recycling and Waste
- TV installs
- Hanging pictures
- Deliveries of goods
- Fix Leaking taps
- Change light globes and the list goes on and on and on

Please advise your care provider e.g. PCA or Nurse who can log request directly to the maintenance team.

OR – come to the office to report to Reception.

Family can also do this on your behalf by calling or emailing the facility for follow up.

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@riverviewresthome.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

For **INFECTION CONTROL** reasons, we are **UNABLE to share items between members of the facility** such as newspapers

If you would like to arrange for delivery of a newspaper, please contact a member of the Admin team.

We are able to receive:

- Murray Pioneer
- Stock Journal
- Advertiser
- Sunday Mail
- Magazines and more!

LOST PROPERTY

After all the washing, steam cleaning, and relocating of items we have done in the past few weeks with our cleaning some items have not found their way home.

If Residents are missing items, please start by looking in the Training room. This is where the laundry have stored large items e.g. quilts for easy access by staff.

There are also a number of clothing items that have been found that are not labelled, normally