



# Riverview Happenings

## February 2026

Happy

*Valentine's Day*



### Monthly Newsletter

Riverview Lutheran  
Rest Home

5 Luther Rd  
LOXTON SA 5333  
Ph: 8584 7370

13th  
Loxton Lutheran School  
Bible Presentations

14th  
Valentine's Day

16th  
Resident &  
Representative's Meeting

17th  
Shrove Tuesday  
Monthly Birthday  
Celebrations

28th  
Loxton Mardi Gras

## New Smart Mattresses at Riverview

### From the Clinical Care Manager

Riverview has recently introduced Lenexa Medical Smart Mattresses, which are considered the gold standard in pressure-relieving mattress technology used in aged care and health settings.

Most importantly, these are pressure-relieving mattresses. They are designed to spread body weight more evenly, helping to reduce pressure on areas like hips, heels and shoulders. This improves comfort and helps protect skin health, especially for residents who spend more time in bed or have reduced mobility.

The mattresses also include quiet, built-in technology that helps our care team monitor movement and time spent in bed. This supports timely assistance, safer care, and fewer disruptions overnight.

There are no cameras, microphones or wearable devices. The mattress looks and feels like a normal mattress and supports comfort, privacy and dignity.

For residents, this means better comfort and sleep.

For families, it provides reassurance that their loved one is supported by modern, best-practice care.

### Why Pressure Relief Matters?

When someone stays in the same position for a long time, pressure can build up on certain parts of the body. This can cause discomfort and damage to the skin.

A pressure-relieving mattress helps by:

- Reducing pressure on vulnerable areas
- Supporting healthy skin
- Improving comfort and sleep

By upgrading to these mattresses, Riverview is helping residents stay comfortable, safe and well.

## Happy Birthday

We would like to wish a big happy birthday to our residents who are celebrating in **February**

We hope you have a blessed Birthday and a memorable year ahead.

Many blessings and best wishes from everyone at Riverview.



**6th Doreen Cooke**

**7th Yvonne Simon**

**15th Louise Owen**

**16th Valma Hampel**

**22nd Lynette Ellbourne**



In January, Edwards and Traeger residents celebrated our birthdays together, with a party and were spoilt with a beautiful cake made by our amazing chef Greg.

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

### Welcome Back Chelsea

A BIG welcome back to our wonderful Wellbeing Program Manager, Chelsea! At the beginning of February, Chelsea returned from maternity leave following the birth of her beautiful son, Henley, last year. She has settled back in brilliantly this week and will be with us Monday to Wednesday throughout February, before resuming her full-time role in March. Riverview residents, families, staff, and volunteers are all delighted to have you back — we've truly missed you Chelsea!



### Keeping Active in the Heat

Due to extended periods of hot weather throughout January, we occasionally needed to adjust our usual activities, including outings and walking groups. Our lifestyle staff and volunteers worked together to continue providing fun and engaging experiences, such as games afternoons, relaxation and pampering sessions, arts and crafts, reminiscing and active afternoons enjoying our new games table. Air hockey has been especially popular with many residents, offering a fun way to stay active and challenge their physical abilities while also enjoying the social interaction, lively conversation and cheering each other on. Our residents particularly enjoy it when our staff stop by for a few minutes to join the fun!



## Getting Crafty and Creative

Our residents enjoy expressing their creativity through cooking and arts and crafts. In January, they made delicious pizzas and took part in a variety of craft activities, including creating life story posters through reminiscing, drawing, cutting, pasting and colouring.

Everyone also got their hands dirty with painting as we began preparing decorations for our car and bus for the upcoming Loxton Mardi Gras parade. We will continue working on these decorations over the coming weeks leading up to the parade.



## Media Stars

Residents Shirley and Maureen enjoyed some time in the spot light recently, when they were interviewed by ABC Riverland about how the recent heatwave experienced in our region has affected them. Fortunately, only minor adjustments were needed, with residents staying cool indoors and taking advantage of brief opportunities to enjoy fresh air and sunshine when conditions allowed.



## Craft with Donna

During the school holidays, our People and Culture Manager, Donna, brought along some special helpers, Della and Spencer, to assist with a fun and engaging craft activity. Our residents put their creative talents to work, creating these adorable little chickens, while enjoying a wonderful time together.



## Australia Day

We celebrated Australia Day with a range of fun and festive activities, including an Aussie thong toss and Australia-themed word finds and crosswords that kept everyone entertained.

To beat the heat, residents also enjoyed refreshing ice creams, making it a relaxed and joyful day of celebration for all.



## Traeger News

Throughout January, Traeger residents stayed active and engaged with a wide variety of games, gaining the benefits of movement, hand-eye coordination, balance, and plenty of fun and laughter along the way. They made the most of opportunities to spend time in the courtyard, when the weather permitted and lent a hand with household tasks, including packing away Christmas decorations.

Residents also enjoyed shared activities with the Edwards community, such as weekly singalongs, Chapel church services and monthly birthday celebrations. Other favourite activities included bingo, rest and relaxation sessions, arts and crafts, gardening, puzzles, and movement to music.



# RIVERVIEW COMMUNITY NOTES:

## NEW CLOTHING REMINDER

Please ensure new clothing is left at reception or in the resident's room in a bag labelled

For Laundry

## The importance of labelling **EVERYTHING**

We ENGRAVE items for FREE, just bring them to office.

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 heat proof labels, as they will wash off.

## Resident and Representative's Meeting

Our next Resident and Representative's Meeting will be held in our Chapel and Wellbeing Centre on Monday the 16th of February at 10.00am.

## Can You Help?

Do you have any small pieces of wooden furniture that you no longer need? We are after some sanding projects for our residents. If you have anything suitable you are willing to donate, please contact the Wellness Program Manager Chelsea on 8584 7370.

Complaints and Feedback, and Disclosures that Qualify for Whistleblower protection under section 547 of the Aged Care Act 2024 are welcome.

Riverview's Whistleblower protection officer is Clinical Care Manager Rebekah Nikolajevic [ccm@riverviewresthome.com.au](mailto:ccm@riverviewresthome.com.au) or 0885847370

## 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.

## Have you got something to say? We love hearing from you!

Had a great experience, a concern you'd like to discuss or wish to provide some feedback?

We welcome residents and their relatives to utilise our Feedback forms found in the Edwards dining room.

A comment, concern or suggestion can be made by filling out a form and placing it in the box.

## Riverview Chapel Offerings

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

For the month of January, \$724.00 in donations went to Loxton High School Chaplain. If you wish to make an offering on Wednesdays during chapel please see the Lifestyle Staff for a chapel voucher.

**February Chapel offerings will be donated to Riverview Lutheran Rest Home.**