

RIVERVIEW HAPPENINGS

AUGUST 2026

UPCOMING AUGUST EVENTS

7th - Aged Care Employee Day

7th - Jeans for Genes Day

7th - Loxton Lutheran School Worship

13th - Ballroom Dance Class at Loxton Retirement Community Centre

14th - Loxton Parish Hall Art Exhibition Outing

14th - Teddy Bear Picnic with the students from the Loxton Lutheran School

17th - Resident and Representative's Meeting

17th - Julie Noble Concert

18th - The World's Kitchen 'Greece' - NEW PROGRAM

21st - Navigating the Digital World: The Cyber Safety Workshop

21st - Op Shopping Retail Therapy Outing

21st - Loxton Lutheran School Worship

24th - Loxton High School Visit

26th - Loxton Lutheran School Book Week Parade

27th - Lunch at the Local Outing

31st - Julie Noble Concert



Riverview Lutheran Rest Home

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Ph: 8584 7370

CEO Report

How is it that we are over halfway through the year already? I have recently returned to work after a lovely 3 week break exploring New South Wales in our caravan, exploring the coast from Byron Bay down to Port Stephens, then heading across to the Hunter Valley for a little wine tasting, Bathurst doing a lap of the racing circuit with the caravan in tow, and then detouring home via Shepparton in Victoria to spend a few days with our daughter. It was June when I left, and after coming back to work all refreshed and jumping straight into financial reporting and budgeting, suddenly, its August !

However, August is an extremely exciting time for us at Riverview this year with works on our new 22-bed extension about to start. The site huts have arrived and fencing is being erected. The new building will be constructed in four stages due to the size and location of the site on the Northern Boundary slope. Completion is scheduled for November 2027.

If you have not already seen the plans, you can view them in our Chapel and Wellbeing centre and in the Passageway near reception next to the hairdressers. If you have any questions, please do not hesitate to ask one of our staff, who will either be able to assist, or direct you to someone who knows the answer.

Jan, our General Services Manager will keep residents informed if works are to be undertaken earlier in the morning (ie laying concrete, or because the weather is expected to be hot) or later in the day than usual. Jan will also let you know if we expect any particularly noisy works to be happening close to existing resident rooms. If you have any concerns about dust, noise, or the works that you observe, please speak to Jan so she can address or resolve the issue. Jan will be in regular contact with the project site manager and will be able to raise any concerns promptly.

The board has recently endorsed the 2026/2027 budget, which includes the following bigger price tag items; We are pleased to be continuing our King Single bed upgrades, with another 10 King Singles to be purchased this year, we are also purchasing another car to help support our Community Connection and Active Living program. (at present there can be a few competing priorities for the car between staff attending training, maintenance requiring the car and our Residents getting out and about in the Community, so another vehicle will greatly assist) We are also aiming to create a more homely and more peaceful environment in Traeger by installing carpet in the Traeger Hallways, Lounge and activity area.

We aim to provide you with the best care and services possible but understanding that sometimes things may not go as planned or expected, so as always, we appreciate your feedback on what we are doing well, and what we could do better.

Thank you for choosing Riverview

Nicolle Jachmann
Chief Executive Officer

Wrestling with God

By Pastor Mat Eckermann

We all wrestle. We wrestle with ourselves. We wrestle with other people. We wrestle with the world around us—and sometimes with God. The story of Jacob wrestling with God is found in Genesis 32:22–31. Jacob had reached a turning point in his life. After many years away, he was returning home to face his brother Esau—the brother he had cheated long ago. Jacob could not undo the past or change what he had done. The night before they met, he was alone when a man came and wrestled with him until daybreak. By the end of the story, Jacob realised he had not simply wrestled with a man; he had wrestled with God.

Why would God wrestle with Jacob?

It wasn't because God wanted to defeat him, nor because Jacob could somehow overcome God. Rather, God was bringing Jacob to the end of himself. For much of his life, Jacob had trusted his own plans and abilities. But now there was nowhere left to run. God met him—not to destroy him, but to bless him. With a single touch, God dislocated Jacob's hip. The contest was never equal. Yet throughout the long night, God remained with Jacob. Finally, Jacob stopped striving and simply clung to God, saying, "I will not let you go unless you bless me" (Gen 32:26).

That was the turning point.

Jacob no longer sought another clever escape. He sought only God's blessing. Perhaps this is one of the ways God works in our lives. There are times when we face questions we cannot answer or burdens, we cannot carry ourselves. We discover that our own strength is not enough. It is not that God has abandoned us. Rather, He is drawing us away from trusting ourselves and teaching us to depend on His mercy. That dependence is not a sign of failure; it's the beginning of faith. Faith has never been about presenting our strength to God. Faith is receiving His grace with empty hands.

There is, however, one struggle that God does not leave for us to fight. The deepest struggle is against sin itself—a struggle none of us can win. That is why God sent His Son. In the Garden of Gethsemane, Jesus wrestled in prayer as He faced the cross (Luke 22:39–46). On the cross He entered the deepest darkness, bearing our sin, our judgement, and even death itself. There, Jesus fought the battle we could never win. And He won it. Through His death and resurrection, sin, death, and the devil no longer have the final word. Because Christ has overcome them all, we no longer have to wrestle to earn God's forgiveness or strive to make ourselves acceptable to Him. Christ has already done that. So when we wrestle with life's questions, we do so as people who already belong to God. We wrestle not to gain God's love, but because we already have it. That may be the greatest comfort in Jacob's story. Jacob said, "I will not let you go." Yet the greater truth is that throughout the whole night, God never let go of Jacob.

Neither does God let go of you. The same God holds on to us? Hear this promise too, in God's word from St Paul: "neither death nor life... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" (Romans 8:38–39).

Even when our grip feels weak; God's grip never is. Our wrestling may continue, but the decisive battle against sin has already been won by Christ.

COMMUNITY CONNECTIONS and ACTIVE LIVING Report

July was another busy month for our Community Connection and Active Living Program. We braved some cold mornings to continue our weekly walking groups, rugging up so that we could still enjoy the fresh air and some sunshine and vitamin D. Our gym program remains a highlight for many of our residents, where they are able to complete their individualised exercise programs or simply enjoy the movement of a ride on the recumbent bike. Visiting physiotherapist Kelsey is busy updating individual programs to suit the ever-changing needs and abilities of our residents and even challenge those who are completing their programs with ease.

We enjoyed some more memorable and meaningful outings throughout the month, including a visit to the Loxton RSL. Secretary Lorraine kindly gave her time to speak with us and share stories about the memorabilia on display. We then had the opportunity to walk around and explore the exhibits, ask questions and share conversations, making it a truly engaging and informative experience.



Another special event we were fortunate to attend, was a Paint and Sip, run by the Loxton Waikerie District Council, as part of their current Season of Creativity program. Talented local artist Lyn guided the group to each paint their own teacup and saucer, each one unique with its own design and individual flair. Our residents were proud of their finished products and appreciated the opportunity to bring them home to enjoy. It was a lovely morning filled with creativity, conversation, and connection with our local community.



COMMUNITY CONNECTIONS and ACTIVE LIVING Report

Sometimes it's the simple pleasures that bring us the most joy, such as great coffee, conversations and companionship. All of these were present on our recent trip to Rusty Spoon Café.



To add further interest to our scenic bus trips, during July we took two separate art trail tours, travelling around our town in the Riverview bus and car to view the work of local artist Jarrod Loxton. We visited seven different locations, admiring appreciating Jarrod's talent and his incredible art.



Other outings throughout the month, included celebrating Naidoc week by attending the flag raising, smoking ceremony and morning tea at Loxton Rotunda and connecting with the children at Loxton Lutheran School during Friday afternoon worship services, where we are warmly welcomed and included each time we visit.



NAIDOC WEEK
50 YEARS DEADLY
5-12 JULY 2026



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 \$903.00 in donations went to Finke River Aboriginal Mission. If you wish to make an offering on Wednesdays during chapel, please see the Lifestyle Staff for a chapel voucher.

August Chapel offerings will be donated to Riverview Rest Home.

Sometimes it is the simple things that create the best memories

There's nothing quite like the smell of snags on the BBQ on a sunny afternoon! Thanks to a suggestion from our recent Resident and Representative's Meeting, our residents enjoyed a fantastic sausage sizzle, with resident Rob firing up the barbie alongside our Lifestyle Team.

The irresistible aroma of sizzling snags on the barbie soon caught the attention of Chef Greg, who simply couldn't resist following his nose to see what the excitement was all about. It was a wonderful afternoon filled with plenty of laughs and even better company!



Knitted with Love

There's been plenty of love, care and teamwork going into a very special project here lately. Our residents have been busily creating beautiful blankets to donate to those doing it tough during these cold, dewy nights. Each knitted square, each crocheted stitch and every ribbon tied has been done with kindness, and we hope that the love woven into each blanket helps bring a little warmth and comfort to someone who needs it most.

A heartfelt thank you to everyone who has contributed throughout our yarn a lot knitting group, whether you helped to knit squares, crocheted them together, or helped finish each blanket with a ribbon, every helping hand has made a difference.

Watch this space as we'll be donating in the near future.

Your Voice Matters!

Community consultation for the newly proposed silo art has certainly been a hot topic lately, so we thought we'd see what our residents had to say!

Our Lifestyle Team put together a fun community poll, giving residents the chance to vote for the artwork they would most like to see featured on the Alawoona silos. It didn't take long for the discussion to get going, with even staff popping down their vote, sharing their thoughts and favourite as well.

After plenty of friendly debate, option 4 'Local Wildlife' came away as a clear winner, with option 3 'Farming Communities' finishing a close second!

It was wonderful to see so many residents getting involved, sharing stories and opinions along the way. We look forward to seeing the final chosen design and cheering on whichever artwork made the final cut!



Homemade Cards for Seniors

We recently received a wonderful surprise after being contacted by Homemade Cards for Seniors Australia, who kindly offered to include our residents in their beautiful card giving program.

Thanks to this incredible initiative, our residents will receive several deliveries of lovingly handmade cards throughout the year, including Christmas, Easter, Birthday and Thinking of You cards. What a special way to brighten someone's day and we feel so lucky to be part of it!

A very special thank you to our local card maker and delivery volunteer, Roberta Beer, for your kindness, creativity and generosity. The cards were absolutely beautiful and well beyond anything we could have imagined. We can't wait to share them with our residents and see the smiles they bring!

It's thoughtful gestures like these that remind us how much kindness exists within our community.



Introducing Resparke!

We're SO excited to introduce Resparke, an exciting new addition to our home that is set to bring even more choice, connection and enjoyment to our residents.

Using the Resparke device, any television can become a smart TV, opening the door to a personalised experience filled with music, games, videos, quizzes and interactive activities. Our Lifestyle Team has recently completed training and is now gradually introducing Resparke into our daily lifestyle program.

One of the best things about Resparke is that it's all about individual choice. Whether you'd like to enjoy a favourite playlist, listen to an audiobook, take an armchair trip anywhere in the world, hear the Bible read aloud or join a spiritual service of your choice, the possibilities are endless. The device can even be brought into a residents room, enabling them to enjoy the content that's meaningful to them in the comfort of their own space.

Another feature we're already loving is the microphone and wireless headsets. These can be used for a one-on-one session or during group activities to help reduce hearing related barriers. We're already seen some wonderful outcomes, with residents who live with hearing impairments finding it easier to hear, participate and engage in activities they enjoy.

We're looking forward to discovering even more ways Resparke can support our residents' individual interests, preferences and wellbeing. Stay tuned as we continue exploring all that this fantastic technology has to offer and don't be shy to try it out, just ask a friendly staff member in **pink** and we can take care of the rest!



The **AFL footy tipping** is a popular activity amongst our residents and here are our current leaders:



EDWARDS

1. Pat H - 118
2. Peter S - 109
3. Shirley P - 106

TRAEGER

1. Betty B - 96
2. Shirley F, Rosemary K, and Uncle Mick - 89
3. Ruth S and Miguela B - 87

Thank you for your feedback!

A big thank you to all our residents who have shared their feedback and supported us as we continue improving our live streaming system.

Thanks to your suggestions, we've been able to enhance the quality of our live streaming channels, making it even easier for residents to stay connected with the activities they love.

Not feeling quite up to venturing out of your room for your favourite activity? That's okay! You can enjoy many of our lifestyle activities from the comfort of your room. For example, if you don't feel like joining the singalong in person, simply switch your television to channel 102 and enjoy the music from wherever you're most comfortable. And that's just one of the many activities available!

We know that every day is different, and we're committed to making sure everyone has the opportunity to stay connected in a way that suits them.

If you need any assistance accessing the live stream or would like help finding your favourite activities, please don't hesitate to speak with one of our staff members. We're always happy to help you stay connected to the people, moments and experiences that mean the most to you.

Loxton Library Donation

For some, reading is one of life's great pleasures. It allows us to explore new worlds, learn new skills, and relax during our leisure time. However, standard book print can sometimes present a challenge, making it difficult for some to enjoy.

We are absolutely delighted to share that the Loxton Library has generously donated a wonderful collection of large print books to us. This thoughtful contribution has been well received amongst our residents, ensuring that reading remains an accessible, comfortable and enjoyable choice for everyone.

This exciting donation arrives at the perfect moment! We have recently relocated our reading nook to a beautiful new spot. You can now find our nook outside of our community hub, situated near the Chapel and Wellbeing Centre, and the Riverview gym. This fresh location offers a peaceful, quiet space designed for you to unwind, relax, and get lost in a good book.



Riverview's MAD Hatter Tea Party

We went down the rabbit hole one afternoon in July for an absolutely epic Alice in Wonderland Mad Hatters Tea Party! Our Chapel and Wellbeing Centre completely came alive with pure magic, endless laughter, and a wonderful touch of silliness!

Everyone thoroughly enjoyed themselves while diving into delicious tasty treats, colourful dress ups, enjoying great music and dancing the afternoon away.

Check out some of our favourite smiles and moments in the photos below.



Meet the Team Behind the Care

Have you ever wondered what happens behind the scenes to keep our home running smoothly each day? It takes a special team of people, each with an important role to play. In this feature, we'd like to introduce you to the different departments that help make life enjoyable, comfortable and safe, while sharing a little about the valuable work they do for our residents.



Meet Our Caring Team

They are the multitasking superstars who provide the daily helping hands, the best listening ears and a reassuring word right when it's needed most. No request is too big and no task is too small, our navy blue team put their heart and soul in to help provide daily care and support!



Meet Our Nursing Team

Our wonderful clinical team who look after everyone's health and wellbeing around the clock. They are the experts who manage the medications, check the vitals, and make sure everyone is feeling their absolute best each and every day.



Meet Our Cleaning Team

The busy team keeping our home sparkling clean, hygienic, and beautiful every day. Armed with mops, microfiber cloths and vacuums, our blue team work their magic to ensure every corner looks bright, tidy and welcoming.



Meet Our Catering Team

The team keeping you nourished and who quite frankly hold the key to our hearts... and stomachs! They work tirelessly in the kitchen to whip up delicious homecooked meals, baked treats, and endless cuppa's, catering to every taste bud and craving in the building! Life is just sweeter whenever they're cooking!

Meet the Team Behind the Care



Meet Our Office Team

These friendly faces will handle all your enquires, phone calls, emails, finance questions and all the behind the scenes paperwork and spreadsheets to keep our organisation running as a well oiled machine!



Meet Our Laundry Team

Our laundry lasses fight a daily battle against tough stains and creases, and spend their day solving the great mystery of the missing socks and are the reason we all smell like fresh linen and sunshine.



Meet Our Maintenance Team

Keeping our home safe and in working order, these gents help keep our gardens looking pristine and will give any odd job a crack at fixing! Armed with a morning coffee, a trusty toolbox, and endless patience, they are the official fixers of leaky taps, squeaky doors, and everything else in between.



Meet Our Community Connections and Active Living Team

The team keeping your body moving, helping you stay strong in the Riverview gym and keeping you connected to your local community! If there is a fun local outing or an adventure happening, you can bet they pulled the strings behind the scenes!

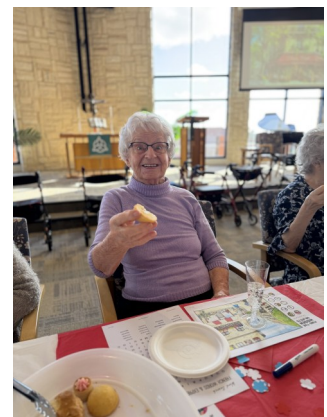


Meet Our Lifestyle Team

The pink team, more commonly known as the curators of a good time! We plan your bingo bashes, art and crafty days, happy hours, concerts, and daily social events. The list of fun could go on but we think we'd run out of ink!

Riverview celebrates Bastille Day

Resident Gisele shared her French heritage with everyone this Bastille Day, giving us the chance to celebrate alongside her. We enjoyed a glass of bubbles, delicious French inspired treats, plenty of conversation and laughs, and a wonderful performance by Gisele singing Edith Piaf's *La Vie en rose*. It was a simple but special way to celebrate, bringing us all together to enjoy good food, good company and a little taste of France.



NAIDOC Week

Our Chapel and Wellbeing Centre was a vibrant hub of creativity recently as we came together to acknowledge NAIDOC Week. To honour and reflect the rich history and culture of First Nations people, residents took part in a beautiful yarn winding craft workshop.

Everyone selected their own meaningful colours to carefully wind around natural tree branches, turning simple pieces of wood into beautiful pieces of art. It was a wonderful, tactile way to connect with traditional craft concepts while having a good chat over the craft table.

The afternoon became even brighter with an unexpected visit from Wellness Program Manager, Chelsea's, young son Henley! Our residents absolutely loved mingling with Henley and watching him explore the colourful wools and wrapped branches. Seeing the craft through his curious eyes brought an extra layer of joy and generational connection to an already special day.



Commonwealth Games

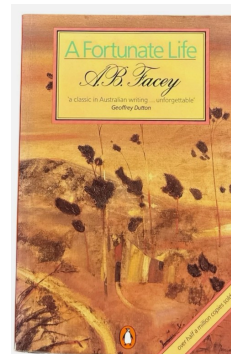
Our home was transformed into a sea of green and gold recently as we all got into the spirit of the Commonwealth Games. Residents proudly wore the national colours to cheer on our incredible athletes, and the competitive energy in our home was electric! We have loved watching along with all of our Aussie athletes on the big screen and sharing in the excitement together.

Of course, we couldn't let our athletes have all the fun. Our Lifestyle team facilitated a brilliant games afternoon to get everyone stuck into the action. Residents showed off their own gold-medal skills, taking on a variety of parachute and beanbag games. There was plenty of friendly rivalry, lots of laughter, and definitely a few champion-worthy performances! **Aussie Aussie Aussie Oi Oi Oi**



Book Club

Our residents have just completed reading A. B. Facey's 'A Fortunate Life', the extraordinary life of an ordinary man. It is the story of Albert Facey, who lived with simple honesty, compassion, and courage. A parentless boy who started work at eight on the harsh Western Australian frontier, his journey sparked a wonderful discussion and opportunity to reminisce among our readers. It is clear that our residents are absolutely loving Australiana, Outback tales, and autobiography books at the moment!



We welcome book lovers of all kinds to our circle. If this sounds of interest to you, join us on Wednesday at 3:00pm for book club with Dakota in the Chapel and Wellbeing Centre.

Science Sessions

Our science sessions have got our residents officially hooked! Our very first session started with a clever trick where we used trapped air pressure to harden a simple drinking straw and pierce it right through a raw sweet potato.

There were plenty of laughs as we rubbed balloons on our heads to see what we could lift using static electricity, followed by a mesmerizing "rain in a cup" experiment using shaving cream and food colouring to create miniature weather storms. The real showstopper, however, was pushing pencils through a bag of water. While it gave a few residents a nervous fright about a potential cleanup, the plastic constricted perfectly around the pencils, keeping us completely mess free!

The session was such a success that residents have requested for more science classes. So... Let's give the people what they want and bring on its return in the August program!



AUGUST BIRTHDAY'S

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

2nd Beryl Law

13th Veling Scheffel

14th Shirley Pfeiffer

16th Ruth Schutz

18th Robert Pfeiler

20th Gisele Geste

24th Leonore Martin

24th Pam Falting

27th Wendy Schwartzkopff



We hope you have a blessed Birthday and a memorable year ahead. Many blessings and love from the Staff of Riverview.

TRAEGER NEWS

Our Traeger residents have been loving rolling up their sleeves on Saturday afternoons for cooking classes with lifestyles, Emma. There is nothing quite like the smell of fresh baking, and everyone thoroughly enjoyed the process of mixing, rolling, and cutting the dough. Of course, the best part was the taste test afterwards, enjoying them warm with a generous dollop of jam and cream!



We have been making the most of the beautiful weather by getting out into the garden for some fresh air and movement. It has been wonderful to stretch our legs and admire the greenery. The outdoor fun proved to be quite contagious, even Nurse Sandy got into the action, stepping onto the grass to show off her impressive footwork skills and giving us all a great cheer!



TRAEGER NEWS

Bingo remains an absolute favourite here in Traeger, and our recent sessions have been as fun as ever. The competition was friendly but fierce as everyone listened closely for those winning numbers. There were plenty of smiles, laughs, and cheers across the room, made even sweeter by the delicious chocolate prizes won by our lucky residents.



July brought the spirit of the Commonwealth Games straight to Traeger! Our residents turned into elite athletes as they took part in a fantastic lineup of games and events. We used pool noodles, cups, and stacking activities to test our coordination, and wrapped things up with a highly competitive game of floor shuffleboard. It was an afternoon packed with team spirit, plenty of laughs, and sheer FUN!



TRAEGER NEWS

To wind down after our busy days, we have been thoroughly enjoying mindfulness colouring and brain-teasing word games. These quiet afternoons are perfect for relaxation, and they are made even more special when our wonderful staff come to sit right beside our residents to help them along their way. It is a beautiful time for one on one connection and companionship.



We proudly acknowledged NAIDOC Week recently with a beautiful and creative lifestyle activity. Traeger residents gathered together to participate in traditional dot painting, learning about Indigenous art styles while creating their own unique pieces. It was a meaningful, colourful, and therapeutic way to pay our respects and celebrate First Nations culture and history.



We are absolutely delighted to introduce our newest volunteer, Trish! You will start seeing Trish's friendly face around the Traeger regularly on Tuesdays, where she will be helping out and engaging with everyone in the lifestyle program. She cannot wait to get to know our Traeger residents better. Trish is pictured here on her very first day, jumping straight into action to help residents engage in a beautiful flower arranging activity. Please join us in giving her a massive Traeger welcome!



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 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 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.

Technology is becoming a bigger part of everyday life, but it can sometimes feel a little overwhelming.

Join us for our **Navigating the Digital World: The Cyber Safety Workshop** information session, where we'll explore ways to stay safe online and build confidence using technology.

The session will be held in the Chapel and Wellbeing Centre on the 21st of August at 1:30pm.

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.

Interested in Volunteering?

At Riverview, we recognise the significant impact our volunteers have on our residents wellbeing and welcome anyone who would like to enhance the lives for older adults, form meaningful connections and an opportunity to give back to your community to contact us!

If you or anyone you know that is interested in volunteering at Riverview, please contact Wellness Program Manager Chelsea on 08 8584 7370 for further information.

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@riverviewrehome.com.au or 0885847370

Resident and Representative's Meeting

Our next Resident and Representative's Meeting will be held in our Chapel and Wellbeing Centre on Monday the 17th of August at 10am.