RIVERVIEW HAPPENINGS

NOVEMBER 2026

UPCOMING NOVEMBER EVENTS

3rd – Melbourne Cup

5th – Loxton Library Visit

9th – Julie Noble Live in Concert

11th – Remembrance Day

12th – Loxton Riverfront Outing

13th – St Albert's Catholic School Visit

13th – Scenic Car Trip

13th – Loxton Lutheran School Worship

19th – Parish Hall Gallery Outing

20th – Scenic Bus Tour

20th – Community Coffee Outing

23rd – Bible Studies with Pastor Mat

23rd – Decorating for Christmas

24th – Decorating for Christmas

26th – Lunch at the Local

28th – Loxton Lights Up

30th – Julie Noble Live in Concert

Riverview
Lutheran Rest Home Inc

A: 5 Luther Road, Loxton SA 5333

P: (08) 8584 7370

W: www.riverviewresthome.com.au

E: enquiries@riverviewresthome.com.au

access more news and stories on our
@riverviewresthome facebook page

CEO Report

It's hard to believe that November is already here and we are quickly heading towards the end of another year. As the weather warms up and we hopefully enjoy more opportunities to get out and about, it is a timely reminder of how important it is for all of us, regardless of age, to keep moving and remain active.

One of our ongoing focuses at Riverview is helping residents to remain active and independent for as long as possible.

As we get older, maintaining our strength and mobility becomes increasingly important. If we stop using the abilities we have, everyday tasks such as getting out of a chair, walking or dressing can gradually become more difficult.

This is one of the reasons we introduced our HUR gym program at Riverview. The specialised equipment enables residents to undertake exercise appropriate to their individual abilities in a safe and supported environment.

The purpose isn't about lifting heavy weights or completing a strenuous workout. It is about maintaining the strength needed for everyday life. Being able to stand from a chair, walk safely, maintain balance and continue doing things independently can have a significant impact on a person's confidence and quality of life.

Our HUR program also complements the work of our care and allied health teams in supporting mobility, reducing falls risk and helping residents maintain their current abilities.

Of course, independence means different things to different people. For some it is walking independently, while for another person it may simply be being able to participate in part of their own personal care or make their own choices about their day.

At Riverview, we want to provide assistance where it is needed without unnecessarily taking away the things a person can still do for themselves. Maintaining independence isn't about doing everything on your own. It is about continuing to do what you can, with the right support around you. So whether you're a resident, a family member or friend, a member of our staff, now is a great time to think about what you can do to help maintain your independence and mobility.

We are always looking for ways to improve and bring best practice to Riverview. Your feedback is an important part of this, so please let us know what we are doing well and where we could do better.

Thank you for choosing Riverview

Nicolle Jachmann

Chief Executive Officer

COMMUNITY CONNECTIONS and ACTIVE LIVING REPORT

October was an action-packed month for the Community Connection and Active Living Program. We've continued to enjoy keeping active and getting out and about in our local community, making the most of many opportunities to combine a little exercise with social connection and a lot of fun.

Throughout the month, we enjoyed our regular library visit, weekly walking groups, small group coffee outings and scenic bus trips, with new and exciting outings also added to the schedule. One of these, was a visit to Loxton MFS, where firefighters Aidan and Nick spent time showing us around the station, introducing us to the equipment, and explaining some of the processes and procedures used when working together to keep our community safe. It was an enjoyable and insightful morning, leaving us feeling incredibly grateful for the dedication, care, and expertise of our local emergency services. Another highlight during October, was our first lunch on board the Murray River Queen. The weather was perfect, the view spectacular and the food fantastic, ensuring we had a lovely time exploring one of our wonderful local attractions.











This year, we made the Riverland Garden and Rose Festival a feature on our program, enjoying a wide range of outings, including open garden visits to MacEden and Medea House, outings to The Pines and The Historical Village, scenic bus and car trips and a stroll along the Mini Silo Art Trail. We were blessed to be so warmly welcomed during each of these outings, reminding us of how special it is to live in such a thoughtful and caring community.






More happy snaps from the Riverland Rose and Garden Festival Week













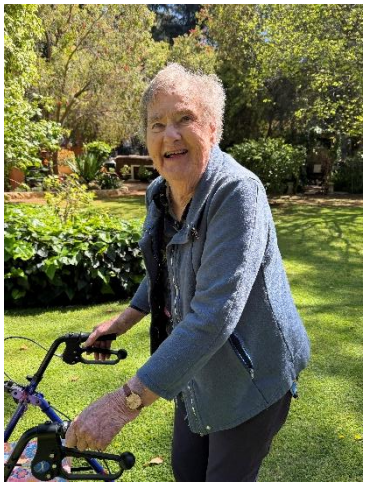
















A Saint? Who, Me?

by Pastor Mat Eckermann

A Bullfrog. Chickenhawk. Turtledove.

Growing up, our boys loved watching the Ice Age movies. If you've watched them, you'll remember Manny the mammoth and Ellie, a female mammoth who has grown up believing she's a possum. When Manny tries to explain that she is actually a mammoth, he insists that you can't be two things at once. But Sid the sloth is quick to challenge him, coming up with examples like a bullfrog, a chickenhawk and a turtle dove. It's a funny exchange, but it brings to mind something about the Christian faith. Christians, too, are two things at once. We are both saints and sinners!

So, a saint? Who, me? Most of us probably wouldn't think of ourselves as saints. When we hear the word, we tend to picture stained-glass windows, statues or remarkable people like Mother Teresa, St Paul or St Francis. People who seem to belong in a different category from the rest of us. But the Christian understanding of a saint is quite different. A saint isn't someone who has lived a perfect life. A saint is someone who has been forgiven. A saint is nothing more and nothing less than a saved sinner. Martin Luther described this with the Latin expression simul iustus et peccator, meaning that Christians are simultaneously justified (righteous) and sinners. In ourselves, we still fall short of what God desires. But through Jesus, our sins are forgiven and we are made right with God. We aren't saints because we've become good enough, or because we live completely holy lives all the time; we are saints because of what Jesus has done for us.

Why remember the saints? Each year, around 1 November, the Church observes All Saints Day. It's an opportunity to remember three important things:

First, we remember who we are. Our identity doesn't depend on what we've achieved or how well we've lived. It rests on Jesus and his grace.

Second, we remember those who have gone before us. We think of family, friends and fellow Christians who have died, remembering their lives, their personalities and the ways they touched ours. They didn't live perfect lives either; they too needed Jesus, just like us. We don't have to pretend that death doesn't hurt when we lose someone close, but we take comfort in the promise that death does not have the final word. Jesus does.

Third, we remember that we belong to something much bigger than ourselves. The Church stretches across generations, including those who have gone before us, those who worship today and those yet to come. We share the same Saviour, the same forgiveness and the same hope of eternal life.

Sinners saved by grace. The saints throughout the ages were ordinary, imperfect people. Their faith was lived out in everyday circumstances through kindness, service, sacrifice and perseverance. These things weren't a way of earning God's favour, but a response to the new life he had given them. And that's the wonderful thing about All Saints Day. God doesn't wait for us to get our lives together before he loves us. He knows us, including all our faults and failures, and still calls us his own. God's love isn't something we earn or have to prove ourselves worthy of; it's given freely through Jesus, who gave his life for us.

And this same grace doesn't leave us standing still. Through faith in Jesus, and with the help of the Holy Spirit, God enables us to live as his people. We grow in faith, show kindness, serve others and reflect his love in the ordinary days of life. We won't do it perfectly, but we can live with the confidence that we are loved and forgiven by God. So, perhaps Sid was onto something after all. Sometimes we really can be two things at once! We are sinners who are forgiven, loved by God and made saints through Jesus Christ. Sinners – not perfect, just forgiven.

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 $714 in donations went to Lutheran Community Care Australia. If you wish to make an offering on Wednesdays during chapel please see the Lifestyle Staff for a chapel voucher.

November offerings will be donated to Gideon's International in Australia Inc.

Community Garden Update

Our veggie gardens are coming along beautifully! By tapping into our residents' backgrounds and their lifelong identities of working on the land and caring for produce, we have been lovingly tending to our veggie pods. Currently, the pods are home to thriving Roma tomato plants and sugar snap peas, two absolute favourites of our residents to grow, and of course, to eat! It has been wholesome to watch the daily growth of the plants, alongside the genuine interest of our residents, as this space becomes a wonderful daily focal point in our garden.






Are you familiar with our Community Connections Mailing List?

Something you may not know is that we actively receive newsletters from a range of different local organisations. Our goal is to help you remain connected to your favourite local groups, committees, congregations and organisations before you transition into residential aged care.

On admission, our lifestyle team gathers as much information as you are comfortable sharing with us. This enables us to truly get to know you on a personal and individual level. While many of you have already shared your connections and are receiving these communications, we wanted to map out exactly what we currently offer.

We are proud to receive communications from St Peter's Crossflow Church, Concordia Lutheran Church, Anglican Church, Catholic Church, Uniting Church, Loxton Garden Club, Senior Citizens Club, Ladies and Men's Probus, RSL, Loxton Golf Club, Lutheran Tidings and local sporting clubs such as the Loxton North Football Club.

Don't see your favourite group listed?
If you don't see an organisation of your choice, or if you simply wish to learn about something entirely new, please let a friendly staff member in **pink** know! We are more than happy to reach out and subscribe to their communications on your behalf.

Meet Bubbles the Bot, our newest team member!



We are thrilled to introduce a brand-new addition to our Riverview community. Lovingly named after both the OMNI brand of champagne and the robot's own brand, **Bubbles the Bot** felt like the absolutely perfect fit for our home.

While you are fast asleep, Bubbles will be hard at work helping to keep our corridors clean and tidy throughout the night, quietly moving along as it goes about its business.

Please don't be alarmed if you see or hear it moving around. It is designed to detect and move around obstacles in its path, so there is no need to worry – it won't run you over!

We hope this new addition will help us maintain a clean and comfortable living environment for everyone.

Paint & Sip FUN!

Our dining room looked more like an art studio one week as we gathered for a special Paint n' Sip afternoon. We wanted to tie into the local Riverland Rose and Garden Festival, and our residents certainly brought the theme to life.

Everyone tried their hand at painting a floral arrangement of their choice. With a drink of choice in one hand and a paintbrush in the other, it was wonderful to see everyone having a go and really capturing the beauty and community spirit of the week. A big thank you to everyone who joined in and shared their talents with us!









All the Fun of the Loxton Show, Right Here at Home!

We brought the classic country spirit straight into our home recently for our annual Loxton Show week celebration. It was a massive, jam-packed week of action, designed to make sure everyone could enjoy the local show traditions safely and conveniently from home.

We kicked things off by submitting entries into the official show exhibitions, with over 20 of our talented residents entering items they had proudly made, created, or hand-picked. We were absolutely thrilled to see so many of our residents win prizes for their hard work!








Our Traeger residents took out second place in the scarecrow-making competition with their fantastic 1960s rock 'n' roll dancer, while our Edwards residents turned Elvis and Slim Dusty into brilliant scarecrows.





From there, the fun didn't stop, we held our very own sheaf toss and biscuit decorating competitions, laughed our way through a fantastic magic show, and welcomed a traveling farm barn. Everyone loved having a cuddle with the friendly farm animals, which was a definite highlight of the week.



















It was a wonderful time full of nostalgia and community spirit. A massive thank you to our incredible team and volunteers who helped bring all the action to life, and a huge congratulations to all our prize winners! We'll leave you with some fantastic pictures from our very own Side Show Alley, which was packed with fun games, show bags, a photo booth, and plenty of good times!





















TRAEGER News

Our Traeger residents have had a wonderfully busy couple of weeks full of baking, dancing, and getting creative!

Our living spaces have been filled with delicious aromas as everyone teamed up to bake a fresh batch of classic cornflake biscuits, which, of course, tasted even better paired with a cuppa afterwards.









We also broke out the dancing shoes, with residents, family members, and staff all joining in to dance the afternoon away together.







On the creative side, some tried their hand at a clever shaving foam and acrylic paint art project. By swirling the paint through the foam, residents created some beautiful, marbled patterns to make their own custom bookmarks.





RIVERVIEW COMMUNITY NOTES:

The importance of labelling EVERYTHING

We ENGRAVE items for FREE, just bring them to our 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, clothing, hearing aids, glasses, electrical equipment, shoes, blankets and rugs, makes it easier for staff to find their owners. If you're missing items of clothing, please check the lost property at the alternative entrance (staff can support you with this if required) and request for items to be labelled if they are yours.

Clothing labelled with permanent marker are requested to have heat proof labels, as they will wash off.

NOVEMBER BIRTHDAY'S

We would like to wish a BIG Happy Birthday to our residents who are celebrating their birthday in **November**

12th Betty Bradtke

12th Helen Huxtable

12th Pat Hall

20th Ron Law

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

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.

WHAT DOES MAINTENANCE DO?

- Gardening
- Recycling and Waste
- Television 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 a Nurse, who can log a 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.

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 or (08) 85847370

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 your representative's 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.

Resident and Representative's Meeting

Our next Resident and Representative's Meeting will be held in our Chapel and Wellbeing Centre on Monday the 14th of December at 10am.