



Riverview Happenings

JUNE 2024



Monthly Newsletter

Riverview Lutheran
Rest Home
5 Luther Rd
LOXTON SA 5333
Ph: 8584 7370

4th—Monthly Birthday
Party

10th—Kings Birthday
Public Holiday

15th—World Elder
Abuse Awareness
Day

17th—Resident and
Representatives
Meeting

17th—Sentimental
Journey Concert

20th—Lunch at the
Local

21st—Living Waters
Christian Community
Movie Outing

28th—Superhero
Dress Up Day

CEO REPORT

Welcome to winter! It is amazing how quickly the season turns and how fast the year is passing. They say time flies when you're busy and having fun, so we like to give our residents the opportunity to keep occupied with activity options both at home, (Riverview) and as part of the wider community.

We are truly blessed to have a wonderful Lifestyle team that enjoy spending time with our residents, and a host of lovely volunteers that are very generous in sharing their time and skills. We recently had the opportunity to thank and celebrate our volunteers during Volunteers Week, follow us on Facebook to find out more about some of our wonderful volunteers, and why they love volunteering at Riverview. A huge thankyou to all our volunteers, they are all very much appreciated.

Our lifestyle program is full of various activities and Residents can take part in as many or as fewer activities as they please, the choice is always there, and made possible by our wonderful lifestyle team, fantastic volunteers and other organisations we partner with in the Community.

We are also very blessed to have our wonderful Chapel and Wellbeing Centre, a lovely space that is well used every day of the week for various activities.

If you, or anyone you know would like to be involved in any of our programs either as a participating resident or as a volunteer, please speak to the lifestyle team and we will welcome your participation.

In the meantime, stay warm and enjoy the landscape of colour the changing season brings and keep praying for much needed rain!

As always, we strive to provide the best possible care and services to our residents, therefore If you have any queries, comments, suggestions, or concerns, please do not hesitate to contact us, your feedback is valuable and appreciated.

Thank you for choosing Riverview.

Thankyou

Nicolle Jachmann

Chief Executive Officer



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

1st June Nitschke

1st John Madden

4th Walter Miller

11th Martin Rohrlach

12th Marg John

12th Neth Gray

14th Mac Reichelt

30th Jan Sheehan

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

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

Riverview Chapel Offerings

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

For the month of May \$454.65 in donations went to Beyond Blue. If you wish to make an offering on Wednesdays during chapel please see the Lifestyle Staff for a chapel voucher.

June Chapel offerings will be donated to the Lutheran Media Ministry.

Meet Emily... Our Physiotherapist !!



Emily visits us here at Riverview each Tuesday, working with residents to restore movement and function, using a variety of techniques to aid in improving mobility, reducing pain and enhancing overall quality of life.

Emily thrives on helping individuals maximise their physical potential and achieving ones optimal level of independence. If you see Emily around, don't be shy, say hi!

Lunch at the Local

Fred was a VERY chuffed man at a recent lunch at the local outing, choosing to indulge in a favourite meal of his... a rack of ribs!!



Food has a wonderful way of taking one on sensory experience, evoking memories for Fred of summertime gatherings cooking at home on the grill for his loved ones.

Living Waters Movie Outing

Outings to the Living Waters Christian Community provide the perfect opportunity for our residents to form new friendships, rekindle longstanding ones and form a deep connection and sense of belonging within our community. Thankyou to the team of angels at LWCC for putting together these special outings and enriching the lives of our residents.



Mother's Day Celebrations

Our Riverview community came together as we celebrated all of our incredible mothers and the remarkable roles these women have played in shaping the lives of their loved ones and beyond.

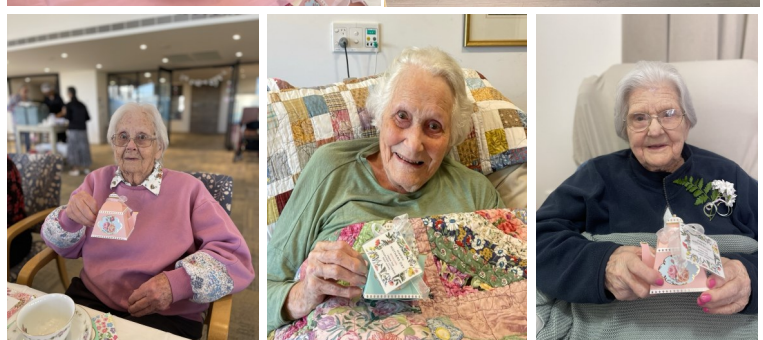
Thank you to all who joined us in making our Mother's Day High Tea events unforgettable, lovingly hosted by the lifestyle team and with a delicious spread prepared by the catering team. An afternoon filled with an abundance of love and joy, through sharing treasured memories and inspiring stories of motherhood.

The lifestyle team wrapped up the weeklong festivities with a PJ party and presented a gift to all of our wonderful ladies, a small token of our immense gratitude and love.

Congratulations were also in order for our raffle winners!!

1st place - Sheryl Pont

2nd place - Margie from **team lifestyle**



National Reconciliation Week 2024

“NOW MORE THAN EVER” May 27 - June 3

National Reconciliation Week focuses on building respectful and positive relationships shared by Aboriginal and Torres Strait Islander peoples and other Australians.

This year's theme was 'Now More Than Ever'.

Through holding a First Nations inspired painting class called “Connecting The Dots Through Culture”, provided the perfect opportunity to reflect on the decisions that changed history such as the High Court Mabo decision and the 1967 referendum, where Australians voted to remove clauses in the constitution that discriminated against Aboriginal and Torres Strait Islander peoples.

National Reconciliation Week is a time for all to learn and embrace our shared histories, cultures, achievements and to explore how each of us can contribute to achieving reconciliation in Australia **Now More Than Ever!**



See Me, Know Me... Meet Jeoff!

What is your favourite food? Yabbies... ANY WAY, the MORE the better! One of Jeoff's favourite past times were cooking up a big batch of yabbies, enough to cover the table. Jeoff would never leave the table hungry and still have plenty for pickling. Jeoff fondly remembers taking pickled jars of yabbies to school with him and a slice of bread to make a yabby sandwich, the rest is history.

What is your most treasured memory? This one was an EASY answer, Nana Milich. Jeoff shared that she just gave the BEST cuddles!!

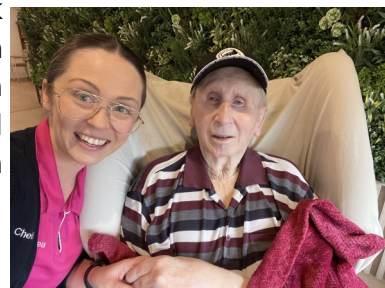
Do you have a talent or hobby that some might not know about? Jeoff thought the world of tennis, however did share he enjoyed the end of the day, far more than the game itself! Jeoff also enjoyed playing football for his beloved Loxton Tigers. Winning a premiership in Loxton's B Grade team against Moorook was a highlight!

If you could invite ANY 3 people to dinner, who would it be? Another easy answer... Veronica (Jeoff's Wife), Isabelle (Jeoff's Mum) and Paul (Jeoff's Dad).

Did you ever have a nickname? Yes... Fred! Lovingly gifted to him by his older brother, Hedley. Jeoff recalls that the name just stuck! He remembers many happy memories as a young lad on his brother's farm, driving tractors and herding sheep.

What has been your favourite place to travel too?

Crabbing at Price took the cake for this question (man after my own heart)! Jeoff also enjoyed two trips to Tassie with Veronica!



Thanks for sharing Jeoff!

RIVERVIEW AFL Footy Tipping Season



This is Riverview's **FAVOURITE** season, where we find out **JUST** how competitive we all really are. Check out the close scores for Round 12! **EDWARDS:**

1. Susan Carter - 70 points
2. Gwen Chapman & Peter Schulz - 65 points
3. Gloria Farley & Fred P - 63 points

TRAEGER:

1. Shirley Flavel - 65 points
2. Anon - 61 points
3. Lenore Martin & Marlene Henschke - 54 points

Riverview's BIGGEST Morning Tea

On Thursday the 23rd of May, Traeger and Edwards residents and friends of Riverview joined in for our BIGGEST morning tea. Our event assisted in raising vital funds for life-saving research, prevention programs, and information and support services, which make an incredible difference to so many impacted by cancer. Thankyou to all who got involved on the day and in the lead up, helping to create some beautiful teapot flower arrangements.



South Australia's History Festival - POWER

Every single one of us has a story. Some of these stories are grand and far-reaching; others are quiet, personal and held close. Some are handed down and others broadcasted widely. We carry these stories with us; some of them written across our face, much of our own personal history connecting to our local history and let me tell you, there is power in storytelling and above all, there is power in people!

In the spirit that is history month, some Traeger and Edwards residents enjoyed the opportunity to venture to the Loxton Historical Village for a VIP tour, with guest speaker, Merv Gladigau jumping on board to give us the ULTIMATE tour. Residents were also thrilled to watch the 2024 Loxton's History Sure Ain't Boring on the big screens in the chapel and took a trip down memory lane with some preserved possessions from yesteryear such as the gramophone, the coal iron and a crystal radio set at our Antiques Roadshow display!



TRAEGER NEWS

Enjoying the Autumn sunshine is the PERFECT way to savour the changing of seasons. Whether it's a leisurely stroll through the garden or sitting outside with a warm cuppa, soaking up the sunlight can be incredibly refreshing!



Instant Mood Booster

May meant more puppy cuddles and with the colder weather on the way, our residents are ready to snuggle up with our furry companions and soak in all the love and comfort they can give!



The beauty of Autumn

As the leaves fall gracefully and cover the ground in a cascade of colours, we're thankful to have some helpful folk around to keep our garden looking beautiful. Martin and Betty have also been busy planting new blooms in our garden beds!



Day SPA Delights

Nothing says relaxation and rejuvenation quite like a spa day, which our residents had the pleasure of enjoying the opportunity to unwind and feel special during a recent pampering session with Michelle!



Friends through the generations

The tale of this treasured and long-lasting friendship started many years ago when the two picked grapes together.

What a privilege and absolute pleasure it has been watching the two reconnect through their genuine connection with one another and a friendship that will stand the test of time.

"True friends are never apart, maybe in distance, but never in heart"



National Volunteers Week 2024

The theme for National Volunteers Week 2024 is 'Something for Everyone' and we're celebrating the diverse passions and talents that everyone brings to the act of volunteering.

Riverview residents had the opportunity to also give their thanks during our Volunteer Appreciation Afternoon Tea held in our Chapel and Wellbeing Centre. It was truly a pleasure to witness a room filled with so much love and gratitude, with many residents sharing their thanks and volunteers alike sharing in what volunteering means to them and the reward they receive through volunteering here at Riverview.

Thankyou to the residents who assisted with baking chocolate chip biscuits and making some small 'tea-riffic' gifts for our volunteers.



As we reflect on the impact that our volunteers have on our residents wellbeing, their unwavering commitment in our community and to those who provide so much joy to our residents through music, social interactions, chairing Riverview resident and representatives meetings, at church and on crafty days, join us as we showcase and thank some of our team of dedicated volunteers over the next few pages!

Volunteer Appreciation Afternoon— National Volunteer Week 2024

Meet Dakota

How long have you been a volunteer at Riverview for?

I am still relatively new to volunteering at Riverview but will continue to come back!

What motivated you to give back to the Riverview community?

The compliments my mum (who works as a Nurse at Riverview) gets from the residents and staff about me, it makes me want to work harder!

What is the most rewarding part of being a volunteer?

Seeing how different people work and adjust to different circumstances to help people, it allows me to imagine what I want to study after I graduate!

What would you say to someone who is thinking of volunteering?

I would 100% recommend it if you're thinking of volunteering. The rewarding feeling is something that will keep you going back.



Meet Genni!

Tell us a little about yourself and how long you have been a volunteer at Riverview for?

I was born at Pinnaroo on the 24th of May, 1936. Being the 7th in a family of 10 children (7 girls and 3 boys). I was used to being around a lot of people and enjoyed growing up on the farm. Apart from 3 years spent at boarding school, I have lived in the country all my life. My husband Stan and I shared 60 happy years together. I now have 14 grandchildren and 14 great grandchildren! Apart from all the chores on the farm like milking cows, cooking for shearers and looking after my family, I became heavily involved within my community. Doing my share in the community really caught on and grew from there. Through word of mouth, my community involvement had gotten back to the CEO of Riverview at the time and he rang me, asking me if I'd like to chair the resident meetings at Riverview. I accepted and have been coming ever since. I became very involved with the residents taking some of them for walks in the early morning, writing their life stories and general visiting. I was also involved with pancake mornings. I have grown to love visiting the nursing homes. It's been 21 years since I started volunteering at Riverview.

What motivated you to give back to the Riverview community?

The main motivation is the welcome I receive both from staff and residents. Also the fact that I can help making residents happy.

What is the most rewarding part of being a volunteer?

The most rewarding parts of volunteering are hearing a resident say "you have made my day" or just the smile on their faces when you enter a group area or their room. It is also rewarding to be able to sit with someone and hold their hand if they are upset or not feeling well.

What would you say to someone who is thinking of volunteering?

The rewards are endless - the smile on a face when entering their room. The appreciation they show when you leave. Knowing that you have helped, in a small way, to make someone's day.



Volunteer Appreciation Afternoon— National Volunteer Week 2024

Meet Julie!

Tell us a little about yourself and how long you have been a volunteer for?

I live in Lyrup, although I was a Loxton girl! I often think about it as I get older, what my life will be like in the future. This place puts a different perspective on that! So here I am.. five years later, loving it!

What motivated you to give back to the Riverview community?

I would not be here if it wasn't for a dear friend, who was a valuable and well loved volunteer at Riverview at the time. I had no hesitation to join her and the team!

What is the most rewarding part of being a volunteer?

I would say the reward I get is when I'm with the residents, seeing their smiles and laughter when we're together. It is such a pleasure and wonderful feeling. Not a day has passed since being here that I haven't been happier.

What would you say to someone who is thinking of volunteering?

Definitely give yourself an unforgettable experience and join us. It's truly a beautiful feeling getting to form relationships with these amazing, charming people (staff alike). I will continue my journey in the coming years here!



Meet Anne!

How long have you been a volunteer at Riverview for?

I started volunteering in September 2007, whilst my mother was a resident. Due to a need for a pianist for Thursday singalongs, I started playing every Thursday afternoon at that stage. It was great fun, I also served on the board for 9 years, and sometimes drove the bus for outings. With many other helpers, we organised dinners and entertainment in Peace Hall and raised thousands of dollars for things to make the residents lives more enjoyable. Eg the first bus, some luxury chairs and televisions.

What motivated you to give back to the community?

I really appreciated the care given to my mother, and saw the enjoyment that music brought to the residents.

What is the most rewarding part of being a volunteer?

I actually feel I get more out of it than I give. To see toes tapping and smiles on faces of residents who sometimes can't do anything else is fantastic.

What would you say to someone who is thinking of volunteering?

Don't think any longer. Just do it. I have met a great deal of people through volunteering, and whilst none of us are perfect, we get the job done. More the merrier.



Volunteer Appreciation Afternoon— National Volunteer Week 2024

Meet Gordon!

How long have you been a volunteer at Riverview?

I first started volunteering at Riverview in 2009, when I was asked by my brother who had started earlier to join in on singing with the residents. As I have always enjoyed singing, and would have spare time in retirement, I didn't take much convincing. The rest is history.

What motivated you to give back to the Riverview community?

I grew up in a home where I always found my parents very generous towards others with their time and possessions. I realised many years ago that there is much more joy in giving than receiving.

What is the most rewarding part of being a volunteer?

I have found the most rewarding part of volunteering is the participation of the residents and the joy on their faces. It's also rewarding to witness the truly caring nature of the staff who allow it all to happen.

What would you say to someone who is thinking of volunteering?

Give it a go and I'm sure you will be blessed.



Meet Jovie!

Tell us a little about yourself and how long you have been a volunteer at Riverview for?

I grew up in the Philippines and came to Australia in 1995. I looked after my husband Terry for more than 20 years, but we enjoyed our life to the fullest. Life is good if you're a positive person. I have been enjoying volunteering at Riverview for about a year now.

What motivated you to give back to the Riverview community?

Since being on my own after losing Terry, I feel very safe. So I decided to volunteer my time at Riverview and in the wider community. I'm really happy!

What is the most rewarding part of being a volunteer?

To meet the people! No regrets.



What would you say to someone who is thinking of volunteering?

Not only money can make you happy. Try everything in your life, especially volunteering!



Thank you to those who give so freely of themselves and for showing us all the boundless potential of human kindness. Your willingness to give your time, skills, and energy to serve others so selflessly embodies the spirit of generosity and compassion that lies at the heart of our community. Whether you've been with us for years or recently joined our team, your contributions are greatly appreciated.

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.

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.

Assorted Cards

Should you need a card for an occasion, look no further than the assorted cards available to be purchased at Reception for just \$2.

An outing at the Living Waters Christian Community

The Living Waters Christian Community will be hosting their monthly tea and movie afternoon on the 21st of June at 1:30pm.

If you're interested in attending, please speak with our **Lifestyle Team** for further information.

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.

There are also a number of clothing items that have been found that are not labelled, normally these are placed in the cupboard at the rear of the kitchen, but there are SO MANY that there is a large stack in the laundry.

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.