

Riverview Happenings

AUGUST / SEPTEMBER 2024



Monthly Newsletter

Riverview
Lutheran
Rest Home

5 Luther Rd
LOXTON SA 5333
Ph: 8584 7370

1st —
Fathers Day
Sausage Sizzle

3rd —
Monthly Birthday
Party

12th —
R U OK Day?

27th —
AFL Footy Colours
DRESS UP Day

28th —
AFL Football
Grand Final

SHOW WEEK

ARE YOU A KEEN CRAFTER OR TALENTED ARTIST?
IF SO, WE WOULD LOVE TO DISPLAY SOME OF YOUR
CREATIONS!

WE WELCOME OUR RIVERVIEW COMMUNITY TO SUBMIT ALL
FORMS OF ARTS AND CRAFTS SUCH AS PAINTINGS,
DRAWINGS, KNITTING, CROCHET, BLANKETS, POTTERY, MUSIC
AND MORE!

ALL ENTRIES ARE REQUIRED TO BE SUBMITTED BY THE END
OF SEPTEMBER TO THE LIFESTYLE TEAM.
WE CAN'T WAIT TO REVEAL HOW TALENTED OUR COMMUNITY
IS.

DATES FOR SHOW WEEK STILL TO BE CONFIRMED
STAY TUNED!

Clinical Care Manager REPORT

Happy September and welcome to spring!

I just wanted to pop in and say hello and remind you all that the girls in green are here to help answer any of your questions relating to your health concerns and medications.

Your regular doctor will visit every month; however, we do have access to the on-call doctor in between your regular doctor visits if your concern can not wait for the next visit from your regular doctor.

Our physio Emily visits every week to help with your transfers and mobility assessments and works closely with Rachel (purple top) our allied health assistant in preparing exercise programs and pain massages.

We can also access the speech pathologist if you are having any troubles with your food textures or with your swallowing. If this is the case, please speak to one of the girls in green so that we can arrange a referral for you.

Our podiatrist comes every 2 weeks and should see you every 6 – 8 weeks.

If you would like to discuss your care needs, be it the days you shower or the amount of help you need at mealtimes, please ask to speak with Renee who will help you to design your care plan that works best for you.

Remember Sharni the hairdresser is here on Tuesdays to bring your hair dreams to life, if you would like to book in, come see Hailey at the front desk, no you don't need money on the day, it can be added to your bill later.

As always, the girls and guys in blue are here to assist you in anyway necessary and support you in achieving your goals. They can also provide free hugs as needed.

Please remember we need your feedback, we don't know what we don't know so if you have any, be it good, bad or ugly please let us know. This can be done face to face with one of the girls in green or if you would prefer to do this anonymously, feedback forms and the feedback boxes are available in the lounge room or by the Traeger entrance.

Sending love and light to you all, remember to smile often...

Bek

What has been happening during the months of **JULY & AUGUST** at Riverview?

Riverview Chapel Offerings

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

For the month of July **\$375** went to the Finke River Aboriginal Mission and in August **\$755.25** went towards the Riverview Lutheran Rest Home.

If you wish to make an offering on Wednesday during Chapel, please see the Lifestyle staff for a chapel voucher.

September Chapel offerings will be donated to the Loxton and District Bible Society.

The Joy in Giving Back

Our residents need no persuasion to gather in the Chapel Kitchenette for a little fun baking, especially when the homemade goods were being sought after and would be going to a good home for the Finke River Mission.

This year our residents chose to make some delicious cornflake biscuits. Old recipes really are the best, classics that continue to stand the test of time and satisfy the tummy's of many.



“It's not how much we give, but how much love we put into giving”

Wise words from Mother Teresa

NAIDOC WEEK CELEBRATIONS

Riverview recently came together to celebrate NAIDOC Week, a special time dedicated to honouring the history, vibrant culture and significant achievements of Aboriginal and Torres Strait Islander peoples.

From July 7th—14th, our residents immersed themselves within the First Nations culture through the forms of art, music, colour and story sharing.

Resident Rob Colls took pride in accompanying Wellness Program Manager Chelsea to the flag raising ceremony here in Loxton. This special outing offered the opportunity to hear from Aunty Sheryl Giles, as she shared invaluable insight about our regions rich history.

Bastille Day

July saw residents celebrate Bastille Day on July 14th with an elegant afternoon tea, with savoury delights such as croissants and the classic French pastry that is macarons.

Our residents were transported straight to France through incorporated French themed décor, flowers and music, which sure did set the scene this afternoon. No resident enjoyed this experience more than our very own Gisele, who appreciated all embracing the beauty of her culture.



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

SEPTEMBER

7th Joan Ingram

14th Gilbert Schutz

18th Peter Schulz

23rd Kath Eakins



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.

Crafting it up with Anna

With the Bastille Day festivities occurring, the lovely Anna felt inspired to have residents create a beautiful wreath using colours and images that remind us of the beauty of France. Check out their creations, which was proudly on display during our celebrations for all to enjoy.



Connecting with our Pen Pals

Lovingly made cards from our Pen Pals at the Loxton Lutheran School will always be our favourite and an instant mood booster!!



Our residents just couldn't wait to create a little insect themed bookmark to send back to the their pals during one of our crafty days. Their smiles say it all!

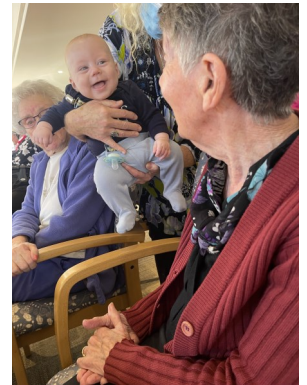
Sunny Days

Despite the unpredictability with the weather of late, we've been seizing every opportunity to enjoy some fresh air and soak up some vitamin D! Whether it's a brief spell or a break in all the wind, we've embraced the outdoors and relished the benefits of nature whenever we can!



Intergenerational Baby Bliss

July included two very special visits from our volunteer Julie and the newest member of the family, Xavier her grandson, and Mac's great granddaughter, Millie. Enjoy these heartwarming photos.



We celebrated Aged Care Employee Day together and our CEO, Nicolle Jachmann, acknowledged some long standing employees of Riverview, with special mentions going to resident Sandy for her care and dedication shown while working at Riverview as a Registered Nurse. Staff were treated to a visit from Little Miss Daisy for morning tea and gifted some delicious chocolate treats from Ausnat Fruits.



RIVERVIEW AFL Footy Tipping Season ends

and the **2024 WINNERS ARE :**

**** Drum Roll ****

Edwards

1. Susan C and Peter S - 126 points
2. Maureen T - 125 points
3. Fred P - 124 points

Traeger

1. Anon - 123 points
2. Shirley F - 119 points
3. Betty B - 109 points

Riverview Staff

1. Emma R - 133 points
2. Susan R, Verona W and Volunteer Julie - 128 points
3. Chelsea L - 123 points

What FUN we had this year for Riverview's tipping competition season!

Congratulations to our Riverview Winners for 2024!!



Thank you to all the kind hearted Aged Care workers who selflessly dedicate their time to caring for others!



Olympic Games

Riverview residents were transported straight to Paris with a fortnight of fun games to get our bodies moving for the 2024 Paris Olympics!! Congratulations to all of our medallists and residents who gave it their all in discus, cup pong, table tennis, javelin, ring toss and many more 'minute to win it' games!



Farewell Friends

A bittersweet moment at Riverview as we bid farewell to the wonderful Pastor Avito and Anna da Costa, who joyfully dedicated their time, and poured their heart and soul into serving the Riverview community and beyond.

To celebrate their incredible journey with us, we thanked them during Pastor Avito's last service with us, as well as a special goodbye afternoon tea in their honour, filled with laughter, memories, some tears shed and lots of love.

While we will miss their presence dearly (even right up until their moving day, Chelsea was still not sure if she was going to let them leave), we wish Pastor Avito and Anna well and all the happiness life can offer as they enter their next chapter.



60th Anniversary Celebrations

Can you believe it has been 60 years since the Riverview foundation stone was laid? Neither can we! It all started when two members of the St Peters Lutheran Church, Mr Alwin Waldemar Traeger and Mr Ernest Konrad Kaesler, decided to purchase four and a half acres of land on Luther Road, Loxton. The property included a nine room home. Fast forward 60 years, collectively with the support of the Lutheran Church and members of our community, Riverview has continued to grow and keep up with demand and growth within the region.

A heartfelt thankyou to Pastor Avito and Anna for putting on a wonderful and informative celebration, and also creating a book sharing the journey of Riverview over the past 60 years. Should anyone wish to browse this book, please speak with the Lifestyle team.

Thank you to all who joined us for the celebration and those who kindly shared a few words.

Introducing the NEW Riverview Gym!!

After months of anticipation and careful planning, our Riverview gym has officially launched, and our residents are BUZZING with excitement and enthusiasm!!

With the support and guidance of Riverview's Physiotherapist and Allied Health Assistant, individualised plans have been created for interested residents, co-designed to assist in safely accessing the equipment during 1:1 private sessions and supporting the individual towards achieving their health and wellbeing goals!



In addition to these services and resources, Lifestyle welcomes residents of all fitness levels to join us during our movement based activities, scheduled most mornings, as we know the benefits on our health and well-being through maintaining an active lifestyle!



Traeger News

July brought some cooler weather with it, meaning for some fun afternoons enjoying our sensory stimulating Tovertafel Table.



August graced us with warmer weather, in which our residents wasted no time getting out into nature, pottering around in preparation for SPRING!



And you bet we take up any chance to warm up our bodies, put some upbeat music on and have a little dance with one another, our loved ones and Riverview staff!

And we enjoyed strolls to the beautiful Pines House and Garden.



Fun is the fuel that makes life's journey enjoyable!



GET ON YOUR
dancing shoes

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.

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.



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!

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.

An outing at the Living Waters Christian Community

The Living Waters Christian Community will be hosting their monthly tea and movie afternoon on the 20th of September at 1:30pm.

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