



Riverview Happenings February 2025



Monthly Newsletter

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

10th
Resident and
Representative's
Meeting

14th
Pancake
Morning Tea

14th
Valentine's Day

22nd
Loxton Mardi
Gras Parade

24th
Men's Group



Whatever
you do, do it
with Love.

1.Cor. 16:14

CEO REPORT

Its hard to believe we are already in February! I hope everyone had a lovely Christmas and New Year, this year I was very blessed to have my whole family home for Christmas until after new year, we had a very busy week and a full house, but it was absolutely lovely having everyone home.

2025 will be another busy year here at Riverview with our reaccreditation due, planning for our proposed 22 room extension and the New Aged Care standards expected to commence in July.

In order to apply for re-accreditation, aged care providers are required to submit an application 6 months prior to the expiry of their current accreditation expiry date, pay a fee, and submit a comprehensive self-assessment of how the provider believes they meet the Aged Care Standards.

Over the coming months each of our area managers will be completing self-assessments of the standards relevant to their areas of responsibility, they will be looking at the systems, processes, policies and procedures we have in place, what checks and audits we have in place to ensure what is in our policies and procedures is followed, and what actions we take if things are not getting done to ensure they are done in the future and that all staff are aware of what is expected. The information from each manager is then collated into one big self-assessment document, often up to 60 or 70 pages of information, and submitted along with our application.

Sometime in the 6 months after we have applied for re-accreditation, assessors from the Aged Care Quality and Safety Commission will arrive unannounced (we have no idea what week or day they will come) and spend several days at the facility talking to residents, staff, families, looking at documentation, policies and procedures to gain a good understanding of what and how things are done. They then prepare a comprehensive report of their findings, what they have seen and what people have said and make recommendations as to whether or not they believe the aged care home has met the Aged Care Quality and Safety Commission standards. The provider then has a couple of weeks to respond to the report and recommendations, then a decision regarding compliance and re-accreditation is made.

Whilst reaccreditation is certainly an opportunity for residents and families to speak with the Commission, please don't hesitate to raise any concerns with us as they arise, so we can work with you to resolve them straight away, there is no need to wait until someone else comes here to tell someone your concerns, please let us know as they arise.

We strive to provide the best possible care and services for our residents and appreciate your feedback about things we can do better, and it's also great to know what you think we do well.

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

FEBRUARY

6th Doreen Cooke

7th Yvonne Simon

15th Louise Owen

22nd Lynette Ellbourne

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.

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

Riverview Chapel Offerings

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

For the month of January donations went to Loxton High School Chaplain. Thank you for your kind offerings of \$457.00

If you wish to make an offering on Wednesdays during chapel please see the Lifestyle Staff for a chapel offering voucher.

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

Gloria's Gift

A woman no stranger to a crochet hook or pair of knitting needles, has used her gift to lovingly create a handbag that brought both joy and value to each of the ladies in Traeger.



The best gifts come from the heart and not the store... Thankyou Gloria!!

The **BEST** and most **DELICIOUS** day of the month

With her hairnet and gloves on, and a smile that could brighten anyone's day, Ruth spent her morning volunteering to help Riverview's Wellness Program Manager Chelsea whip up some pancakes for all to enjoy!



Thank you Ruth for your thoughtful gesture, served as a beautiful reminder that love, when shared, is as sweet and comforting as a pancake made with care.

Adventure on Wheels

With the new year well and truly underway now, our scenic bus trips have already seen us visit many places around the region such as Loxton's heaven lookout, a trip over the Lyrup Ferry and even a cheeky visit over the river to Renmark to get a soft serve from McDonalds. Our residents just LOVE getting out and the lifestyle team are here to make that happen!



Lunch at the Local's are BACK for 2025!!

It doesn't take much convincing our residents to get out and about... especially when it involves dining out at the local hotel and the menu including crowd favourites such as garlic prawns, fish n' chips and pizza!



And sometimes it really is the littlest things in life that bring the most amount of joy.. For Pete, that meant some delicious take away salt and pepper squid and a nice cold ale to wash it down with.



Meet Maxine

You'll see Riverview's newest volunteer, Maxine Zimmermann, around every second Monday from 3:30pm tickling the ivories and sharing joy with our residents in both Edwards and Traeger. Be sure to pop on down for a listen and a good time... We're sure you won't be disappointed!!



Setting Goals and Getting Active

Our Riverview gym has been a hype of activity of late and a refreshing new wave of energy is sweeping through our gym program, and it's coming from a very inspiring group of residents!

More and more residents are stepping into the gym, and are ready and willing to take on a new fitness challenge and set fresh goals for the year ahead.

It is truly exciting to see more faces than ever before hit the gym and they're proving that it is never too late to start a new chapter in health and wellness.



Singalong Sessions

With a new year upon us, our singalong sessions are getting even BETTER with some exciting new songs to compliment the classics we all know and love, thanks to the collaboration between Riverview singalong volunteers and lifestyle staff.

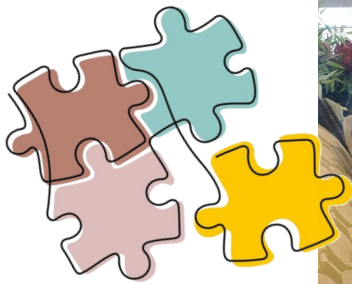


Thus far, new songs from The Beatles, The Seekers and ABBA have received a warm welcome from residents and their loved ones.

A big thanks to those who spent many hours preparing the new songs, music and lyrics for our residents enjoyment!

Engaging Minds— A Place for All

At our Brain Gym, residents and their loved ones have found a welcoming space to exercise their minds, while enjoying some quality time together. Whether its working on puzzles, reading a book, flipping through a magazine, or simply enjoying a good conversation with a friend, the Brain Gym is quickly becoming a favourite spot for all.



Recently, jigsaw puzzles have been gaining popularity with residents eagerly challenging themselves and each other to complete new and exciting designs. The sense of accomplishment that comes with solving a puzzle is truly rewarding, and it's been heartwarming to see so many coming together to share in the fun.

However, due to such high demand for puzzles, we're reaching out to our amazing Riverview community for help! We're looking for Ravensburger jigsaw puzzles that are XXL in size and contain under 300 pieces, as these are the perfect fit for our residents!

If you have any puzzles that you're no longer using and would like to donate, our **lifestyle** team would be incredibly grateful for your support in helping keep the Brain Gym stocked full of engaging activities, a space where connections are made, memories are shared, and minds stay sharp.

Crafty Days with Dakota

Lifestyles newest team member Dakota sure does have a creative flare and a true talent for inspiring and bringing out the creativity in others, as pictured below during a new years themed bon-bon making class, which included some yummy surprises inside the bon-bon.

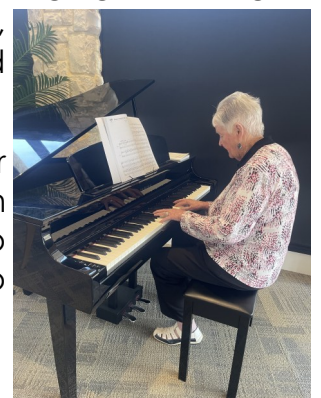


Judy's Joy

For many, music is a powerful way to connect with emotions, memories, and each other, and with musically minded residents like Judy, piano performances do just that.

We hope that Judy's story inspires others to share their hidden talents such as whistling, singing, crafting, baking, magic tricks, photography and MORE!

Everyone has their own unique hidden talent, just waiting to be discovered, no matter the age!



Australia Day Celebrations

Throughout the week, residents fully embraced the spirit of all things iconically Australian. We sang along to Aussie classics, took part in a thrilling thong-throwing competition, and savoured a true Australian delicacy—a classic BBQ followed by some delicious lamingtons.



Monthly Birthday Parties

Every month, our community comes together to celebrate something truly special—the birthday's of our residents!

This monthly occasion has become a beloved tradition, where friends, neighbours, and loved ones gather to honour those celebrating another year of life!

Each party often sees a large turnout and is a festive occasion filled with laughter and joy, where the birthday babies are the stars of the event, surrounded by well-wishes, song and delicious cake, as everyone celebrates their special day.



Cooking Classes

Our residents have been getting busy in the Chapel and Wellbeing Centre kitchenette, adding a fun and delicious new twist to a longtime favourite: Bacon Savories! This time, they've given the classic recipe an even "eggier" upgrade, and the results were nothing short of tasty!



Cool Treats and Sweet Moments

As the weather continues to heat up, our residents have been staying cool and enjoying some delicious ice creams to beat the heat!



That Day Spa Feeling

Traeger residents were recently treated to a relaxing spa day, and it was the perfect way to unwind! With soothing foot soaks, gentle massages, and refreshing scents, everyone enjoyed a moment of pampering and relaxation... even the gents!

TRAEGER NEWS

In our community, residents are finding joy and a sense of fulfillment in performing everyday household tasks such as folding laundry, dusting, cleaning and tidying up!

These simple tasks prove to be much more than just chores— they are a meaningful way to stay engaged and promoting ones independence, all the while putting their love and a little bit of elbow grease into every task.



Parachute FUN

Residents enjoyed a fun-filled afternoon, soaking up the cooler weather and getting active with a playful challenge.

Underneath the shade of the tree, residents spread out and had a 'ball' balancing balls on the parachute, working together and laughing as they tried to keep them steady.



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.

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.

Summer is here!

Please remember to supply your loved ones with a hat as we are no longer able to provide these to residents.

We encourage the use of sunscreen to protect your skin, even in short periods of exposure in the sun. Sunscreen is available for use in both the Edwards and Traeger Nurses stations.



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 April at 10am. This will also include our Catering Meeting with Chef Greg.

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 for further information.

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.