

RIVERVIEW HAPPENINGS

APRIL / MAY 2026

UPCOMING MAY EVENTS

- 7th - LOXTON LIBRARY OUTING
- 8th - MOTHERS DAY DRESS-DOWN PYJAMA PARTY
- 8th - SAPSASA NETBALL OUTING
- 8th - SPA DAY FOR MUM
- 10th - MOTHER'S DAY HIGH TEA
- 11th - WILBURS WILDLIFE EXPERIENCE
- 18th - AN AFTERNOON TO THANK OUR VOLUNTEERS
- 21st - LUNCH AT THE LOCAL
- 22nd - COFFEE OUTING
- 25th - TOPICAL BIBLE STUDIES WITH PASTOR MAT
- 27th - NATIONAL RECONCILIATION WEEK BEGINS
- 28th - BIGGEST MORNING TEA
- 29th - NUNGA MOVIE SCREENING OUTING
- 29th - LOXTON LUTHERAN SCHOOL WORSHIP



Riverview Lutheran Rest Home

5 Luther Rd

LOXTON SA 5333

Ph: 8584 7370

CLINICAL CARE REPORT

As we move through the seasons, it's a wonderful time to focus on keeping ourselves healthy, comfortable, and well-protected. One of the simplest and most effective ways to do this is by staying up to date with recommended vaccinations.

Each year, the influenza (flu) vaccine helps protect us during the cooler months when illness is more common. We're pleased to share that this year's flu vaccinations were successfully given on 15 April 2026, helping everyone stay one step ahead of seasonal bugs.

COVID-19 vaccinations continue to play an important role in keeping our residents safe. These are recommended every six months, with the next round due at the end of June 2026. We'll be sure to provide reminders as the time approaches.

In addition to these regular vaccines, there are a few others that offer valuable protection as we get older. These include:

- Pneumococcal vaccine (1 dose)
- Shingles vaccine (2 doses)
- RSV vaccine (1 dose)

To make things easy and convenient, our visiting pharmacist will be administering the pneumococcal, shingles, and RSV vaccines here on site.

All of these vaccines are recommended for adults and are provided free of charge through government programs, helping everyone access the protection they need.

We also kindly ask for the support of our wonderful family members and visitors in keeping our community safe. If you are feeling unwell, even with mild symptoms like a cough, sore throat, or runny nose, we encourage you to rest and visit once you're feeling better. This small act of care helps protect our residents and ensures everyone can continue to enjoy their time together safely.

If you have any questions or would like to learn more, please don't hesitate to speak with our friendly nursing staff. Staying protected is a simple step that helps us all continue to enjoy each day to the fullest.

With thanks from Riverview's Clinical Leadership Team.

A chat from Pastor Mat

Christ is Risen! Allelujah! He is Risen indeed! Allelujah!

Howdy folks, it's me again. If you've spent any time in the church at Easter, you've likely heard these words: sometimes spoken loudly with joy, sometimes gently, with deep confidence, or maybe with quiet hope. "Christ is Risen!" "He is Risen indeed!" It might sound like a simple call and response. But it's more than tradition. It's more than familiar words. It's a confession. A declaration. A way Christians encourage one another in the most important truth we have, and this is one way our resurrection faith is shared. Think of that first Easter morning. Mary stood at the tomb, grieving, confused, and certain that death had won. She saw Jesus—but didn't recognise Him. Not yet. It wasn't until He called her by name, "Mary" that everything changed. In that moment, she responded. She believed. She knew. Death had not taken Him after all. That's resurrection faith. And in many ways, when we say, "Christ is Risen," and respond, "He is Risen indeed," we are doing the same thing. We are hearing his voice again. We are being reminded—personally—that Jesus is alive. So those words do carry everything. They tell us that death does not have the final say. They tell us that sin does not get the last word. They tell us that the grave is not the end of the story.

They tell us that Jesus is alive! And that changes everything—for Mary, for the first disciples, and for us. That matters, especially in places like Riverview. Here, we know something about the realities of life—its joys, yes, but also its aches and heartbreaks, its losses and changes. And into all of that, Easter speaks, not with empty optimism, not with wishful thinking, but with a solid promise: and because Jesus lives, you will live also. When someone says, "Christ is Risen!", maybe they're feeling strong that day, yet another replies, "He is Risen indeed!", and maybe they needed to hear it more than they realised. Some days you might be the one declaring it with no fuss, other days you might simply be the one receiving it quietly. Whatever the situation, one thing remains the same: Christ is risen! And Risen for you! For your past. For now. For your future. For every fear. For every question about what lies ahead. So this Easter, and in the days ahead, keep these words close. Say them. Think them. Hear them. Because there will be moments when fear creeps in. Moments when uncertainty feels close, just as it did for those first disciples after the resurrection, scared as rabbits, huddled together, doors locked, hearts racing, not knowing what would come next. And yet, even there, Jesus came to them. No locked doors could keep Him out. No fear could hold Him back. He stood among them and spoke peace. He showed them His wounds. He called them to trust again: "*Do not doubt, but believe.*" That same risen Jesus comes to you. Into your fears. Into your questions. Into whatever feels closed off or uncertain. And He says, "Here I am. I am risen." So when you speak these Easter words, you are not just repeating a tradition—something said once a year and then put aside. You are confessing a living reality and sharing in a living hope; for now, and beyond this life. Christ is Risen! Allelujah! He is Risen indeed! Allelujah! Warm regards in our risen Lord and saviour Jesus Christ! Pastor Mat.

What has been happening during the month of **MARCH / APRIL** at Riverview?

Riverview Chapel Offerings

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

For the month of March \$629 in donations went to the Loxton Lutheran School to purchase Bibles for students.

For the month of April \$800 in donations went to the Lutheran Church of Australia SA & NT District. If you wish to make an offering on Wednesdays during chapel please see the Lifestyle Staff for a chapel voucher.

MAY Chapel offerings will be donated to Beyond Blue.

Topical Bible Studies with Pastor Mat

Riverview residents recently enjoyed a truly special morning as we welcomed Pastor Mat to lead the launch of our new Topical Bible Studies program. This exciting addition to our calendar is designed to give residents more frequent opportunities to engage in deep, spiritual reflection and connect personally with our pastor.



Indoor Bowls

Our residents recently came together for an enjoyable game of indoor bowls, sharing plenty of laughs and friendly competition along the way. The session created a relaxed and social atmosphere, with everyone encouraging one another and celebrating each participants bowl. It is a great way to stay active, engage with others, and enjoy some light-hearted fun together. Pictured here is resident Shirley going for the WIN!

Thank you Anne Battams

We would like to extend our sincere thanks to Anne Battams for her generous donation of high-quality jigsaw puzzles for our Brain Gym participants. These puzzles have been a fantastic addition, providing both enjoyment and valuable cognitive stimulation for our residents. Your kindness and thoughtfulness are truly appreciated, Anne, and your contribution is already making a meaningful difference in our program.



Card Making

Our residents recently enjoyed a lovely card-making class, made even more special thanks to a generous donation of craft and card-making supplies from various members of the community. With a wide range of materials to choose from, everyone was able to get creative and personalise their cards exactly the way they wanted. It was a fun and meaningful activity that encouraged self-expression and creativity, with residents taking pride in their unique handmade creations.



Volunteer Updates



Riverview is delighted to welcome back former employee Niseke, who has joined the Lifestyle Volunteer Team and now volunteers each week. She is very much looking forward to spending quality time with you all. You may also have noticed Maxine Zimmermann visiting more regularly, after discovering how much she enjoys volunteering, she now attends weekly, alternating between one-on-one visits, games afternoons, and piano concerts. We are also pleased to see volunteer John Kindness joining us more frequently to facilitate Tai Chi sessions, giving residents the opportunity to gently move, unwind, and enjoy some mindful activity. We are incredibly grateful for all of our dedicated volunteers, who each play such an important role in making our home warm, engaging, and special.

Friday Fun – Pool n' Air Hockey

Our residents have been thoroughly enjoying our Fun Friday afternoons, with plenty of choice on offer to suit everyone's interests. Whether it's a friendly game of pool, some fast-paced action on the air hockey table, or a relaxing cruise on the trio bike, there's always something engaging happening. These sessions continue to be a wonderful way to end the week, filled with laughter, friendly competition, conversation, great company, and shared fun.



RIVERVIEW AFL Footy Tipping Season

With only a few points in it, the competition sure is heating up around here! Here is the latest..



EDWARDS

1. Pat H - 35
2. Peter S - 30
3. Rod B - 29

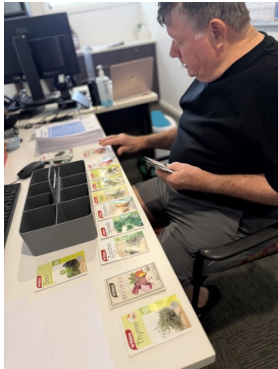
TRAEGER

1. Rosemary K - 31
2. Betty B - 30
3. Ruth S - 29



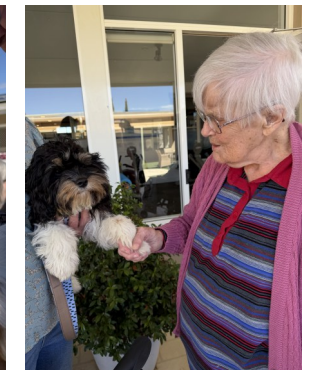
New Experiences

The Lifestyle team have been busy and have recently introduced more male-focused activities to encourage greater engagement among our residents, especially those from farming and block backgrounds, including seed sorting activities, a fiddle tackle box, a tool fiddle box, and some new gardening equipment. The shed in Traeger has also had a fresh facelift, making it more user-friendly while featuring interesting and humorous items displayed on the walls to spark interest and conversation. Our Lifestyle team continues to expand these offerings and is currently looking to purchase additional activities, with a particular focus on sensory resources such as artificial fruit for "fruit packing" activities.



Meet Margarets Dogs

Word travelled fast! As soon as Margaret's families "furr-babies" made their entrance, our residents didn't just walk, they flocked. It was a heartwarming sight to see everyone gathering around, arms outstretched for a turn to give a gentle pat or a long-awaited cuddle.



Intergeneration Therapy Bingo Buddies

We were recently delighted to welcome three energetic students from Loxton High School as they joined us for a special visit. Their time with us was part of the True Right Program, a unique initiative that encourages young people to step outside their comfort zones and build meaningful connections within their local community. During their visit, the students dove straight into the heart of the action by joining us for a resident-fav Bingo session. They acted as dedicated "Bingo Buddies," providing extra support to residents who needed a helping hand with their cards.



Harmony Day

Riverview residents celebrated Harmony Day with a beautiful, creative tribute to our diverse backgrounds. Led by lifestyles Dakota, residents gathered for a special origami workshop. Together, we folded delicate paper cranes, a timeless symbol of peace and hope. Once the cranes were complete, they became the centrepiece of a wonderful storytelling session.



Dakota helped residents attach their handmade cranes to strings, which were then pinned to a large world map to mark their heritage. This visual display acted as a conversation starter, prompting residents to share stories about where they or their families originated.

From Europe to Asia and beyond, it was a moving reminder of the rich cultures and life experiences that make our home so unique. By the end of the session, our map was covered, representing the beautiful tapestry of culture we share right here under one roof.

Flower Arranging

A huge thank you to Christine, one of Riverview's wonderful team members, for gifting us the most breathtaking donation of blooms. Her kindness turned an afternoon into a vibrant celebration as residents spent their leisure time arranging the beautiful stems and filling their home with colour.



Riverview goes GREEN for St Patty's Day

We took the "luck of the Irish" to a whole new level this St. Patrick's Day by putting a hilarious twist on our usual afternoon activities by setting aside our traditional bowling balls and replaced them with, you guessed it, potatoes! The room was filled with laughter as residents tried to navigate the unpredictable, wobbly roll of a potato along the floor of our Chapel and Wellbeing Centre.

Since no two potatoes are shaped the same, every bowl was a surprise. Some spuds veered sharply to the left, while others did a little dance before stopping just short of the target. It turned our regular competitive bowling into a game of pure skill, luck, and a lot of giggling.



Community Connections and Active Living Update

At Riverview, we believe that moving into a residential community should simply be a continuation of a life well-lived, and our new Community Connections and Active Living Program is the perfect reflection of that. This initiative has quickly become a welcomed addition alongside our lifestyle program, offering residents an expanded range of opportunities to stay tethered to their local community and the personal hobbies they have always cherished. Whether it is the simple joy of a morning coffee at the Rusty Spoon cafe, a stroll through the Loxton Library, or the social buzz of lunch at the Loxton Hotel, these outings ensure that the familiar rhythms of life remain as vibrant as ever. By facilitating these meaningful outings and shopping trips, we are seeing residents embrace a renewed sense of independence and joy, proving that the world outside our doors is just as much a part of their home as the world within.



Equally important is the way this program empowers our residents to prioritise their physical health. From the gentle encouragement of our walking groups and focused sessions in the Riverview Gym to the exhilarating fun of our Trio bike rides, there is a newfound energy circulating throughout our home. This commitment to an active lifestyle allows residents to move their bodies in ways that suit their individual abilities, fostering both physical strength and mental wellbeing. The abundance of positive feedback we have received confirms that this program has been a deeply welcomed addition to life at Riverview, and we are incredibly excited to see the new friendships, adventures, and opportunities that will continue to flourish as we move forward together.



He Is Risen! Celebrating the Season at Riverview

Easter at Riverview was a truly joyous celebration this year, beginning with a beautiful chapel service that allowed us to reflect on the season's deeper meaning together. This spiritual start kicked off a week-long calendar filled with creativity and connection, featuring everything from peaceful mindfulness colouring to a lively craft class where we weaved festive bunny bunting to deck our halls. The kitchenette was just as busy as our craft class, with residents putting their decorating skills to the test while icing Easter bunny biscuits, resulting in treats that looked almost too good to eat!

The excitement continued to build with our highly anticipated Easter Raffle, and we want to send a huge "well done" to our lucky winners, Kerri and Hailey. We also made sure every resident felt the spirit of the season with handmade gifts delivered across the home, a small token to show how much our community is cherished.

We wrapped up our Easter festivities with our first-ever Easter Games, and let's just say, things got a little competitive (and a lot hilarious). We kicked things off with the 'Great Bunny Tail Scoop' blindfolding both residents and staff to see how good they were at filling their buckets full of bunny tails, using only a spatula! We think more tails ended up everywhere BUT the buckets. Next, we made sure nobody went hungry at the 'Hungry Bunny Toss' followed by the 'Ear-Resistable Ring Toss', a huge shout out to our brave staff and volunteer Julie who wore giant inflatable ears while residents perfected their aim. To top it all off, our staff finished with an epic Easter Relay Race! Between the hula hoops, skipping ropes and the classic egg and spoon race, we haven't laughed that hard in a long time!!



A BIG thanks to every bunny who made our Easter so special.



Honouring the Spirit - Our ANZAC Day Commemorations

This ANZAC Day, our community came together in a beautiful show of remembrance, reflection, and creativity. It was a day filled with meaningful traditions that allowed us all to pay our respects to those who served and sacrificed, beginning with the nostalgic scent of golden syrup and toasted oats filling the air. Residents spent the morning in the kitchen baking batches of traditional ANZAC biscuits, crafted with the same spirit of care that saw these treats sent to soldiers on the front lines over a century ago.

The commemorations continued with an artistic tribute during our special 'Paint n Sip' class. With brushes in hand and a cuppa' to enjoy, residents drew inspiration from iconic images of soldiers and wartime landscapes. These sunset-hued paintings became a moving visual homage, capturing the silhouettes of servicemen in a display of respect.

In Traeger, our focus shifted to the enduring symbol of the poppy. Through a dedicated craft session, we hand-created vibrant red flowers, with each petal representing a personal moment of gratitude. These handmade poppies served as a beautiful reminder of the "Lest We Forget" sentiment that remains so close to our hearts.

The day culminated in a deeply moving ANZAC service, led by our own residents alongside Dakota from the Lifestyle team. Hearing the words of the Ode and the Last Post echoing through our home, provided a powerful conclusion to a day defined by honour, storytelling, and togetherness.

A special thank you to Kerri, our Community Connections and Active Living Manager, and Registered Nurse, Amanda, who laid a wreath at the dawn service at the Loxton Cross of Sacrifice on behalf of our Riverview community.



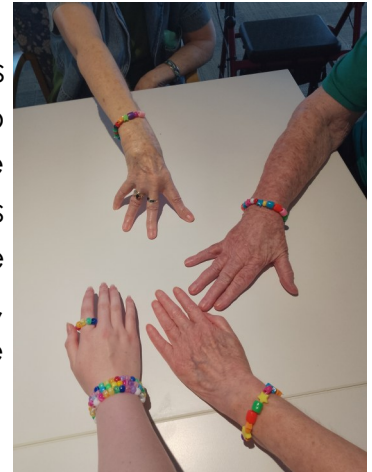
Minute to Win it Games with Dakota

With the residents ready for a laugh, Minute to Win It games was a hit with Dakotas, featuring laughter filled games like ping pong ball challenges, straw and wool racing, and high speed cup stacking. The afternoon concluded with friendly team competition, focusing on who could build the tallest cup tower with resident Thora taking out the win!



Crafting Connections

Connections blossomed during our Craft with Dakota session as residents and staff teamed up to create vibrant friendship bracelets. This session wasn't just about fashion; it was about the joy of gifting, with many residents personalising their designs with unique colours and charms to share with others. These sentimental keepsakes were a hit amongst our residents, proving that a little creativity is the perfect way to celebrate our community.

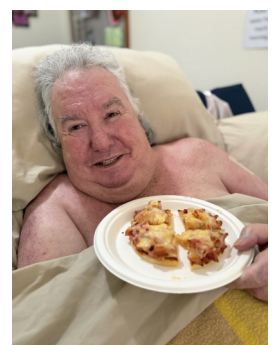


Pizza Making

Pizza making was in full swing one afternoon in March after a request was made to have pizza on the menu at a recent Resident and Representative's meeting. So of course our Lifestyle Team decided to turn the idea into a fun hands-on activity.

With plenty of toppings to choose from, everyone had the chance to create their very own pizza masterpiece.

It was wonderful to see so many of our residents getting involved, sharing ideas and enjoying the simple pleasure of making (and eating!) something delicious together.



TRAEGER NEWS

Life in Traeger has been filled with laughter, movement, and the joy of community. Here is a look at what our wonderful residents have been up to recently.

An Easter to Remember

Lifestyles Michelle outdid herself with a beautifully styled Easter afternoon tea. It was a lovely spread that brought everyone together for a sweet treat and even better conversation.



Games Galore!

We've been keeping active and competitive with our favourite indoor sports. From the cheers at the ten-pin bowling lane to the fast-paced fun of balloon tennis, jball hockey and ring toss, there is never a dull moment in our home!



TRAEGER NEWS

Garden Breezes, Family Time and Dancing Shoes

The sunshine has called us outdoors to enjoy the peace of our garden. When we aren't relaxing in the greenery, we've been spending quality time with our loved ones and finding our rhythm and enjoying a dance together!



this is us
Our Life. Our Story. Our Home.

TRAEGER NEWS

Family and Furry Friends

Nothing brightens our home like a visit. We've cherished quality time with our families and shared plenty of cuddles with the "littlest" members of our community, both the two-legged and the four-legged kind!



Emma's Extraordinary Experiences

This month, we are shining a spotlight on lifestyles Emma, whose innovative approach to resident activities has turned everyday household items into sources of immense joy and connection.

Emma has a unique talent for seeing the "extraordinary" in the "ordinary." By repurposing simple items found around the home, she has created a series of engaging challenges that our residents absolutely love. From ping pong ball toss competitions and spoon relays to creative games using cups and frisbees. These activities are about more than just fun; they are carefully designed to support hand-eye coordination, mental alertness, and social bonding. By using familiar objects like cups and spoons, Emma makes these experiences feel accessible and low-pressure, ensuring every resident feels confident to participate. It is this thoughtful, creative spirit that makes Emma's sessions a highlight of the week and keeps our Traeger community thriving with laughter and purpose.



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.

Resident and Representative's Meeting

Our next Resident and Representative's Meeting will be held in our Chapel and Wellbeing Centre on Monday the 15th of June at 10:00am.

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.

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 0885847370

Can You Help?

Do you have any trendy, ribbed vases? We're hoping to replenish our stock so we can continue to enjoy flower arranging sessions. If you have anything suitable (small to medium sized) you are willing to donate, please contact the Wellness Program Manager Chelsea on 8584 7370.