

FROM THE EDITOR

Welcome to the 77th edition of The Windmill.

House 4 Landscaping Project

The landscaper is now in a position to do the upgrade of the garden outside of House 4 and I need your input! Please meet me in the garden outside House 4 this Monday 22nd May at 10:30am to discuss (otherwise speak to me early next week).

New Website

This week we were pleased to launch our new website: www.rembrandtliving.org.au We'd love you to go and have a look!

Ageing Matters Information Sessions

I am proud to announce this new series of interactive Information Sessions for residents, clients and family members on topical ageing subjects. The sessions will use simple straightforward easy-to-understand language. Everyone welcome! Call Cathy at Reception on 8198 0300 to reserve your place.

Session 1: "See the person, not the dementia..."

Questions answered including: "Why she does the things she does? How should I answer those questions?"

**Wednesday 19th July 2017 from 7-8:30pm
at Rembrandt Court**

Smoke Free Zone Coming Soon

From 1st July 2017 all Rembrandt Living sites will become smoke-free. Smoking (cigarettes or E-cigarettes) will not be permitted on any of our sites (leased or owned). Special arrangements will be made for the existing Rembrandt Court resident who currently smokes however for all new residents, these rules will apply. This will be implemented simultaneously with a new Staff-Assist-Quit program – details over the coming weeks.



Like Us on Facebook

Our new Facebook Page is now up and running with **313**

Liking our page to date! If you are a member of Facebook and would like to see photos, videos and information of the goings-on at Rembrandt Living, please Like our page: https://www.facebook.com/rembrandtliving/?ref=aymt_homepage_panel

Our aim is to get 1000 people liking our site!

LIFESTYLE

Resident Feedback

The Residents' Feedback Forum now commences at 2.30pm and will alternate between the different houses to enable all residents to have the opportunity to attend. This week's meeting was held on 17th May and discussed the following:

- Chemist came in to discuss questions from last week in further detail. The threshold for single and families is \$378 or 60 scripts, after that any prescribed medication is free
- The chemist will send out the PBS to Monique to distribute attached to the windmill.
- Chemist raised some concerns regarding payments - people tend to make payments via electronic funds and use the description "Mums chemist bill" – please ensure the appropriate description is included.
- Discussion about TVs having their volume up too loud.
- Explained in detail how to use the new gates. Question was asked if the gates will open for a Mobility scooter - Arty to follow up.
- Would like to lower the back fence in the patio to allow better views when sitting outside – Arty to investigate.
- Residents EXTREMELY happy with egg sandwiches now being available.
- Would like to see witlof on the menu.
- Melons in the fruit salad is sometimes too hard, however is fine the majority of the time.

Birthdays in May:

Happy Birthday to the following residents:

21st May

Irena White

The Windmill



Rembrandt Court

1 Madras Street, Oaklands Park SA 5046
Ph 8198 0700

Issue 77, 22 May 2017

The weekly newsletter of Rembrandt Living

Home Care Hub

21 Greenfields Drive, Green Fields SA 5107
Ph 8198 0700

Music Therapy

As part of the lifestyle program here at Rembrandt Living, We often create CD's personalised for the resident based on their music preferences. These CD's are created for different reasons, sometimes for supporting relaxation whilst resting in bed or to help provide auditory stimulation and enjoyment. Families and friends also often use the CD's to engage in singing with their loved one as an intimate, enjoyable and meaningful activity to engage in together.

Music is a great way of connecting with each other and We encourage families and residents to bring in CD players and CD's for your loved one to have in their room. Below are some of the benefits of music.

Music is used as a trigger for memories

Familiar music with positive associations provides emotional safety and may trigger re-collection of neural pathways helping one to find their "sense of self".

Music can support and change our emotions

Listening to music can help reduce feelings of loneliness, boredom and agitation.

Music is a means of self-expression and non-verbal communication

Music is an activity that doesn't need words. Music-making, appreciating or responding to music through movement, motions, tears, laughter and playing an instrument helps people express themselves and continue to make connections with others in the process.

Music helps to restructure/restore identity

Music that is personalized helps people to remain connected to their personal identity. Our music preference is unique and special and thus, playing music that is specifically chosen for a person helps to remind them that they are also unique, special and valued human beings!

Music contributes to quality of life especially at end of life

Research suggests that music is valued by older people as part of their everyday lives and contributes to quality of life, psychological well-being and positive ageing.

FOR YOUR INFORMATION

2017 Resident and Client Surveys



As a resident or client you are important to us. We want to know what we do well and what we could do better.

We invite you to participate in our 2017 satisfaction survey to assist us in recognising opportunities for us to improve our care and services for you and other residents and clients. Surveys will be distributed over the coming weeks, look out for them!

UPCOMING EVENTS

Biggest Morning Tea on Thursday 25 May at 10.00am in the main room. Don't forget to dress up in your best 'Mad Hatter' costume for this wonderful fundraiser for the Cancer Council. There will be delicious food and entertainment by Marianne Riccio. So don't be late for this very important date!

Catholic Mass on Friday 26 May will be held in House 7 at 10.00am with Monsignor Ian Dempsey. All staff, residents and families are invited to attend.

Special Concert and morning tea will be held on **Thursday 1 June**, with the Modbury Singers providing the entertainment in the main room.

Pyjama Day – to help our CEO, Deb Dutton, raise money for the CEO Sleepout (St Vinnie's Winter Appeal) we are going to have a PJ Dress Up Day on **Friday 2 June**. Staff are invited to come to work in PJs and bring a gold coin donation for the appeal. Lots of fun to be had as well as a cup of hot chocolate with marshmallow.

The Windmill



Rembrandt Court

1 Madras Street, Oaklands Park SA 5046
Ph 8198 0700

Issue 77, 22 May 2017

The weekly newsletter of Rembrandt Living

Home Care Hub

21 Greenfields Drive, Green Fields SA 5107
Ph 8198 0700

ORANJE DAY SPA

Rembrandt Court's Oranje Day Spa is open for staff, residents, family and community clients – book your appointment now!

KLEINE CAFÉ

The Kleine Café is open 7 days a week from 10am to 2pm and is a great place to meet family and friends for a delicious meal or choose from a selection of hot beverages and cakes. A variety of specialty grocery items are also available from the Kleine Café.

As of 1 June a small increase to our coffee prices will come in to affect with Medium coffee \$3.50 and Large \$4.00. No new coffee cards will be issued, however, current cards will be honoured.



NEWS FROM HOME CARE HUB



Painting classes with award winning water colour Artist, Alan Louis are a great success. Alan will work individually with his students and all supplies are included in the cost of each class.. Places are limited and bookings are essential – for more information or bookings please phone 8198 0300 or email us at homecare@rembrandtliving.org.au.

UIT EN THUIS

Albert Brugman came from Victoria to entertain Uit en Thuis visitors in Mount Gambier to some song and dance which was very much enjoyed by all.



Gerard and Nel, and Riek and Pauline dancing a waltz



Others may not be up and dancing but they were definitely enjoying the entertainment

Monday 22 nd	Tuesday 23 rd	Wednesday 24 th	Thursday 25 th	Friday 26 th	Saturday 27 th
<p>Walking group</p> <p>9:30am Tai Chi in the main room</p>  <p>10.00am Marion Drop off</p>  <p>10:00am Catholic Devotions</p> <p>10:00am Knitting in House 1</p>  <p>1:30 Pet Therapy with Dave and Duke</p> 	<p>Walking group</p> <p>11:00am Exercises in the main room</p>  <p>1:30pm Carpet bowls in House 2</p>  <p>1:30 Card Making</p>  <p>Individual visits</p> 	<p>Walking group</p> <p>10:00am Morning tea and Bingo</p>  <p>11:00am Fun and Games in House 3 and 4</p> <p>1:30pm Sing along in House 3 and 4</p>  <p>2:30pm Resident Meeting in House 7 (Please note change of House for today's meeting)</p>  <p>Individual visits</p> 	<p>Walking group</p> <p>10:00am Australia's Biggest Morning Tea "Mad Hatter Tea Party" & Marianne Riccio</p>   <p>1:30pm Sjoelen House 2</p>  <p>1:30pm Creative Expression In the main Room</p> 	<p>Walking group</p> <p>10:00am Colouring Group in House 6</p>  <p>10:00am Catholic Mass in House 7</p> <p>10:45am UIT THUIS</p>  <p>2:30pm Happy Hour</p>  <p>3:30pm Movie in House 7 Mamma Mia</p> 	<p>Relaxation day with family and friends</p>  <p>Sunday 28th</p> <p>Nail Bar and Colouring in the café with Helen</p> <p>Songs of Praise at 11:30am on the ABC</p> 