

The Windmill

Rembrandt Court

1 Madras Street, Oaklands Park SA 5046
Ph 8198 0300

Issue 80, 12 June 2017

The weekly newsletter of Rembrandt Living

Home Care Hub

21 Greenfields Drive, Green Fields SA 5107
Ph 8198 0300

FROM THE EDITOR

Welcome to the 80th edition of The Windmill.

New Rembrandt Court Gym

We are pleased to announce that we are converting the old Boardroom (which is also the old physio room) into a gym with exercise equipment for residents, clients and staff to use. We need your help to name the room – suggestions include “Room-2-Move” or “Wellness Centre”. Let us know your suggestions!! The Physiotherapists have been relocated to the Nurses Station in order to furnish the room with a variety of gym equipment.



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).

New Beds & Next Week's Residents Meeting

Thank you everyone for your patience in our recent bed changeover. The remaining new mattresses will be arriving in August. Nicky from our supplier, Highgate Healthcare will attend the Residents Meeting on Wednesday 14 June to demonstrate the machinations of the new beds and mattresses. Meeting will be held in House 6 at 2.30pm.

Thank you everyone for your positive feedback – I agree the new furniture looks more homely and the functionality will be fantastic. If you have any issues at all please do not hesitate to speak to a staff member.

With the new beds came new bedside tables – we ask families to assist their loved-ones, if needed, with transferring items into the new cabinets.

Front Door Exit

We have changed the exiting process at the Rembrandt Court front doors - a key pad has been

installed on the internal wall to activate the sliding doors to exit – the code is available from Reception or staff on duty.

Like Us on Facebook



Thank you to everyone who is following our Facebook. We are asking for your help to further increase the number of Facebook page Likes, which increases our marketing reach. The page posts interesting stories, photos and videos that are of interest to all, not just our clients or residents. If you have Facebook, here is what to do:

1. Open the Facebook App
 2. Search for and open “Rembrandt Living”
 3. Click on the Community tab (it is further to the right on the list that includes Posts, Videos, Photos)
 4. Click on Invite Friends to Like this Page
 5. Go through and tick as many as you wish to invite!
- Our aim is to get 1000 people liking our site, we currently have 425 – lets make it to 500?? We sincerely thank you in anticipation.

LIFESTYLE

Resident Feedback

The Residents' Meeting held on Wednesday 7 June with 9 residents in attendance and discussed:

- Electric cooking appliances in rooms – further information to follow.
- Residents were pleased that the gym will be available shortly. A number of fitness equipment items have already been delivered and are being assembled. Risk Assessments will be carried out prior to the Wellness Centre opening. It was noted that the gym equipment is not to be used unsupervised and a supervision roster will be devised.
- New beds and mattresses are being delivered – some residents have already received their new furniture including bed side cabinets. All agreed that the new furniture looked appealing.
- Some more discussion over pharmacy costs;
- Testing and Tagging – Timara advised that Arty is in the process of appointing a Testing and Tagging firm to undertake this work. Residents commented

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that they are very pleased with the work Arty has been doing particularly with regards to 'getting things fixed almost immediately'.

- One resident raised concerns on the no smoking policy and staff smoking on the street and the risk of smoke drifting into rooms – this will be managed.
- Garment labelling continuing.
- Andy was asked to review the Dinner menu for Wednesday of Week 4 as there appears to be no vegetarian option with the Beef & Vegetable Soup and Lamb Meatballs on offer.

Next Week's Residents Meeting

Nicky from Highgate Healthcare will attend the Residents Meeting on Wednesday 14 June to demonstrate the machinations of the new beds and mattresses. Meeting will be held in House 6 at 2.30pm

Garment Labelling

This coming week labelling will commence in House 1 and 5. Any concerns (at all) to be raised with Andy.

Birthdays in June:

Happy Birthday to the following residents:

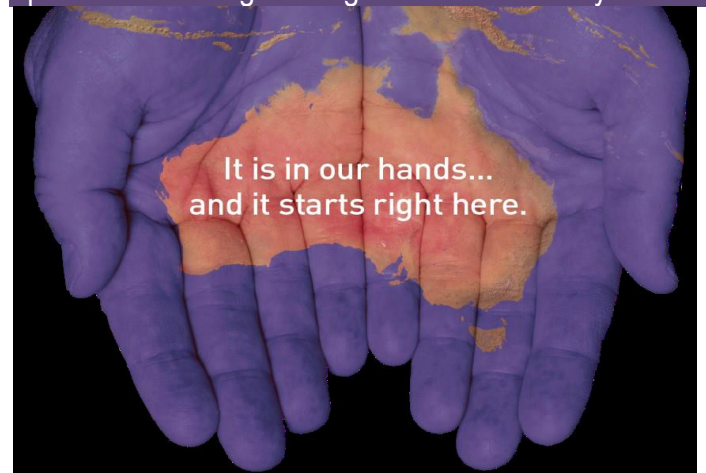
9 June	Elza Briegel
13 June	Fenna Korver
15 June	Marjorie Smith
17 June	Wouter Nooteboom
18 June	Angelina Pavic
24 June	Regina Juckers
26 June	Olive Eilers



World Elder Abuse Awareness Day seeks to prevent elder abuse incidents by giving targeted information and encouraging community participation on a broad scale. The day is about all of us working together to bring greater recognition of the mistreatment of older people wherever they live, and to highlight the need for appropriate action. The United Nations General Assembly, in its [resolution 66/127](#), designated June 15 as World Elder Abuse Awareness Day. This day is a reminder that your rights remain as you get older, and include a right to maintain personal independence, be treated with dignity and respect, live without abuse, neglect or exploitation, be and feel safe.

REMEMBER: There is no excuse for abuse!

If you or someone you know are experiencing abuse, Stand Up and Speak Out against Elder Abuse! Help to spread the message throughout the community.



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.



Annual Eye Checks

Opti-call will be at Rembrandt Court on Thursday 21 and Tuesday 26 September to assess residents for annual eye checks.



Safe Computing Tip



There are 2 types of protective software to run on your computing devices - antivirus and anti-malware. An antivirus will protect your device from traditional viruses, and anti-malware software will protect your device from the newer threats such as keyloggers. Free versions are available for most devices, such as Avast, AVG or Sophos for antivirus or Malwarebytes for anti-malware. Ensure you configure the software to regularly scan your device, and to automatically update.

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June is Bowel Cancer Awareness Month

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June (1 - 30 June each year), to raise public awareness of a disease that claims the lives of 80 Australians every week. Bowel cancer is Australia's second biggest cancer killer. Bowel Cancer Awareness Month has a positive message – saving lives through early detection – as bowel cancer is one of the most treatable types of cancer if found early.

**BOWEL SYMPTOMS?
SEE YOUR GP**

BLOOD IN THE
BOWEL MOVEMENT

UNEXPLAINED
WEIGHT LOSS

PERSISTENT CHANGE
IN BOWEL HABIT

SEVERE ABDOMINAL PAIN



ORANJE DAY SPA

Rembrandt Court's Oranje Day Spa is open for staff, residents, family and community clients – book your appointment now! Phone Annelies on 8198 0300.

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.

UIT EN THUIS

Oaklands Park on Friday 16 June: **Bingo**

Green Fields on Friday 16 June: **Bingo**

Bridgewater – every Tuesday from 10.00am to 2.00pm for coffee, games, entertainment and lunch

Mt Gambier – every fortnight on Wednesday from 10.00am to 2.00pm please check calendar dates

<http://rembrandtliving.org.au/event-calendar/>

Whyalla - every fortnight on Wednesday from 10.00am to 2.00pm please check calendar dates

<http://rembrandtliving.org.au/event-calendar/>

Goolwa – every fortnight on Thursday from 1.00pm to 4.00pm please check calendar dates

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Victor Harbor – every fortnight on Wednesday from 1.00pm to 4.00pm please check calendar dates.

<http://rembrandtliving.org.au/event-calendar/>

CEO SLEEP-OUT FUNDRAISING

Our CEO, Deb Dutton is once again braving the elements to experience firsthand for one night what it is like to be homeless and raise some much needed money to support Vinnies in the great work they do for the homeless people. This year we have organised a raffle with some wonderful prizes (tickets available from Rembrandt Court and Green Fields sites) and Artist Alan Louis has kindly donated a watercolour landscape for a 'Silent Auction'. Auction bidding forms are available at Rembrandt Court and Green Fields and via email.. As well as that, a fundraising event was held at Rembrandt Court on Friday 2 June with many people participating in Pyjama Day!




















PJ Day

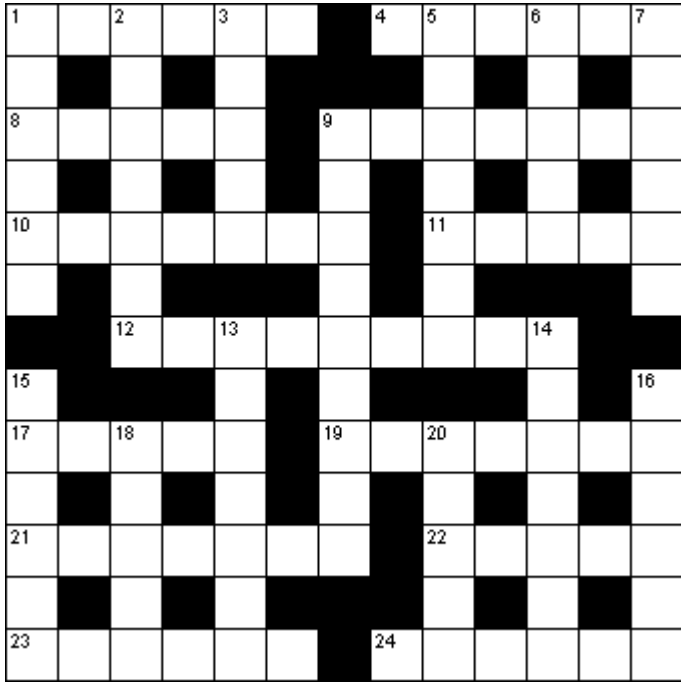


fundraising

REMBRANDT COURT SOCIAL CALENDAR - MONDAY 12 JUNE TO SUNDAY 18 JUNE

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Morning	<p>Public Holiday Celebrating Queen Elizabeth's Birthday</p> 	<p>Walking Group 9.00am meet in Café</p> <p>-----</p> <p>Exercises 11.00am in main room</p> 	<p>Walking Group 9.00am meet in Café</p> <p>-----</p> <p>Morning Tea and Bingo 10.00am in main room</p>  <p>-----</p> <p>Fun and Games 11.00am in House 3 & 4</p> 	<p>Walking Group 9.00am meet in Café</p> <p>-----</p> <p>Van Outing 9.30am</p>  <p>-----</p> <p>Exercises 11.00am in main room</p> 	<p>Walking Group 9.00am meet in Café</p> <p>-----</p> <p>Colouring Group 10.00am in House 6</p>  <p>-----</p> <p>Hymn Singing 10.00am in main room</p> <p>-----</p> <p>Uit en Thuis 10.45am in main room</p> 	<p>Saturday</p> <p>Relaxation Day with Family and Friends</p> 
	Afternoon	<p>Public Holiday Celebrating Queen Elizabeth's Birthday</p> 	<p>Card Making 1.00pm in main room</p>  <p>-----</p> <p>Carpet Bowls 2.00pm in House 2</p>  <p>-----</p> <p>Individual Visits</p>	<p>Sing-along 1.30pm in House 3 & 4</p>  <p>-----</p> <p>Residents' Meeting 2.30pm House 6</p>  <p>-----</p> <p>Individual Visits</p>	<p>Sjoelen 1.30pm in House 2</p>  <p>-----</p> <p>Creative Expression 2.30pm in main room</p>  <p>-----</p> <p>Children's visit</p>	<p>Happy Hour 2.30pm in main room</p> 

Quick Crossword



Across

- 1 Fundamentals (6)
- 4 Shrewd (6)
- 8 Meadow (5)
- 9 Stretchy (7)
- 10 Full (7)
- 11 Amalgamate (5)
- 12 Unconventional type (9)
- 17 Of the nose (5)
- 19 Of less weight (7)
- 21 Make clear (7)
- 22 Oak nut (5)
- 23 Miscellaneous (6)
- 24 Ball game (6)

Down

- 1 In front of (6)
- 2 Spire (7)
- 3 Scrounge (5)
- 5 Speech defect (7)
- 6 Say (5)
- 7 Go beyond (6)
- 9 For ever (9)
- 13 Coal miner (7)
- 14 Reduce (3,4)
- 15 Light meals (6)
- 16 Dried plums (6)
- 18 European country (5)
- 20 Fruit of vine (5)

Word Search

The Netherlands



- MONARCHY
- PARLIAMENT
- TULIPS
- CLOGS
- CAFE
- REMBRANDT
- AMSTEL
- CHEESE
- DIKES
- SPECULAAS
- WINDMILL
- PILS
- HOLLAND
- DUTCH
- CANALS
- JENEVER

- 1 Basics
- 4 Astute
- 8 Field
- 9 Elastic
- 10 Replete
- 11 Merge
- 12 Eccentric
- 17 Nasal
- 19 Lighter
- 21 Clarify
- 22 Acorn
- 23 Sundry
- 24 Tennis

- 1 Before
- 2 Steeple
- 3 Cadge
- 5 Stammer
- 6 Utter
- 7 Exceed
- 9 Eternally
- 13 Collier
- 14 Cut down
- 15 Snacks
- 16 Prunes
- 18 Spain
- 20 Grape