

ISSUE 38

February 2022



CONNECTOR

Rembrandt Living's Home Care Newsletter

Rembrandt Living Inc

Home Care & Health Centre
21 Greenfields Drive
Green Fields SA 5107

Ph. 8198 0392

Rembrandt Court
1 Madras Street
Oaklands Park SA 5046
Ph. 8198 0300

www.rembrandtliving.org.au
info@rembrandtliving.org.au

ALLIED HEALTH CLASSES

Green Fields (North)
Every Tuesday
2.30pm - 3.30pm
Strength & Balance 4 Life

FEEDBACK

We welcome all feedback,
good, bad or indifferent
at any time.

Call us on 8198 0392;

Complete a "Have your Say" form
or email us on
feedback@rembrandtliving.org.au

COVID-19 UPDATE

Our staff remain committed to keeping every single one of our clients safe. Similarly, we continue to ensure that any staff members who are symptomatic in the slightest have tests carried out before they are able to visit our clients in their homes.

It is very important that you, our clients, do the same where possible. If you are feeling unwell or symptomatic please do ring the office ON 8198 0392 to inform us. We have seen quite a few of our clients having to isolate as close family have tested positive to COVID so we are well and truly experiencing the fallout from COVID-19.

Please continue to inform us if you may have been exposed or a close contact to enable us to provide appropriate service decisions. This ensures that there is minimal risks of COVID being shared amongst any of us!!!

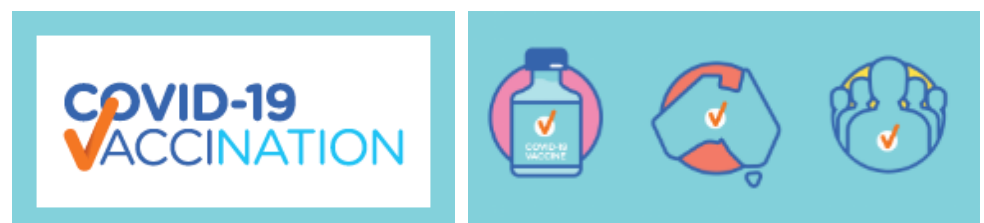
Thank you for your ongoing commitment to safety - yours, your families and our staff.

And as always, remember that your dedicated Home Care Coordinator is just a phone call away - 8198 0392.

REMINDER: MANDATORY COVID-19 BOOSTERS FOR ALL HOME CARE STAFF - FROM 29 JANUARY 2022

Following a recent announcement by the Police Commissioner, Grant Stevens, that from 29 January 2022, all Home Care staff (support workers, allied health, and office staff) must be vaccinated against COVID-19, and now **MUST** have had, or have evidence of a booking to have, a **BOOSTER WITHIN FOUR WEEKS OF BECOMING ELIGIBLE**.

We thank all our wonderful staff who continue to roll up their sleeves to help our lovely clients, and also the whole community of South Australia.



Rembrandt

GET TO KNOW THE GREENFIELDS STAFF

Name: *Silvano Sferco*
Job Title: *Support Worker*
How long have you been with Rembrandt Living: *12 months*
What is your country of birth? *Australia.*
What do you like most about working at Rembrandt? *My clients and their lovely pets.*
What do you like to do in your free time? *Gardening, watching sport and hanging out with my dog Billy Baxter!*
What is your favourite restaurant or cafe? *Botanic Gardens Restaurant and NNG.*
What is your favourite food? *Seafood.*
What has been one of your best holidays? *Our 2019 trip to Ireland and the Netherlands.*
Mention something about YOU that people may not know: *I have a degree in Conservation and Park Management and love all native flora and fauna.*



Social Harmony Chit Chat

**Clovelly Park Community Hall
(SOUTH)**

16 York Avenue
Clovelly Park

****ON HOLD****

**Home Care & Health Centre
(NORTH)**

21 Greenfields Drive
Green Fields

Small sessions held
Mondays and Tuesdays

**Open Door Community Church
(SOUTH COAST)**

1 Collingwood Street
Goolwa

Thursdays

**Victor Harbor
Recreation Centre
(SOUTH COAST)**

5 George Main Road
Victor Harbor

Fridays



Saturday 19 March

The South Australian Election will be held on Saturday 19 March between 8.00am and 6.00pm.

If you need to make any changes or updates to your enrolment, that must be completed before 5.00pm on Friday 25 February. Voting is compulsory for everyone enrolled. If you are unable to attend an early voting centre, or a polling booth on 19 March, you can apply for a postal vote.

PROTECT YOURSELF FROM SCAMS

There are a lot of scams going around at the moment. Perhaps you've received a text about a parcel to be delivered to you, or from 'Amazon' subscriptions? Please remember to take care, using the tips below:

- If you're not sure that a call is legitimate, hang up and call the company back by using their official contact details.
- Don't call back phone numbers that start with 19xx, or unknown international numbers.
- Don't click on links in emails or messages, or open attachments, from people or organisations you don't know.
- Be careful about how much personal information you share on social media sites.

GROUP SESSIONS

**Home Care & Health Centre
(NORTH)**

21 Greenfields Drive
Green Fields

Rembrandt



Greenfields Garden Project, Home Care client David has been busy creating these wonderful steppers... next project will be tulips



Our fabulous Home Care staff making sure our clients are safe and well. We are riding this COVID wave and couldn't be prouder of our staff for protecting our beloved oldies

BOARD MATTERS

February 2022

The Board met on 2 February 2022, via Zoom due to the COVID Outbreak at Rembrandt Court.

The meeting focus was the outbreak, and it is pleasing to be able to advise that on Monday 7 February, 2022, at 7.00am, the outbreak was officially declared over.

Rembrandt Living is a not-for-profit incorporated association owned by Members and governed by a Board of Directors.

The Board is responsible for the overall governance, management and strategic direction of the organisation including performance in line with our goals and objectives. The operations of the organisation are delegated to the CEO.

The Board meets at least 10 times per year.

Upcoming meetings

Finance, Audit, Risk & Compliance Committee
23 February 2022

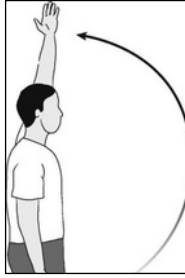
Capital Works & Infrastructure Committee
9 March 2022

Board
2 March 2022

Clinical Governance Committee
25 February 2022

Consumer Reference Group
14 April 2022

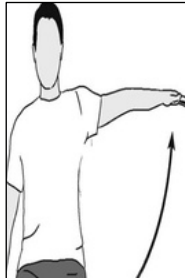
REMBRANDT LIVING MINI ISO FIT CHALLENGE TO KEEP EVERYONE MOVING SAFELY



SEATED SHOULDER FLEXION

Place your arms by your side. Raise one arm in front of you, reaching towards the ceiling (as in picture). Keep your palm facing your body. Return your arm to your side and repeat with other arm.

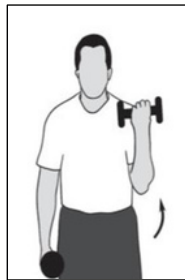
SETS: 1 REPS: 5-10



SEATED SHOULDER ABDUCTION

Place your arms by your side. Raise one arm outwards to your side as picture. Return your arm down and repeat with the other arm.

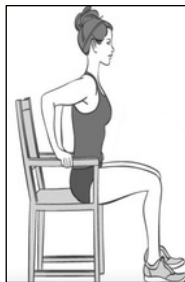
SETS: 1 REPS: 5-10



ELBOW FLEXION – with / without weights

Start with both your arms straight and by your sides. With your elbows tucked to your waist, bend your elbows, and raise your forearms and hands towards your shoulders. Return your arms to the starting point and repeat.

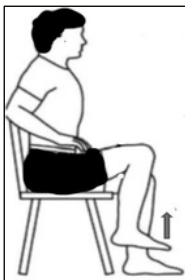
SETS: 1 REPS: 5-10



CHAIR DIP

While seated, place your hands on the arm rests. Bring yourself forward in the chair so that your hands are behind you. Press through your arms, raising your body slightly off the chair. Return to seated position and repeat.

SETS: 1 REPS: 5-10



SEATED HIP FLEXION

While sitting upright, lift your knee upwards toward your chest and pause before lowering your leg back to the ground. Repeat on opposite leg.

SETS: 1 REPS: 5-10 SEATED



HIP ABDUCTION

Begin by sitting upright with your feet, knees and thighs touching. Spread your right leg out and away from your left leg, pause, and return your right leg back to the centre. Repeat on opposite leg.

SETS: 1 REPS: 5-10



KNEE EXTENSION

While sitting upright extend your right knee until your leg is straight, pause, then lower your leg back down into the starting position. Repeat on opposite leg.

SETS: 1 REPS: 5-10

Rembrandt