

ISSUE 37

January 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

***On hold to week
commencing 31 January***

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

UPDATE FROM HOME CARE GENERAL MANAGER

HAPPY NEW YEAR!



Well what a year it has been and now we are half way through January 2022 and we are certainly riding the COVID wave and seeing a large number of cases within the Adelaide metro area.

All of our staff are very committed to keeping every single one of our clients safe, wearing full Personal Protective Equipment (PPE) and reporting any concerns identified about our valued clients.

We are very proactive with any staff members that are symptomatic in the slightest to have tests carried out before they are able to visit our clients in their homes. We would also ask that our clients can do the same where possible, if you are feeling unwell or symptomatic please do ring the office 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. We are keeping very much on top of any potential risks when it comes to ensuring safety for all of our clients. We carry out our own contact tracing to inform staff and our clients if there is anyone that may have been exposed and/or take our staff offline for any face to face contact for the full isolation period until they are safe to return to work. This ensures that there is minimal risks of COVID being shared amongst any of us!!! We also have limited the services for shopping visits and outings for all clients and staff as we try our best to keep away from large crowds whilst we are living in these unprecedented times.

Let's hope we are nearing the peak of this pandemic and we can learn to live and adapt to the new world. I wish you all good health, stay safe and to look out for each other.

Tracey Murray - General Manager of Home Care Services

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GET TO KNOW THE GREENFIELDS STAFF



Name: *Marina Copestick*
 Job Title: *Home Care Support Worker*
 How long have you been with Rembrandt Living: *10 months*
 What is your country of birth? *Australia*

What do you like most about working at Rembrandt? *My clients!*
 What do you like to do in your free time? *Camping at Milang in my caravan.*
 What is your favourite restaurant or cafe? *Carmels Italian.*
 What is your favourite food? *Spaghetti.*
 What has been one of your best holidays? *Camping up the River.*
 Mention something about YOU that people may not know: *Riding my motorbike.*

HOT WEATHER REMINDER

Hot weather can be very stressful and tiring, especially for the elderly. Try and follow these simple steps to stay healthy in the heat!



- Drink plenty of water
- Stay cool with a fan or air-conditioner
- Avoid going out in the hottest part of the day
- Keep curtains, blinds and windows closed during the day to keep your home cool
- Cool off with a shower or bath
- If you do need to go outside during the day, wear loose-fitting, long-sleeved and light-coloured clothing, a hat, sunglasses and SPF30+ or higher sunscreen.

PLEASE DON'T FORGET

When making payments please remember to use your Client ID, especially when making payments on behalf of others. Your ID can be found in the top right hand corner of your invoices and statements.

PHOTOS PLEASE?

We would love to receive photos from our Home Care clients who have had renovations done using their Home Care Package funding. Photos can be forwarded to your Coordinator or Support Worker or email to info@rembrandtliving.org.au

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
 ON HOLD

Open Door Community Church (SOUTH COAST)
 1 Collingwood Street
 Goolwa
 ON HOLD

Victor Harbor Recreation Centre (SOUTH COAST)
 5 George Main Road
 Victor Harbor
 ON HOLD

GROUP SESSIONS

Home Care & Health Centre (NORTH)
 21 Greenfields Drive
 Green Fields
 ON HOLD UNTIL FURTHER NOTICE



2021 GEZELLIG AWARDS - HOME CARE

It is with great pleasure that we can announce the 2021 Home Care Gezellig Award Winners. To win an award a person needs to receive numerous nominations for good reason. Congratulations to you all!

LAURA THOMAS - HOME CARE COORDINATOR

Laura has time for everyone even when she is swamped with work. She is dedicated and passionate about ensuring everything is in place to accommodate our lovely clients and the needs and wants of our staff. Laura always does it with a smile on her face, even under extreme pressure. Laura is a hardworking, caring staff member we are lucky to have!



BEC RYAN - LIFESTYLE OFFICER AND SUPPORT WORKER

Bec's personality and attitude instantly makes all staff and clients feel welcomed and loved. She is the first one to arrive, and the last one to leave and is constantly giving her job everything that she has. She is always thinking of others, and of what we can do to make our clients happy. Bec shares her knowledge unselfishly having the wellbeing of everyone else first! Thank you Bec.



DREW RULE - HOME CARE COORDINATOR & SENIOR SUPPORT WORKER

Drew is the ultimate "nice guy" – loved by clients and staff alike. Drew is friendly, reliable and caring towards everyone. He works extremely hard and nothing is too much trouble. Drew treats our clients with the upmost respect, is a bit quirky and we love him for it.



UPDATE: 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.

A logo for COVID-19 vaccination. It features the text "COVID-19" in blue above "VACCINATION" in blue. A large orange checkmark is positioned to the left of the word "VACCINATION". The entire logo is set against a white background within a light blue border.



**December
2021**

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 February 2022

Board
2 February 2022

Clinical Governance Committee
25 February 2022

Consumer Reference Group
20 January - Postponed

BOARD MATTERS

The monthly newsletter of the Rembrandt Living Board

The December Board meeting took place on Wednesday 15 December 2021 offsite due to the increasing exposure sites in Adelaide and the further threat of the new Omicron COVID strain.

The meeting commenced with the CEO providing a comprehensive update on the Norovirus outbreak and subsequent lockdown which occurred in November and resulted in resident members being unable to attend the 2021 Annual General Meeting of Rembrandt Living.

The Board were very pleased with the outcomes of the outbreak, noting that it holds Rembrandt Living in good stead to manage if COVID does unfortunately manage to get into either Rembrandt Court or Home Care.

After the AGM the following positions were appointed: Jacques Metzger - Vice Chairperson for one year; John Bird - Treasurer for two years; Joy Tol - Secretary for two years.

Meet Director Etienne Scheepers

Etienne's extensive career includes roles as Deputy Chief Executive for the Department for Child Protection, Executive Director (Workforce Innovation & Reform) for Health Workforce Australia and Executive Director for SA Health's Workforce Division. Etienne has a Bachelor of Arts, a Law Degree, Master of Philosophy degrees and post graduate qualifications in leadership and management from various international universities. Etienne is currently employed in an executive role at the Royal Australasian College of Surgeons. Etienne joined the Board in February 2016.

The CEO presented a draft Board Charter which has been designed to ensure there is no crossover with the Constitution or the Board policies and procedures. The Board noted a few amendments, and commended the CEO on the document.

The Board was very pleased to learn that, due to the new modelling developed by the GMRS, Timara and Jo, Hotel Services Coordinator, the Kleine Cafe is showing significant improvement and sales with fresh food offerings.

The Chair of the Capital Works & Infrastructure Committee advised Board that at a recent meeting it was informed, due to spiralling costs associated with the pandemic, the refresh of Oaklands Park was currently on hold. Construction costs have sky-rocketed which has meant that developers now need to redesign all projects, including any development we considered.

The Chair ended the meeting by thanking Board and wishing them all a festive and happy break.



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It is very important to monitor the symptoms when you or someone you care for tests positive for COVID-19, particularly if you feel that your symptoms are getting worse.

MILD SYMPTOMS rest and recover at home	WORSENING SYMPTOMS talk to a GP or call the COVID-19 Response Care Team	SEVERE SYMPTOMS get immediate help
<p>You can safely stay at home if you or the person you are caring for has any of these symptoms:</p> <ul style="list-style-type: none"> • runny or blocked nose • sore throat • aches and pains • dry cough <ul style="list-style-type: none"> – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours – if you usually have a cough, it may be worse than usual • feeling more tired than usual <ul style="list-style-type: none"> – but able to get out of bed, walk around the house and do normal daily activities • headache • loss of or change in taste and smell • loss of appetite or nausea • feeling sad, worried, or frightened. <p>Someone with mild symptoms should be able to speak in full sentences and move around the house to do normal activities without becoming breathless.</p>	<p>Contact your GP or the COVID-19 Response Care Team (on 1800 272 872) if you or the person you are caring for develops any of the following symptoms:</p> <ul style="list-style-type: none"> • mild shortness of breath when moving around or coughing <ul style="list-style-type: none"> – but still able to speak in full sentences without becoming out of breath • coughing up mucous regularly • severe muscle aches and pains • feeling very weak and tired <ul style="list-style-type: none"> – but still be able to get out of bed and move around the house • little or no urination <ul style="list-style-type: none"> – not urinating as regularly as normal or not needing to urinate at all • vomiting or diarrhoea • a temperature above 38 degrees Celsius • shakes or shivers. <p>Or if you feel that:</p> <ul style="list-style-type: none"> • the symptoms are getting worse, something is wrong, and you are concerned the ill person is getting much worse • you are unable to take care of yourself and others are unable to take care of you (things like showering, putting on clothes, going to the toilet or making food). 	<p>You should call Triple Zero (000) if any of the following happens to you, or the person you are caring for:</p> <ul style="list-style-type: none"> • severe shortness of breath or difficulty breathing <ul style="list-style-type: none"> – becoming short of breath even when resting and not moving around – becoming breathless when talking or finding it hard to finish sentences • breathing gets worse very suddenly • chest pain or discomfort • coughing up blood • lips or face turning blue • skin cold, clammy, pale or mottled • severe headaches or dizziness • fainting or feeling like fainting often • unable to get out of bed or look after self or others • confusion (for example, can't recall the day, time or people's names) • finding it difficult to keep eyes open.
<p>What do I do? Someone with mild symptoms is unlikely to need medical attention. You should monitor these symptoms and:</p> <ul style="list-style-type: none"> • rest • drink plenty of water (aim to drink 2 to 2.5 litres a day) • take paracetamol for pain relief • eat healthy food • take your regular medications. 	<p>What do I do? Call your GP as soon as possible to discuss the worsening symptoms. Your GP will tell you what to do next. Alternatively, you can contact the COVID Response Care Team on 1800 272 872 for advice.</p>	<p>What do I do? Call Triple Zero (000) immediately if you, or the person you are looking after, gets any of these symptoms. Do not wait to see if the symptoms change.</p> <p>When you call an Ambulance (dial 000), let the operator know you have COVID-19 so the paramedics know how to treat you safely. Ambulance transport to the nearest and most appropriate medical facility is free.</p>