

ISSUE 394

23rd June 2023

Rembrandt Living Inc

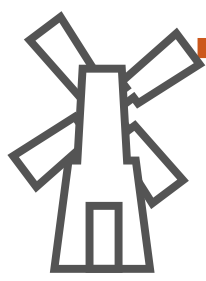
Rembrandt Court
1 Madras Street
Oaklands Park SA 5046

Ph. 8198 0300

Home Care &
Health Centre

21 Greenfields Drive Green
Fields SA 5108 Ph. 8198 0392

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



THE WINDMILL

The Rembrandt Court Weekly Newsletter

WINTER READINESS AT REMBRANDT COURT

In preparation for the 2023 influenza season, Rembrandt Living are strongly encouraging all visitors to roll up their sleeves and have their 2023 influenza vaccine. The current high rates of cold and flu symptom outbreaks within the community shows us how important it is for us to keep our residents, staff and families safe and healthy.

What is influenza?

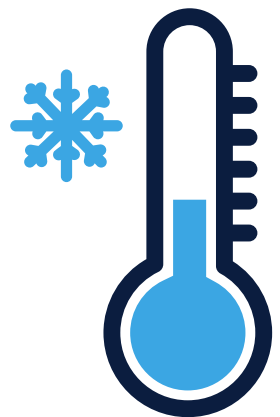
Influenza is a highly contagious viral infection that can cause widespread illness and deaths every year. Influenza viruses usually spread when an infected person coughs or sneezes. People may spread the virus before they know they are infected. So far in 2023, there has been over 8500 cases of flu confirmed - a huge spike compared with a similar time in 2022. According to news outlets there are a number of factors that can influence the number of cases notified in 2023 to date, including increased international travel, changes in health-seeking and testing behaviours, media reporting and community awareness of influenza.

Symptoms of influenza may include:

- fever (high temperature)
- cough
- muscle or body aches
- runny or stuffy nose

Protect yourself and others from getting sick this Winter:

- wash your hands
- Correct cough etiquette
- stay home if unwell
- social distance where possible
- if you have symptoms and need to be in public spaces wear a mask



WEEKLY REMINDERS

SOCIAL HARMONY

Friday 30th

from 10.30am

Main Hall

Feat The Cove Singers
Community choir

MEN'S CLUB

EVERY FORTNIGHT

Wednesday 5th July

from 11.30am in Main Hall
after B.I.N.G.O



FEEDBACK

We welcome all
feedback!

Call 8198 0300 or email
feedback@
rembrandtliving.org.au

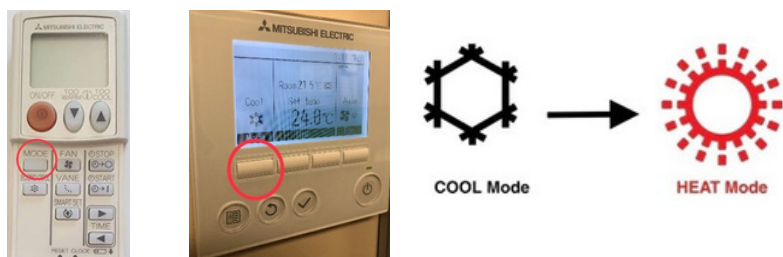
Rembrandt

DONT FORGET

THE LIFESTYLE SURVEY - PAGE FIVE!

MAINTENANCE MATTERS - JUNE 2023

The winter solstice marks the shortest day of the year in terms of daylight hours. In Australia, that mid-winter day is known as the Winter Solstice. This year, it was Thursday, June 22nd. As the temperature begins to drop, now is a great time to adjust your air conditioner to "Winter mode". You can do this by locating the MODE button on your remote. Select the HEAT symbol which looks like this:



You can adjust the temperature as desired. Between 22-24 is recommended for all round comfort. If you're having any issues and would like some help please don't hesitate to ask the maintenance team.

DENTIST AT REMBRANDT COURT

Australian
Dental
Foundation

The Australian Dental Foundation are due to conduct a resident Dental Clinic in the coming months. So our team can arrange the service and external staff please let us know if you are interested. Please advise reception staff or Sam directly. Unfortunately this dental service will not be covered by Medicare and will be on-charged to each resident that wishes to take part.

LIFESTYLE SURVEY - WE NEED YOUR HELP!

As you know our Lifestyle team are always looking for ideas to improve their program and ensure our residents are engaged & happy. To make sure we are meeting your expectations we have formulated a new Lifestyle survey and would appreciate your input. **CLICK THE LINK** or head to page four, fill out and return to Reception in person.

<https://www.surveymonkey.com/r/Lifestylesurvey2023>

RESIDENTS' BIRTHDAYS

Pauline Showell - 29th June
Peter Di Fede - 2nd July
Angela Bacolo - 4th July
Keith Laundry - 12th July
Richard Versteegh - 24th July
Anna Barlow - 26th July
Theo Alleman - 27th July
Zdenek Bruderhans - 29th July

SOCIAL HARMONY CHIT CHAT GROUPS

SOUTH

REMBRANDT COURT
Friday 30th June 2023

SOUTH

Victor Harbour

5 Main George Road, Victor Harbour
Recreation Centre
Friday 30th June 2023

Goolwa

Open Door Community Church
1 Collingwood St, Goolwa
Thursday 29th June 2023

RESIDENTS' MEETING

Wednesday 21st June 2023 attended by five residents and one staff members.

- Resident would like more diabetics friendly desserts
- The pavlova was delicious and very well presented..



MY MENU

LUNCH

DINNER

MON
26TH
JUNE

Honey Mustard Chicken or Honey Mustard Vegetables served with Rice/Potatoes, Mixed Vegetables & Beans

Butter Scotch Pudding

Mushroom Soup
Vegetarian Frittata and Pasta Salad
Sandwiches either Egg & Lettuce or Turkey & Cranberry

Ice Cream

TUES
27TH
JUNE

Beef Lasagne or Vegetarian Lasagne served with Chips, Salad, Mixed Vegetable

Peach Cobbler & Custard

Chicken Noodle Soup
Egg Bacon Bake Beans & Hash Browns
Sandwiches either Chicken, Lettuce & Mayo or Cheese & Gherkin

Pears & Custard

WED
28TH
JUNE

Beef Stroganoff or Mushroom Stroganoff served with Rice/Potatoes, Roast Pumpkin and Broccoli

Chocolate Pannacotta

Pumpkin & Sweet Potato Soup, Hot Dogs with Sauerkraut Sandwiches either Beef & Chutney or Tomato & Cheese

Strawberry Pudding

THURS
29TH
JUNE

Creamy Chicken Lemon Meat Balls or Vegetarian Lemon Meat Balls served with Rice or Steamed Potato, Sweet Potato & Herbed Buttered Beans

Lemon Pudding & Cream

Tomato Soup
Hamburgers with Coleslaw
Sandwiches either Egg & Mayo or Ham & Cheese
Spiced Apple & Cream

FRI
30TH
JUNE

Crumbed Fish with Tartare Sauce or Potato Croquets served with Chips, Salad or Mixed Vegetables

Black Forest Cake

Broccoli Soup
Bacon & Tomato Quiche
served with Salad Sandwiches either Chicken & Mayo or Cheese & Gherkin

Jelly and Ice Cream

SAT
1ST
JULY

Cottage Pie or Lentil Cottage Pie served with Mash Potato, Pumpkin & Brussel Sprouts

Apricot Crumble with Custard

Lentil Soup
Party Pies and Pasties with Chips
Sandwiches Egg & Lettuce or Ham & Tomato

Ice Cream & Topping

SUN
2ND
JULY

Roast Lamb or Roast Vegetables served with Roast Potatoes, Roast Carrots & Peas

Bread & Butter Pudding

Beef & Vegetable Soup
Potato Bake Sandwiches either Ham, Cheese & Tomato or Cheese Gherkin
Chocolate Pudding

NEW AND OLD FACES OF REMBRANDT COURT



ANNIE



KARL



ELIZABETH



RITA



RITA



RICHARD



JOHANNA



BEN

REMBRANDT LIVING LIFESTYLE SURVEY - JUNE 2023

Dear Rembrandt Court Resident

We would love your input and feedback as we move forward into 2023. Please feel free to answer the following questions and leave any other comments you think will help us to continue to provide you with varied and exciting activities. Once completed please take directly to Reception staff or Sam in the nurses station



1. Resident name:

2. Can you tell us two activities that you really like on our current program:

3. Is there an activity that you miss and would love to have on the monthly program?

4. If it is safe for you to go on a bus trip, after an Allied Health assessment would you like to go on a bus trip? If yes, what sort of trip? one hour, two hour or whole day. Please let us know what destination you would like? (e.g. scenic, picnic, lunch, Pub?)

5. Can us tell us what you feel our Lifestyle team does well?

6. What is one thing the Lifestyle Team can improve on?