

ISSUE 50

March 2023

Rembrandt Living Inc

8198 0392

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Green Fields SA 5107

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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



CONNECTOR

Rembrandt Living's Home Care Newsletter

THE KEYS TO HEALTHY AGING..

Staying healthy and feeling your best is important at any age. These tips can help you cope with the changes that accompany growing older - and living life to the fullest.

Tip 1: Find meaning and joy

A key ingredient to healthy aging is continuing the ability to find meaning and joy in life. We can do this by learning something new, picking up an old hobby again, spending time in nature or even writing a book! the possibilities are endless.

Tip 2: Stay connected

One of the greatest challenges is maintaining a support network. It is important to reach out and connect with others. The good news is that there are lots of ways to be with other people! One of the ways you can do this is by taking part in Rembrandt's social programs with a wide variety of activities, outings and good old social chit chat! Speak to your coordinator today to find out more.

Tip 3: Get active and boost vitality

Don't fall for the myth that growing older automatically means you're not going to feel good anymore. It is true that aging involves physical changes, but it doesn't have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself. It's never too late to start!

Tip 4: Keep your mind sharp

There are many good reasons for keeping your brain as active as your body. Keeping your brain active, and maintaining creativity can help to prevent cognitive decline and memory problems. The more active and social you are and the more you use and sharpen your brain, the more benefits you will get.

Rembrandt

GET TO KNOW THE GREENFIELDS STAFF

Name: Paphada (Kyo) Burford
Job Title: Home Care Support Worker

How long have you been with Rembrandt Living: 3 years and 7 months!

What is your country of birth?
I was born in Bangkok, Thailand.

What do you like most about working at Rembrandt? All the staff are incredible and helpful. I have lovely rapport with my clients.

What do you like to do in your free time? I like to go swimming and I do some sewing.

What is your favourite restaurant or cafe? Quick Thai cuisine, Quan Ngon.

What is your favourite food? Chicken Green Curry

What has been one of your best holidays?
Anywhere travelling with family

Mention something about YOU that people may not know:

I used to teach and perform in salsa dancing



HOME CARE CONSUMER SURVEYS

We thank you for taking part in our survey and providing your honest feedback on your experience with Rembrandt so far. Your opinion matters and it helps us as an organization to know what we do well and ways that we can improve and continue to provide a high quality service to you! If you have any feedback at any time you can contact us on 8198 0392, complete a "Have your Say" form or email us on feedback@rembrandtliving.org.au

CHECKED OUR FACEBOOK PAGE LATELY?

If you have something of interest to share with us (either a story or a photo, please email the information to info@rembrandtliving.org.au for inclusion in the monthly issue of The Connector or on the Rembrandt Living Facebook page.



Social Harmony Chit Chat

Rembrandt Court
(SOUTH)

1 Madras Street
Oaklands Park
EVERY FRIDAY

The Community Hub
(SOUTH COAST)

Cnr Goolwa Tce & Loveday
St
Goolwa

EVERY THURSDAY

Victor Harbor
Recreation Centre
(SOUTH COAST)

5 George Main Road
Victor Harbor
EVERY FRIDAY

GROUP SESSIONS

Home Care & Health
Centre
(NORTH)

21 Greenfields Drive
Green fields
EVERY TUESDAY

FIND US ON:



Rembrandt

March
2023

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

Board Meeting
5 April 2023

Residents and Families
Information Night
3 April 2023

Major Projects, Assets and
Infrastructure Meeting
12 April 2023

BOARD MATTERS

The monthly newsletter of the Rembrandt Living Board

The Board meeting was held on Wednesday 1st March 2023, at Rembrandt Living, in the Main Hall.

The previous day's event "Time 4 Tea" at the Adelaide Hilton was talked about by the Board, who, apart from two Directors, were all in attendance. The CEO made comment on the very supportive feedback received from a number of the organisations that attended with the majority claiming how brilliant the event was. Many people from some of these organisations want to visit Rembrandt to see "how we do it".

The Aged Care Awareness activity was not undertaken this month as most of the Directors participated in the Time 4 Tea event, particularly with Teepa Snow.

A discussion was held as part of Strategic Plan on 'Digital Transformation' which basically means looking at how we can use technology, people, and processes to improve Rembrandt Living's business model to become more efficient and effective across all areas, both in Residential and Home Care.



**Our Chair and CEO
with Teepa Snow**



Get to know your Board - Joy Tol

How long have you been a Director?
I have been a Board Director since 2016. I am also the Secretary and Chair of the Clinical Governance Committee.



What is your country of birth? Australia My home town is the seaside town of Torquay, Victoria.

What do you like about Rembrandt? The caring and inclusive community, and gezellig atmosphere.

What do you do in your free time? I enjoy caravanning and travelling overseas. I also play the piano, knit and sew (in particular formal gowns and wedding dresses). I keep fit by walking and line-dancing.

What is your favorite food? Dutch! I was taught to cook by my mother-in-law (a resident at Rembrandt between 2003 and 2008).

What is your most memorable holiday? A 4 month caravanning trip to the Top End (Northern Territory) in 2015.

Something else about me? I support Geelong Cats AFL team, and have lived in 3 states of Australia (Vic, NSW and SA)

Rembrandt

Autumn



WORD SEARCH



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T	K	W	Q	U	E	E	F	G	C	N	Y
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O	R	J	X	K	V	S	N	C	G	R	Q
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SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF

