

ISSUE 45

October 2022



CONNECTOR

Rembrandt Living's Home Care Newsletter

Rembrandt Living Inc

Home Care & Health Centre
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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

Rembrandt

SPRING TIME HEALTH AND WELLNESS!

Spring has sprung! Spring is a welcome change as the longer days return and the outdoors can be enjoyed. Springtime health and wellness is something we can all agree is important!

Here are our top spring time health and wellness tips:

Practice good food nutrition

Whether you're facing spring allergies or want strong immunity, eating fresh fruits and vegetables, unsaturated fats, and whole grains are just a few of the foods that help build a strong immune system.

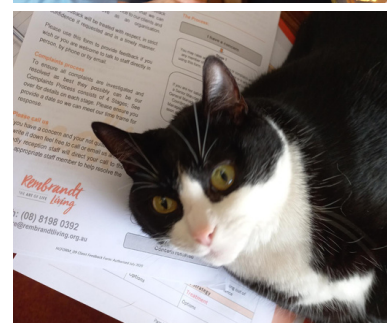
Keep on the sunny side!

Getting outside in the garden and enjoying the sunshine is an excellent source of Vitamin C, helps with aligning the bodies circadian rhythm for a good nights sleep and does wonders for our mental health. Australian researchers have found that those who gardened had 36% lower risk of dementia - not a statistic to be ignored!

Get the right amount of rest

With spring comes more hours of daylight. This change when we "spring ahead" an hour can affect our sleep. Its best to stick with a routine of waking up and going to sleep at consistent times.

Seven to nine hours of rest per night is ideal. That way, you'll wake up most refreshed and ready for another beautiful spring day!



GET TO KNOW YOUR GREENFIELDS STAFF

Name: Elena Learhnan

Job Title: Home Care Receptionist

How long have you been with

Rembrandt Living: Two months

What is your country of birth? Australia.

What do you like most about working at

Rembrandt? I love working for a compassionate organization knowing the work I do is making a positive difference in our clients lives

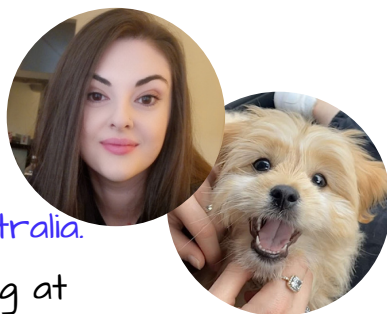
What do you like to do in your free time? I have a new puppy who keeps me very busy! His name is Bambi and he is a 4 month old maltese cross poodle. He's very cheeky!

What is your favourite restaurant or cafe? Brunelli Glynde and Sfizio Cucina norwood are my favourite coffee spots

What is your favourite food? Rosemary roasted lamb shoulder from the Torrens Arms! yum yum!

What has been one of your best holidays? I haven't been outside of Australia yet! Surfers paradise is so far my favourite. I hope to visit New York as my first overseas trip!

Mention something about YOU that people may not know: I love music and I used to play the drums in a band!



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

TUESDAY & THURSDAY
11AM - 2PM
REST & RECREATION

FIND US ON:



Rembrandt

NATIONAL SAFE WORK MONTH

October is National Safe Work Month – a time to commit to building safe and healthy workplaces for all Australians.



know safety,
work safely

Make safety at
work your priority

October is National Safe Work Month



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.



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BOARD MATTERS

The monthly newsletter of the Rembrandt Living Board

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

Annual General Meeting
16th November 2022

Major Projects, Assets & Infrastructure Committee
9 November 2022

Board Meeting
7th December 2022

Clinical Governance Committee
18 November 2022

Consumer Reference Group
20 October 2022

The September Board meeting was held on Wednesday 5 October, at the Marion Hotel, as the Board continues to be extremely cautious of the possibility of bringing COVID-19 into Rembrandt Court.

The Board participated and enjoyed an Aged Care Awareness Activity focused on Dementia as presented by the CEO.

The Board spent some time discussing the upcoming Annual General Meeting and the CEO provided a verbal update, advising she would commence preparing the Annual Report upon her return from annual leave. The format on the night will be very similar to 2021, to be held on 16th November at the Marion Hotel.

The CEO highlighted the recent organisational restructure and changes to the organisational chart. The important transition has occurred successfully, with thanks to her external mentor who assisted. The new People, Culture & Safety Manager has now been engaged and will commence employment on 14 November 2022

The recent Christmas in July (held in September) staff party was attended by a number of Board Directors and volunteers. It was highlighted as a successful night and enjoyed by all. Only positive comments were made on Rembrandt's current culture.

The Board confirmed that the 2021/22 Draft Financial Statements and Draft Audit completion and ready for presentation to members at the 2022 Annual General Meeting noting just a few changes.

Reports were provided by the chair, CEO and Treasure and were discussed at length.



Rembrandt

REMBRANDT LIVING MEMBERSHIP

Applications for Membership are
welcomed from all

The benefits of being a
member include:

- Attend the AGM and vote
- Review the financial statements
- Vote on WHO is on the board
- Have YOUR say on amendments to the Rembrandt Living Constitution



All applications are reviewed by the Board at its next meeting

Simply complete an Application Form
(available at both Receptions) and
submit to Cathy Hutton
chutton@rembrandtliving.org.au

Any questions to Cathy Hutton on
Ph. 8198 0300

*Rembrandt
Living*