

# THE WINDMILL

The Rembrandt Court Weekly Newsletter



## AGED RIGHTS ADVOCACY SERVICE

What is the Aged Rights Advocacy Service (ARAS)? Since 1990 ARAS has been supporting older people within South Australia to uphold their aged care and human rights. ARAS provide services through the delivery of advocacy, information and education. ARAS advocates can assist you or any older person you may know to access and interact with the community.



aged rights advocacy service inc.

Rembrandt will welcome ARAS on Wednesday, 6th September at 1.30pm in Daffodil House. Following this meeting will be the Weekly Residents Meeting (2.00pm). Please note the ARAS meeting may go over time, depending on attendance. This presentation is for residents and representatives only. Please let our staff know if you would like to attend.

### LOST PROPERTY?

Over the past few months we have collected items such as watches, jewellery, brooches, locket, pouches & reading glasses. Please chat to a nurse or a member of the admin team if you believe you are missing any personal belongings.



# Rembrandt

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[info@rembrandtliving.org.au](mailto:info@rembrandtliving.org.au)

## UPCOMING EVENTS

**RESIDENTS MEETING**  
Wednesday 9th August  
2.00pm  
Daffodil House

**MENS CLUB**  
Wednesday 16th August  
11.45pm - 1.00pm  
Main Hall

**CUPCAKE DAY**  
Wednesday 16th August  
from 2.30pm

# PUZZLES - GIVE AWAY, SWAP OR DONATE

Our Lifestyle team have recently had a cupboard clean out and have decided to remove all the 1000 piece puzzles – our residents can struggle to use them as the pieces can be too small and a bit too fiddly. We are giving away and/or asking people to swap for 100/200 piece puzzles with the larger print and sizes.



We would love to see these puzzles go to a good home rather than be thrown away, but we can't guarantee there aren't any missing pieces! Please see the lifestyle staff if you would like to swap, take or donate.

## RESIDENTS' MEETING LOCATION CHANGE



Please note due to the rising popularity of the Weekly Residents Meeting, the location has been changed. Moving forward please join us in the Daffodil lounge (near the T.V) every Wednesday at 2.00pm.

## WEEKLY RESIDENTS' MEETING

Wednesday 2nd August, attended by nine residents and two staff members.

- Resident gave a big thanks to Declan (domestic services) for wiping the grooves/skirtings in the lifts and café.
- Residents would like the Tulip House court yard looked at. It would be nice if the area to looked less closed in.
- Residents agreed that more dessert variety would be nice.
- The COVID clinic was a success with a large number of residents glad they received "the jab".
- Staff spoke about Aged Care Employee Day (Monday 7th August). There will be cake for staff members across all shifts.
- Residents wished Deb (CEO) a very happy Birthday 😊
- Residents agreed that more space is needed for the meeting as more residents are attending

## RESIDENTS' BIRTHDAYS

- Gerrit Drinkwaard – 8th Aug
- Judith Carter - 8th Aug
- Nelly Verstegen - 11th Aug
- John Warmer - 18th Aug
- Mary Van Pamelan - 21st Aug
- Peter Wadstrom - 25th Aug
- Marika Salopek - 27th Aug

## FEEDBACK

We welcome all feedback!  
Call: 08 8198 0300 or  
email: [feedback@rembrandtliving.org.au](mailto:feedback@rembrandtliving.org.au)

*Rembrandt*



# MY WEEKLY MENU

	LUNCH	DINNER
MON 7TH AUG	Chicken Sausages or Vegetarian Sausages served with Stampot, Honey Carrots & Broccoli  Trifle	Vegetable & Pearl Barley Soup Party Pies and Pasties or Sandwiches either Egg & Mayo or Ham & Cheese  Apricots and Custard
TUES 8TH AUG	Corn Beef & Mustard Sauce or Vegetarian Balls served with Steamed Potatoes, Buttered Spinach & Carrots  Pear & Apple Crumble	Ham Hock & Split Pea Soup Meat Loaf with Pasta Salad or Sandwiches either Chicken & Mayo or Cheese & Gherkin Jelly and Ice Cream
WED 9TH AUG	Chicken and Chorizo Paella or Moroccan Vegetarian served with Rice, Sweet Potatoes & Brussel Sprouts Banana Caramel Pie & Cream	Roasted Capsicum, Sweet Potato Soup Chicken Asian Vegetables Noodles or Sandwiches either Ham & Mustard or Egg & Lettuce Raspberry Bread Pudding
THURS 10TH AUG	Roast Lamb or Roasted Mushrooms, served with Roast Potatoes, Roast Pumpkin & Broccoli  Pavlova with Two Fruits & Cream	Creamy Chicken & Corn Soup Sticky Chicken with Fried Rice or Sandwiches either Cheese & Gherkin or Ham, Cheese & Tomato Fruit & Ice Cream
FRI 11TH AUG	Crumbed Fish or Creamy Tuscan Pasta Served with Wedges, Mixed Vegetable & Brussel Sprouts Apricot Steamed Pudding	Lentil Vegetable Soup Vegetable Frittatas with Potato Salad or Sandwiches either Chicken, Lettuce & Mayo or Curried Egg Pears & Custard
SAT 12TH AUG	Chicken Kiev or Vegetarian Balls served with Potatoes, Cabbage & Bacon & Honey Carrots  Black Forest Cake	Tomatoes White Bean Soup Nasi Goreng with Scrambled Eggs or Sandwiches either Turkey & Cranberry or Tomato & Cheese Cheesecake
SUN 13TH AUG	Roast Pork or Roasted Vegetables served with Roast Potatoes, Roast Vegetables & Mixed Vegetables  Apple Pie & Cream	Creamy Chicken Soup Thai Vegetable Curry with Rice or Sandwiches either Ham & Cheese or Egg & Lettuce Peaches & Ice Cream

# Keep these numbers handy

**Aged Rights  
Advocacy Service**  
1800 700 600

**Aged Care Quality  
and Safety  
Commission**  
1800 951 822

**My Aged Care**  
1800 200 422

**National Dementia  
Helpline**  
1800 100 500

**National Seniors  
Australia**  
1300 765 050

**Lifeline**  
13 11 14

**Legal Services  
Commission SA**  
1300 366 424

**SA Health**  
(08) 8226 6000

## PUZZLE TIME

### WORD FINDER

E	A	T	I	N	G	B	G
E	H	W	T	Q	L	L	N
E	E	B	B	A	E	T	I
N	C	S	F	X	A	E	M
O	N	I	A	V	V	M	I
I	E	D	O	O	F	P	T
T	R	Y	Q	H	R	E	G
I	E	Y	B	I	C	R	L
R	F	E	O	W	S	A	D
T	E	K	Z	K	U	T	R
U	R	N	C	T	O	U	A
N	P	A	I	H	B	R	Z
I	N	R	A	Y	M	E	N
S	C	U	L	T	U	R	E

**FOOD CHOICE TIMING TEMPERATURE NUTRITION**      **SNACKS CULTURE PREFERENCE RITUAL EATING**

### SUDOKU

Fill the grid with the numbers 1 to 4 so each number is only used once in each row and column.

	2		1
		2	
2		1	4
		3	2

		2	1
2	1	4	
		3	
3	4		2

2		4	
1	4	2	
	2		
4			

We acknowledge the Traditional Custodians of Country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past and present.

**aras**  
Aged Rights

[sa.agedrights.asn.au](http://sa.agedrights.asn.au)

Aged Rights Advocacy Service Inc is a proud member of the Older Persons Advocacy Network (OPAN), offering free, confidential and independent aged care advocacy. There is a member organisation in each state and territory.

**OPAN** | Older Persons  
Advocacy Network

[opan.org.au](http://opan.org.au)

**Advocacy line 1800 700 600**  
We welcome your feedback.  
Email: [enquiries@opan.org.au](mailto:enquiries@opan.org.au)