

THE CONNECTOR

Rembrandt Living's Home Care Newsletter

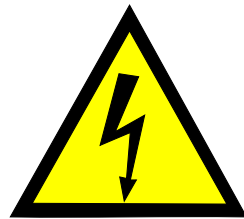


ELECTRICAL SAFETY TIPS IN THE HOME

Electricity is an integral part of our lives, which many of us today could not imagine living without. We need it to power our appliances, lighting, heating and cooling. Electricity is so entrenched in our daily lives that it's easy to forget that if used incorrectly.

Please see some important safety tips below:

- Inspect appliances, plugs, switches and cords regularly for damage and repair
- Do not excessively bend cords
- Always ensure there is adequate ventilation and space around appliances that generate heat
- Minimise the use of extension cords. Plug directly into the wall where possible
- Do not run them under rugs or carpets
- Always unwind cords fully during use to prevent overheating, don't tie them together
- Do not "piggy-back" a double adapter and try not to overload a power board with too many appliances
- Turn off switches whenever not in use, you'll save power too!



Rembrandt

Rembrandt Living
21 Greenfields Dr,
Green Fields SA 5107

Ph. 8198 0392

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

ALLIED HEALTH CLASSES

**Strength & Balance 4 Life
Green Fields (North)**

Every Tuesday
2:30 - 3:30pm

**Falls & Balance
Woodbridge
Community Hall**

Every Tuesday
3 session times available

**Cross Fit
Woodbridge
Community Hall**
Every Thursday
10-11am

SCAMMERS- BE AWARE!

What is a scam?

A scam happens when somebody gains your confidence in order to steal your money or information. This may present as a suspicious phone call, text message, email or via social media.

The older you are, the more at risk you are of being targeted by scammers. Even the most cautious consumers can fall victim to scams, which are becoming increasingly sophisticated,

A record \$3.1 billion was lost to scams in Australia in 2022.

What can I do to protect myself?

STOP - Don't give money or personal information to anyone if unsure.

Scammers will offer to help you or ask you to verify who you are. They will pretend to be from organisations you know and trust like, Services Australia, police, a bank, government or a fraud service.

THINK - Ask yourself could the message or call be fake? Never click a link in a message. Only contact businesses or government using contact information from their official website or through their secure apps. If you're not sure say no, hang up or delete.

PROTECT - Act quickly if something feels wrong. Contact your bank or SA Police if you notice some unusual activity or if a scammer gets your money or information.

Further information and assistance can be found on the Australian Government's website SCAMWATCH.



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 Harbour
Recreation Centre
(SOUTH COAST)
5 George Main Road
Victor Harbour
EVERY FRIDAY

NORTHERN SOCIAL PROGRAMS

Home Care & Health Centre
(NORTH)
21 Greenfields Drive
Greenfields
EVERY TUESDAY, WEDNESDAY, THURSDAY AND FRIDAY

FEEDBACK

We welcome all feedback!

Call: 08 8198 0392 or email: feedback@rembrandtliving.org.au

Rembrandt



Want to know what is going on at Rembrandt?

FOLLOW US ON SOCIALS

find us by searching "Rembrandt Living"

click on our page & select "Like"

Follow us on Instagram by clicking
the "follow" button



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

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

Advocacy line 1800 700 600
We welcome your feedback.
Email: enquiries@opan.org.au