

ISSUE 406 • 15TH SEPTEMBER 2023

# THE WINDMILL

The Rembrandt Court Weekly Newsletter



## DEMENTIA ACTION WEEK

This year Dementia Action Week is running from 18th - 24th September! The theme is 'Act Now for a Dementia-Friendly Future'. Communities that take action to become dementia-friendly have less fear and a greater understanding of the disease. While two-thirds of people with dementia live in the community, Dementia Australia's research shows that 81% of people who have a loved one living with dementia felt, people in shops, cafes and restaurants treated their loved one's differently. Rembrandt knows the importance of creating dementia-friendly communities. Through support and education people living with dementia should be able to access all services, activities and have spaces to feel safe and heard.

## SO WHAT IS DEMENTIA?

Dementia is an umbrella term, we know there are over 120 different types, causes, and forms that fall under the umbrella of Dementia. Dementia is a term used for several diseases that affect memory, thinking and the ability to perform daily activities. The illness gets worse over time. It mainly affects older people but not all people will get it as they age.

**Act Now** for a  
**Dementia-Friendly Future**



## Rembrandt

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## UPCOMING EVENTS

### LOST PROPERTY

If you are missing a ring please come see Sam in the Nurses Station



### CATHOLIC MASS SERVICE

Tuesday 19th September  
Rose House 10.30am

### DRESSED FOR SUCCESS

Tuesday 3rd October  
1.30pm Main Hall

# THE GEMS®: BRAIN CHANGE MODE

The only constant with dementia, and brains in general, is that they are ever-changing. All human's can experience brain changes daily. A changing brain is something that you may or may not notice, in fact 50% of people living with dementia are unaware that they are experiencing changes - a condition also known as Anosognosia. Anosognosia is a neurological condition where the person is unaware of their neurological condition.

The GEMS Model, developed by Teepa Snow and based on the Allen Cognitive Scale, which recognises the shifts in our skills and abilities in any given moment. With dementia, while the progression, pattern, and changes may look very different for each type of dementia, the movement through the GEMS is somewhat predictable. Your understanding of the remaining abilities at each step of this journey can make a world of difference.

**Sapphire** -Regular ageing, flexible, true blue & adaptable

**Diamond** - Clear, sharp, many facets, lives by habit & routine

**Emerald**- Seeks connections, repeats & can miss details

**Amber** -More curious than cautious, sensory needs & copies actions not tasks

**Ruby**- Retains strength but not skills, strong & has rhythm

**Pearl** - Hidden in a shell, immobile & reacts to touch

*"Just like gems, each person is precious, valuable, and unique, and given the right setting and care, can shine." - Teepa Snow*



## RESIDENTS' BIRTHDAYS

Jenny Lennard - 15th Sept  
Bertie Van Der Harst - 16th Sept  
Malcolm Thomas - 18th Sept  
Kitty Scholten - 23rd Sept  
Pat Wright - 29th Sept

## FEEDBACK

We welcome all feedback!

Call: 08 8198 0300 or

email: [feedback@](mailto:feedback@rembrandtliving.org.au)

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

*Rembrandt*



# MY WEEKLY MENU

	LUNCH	DINNER
MON 18TH SEPT	Cottage Pie or Lentil Cottage Pie served with Potatoes and Buttered Beans  Butter Scotch Pudding	Mushroom Soup Party Pies & Pasties with Chips Sandwiches either Egg & Lettuce or Turkey & Cranberry  Ice Cream
TUES 19TH SEPT	Moroccan Lamb or Moroccan Vegetables served with Rice, Carrots & Buttered Spinach  Peach Cobbler & Custard	Chicken Noodle Soup Creamy Pumpkin Pasta Sandwiches either Chicken, Lettuce & Mayo or Cheese & Gherkin  Pears & Custard
WED 20TH SEPT	Chicken Stroganoff or Mushroom Stroganoff served with Potatoes, Roast Pumpkin and Broccoli  Chocolate Pannacotta	Pumpkin & Sweet Potato Soup Salmon and Vegetable Slice Sandwiches either Beef & Chutney or Tomato & Cheese  Strawberry Short Cake
THURS 21TH SEPT	Italian Pork & Risoni Balls or Vegetarian Balls served with Sweet Potato & Herbed Buttered Beans  Rice Pudding & Cream	Tomato Soup Beef Cheeseburgers Sandwiches either Egg & Mayo or Ham & Cheese  Spiced Apple & Cream
FRI 22ND SEPT	Crumbed Fish with Tartare Sauce or Potato Croquets served with Chips, Salad or Mixed Vegetables  Pavlova & Berry Compote	Broccoli Soup Crispy Chicken with Potato Salad served with Salad Sandwiches either Chicken & Mayo or Cheese & Gherkin  Jelly and Ice Cream
SAT 23RD SEPT	Chicken Schnitzel & Vegetarian Schnitzel served with Mash Potato, Pumpkin & Brussel Sprouts  Apricot Crumble with Custard	Lentil Soup Beef Croquettes with Chips Sandwiches Egg & Lettuce or Ham & Tomato  Cheesecake
SUN 24TH SEPT	Roast Lamb or Roast Vegetables served with Roast Potatoes, Roast Carrots & Peas  Bread & Butter Pudding	Beef & Vegetable Soup Tuna Mornay with Rice Sandwiches either Ham, Cheese & Tomato or Cheese Gherkin  Chocolate Ice Cream



*Staying connected and asking the important questions!  
#RUOK?*

