

THE CONNECTOR

Rembrandt Living's Home Care Newsletter



EATING WELL AS WE AGE - WHY MEALS MATTER

As we get older, the types and amounts of foods we like to eat can change. It is important to keep choosing healthy foods to support our health. A decreased appetite and/or reduced ability to buy and prepare healthy foods can negatively affect the intake of essential vitamins, minerals and fibre older adults require to thrive. Inadequate nutrient intake can contribute to general unwellness, malnutrition or exacerbate some chronic conditions.

Did you know you can access a dietician and healthy home delivered meals through your Home Care Package? Speak to your Coordinator today to find out more!

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

Ask yourself the following questions...

Have you been eating less than usual?

Have you had to tighten your belt buckle recently?

Is your face looking drawn?

Have you lost weight without meaning to?

Have your family or friends recently told you that you look like you've lost weight?

Do you have a reduced appetite?

Are your clothes or jewellery becoming loose?

If you answered "yes" to any of these questions, you could be malnourished.

OCTOBER STAFF MEETING - MANUAL HANDLING

This month all staff have completed their Manual Handling Training facilitated by our Allied Health Manager and Occupational Therapist, Alex Lytas. Every second month our northern and southern staff get together for a staff meeting and training to ensure all staff are up to date with the latest knowledge and training to ensure our clients are supported in the best way possible!



PLEASE INCLUDE CLIENT ID WHEN MAKING PAYMENTS

When making a payment we kindly request our valued clients to please remember to include your **Client ID** as your reference. Your Client ID can be found on the top right hand or bottom left corner of your invoice/ statement.



Hello!
My name is
Murphy!

Murphy loves to pop into our Woodbridge office to say hello to Sylvia, Carolyn and Andrew. Always bringing with him a smiley face and a waggy tail!

SOCIAL HARMONY CHIT CHAT

Rembrandt Court (South)
1 Madras Street
Oaklands Park
EVERY FRIDAY

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

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

Major Projects, Assets & Infrastructure Committee Meeting
11 October

Executive Team Meeting
19 October

Consumer Advisory Committee
26 October

Annual General Meeting
15 November
Marion Hotel

The Board meeting took place on Wednesday, October 4th, 2023, at our Home Care & Health Centre in Green Fields. It was once again a very full agenda, and we continue to be very fortunate to be served by such a professional and knowledgeable group of Directors.

The CEO presented the results of the People & Culture Staff Pulse Survey. This survey is one of our key culture indicators and the Board agreed it had a fantastic response rate and results, with some clear areas to work on.

The Board also discussed the Annual General Meeting, which will take place on Wednesday, 15th November, at the Marion Hotel. The Board looks forward to seeing as many Members as possible at this important event.

The Board was also advised that the purchase of the 'Doreen Street' property is progressing, with settlement hopefully planned for early in 2024.

Our CEO, Deb, presented a draft 12-Month Cybersecurity Action Plan, and in addition to approving it, the Board concurred that this represented a high-priority area.

The Board discussed the Christmas in July (held in September) Staff Party at The Highway. The event saw a significant turnout of Staff, Volunteers and Directors. It was a resounding success and thoroughly enjoyed by everyone in attendance. See below Director Paul Thorne enjoying the event with our CEO, Deb Dutton.





SPRINGTIME FIND A WORD

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

SPRING
MAY
GREEN
WARM
UMBRELLA



MARCH
FLOWERS
GRASS
SHOWERS
EASTER



APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS

