



THE CONNECTOR

Rembrandt Living's Home Care Newsletter



WAYS TO KEEP COOL THIS SUMMER



Stay hydrated:

- Drink plenty of water - even if you don't feel thirsty.
- If you go outside, carry a bottle of water with you.

Keep your body as cool as possible by:

- Staying out of the sun.
- Drink cold drinks and eat cold meals, such as salads and fruit.
- Wear light-coloured and loose-fitting clothes made from natural fibres such as cotton.
- Take cool showers or baths.
- Apply sunscreen and wear a hat, if you must go outside.
- Plan your day around the heat — avoid being outdoors between 11am and 5pm.
- Minimise physical activity.

Keep your house cool by:

- Closing curtains and blinds during the day.
- Go to a cool place such as a library, shopping centre, cinema or swimming pool, if you do not have air conditioning.
- Stay in the coolest room in the house.
- Use the stove and oven as little as possible.

Heat-related illness can quickly become life-threatening. If you or someone near you is very unwell and does not respond to cooling and rehydration quickly (within 10 minutes), call triple zero (000) and ask for an ambulance



Rembrandt

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Green Fields SA 5107

Ph. 8198 0392

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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

GETTING TO KNOW THE GREENFIELDS STAFF...

Name: Ray Jung, Support Worker in Home Care.
How long have you been with Rembrandt Living?
I have been with Rembrandt Living since June 2023.
What is your country of birth? South Korea.
What do you like most about working at Rembrandt Living? Personally, I feel incredibly fortunate and happy to work alongside the friendly and family-like Rembrandt Living staff.

What do you like to do in your free time?
I have various hobbies, including cycling (road/mountain bike), fishing, golfing, ping pong, kayaking, gardening, cooking, coffee talks with neighbours, and shopping in op shops (my favourite op shops are Salvation Army, Treasured Op Shop in Modbury North, and Salvos stores).

Name a couple of your favourite restaurants or cafes:
I often explore cafes with my neighbours, and my personal favourites are St. Georges Bakehouse in Sants Shopping and Coffee and CO CAFE in Golden Grove Village. As someone who immigrated to Australia after turning 30, my preferred restaurants are Korean, namely Mum's Kitchen in Tranmere and Mr. Bulgogi in Mawson Lakes. Although I can't visit them often, I go occasionally when I crave Korean food.

What is your favourite food?
Bibimbap is a Korean rice dish. The term bibim means "mixing," and bap is cooked rice. It is served as a bowl of warm white rice topped with namul (sautéed or blanched seasoned vegetables) and gochujang (chili pepper paste). Egg and sliced meat (usually beef) are common additions, stirred together thoroughly just before eating.

What has been one of your best holidays?
One of my unforgettable memories is booking a beachfront house in Port Lincoln, casting a fishing rod in the backyard, and eagerly waiting for the fish to bite during the hot December summer. Although I only caught a few small fish and blue crabs during the 5-night, 6-day Port Lincoln vacation, it remains a cherished memory. Fishing always leaves me wanting more.

Mention something about YOU that people may not know:
A unique experience from my past is serving 30 months in the Korean Air Force. It's a story that no one might be aware of! Also, in 2008, I underwent LASIK surgery, allowing me to live without glasses.

In conclusion, I pray that everyone who knows me remains healthy and happy.



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

Rembrandt



LAVENDAR FARM

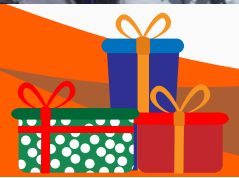


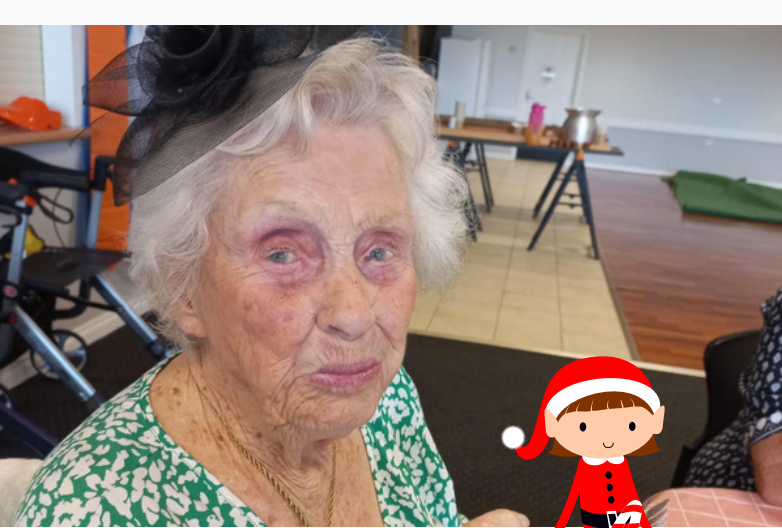
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Social Group Christmas Break

Last day of social groups is 22nd December 2023
and will be returning on Tuesday 2nd January 2024





Melbourne Cup!

