

ISSUE 422 • 5TH JANURAY 2024

# THE WINDMILL

The Rembrandt Court Weekly Newsletter



## 2024 ALLIED HEALTH UPDATE

We have an amazing Allied Health Team here at Rembrandt Court! Our OTs, Vicki, Tyson and Davina have been here with us for a while now and most of you will already know their faces. This year we were very fortunate to grow our team with Jiseon our Physio and Jack our Therapy Assistant. Jiseon has brought with her invaluable knowledge regarding rehabilitation, movement, exercise, pain assessment and treatment. Jack has brought a wonderful energy and flair to our exercise groups and is helping some of our residents with their individual exercise programs. With the changes in the funding system in Aged Care, our focus has shifted from mainly providing massages, to a more holistic practice. This still includes massage when appropriate, but also includes other non-pharmalogical pain interventions such as targeted exercises and stretches which are much more effective in treating and managing pain levels and are a good strategy for improving a sense of well-being.

We love assisting you in maintaining independence in daily tasks, supporting your movement, walking and helping you engage in activities that are meaningful. Come and join us for some group exercises during the week at the gym or pop past to have a chat or ask any questions you may have. We will try our best to help where we can 😊



## Rembrandt

Rembrandt Court  
1 Madras Street  
Oaklands Park SA 5046

Ph. 8198 0300

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



## UPCOMING EVENTS

**COOKED BREAKFAST  
ALL HOUSES**  
From 7.30am

Thursday 10th January  
\*All residents welcome\*

**CONNECTIVITY COFFEE**  
Thursday 18th January  
Main Hall - 10.30am

**AUSTRALIA DAY PARTY**  
Thursday 25th January  
Main Hall



BBQ in All Houses for  
lunch

# MEET OUR NEW STAFF MEMBER....

Name: *Jiseon Park*

Job Title: *Physiotherapist*

How long have you been with

Rembrandt Living: *5 months*

What is your country of birth?

*Born in Korea and came to Australia in 2013.*

What do you like most about working at Rembrandt?

*The family like environment, working with talented and supportive colleagues and getting to know different and interesting residents every day.*

What do you like to do in your free time? *Play with my 2 year old son, watch movies and swimming.*

What is your favourite restaurant or cafe? *Adelaide pho and Golden Boy in the North Tec.*

What is your favourite food?: *Korean charcoal BBQ and Vietnamese Pho.*

What has been one of your best holidays? *My honeymoon trip to Africa. We travelled from South Africa and drove through Namibia and Botswana. We did a walking safari for 3 nights and had a hippopotamus visit in our camp yard at night.*

Mention something about YOU that people may not know: *I have three children; a toddler boy and two fur babies.*



# RESIDENTS' BIRTHDAYS

Catharina Storey – 17th Jan

Catharina O' Brien – 20th Jan

Marilyn Mayne - 22nd Jan

Nelly Kempen - 30th Jan

Roger Clarke - 30th Jan

We welcome all  
feedback!

Call 8198 0300 or  
email

feedback@  
rembrandtliving.org.au

# WEEKLY RESIDENT MEETING MINUTES

The Wednesday 3rd January 2024 meeting was attended by five residents and two staff members, during which the following topics were discussed:

- Compliments to the Lifestyle Team for the NYE party. Everyone had a great time, everyone had a good night and the residents loved it being in the Main Hall. "Two thumbs up".
- The food trolley in Rose House is at times dirty and needs a good scrub.
- Compliments to RN for providing a resident with extra heat sacks – they have made the world of difference and she is very appreciative.



# MY WEEKLY MENU

	LUNCH	DINNER
MON 8TH JAN	Beef or Vegetarian Lasagne served with Chips, Salad and Mixed Vegetables  Mango Coconut Panacotta	Mushroom Soup Party Pies & Pasties with Chips Sandwiches either Egg & Lettuce or Turkey & Cranberry  Ice Cream
TUES 9TH JAN	Lamb Rogan Josh or Vegetables served with Rice, Carrots & Buttered Spinach  Peach Cobbler & Custard	Chicken Noodle Soup Thai fish Cakes & Asian Noodle Salad Sandwiches either Chicken, Lettuce & Mayo or Cheese & Gherkin  Pears & Custard
WED 10TH JAN	Chicken Schnitzel or Vegetarian Schnitzel served Potato Bake, Butter Beans & Mixed Vegetables  Apple Danish & Custrad	Potato and Leek Soup Nasi Goreng with Scrambled eggs Sandwiches either Tomato & Cheese Beef & Chutney Peached & Cream
THURS 11TH JAN	Continental Sausages served with Stampptot, Sauerkraut and Brussel Sprouts  Lemon & lime Cheesecake with Cream	Tomato Soup Beef Cheeseburgers with Coleslaw Sandwiches either Egg & Mayo or Ham & Cheese Apricots and Custard
FRI 12TH JAN	Crumbed Fish with Tartare Sauce or Potato Croquets served with Chips, Salad or Mixed Vegetables  Chocolate Mint Mouse	Broccoli Soup Honey Soy Chicken with Potato Salad served with Salad Sandwiches either Chicken & Mayo or Cheese & Gherkin  Jelly and Ice Cream
SAT 13TH JAN	Chicken Fettuccine served with Chips, Salad and Mixed Vegetables  Blueberry Crumble with Custard	Lentil Soup Bacon and Zucchini Slice Sandwiches Egg & Lettuce or Ham & Tomato  Cheesecake
SUN 14TH JAN	Roast Lamb or Roast Vegetables served with Roast Potatoes, Roast Carrots & Peas  Bread & Butter Pudding	Chicken & Vegetable Soup Vegetable and Pasta Bake Sandwiches either Ham, Cheese & Tomato or Cheese Gherkin  Chocolate Ice Cream





*Rembrandt*  
**Australia  
Day at  
Rembrandt  
Court**



---

**Live  
Music**



**Aussie  
snacks**



**Raffle  
&  
More**

---

**Join us in the Main Hall,  
Thursday 25th January  
10.00am - 12.00pm**

