

ISSUE 428 - 16TH FEBRUARY 2024

THE WINDMILL

The Rembrandt Court Weekly Newsletter

CONTINUOUS IMPROVEMENT AT REMBRANDT

Did you know that we installed sound panels in our cafe? Last year after her visit, Teepa Snow mentioned to us that the cafe was very loud and can be a vary challenging environment for people living with Dementia. So how can we minimise this? Our team of leaders came up with the idea of hanging noise absorbing discs from the ceiling. These circular shaped acoustic panels are designed to be hung from the ceiling, and are built with high-performance, sound-absorbing materials. They provide sound management in busy spaces like our cafe. Last week we had more noise absorbing panels placed in the main hall. A big thanks to Rayjon Visual Communications for doing this job for us. Our ears thank you!

#continuousimprovement

Rembrandt Living

Rembrandt Court
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UPCOMING EVENTS

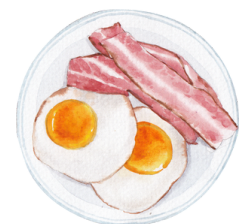
COOKED BREAKFAST

ALL HOUSES

From 7.30am

Thursday 22nd February

All residents welcome

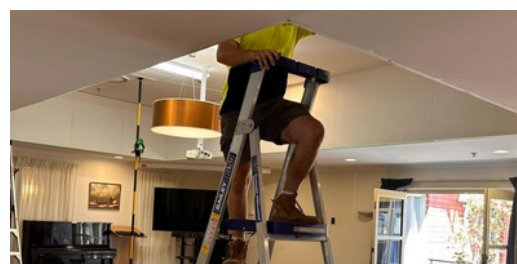


SOCIAL HARMONY

From 10.30am

Friday, 23rd February

Main Hall



REMBRANDT STAFF ESCORT PRICE

Would your loved one enjoy a trip to Marion shops? the Museum or Wetlands? Rembrandt Court is proud to offer an Escort Service that enables our residents to book a staff member to accompany them to to an outing outside of Rembrandt Court (even doctor's appointments). If you have any questions or concerns about this service please don't hesitate to contact our finance or nursing team directly.

Weekdays (7am to 6pm) \$50/hour

Weekdays (6pm to 7am) \$60/hour

Saturdays \$75/hour

Sundays \$95/hour

P/Holiday \$110/hour

***two hour minimum booking**

KEEPING UP TO DATE



WEEKLY RESIDENT MEETING MINUTES

The Wednesday 14th February 2024 meeting was attended by seven resident and two one staff members during which the following topics were discussed:

- Thank you to staff member Vicki for a great meeting last week and for the comprehensive notes printed in last weeks, The Windmill
- A resident asked if we could swap toilet paper? The roll she suggested is eco friendly, made in Australia and 50% of profits go to First Nations Education.
- A resident would like salted herring? Staff will check with the kitchen, this product may be available in the café?
- A resident would like more vitamins. Staff suggested he chat with the clinical team and add extra supplements to their diet - Clinical team have been notified



RESIDENTS' BIRTHDAYS

Elizabeth Zelazny - 11th Feb

Jenneke Borgers - 13th Feb

Lal Bahadur - 18th Feb

Joe Leeuwrik - 23rd Feb

Keith West - 26th Feb

We welcome all feedback!

Call 8198 0300 or

email

feedback@

rembrandtliving.org.au





Food for thought: By Nicoline Munday, Rembrandt's Dementia Care and Training Manager

On my travels to America, I met Joanna and Jen. Joanna and Jen are part of the Teepa Snow's core team. The core team are a group of people living with dementia who partnered with Teepa to help advance mutual understanding and quality of care for all. These wonderful people are willing to stand up and let us see what life has been like to live with dementia. They invite questions so more people can learn, and this understanding helps break down these barriers.



Nicoline

Joanna: "I worked hard to get through college and upon finishing my PhD was very excited to feel confident knowing that I had a bright future ahead of me in the world of academics. I had truly found my niche specializing in organizational psychology, specifically psychological assessment, and cognitive testing. Years after being asked to retire from the University I received a diagnosis of young onset Alzheimer's disease. I was 48 years old".



Jen

Jen: Jen is diagnosed when she was 41 with Frontotemporal dementia. Before being diagnosed with FTD in 2018, Jenn was a secondary English teacher and Library Media Specialist in her hometown for 17 years. After receiving her diagnosis, Jen had to retire from her long-time teaching position. She said it took her nearly six months to adjust to her new life as a stay-at-home wife and mother of six children.



Joanna

When someone is living with dementia, the experience of eating and drinking may change for them. Which aspects might shift, and which might remain the same?



TEEPA 24

DEMENTIA CONFERENCE

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Both Joanna and Jen agreed that, for them, the taste and smell of food has changed since their diagnosis. This seems to be a shared experience for many individuals living with dementia. Texture tolerances and preferences have also shifted over time for both Joanna and Jen. Jen still enjoys a wide variety of textures and states that she eats for texture rather than taste, at times. Joanna, though, does not crave the sensation of different textures, and shared that she usually eats the same several foods daily.

Joanna and Jen both explained that the process of chewing and eating requires significantly more concentration and effort since their diagnoses. Eating and drinking are more of a job or task, rather than something done for enjoyment. Both Joanna and Jen prefer to eat without talking to others or having others talk to them, because it allows them to focus on the task.

Wow, I was not aware of the impact, I started to look at our dining rooms, for example Magnolia. I reflected, do we always have the music and TV off? Do we have staff and family talking to each other, but not so much to the person living with dementia?

Eating while socializing is no longer something that people living with dementia enjoy, or even feel is feasible. They find that eating in a restaurant or a busy environment is particularly challenging with the foods, noises, and music. It is often an experience they describe as sensory overload, and makes it too challenging to eat while there. When required to attend a social event at a restaurant, Joanna and Jen both often choose to eat before the event, or to bring food home with them to eat later.

Food for thought:

When you are assisting a resident with a meal, whether you are family or a care worker, please think about this and reflect. Focus on the resident, your loved one and not talk to other staff or socialise with others during a meal assist, keep your interaction to a minimum and allow them the time to concentrate on the eating process that is so important.

MY WEEKLY MENU

	LUNCH	DINNER
MON 19TH FEB	Corn Beef and Mustard Sauce or Veggie Schnitzel served with Potatoes, Garden Salad and Broccoli Trifle	Roast Cauliflower and Potato Soup Zucchini Sweet Potatoes Frittata or Sandwiches either Egg & Mayo or Ham & Cheese Apricots and Custard
TUES 20TH FEB	Chicken or Vegetable Meat Loaf served with Chips, Mixed vegetables and Garden Salad Pear & Blueberry Crumble	Chicken Vegetable Soup Vegetable Risotto or Sandwiches either Chicken & Mayo or Cheese & Gherkin Jelly & Ice Cream
WED 21ST FEB	Lamb Masaman Curry or Vegetarian Korma served with Roast Rice, Sweet Potatoes & Brussel Sprouts Chocolate Ripple Cake	Capsicum, Sweet Potato Soup Spinach and Ricotta ravioli & Garden Salad or Sandwiches either Beef & Mustard or Egg & Lettuce Strawberry Cheesecake
THURS 22ND FEB	Beef or Veggie Meat balls in Red Wine Sauce served with Potatoes, Pumpkin and Cauliflower Mango PannaCotta	Creamy Broccoli Soup Nasi Goreng with Kroepoek or Sandwiches either Cheese & Gherkin or Ham, Cheese & Tomato Fruit & Ice Cream
FRI 23RD FEB	Crumbed Fish or Vegetarian lasagne Served with Chips, Mixed Vegetable & Garden Salad Pavlova, Fruit & Cream	Lentil Vegetable Soup Honey Soy Chicken Potato Salad or Sandwiches either Chicken, Lettuce & Mayo or Curried Egg Pears & Custard
SAT 24TH FEB	Chicken Schnitzel or Vegetarian Schnitzel served with Potato Chips, Garden Salad, Mixed Vegetables Lemon Pudding	Tomatoes White Bean Soup Vegetarian Pasta Bake or Sandwiches either Turkey & Cranberry or Tomato & Cheese Chocolate Ice Cream
SUN 25TH FEB	Roast Pork or Roasted Vegetables served with Roast Potatoes, Roast Vegetables & Mixed Vegetables Apricot Struddle & Cream	Creamy Chicken Soup Thai Vegetable Curry with Steamed Rice or Sandwiches either Ham & Cheese or Egg & Lettuce Peaches & Ice Cream

**FEBRUARY
2024**

BOARD MATTERS

The monthly newsletter of the Rembrandt Living Board

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

Clinical Governance Committee Meeting
16th February 2024

MPA&I Committee Meeting
20th February 2024

FARC Committee Meeting
21st February 2024

Board Meeting
6th March 2024

In February the Board held its Annual Board Lunch. This year, the event took place in Glenelg, on Saturday, February 3rd, 2024. The lunch was also enjoyed by the Directors partners. The board looks forward to the annual gathering as it provides an ideal opportunity for members to connect with each other in a more casual setting.

The Board meeting took place on Wednesday, February 7th, 2024, in the Rembrandt Court Board Room, with all Directors in attendance. The Board extended a warm welcome to its newest member, Keturah Bryson, who has replaced Sue Cantor. Sue resigned from the Board in December, 2023, but continues to serve as an external Clinical Governance Committee member. Keturah brings with her a rich background in clinical expertise and governance, and we look forward to getting to know her.

Alex Lytas, from our wonderful Allied Health Team, presented to the Board. He introduced the Team, which consists of 4 Occupational Therapists, a Physiotherapist, and an Occupational Therapy Assistant. Alex discussed the importance of Allied Health in aged care, highlighting the expansion of services and the team's contributions to both Home Care and Residential Care. Additionally, Alex touched upon difficulties encountered with the new funding model.

It was a full agenda for the Board, with the addition of reviewing the raft of new governance requirements. Also discussed were the legislative changes that came into effect on December 1, 2023 and how Rembrandt Living has addressed these changes. The Directors are committed to practicing best practice governance and therefore reviewed their professional development plans for 2024.

The Doreen Street Project and site was discussed and is progressing well. The gas and electricity meters are being removed, in preparation for the site demolition which will happen sometime in March 2024. Rembrandt Living is venturing into new territory and look forward to this exciting new development.

The Board was thrilled to discuss the upcoming visit from Teepa Snow to Adelaide in March. Teepa will be conducting a full day dementia conference, "Teepa24", facilitated by Rembrandt Living, on March 19 at Morphettville Racecourse. Following this, Rembrandt will host Teepa and her team for a Champions Course the next day at Rembrandt Court.

If you care for someone living with dementia, the Directors strongly encourage you to attend and gain inspiration from one of the world's most respected dementia care specialists. Teepa will present in person, guiding us through a transformative learning journey. Her insights will shift your caregiving focus from simply "getting through the day" to engaging with a sense of purpose. Tickets are on sale now via Humanitix (search Teepa24). Please see below some pictures of our Directors at last years Teepa event



Rembrandt