

ISSUE 429 - 23RD FEBRUARY 2024

THE WINDMILL

The Rembrandt Court Weekly Newsletter

WHAT IS A LEAP YEAR?

So we all know each year has 365 days. Well, almost. Every four years, our calendars receive an additional day. This day is known as "leap day," and is added on to the last day of the shortest month of the year. Leap day falls on Feb. 29. as typically, February is the shortest month of the year, spanning 28 days.

So why? The reason there are leap days, and years, is because of the Earth's orbit. The amount of days it takes for the Earth to complete a full revolution around the Sun is not a whole number. The 365 days we experience is actually 365.2422 days, National Geographic reports....getting rid of 0.2422 days adds up. The fraction allows the seasons to correctly line up each year. If it was forgotten, the months during which we normally experience each seasons would shift, according to National Geographic. This would impact other aspects of life, such as the growing and harvesting of crops.

Did you know: Feb 29th is the rarest birthday someone could have. With at least 5 million people celebrating their birthday on leap day your odds of being born on Feb 29th are 1-in-1,461.



Rembrandt Living

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UPCOMING EVENTS

MENS CLUB

Wednesday 28th February
Main Hall
From 11.45am

SOCIAL HARMONY

Friday 1st March
Steve Nettle
Main Hall, From 10.30am

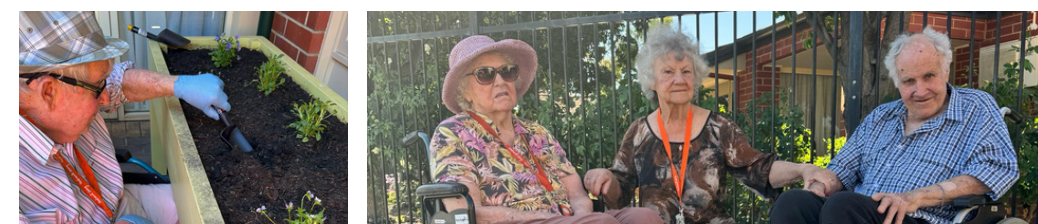


CONNECTIVITY COFFEE

Wednesday 6th March
Main Hall
10.30am

GARDENS & GROUNDS UPDATE

What's happening in the courtyard near the nurses station? Drainage issues have always been a problem in the courtyard across from Dr John's office. To help combat the issue, a sump pump has been installed to re-direct the stormwater out of the area. Our wonderful maintenance team will also be adding a replant and mulch into the garden bed. The heat has been a bit of an issue this last month and the gardens are looking quite dry but the team is working hard to replenish the water.



WEEKLY RESIDENT MEETING MINUTES

The Wednesday 21st February 2024 meeting was attended by ten resident and one staff member during which the following topics were discussed:

- Thank you to Terry for painting the exterior building
- Can the announcements please be repeated twice? By the time the residents get to open their door and listen the announcement has finished.
- Residents praised the food and noted everything is delicious, especially the sweets
- A resident noted that he believes the food is over cooked, there was an open discussion about the food and some residents disagreed and praised the kitchen for accommdating so many dietary needs.

RESIDENTS' BIRTHDAYS

Joe Leeuwrik - 23rd Feb
Keith West - 26th Feb
Bart Helbers - 1st March
Faye Morgan - 4th March
Corinne Williams - 7th March
Hilla Krefter - 14th March
Shirley Nerlich - 18th March
Rita Schouten - 26th March

**We welcome all
feedback!
Call 8198 0300 or
email
feedback@
rembrandtliving.org.au**

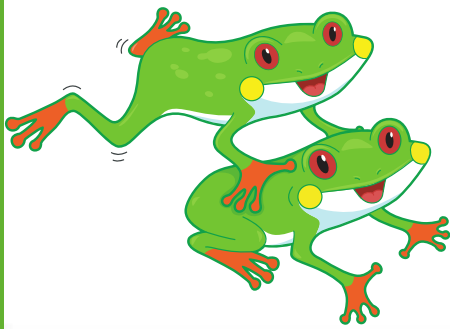


MY WEEKLY MENU

	LUNCH	DINNER
MON 26TH FEB	Beef Cottage or Lentil Pie served with Potatoes, Honey Carrots and Broccoli Chocolate Pudding with Cream	Roasted Cauliflower, Potato & Parmesan Soup. Homemade Patsies with Chips or Sandwiches either Cheese & Gherkin or Turkey Cranberry & Mayo Chocolate Custard
TUES 27TH FEB	Moroccan Chicken or Moroccan Vegetables served with rice, sweet potates and Butter Beans Bread and Butter Pudding	Roasted Tomato, Capsicum & Fetta Soup Beef Enchiladas With Salad Sandwiches either Ham & Cheese or Egg & Lettuce Jelly and Ice Cream
WED 28TH FEB	Pork Chow Mein or Vegetable Chow Mein with Noodles with Potatoes, Pumpkin and Cauliflower Banana Caramel Pudding	Pumpkin Soup Ham & Pineapple Pizza Sandwiches either Chicken & Lettuce & or Egg Lettuce & Mayo Apricots & Custard
THURS 29TH FEB	Beef Satay or Vegetable curry served Roasted Carrots and Brussel Sprouts Apple Crumble with Custard	Chicken & Veg Soup Cheese, Bacon Grills served with Mac & Cheese Sandwiches either Cheese & Gherkin or Beef & Cheese Strawberry Ice Cream
FRI 1ST MAR	Crumbed Fish or Vegetarian Pasta served with Chips, Greek Salad and Roasted Vegetables Chocolate Trifle	Roast Capsicum & Zucchini Soup Chicken Paella Sandwiches either Egg & Mayo or Ham & Cheese Spiced Apples & Cream
SAT 2ND MAR	Beef or Veggie Schnitzel served with Chips, Mixed Vegetables & Garden Salad Sticky Date pudding and Cream	Red Lentil Soup & BBQ Chicken Pizza or Party Pies and Chips Sandwiches either Chicken & Mayo or Cheese & Gherkin Peaches & Cream
SUN 3RD MAR	Roast Chicken or Roasted Mushrooms served with Roast Potato, Roasted Root Vegetables and Greens Black forest Cake with Cream	Roast Vegetable Soup Eggs, Bacon, Hash Browns & Baked Beans Sandwiches either Cheese & Tomato or Beef & Pickle Chocolate Ice Cream

LEAP YEAR FIND A WORD

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



Calendar
Common year
February

Frog
Gregorian calendar
Leap year

Spring equinox
Twenty-nine
Tropical year



12 February 2024

Dear aged care resident,

I am writing to you from the Aged Care Quality and Safety Commission. We are concerned that there is a **big rise in the number of aged care residents who are NOT getting the COVID-19 vaccine booster shot** when it is due.

There is still a lot of COVID-19 in the community. Outbreaks of the virus are currently increasing in aged care homes across Australia.

Old age is the biggest risk to becoming seriously ill with COVID-19. People living in residential aged care are particularly vulnerable to COVID-19 infections. Being up to date with your COVID-19 vaccinations gives you significant protection and reduces the risk of you developing a serious COVID-19 infection. Up-to-date vaccination includes having had a **booster shot in the last 6 months.**

The Australian Technical Advisory Group on Immunisation (ATAGI) are the leading experts on COVID-19 vaccinations in Australia. They advise that the main aim of COVID-19 vaccination is to reduce the risk of serious illness and death.

In February 2023, **ATAGI updated their recommendations. They recommend that all adults 75 years and older should have an extra 2023 COVID-19 vaccine dose if it has been 6 months since their last dose.** This advice is still correct for February 2024. The immunity you get from vaccination reduces over time. Boosters increase and maintain your immunity to COVID-19.

It is your decision to have the COVID-19 vaccinations and keep your boosters up to date. I strongly encourage you to think carefully about this. Getting vaccinated protects your own wellbeing and your fellow residents. Your aged care provider must help you to access vaccinations. Feel free to raise getting vaccinated with them and ask for their help.

Yours sincerely,

Janet Anderson, PSM Dr Melanie Wroth, MB BS, FRACP
Commissioner Chief Clinical Advisor