

THE CONNECTOR

Rembrandt Living's Home Care Newsletter



Over 65 - Healthy Bones and Teeth

If you're not exercising much, you may experience muscle loss, which can increase your risk of falls and broken bones. Protein is essential for building, repairing, and maintaining healthy bones and muscles.

Excellent sources of protein include all meats, fish, eggs, and seafood; all types of dairy (watch cream and butter intake); and soy products like tofu and soy beverages. Other good sources include beans and pulses, such as baked beans, all nuts and seeds, and wholegrains.

Try to spread your protein intake across the day so your body has the chance to use it while you're busy, rather than saving it all until your evening meal when the body doesn't need it as much. If you're not very hungry, try to eat the protein part of your meal first.

You may like to try these meal ideas for a protein boost:

- breakfast: add yoghurt and milk to cereal; or try egg, sardines, leftover meat or cheese on toast
- lunch: have some cheese or ham; make an open sandwich of tinned tuna or sardines; have a glass of milk or a banana smoothie
- dinner: serve meat, chicken, fish or eggs with vegetables like broccoli or cauliflower with melted cheese; enjoy ice-cream, yoghurt or custard with fruit for dessert.

Vitamin D is also essential for healthy bones. The best source is the sun, but you only need a short time in the sunshine each day to get the amount of vitamin D you need. Aim for 10 to 30 minutes if you live in Australia, but check on healthy amounts for you in your area.

If you've been advised by your doctor to stay out of the sun, you can also get vitamin D from egg yolk, butter, table margarine, whole milk, yoghurt, cheese, malted milk, lamb's fry, liver, tuna, sardines and pilchards or a supplement. Talk to your doctor about your needs. Weight-bearing exercise, such as walking or light weights, is also important for bone health.



Rembrandt

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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

On 10th April we went to The Dutch Pantry with members of Woodbridge Retirement Village



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,
good, bad or
indifferent at any time.
Call us on 8198 0392;
Complete a Feedback Survey
form or email us on
feedback@rembrandtliving.org.au

Rembrandt

APRIL
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.

The Board meeting was held on Wednesday, April 3rd, 2024, in the Rembrandt Court Board Room, with all Directors in attendance. The April meeting is typically reserved for strategy review or professional development however due to a growing list of matters for attention the meeting was held in the usual fashion.

The very successful Teepa24 event was a topic of discussion, see some picture below. The Chair invited the Directors who attended to provide feedback following the Conference. The Directors thoroughly enjoyed the day and considered the conference an outstanding success, highlighting their individual learnings. The Directors also acknowledged the tremendous effort required to organise such a large event, particularly by a small organisation like us. The CEO will compile a comprehensive report and present to the Board once all feedback and data is received.

The Strategic Plan was reviewed as we are halfway through it's implementation period. By this time next year, a new strategic plan will be drafted. The Board are confident that the current strategic plan remains relevant and reflects our direction for the next 18 months.

A small sub committee reported back conducted the annual review of the Vision, Mission, and Guiding Principles. Several changes were proposed to the board, and the final draft was adopted.

UPCOMING MEETINGS

MPA&I Committee Meeting
10th April 2024

Residential Quality
Consumer Advisory Group
(QCAG)
11th April 2024

Executive Team Meeting
18th April 2024

Board Meeting
1st May 2024

Work Health & Safety
Committee Meeting
2nd May 2024



VACANCY

MPA&I Committee Vacancy!!

The Major Projects and Infrastructure Committee (MPA&I) of the Rembrandt Board is currently seeking expressions of interest from individuals with expertise in construction and development to serve as an External Expert on our MPA&I committee.

Please contact CEO, Deb Dutton, for further details.

Rembrandt

Invites you to join us for

CONNECTIVITY COFFEE



Date : Monthly in Northern Area (Greenfield/homecare hub)
 Monthly in Southern area (Rembrandt Living)
 Time: Morning TBC

Are you caring for a person living with dementia?
 Do you feel no one understands what you're going through?
 Connectivity Coffee offers a place to meet others who are on the same journey as you. It's a place where you can be yourself, share stories, get helpful hints and enjoy some good company over a cup of coffee.
 Have support from other people, and a qualified dementia coach/trainer.

When you are interested please reach out to info@rembrandtliving.org.au



ARROW WORD



One of the most popular puzzles, arrowwords are like crosswords but with two key differences – they are not symmetrical, and all clues are contained within the puzzle itself.

Once you've worked out a clue, write it in the direction of the accompanying arrow with one letter to each square.

Scowl		Tell off		Giant bird		Bounced sound		Two below par in golf		Snooker stick	Brave woman		Used to be
						Ballroom dance (3-3)							Play's text
— Norton, TV personality		Nut from the oak tree		Metallic element, symbol Sn		Commenced		Estimate					
Sail support					Heating device								Kitchen fitment
Busy							In days gone by	Fellow, bloke		Belonging to us			
Metal item of currency					Gift of the ____, talking talent				Small car				
				Cart pulled by horses						Quick bite			
Belonging to that woman	Fishing device				Land of ____, sleep				Badger's lair				