

ISSUE 439 - 3RD MAY 2024

THE WINDMILL

The Rembrandt Court Weekly Newsletter

WHY GET IMMUNISED AGAINST INFLUENZA?

Influenza is a very contagious infection of the airways. It affects people of all ages but can be very serious for the elderly. Although it can be a mild disease for some, it can also cause very serious illness in otherwise healthy people. Vaccination is a safe and effective way to protect you and your loved one from this serious disease. The more people who are vaccinated in your community, the less likely the disease will spread.

Flu symptoms can include runny nose, sneezing, cough, sore throat, fever, chills, headache and body aches. Symptoms usually start about 1 to 3 days after catching the flu and can last for a week or more. Please note that a common cold is not the same as the flu, although some of the symptoms are similar. A 2024 Influenza (flu) vaccination is recommended every year to reduce the risk of becoming ill with the flu. The best way to protect yourself and your family is to have the flu vaccine. Rembrandt Court have arranged a 2024 Resident Flu clinic on Wednesday 8th May, 2024. If you have any concerns please chat to a Nurse or a member of Doctor John Lehmann's team.



Ask about the influenza vaccine today.
health.gov.au/immunisation

Australian Government
Department of Health

National
Immunisation
Program
A partnership between Australian Government and State/Territory Health Departments

*Rembrandt
Living*

Rembrandt Court
1 Madras Street
Oaklands Park SA 5046

Ph. 8198 0300

www.rembrandtliving.org.au
info@rembrandtliving.org.au

UPCOMING EVENTS

ARAS MEETING

Tuesday 7th May
1.30pm
Main Hall

FLU CLINIC

Wednesday 8th May
In Residents rooms
from 9am

MOTHERS DAY HIGH TEA

for our Lady Residents
Thursday 9th May
2.30pm

AGED RIGHTS ADVOCACY SERVICE (ARAS)

Rembrandt will welcome ARAS on Tuesday 7th May at 1.30pm in the Main Hall. This presentation is for residents and representatives only. Please let our staff know if you would like to attend. Please see page five for more information, or call 1800 700 600 for a free chat with an ARAS staff member.

UNLABELED ITEMS AT REMBRANDT COURT

The “Unlabelled clothing” rack is located in the hall way near the kitchen doors. This rack is available to all residents and family members during the first week of each month. If you or your loved one has lost an item of clothing please take a moment to explore the rack and collect any items that may belong to you. To help avoid any further lost property please check that all clothing items are labelled, and if not please place item in a plastic bag (named) and leave with the reception staff. Slav will be happy to label them for you and return once completed.



UNLABELLED ITEMS

If an item belongs to you please place it in a white plastic bag with residents name **(bags and pen below)** and give to Slav or the reception team for labelling.

WEEKLY RESIDENT'S MEETING

Wednesday 1st May 2024, attended by nine residents, one family member and two staff members with the following discussed

- Residents gave thanks to the volunteers that preformed a concert in Tulip house on Tuesday. It was lovely. Shari advised it will be a regular experience
- The bus trip to Spotlight was great! Residents thanked the lifestyle staff for arranging.
- Residents asked on behalf of the home care clients that attend Social Harmony, for more photo's in The Windmill.

RESIDENTS' BIRTHDAYS

Margje Ketellapper - 10th May
Roger Wesson - 11th May
Anna Solomons - 12th May
Johanna Block - 14th May
Anna Fieg - 15th May
Shirley Clarke 17th May
Mary Green - 20th May
Winnie Borst - 21st May

aras
aged rights advocacy service inc.



MY WEEKLY MENU

	LUNCH	DINNER
MON 6TH MAY	Meat Balls in BBQ Sauce Served with Chips and Mixed Veg or Garden Salad Pavlova with Fruit	Roast Capsicum & Zucchini Soup Homemade Baked Beans Scrambled Eggs & Cheese bread *vegetarian option available* Chicken and mayo OR Curried Egg Sandwiches Strawberry Ice cream
TUES 7TH MAY	Tandoori Chicken or Curry Vegetable Served with Rice OR potatoes Carrots and Butter Beans Sticky Date Pudding and Cream	Pumpkin Soup Baked Jacket Potatoes with Bacon and Cheese *vegetarian option available* Ham and mustard OR Tomato & Cheese Sandwiches Jellied two fruits
WED 8TH MAY	Lamb Hot pot or Vegetarian Hot Pot Serviced with Rice OR Potatoes Roast Sweet Potato and Broccoli Summer Berry Trifle	Minestrone soup Fried Tuscan Gnocchi *vegetarian option available* Corn beef and pickles OR Egg & Lettuce sandwiches, Apricots and Custard
THURS 9TH MAY	Beef Stroganoff or Mushroom Stroganoff Serviced with Potatoes OR Rice Roasted pumpkin and Buttered Beans Mixed Berry Pannacotta	Pearl barley vegetable Soup Chicken Fried Rice *vegetarian option available* Cheese & Gherkin OR Chicken, Lettuce & Mayo sandwiches and Peaches & Cream
FRI 10TH MAY	Crumbed fish OR Mushroom brown rice Served with Potato Wedges Mixed Vegetables OR Greek Salad Blueberry Danish and Custard	Chicken Vegetable Soup Hotdogs with Cheese & Mustard *vegetarian option available* Beef & Chutney OR Egg & Lettuce sandwiches Strawberry Cheesecake
SAT 11TH MAY	Chicken and mushroom Casserole OR Vegetarian Sausages served with Potato Bake, carrots and Mixed Vegetable Bread & Butter Pudding	Cream of mushroom Soup Party Pies, Pasties & Hot Chips *vegetarian option available* Ham & Cheese OR Chick, Lettuce & Mayo sandwiches Vanilla Ice Cream with Fruit
SUN 12TH MAY	Roast Turkey OR Roasted Vegetable Plate Served with Gravy, Roast Potatoes Roast vegetables and Broccoli Apple and rhubarb Crumble with custard	Sweet Potato & Coconut Soup Spinach Ricotta Cannelloni and Salad *vegetarian option available* Cheese & Gherkin OR Beef & Cheese sandwiches Poached Pears & Cream



KINGS DAY 2024





aras

**Aged Rights
Advocacy Service**

Residents, Representatives and Family members
are invited to attend a talk by the
**Aged Rights Advocacy Service
(ARAS)**

When: 1.30pm
Tuesday 7 May 2024

Where:
Rembrandt Court
Main Hall

The talk will cover:

- Role of ARAS
- What is Advocacy?
- Charter of Aged Care Rights
- How ARAS can assist you to uphold your rights
- How to raise a concern
- Any questions you may have



*Rembrandt
Living*

PLEASE JOIN US AT REMBRANDT COURT

Mother's Day Afternoon tea



THURSDAY MAY 9TH AT
2:30PM - 3.30PM

MAIN HALL

BOOKINGS ESSENTIAL
PLEASE SEE RECEPTION STAFF TO RESERVE
A SEAT, FAMILY WELCOME

