

THE CONNECTOR

Rembrandt Living's Home Care Newsletter



Advance Care Directives

What is an Advance Care Directive?

An Advance Care Directive is a legal document that helps people aged 18 and older plan for the future.

It allows you to:

- Write down your wishes, preferences, and instructions for your health care, end-of-life care, living arrangements, and other personal matters.
- Appoint one or more trusted people, known as Substitute Decision-Makers, to make decisions on your behalf if you're ever unable to do so.

Creating an Advance Care Directive gives you peace of mind, knowing that your choices will be respected, even if you can't communicate them yourself. An Advance Care Directive is not a will, it cannot be used to make financial decisions.

When will it be used? Your Advance Care Directive can only be used if you are unable to make your own decisions, whether temporarily or permanently.

What Do I Need to Do?

If you have an Advance Care Directive, you need to get a Certified Copy and give it to us. We will keep a copy on file, as well as a copy to be kept inside your Rembrandt folder in your home. These copies are necessary to ensure your wishes are honoured.

For more information, please speak to your Coordinator or to download an Advance Care Directive form go to www.sahealth.sa.gov.au

Rembrandt

Rembrandt Living
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Green Fields SA 5107

Ph. 8198 0392

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

ALLIED HEALTH CLASSES

Strength & Balance 4 Life
Green Fields (North)
Every Tuesday
2:30pm - 3:30pm

Falls & Balance
Woodbridge Community Hall
Every Tuesday
3 session times available
1:15pm-2:15pm
2:30pm-3:30pm
3:45pm-4:45pm

Cross Fit
Woodbridge Community Hall
Every Thursday
10am-11am

September
2024

BOARD MATTERS

The monthly newsletter of the Rembrandt Living Board

Welcome to the September edition of our Board Newsletter!

The Board of Directors met on 4 September 2024 to discuss several important matters, with a focus on upcoming events, professional development, and strategic planning.

Strategic Plan Performance Review

An annual review of progress towards the Strategic Plan was completed, with the Board pleased with the ongoing achievements. As the current Plan is in its final year, discussions on the development of the next Strategic Plan will begin early in 2025.

Organisational Chart Review

The Board conducted its annual review of the Organisational Chart to achieve operational effectiveness and ensure alignment with the organisation's goals and structure.

Quality Consumer Advisory Group Feedback

The Board received feedback from the Home Care and Residential Quality Consumer Advisory Groups, which met in late July and early August 2024. The Board is encouraged by the positive engagement from clients, residents and client/resident representatives, and acknowledges the value these groups bring to improving services. In line with the recommendation from the Royal Commission into Aged Care Quality and Safety, the Board will formally respond to the Groups as part of its mandated responsibilities.

Director Professional Development Framework 2024-25

The Board reviewed and endorsed the Director Professional Development Framework for 2024-25, along with the Board Professional Development Register. Continued focus will be placed on the Aged Care Quality and Safety Commission (ACQSC) Governing for Reform in Aged Care Program along with professional development opportunities at both group and individual levels.

2024 Annual General Meeting (AGM) Plans

The Board finalised plans for the 2024 AGM, agreeing that it will be held on Wednesday 20 November 2024 at The Marion Hotel. Every effort will be made to ensure residents can attend, with more details to follow in the coming weeks.

AGM and Board Director Vacancy

Further planning for the AGM included discussions regarding Director tenure and Office Bearer positions. Jacques Metzger, who has been a valued member of the Board for the past 13 years, will be resigning at the AGM. The Board extends its gratitude to Jacques for his significant contribution and dedicated service to Rembrandt Living. As a result of his resignation, a Board Director position will become vacant, and the process of advertising for a new Director will now commence.

Stay tuned for further updates as we approach the 2024 AGM and continue to work towards achieving our strategic goals.

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

(Dates correct at time of publication)

Finance, Audit, Risk & Compliance Committee
25 September 2024

Board
2 October 2024

MPA&I Committee
22 October 2024

Residential Quality Care Advisory Group (RQCAG)
24 October 2024

Home Care Quality Care Advisory Group (HCQCAG)
25 October 2024

Residential Consumer Advisory Committee (RCAC)
14 November 2024

Clinical Governance
15 November 2024

Home Care Consumer Advisory Committee (HCCAC)
21 November 2024



Artists in our Midst

We have a few talented artists to rival Rembrandt himself!

Our lovely Home Care clients showing off their beautiful art.



Staff Dementia Training

A wonderful day of Dementia Champion Training with our Dementia Training Specialist Nicoline, delivering hands on training with a Positive Approach to Care

Don't fall for it. Falls can be prevented!



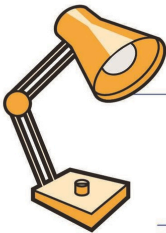
Medication. Know how medicine affects you and discuss side-effects with your pharmacist or doctor.



Keep Active. Exercise regularly to maintain balance, muscle strength and flexibility.

Eyesight. Have your eyes checked once a year and keep glasses clean.

Wear separate glasses for reading and moving around.



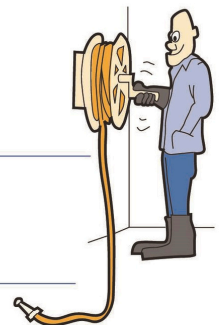
Lighting. Increase the level of light in your home. Eliminate glare. Use lights when getting up at night.

Footwear. Wear well fitting, flat shoes with non-slip soles.



Slipping hazards. Use non-slip mats or floor treatments. Have handrails installed in areas like bathroom, toilet and at the front and back door.

Tripping hazards. Remove tripping hazards around your home and garden.



Take care. Ask for help when you are having difficulty and don't put yourself at risk.

Getting help. Keep in daily contact with someone who can organise help if you need it, especially in an emergency.



Take action now.

This poster was developed by Stay On Your Feet – Adelaide West, a project funded by the Commonwealth Department of Health and Aged Care as part of the National Falls Prevention for Older People Initiative. The content is used with the kind permission of the Australian Department of Health.

sahealth.sa.gov.au/safetyandquality

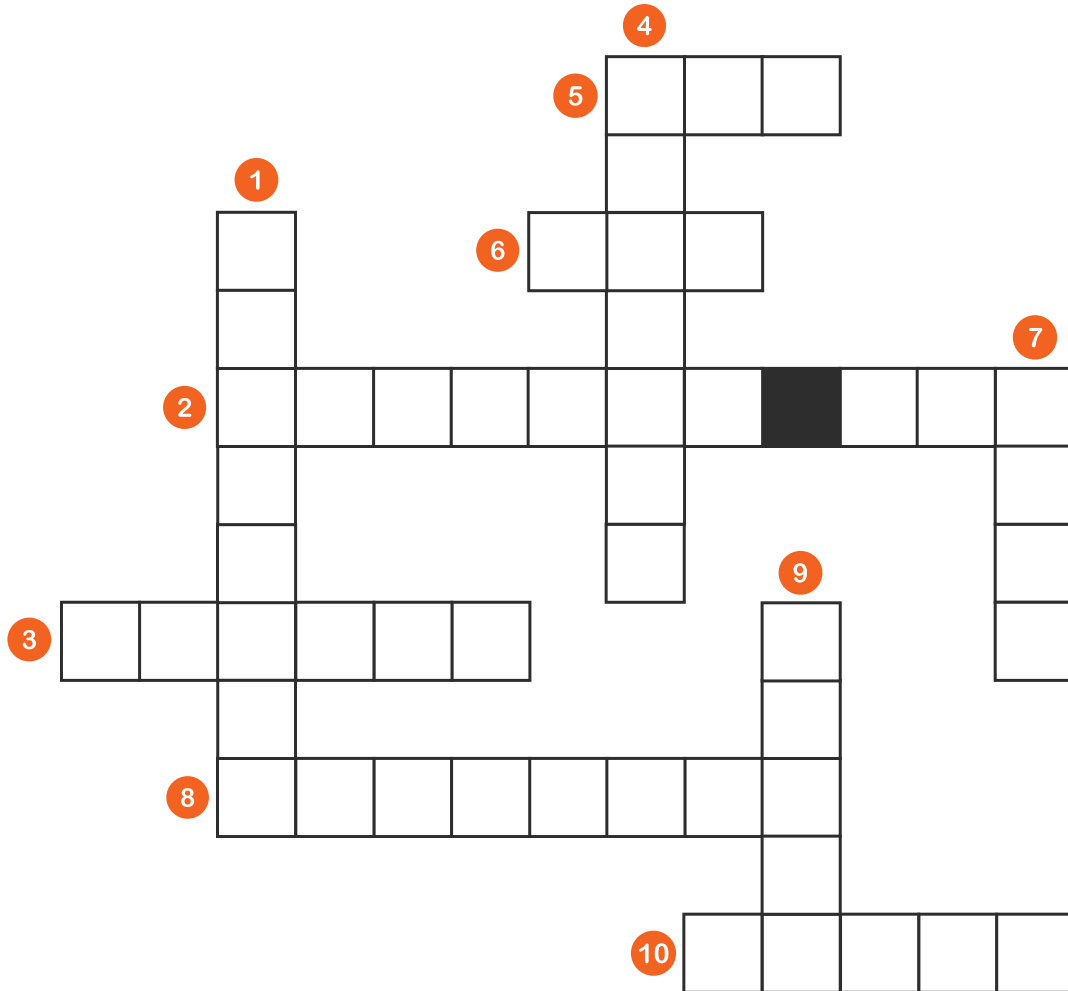


Government
of South Australia

SA Health

Natural resources

CROSSWORD PUZZLE



- 1 A natural resource used to create metals.
- 2 A fossil fuel used for heating and generating electricity.
- 3 This resource gives us fruits and vegetables.
- 4 We get milk, eggs and meat from them.
- 5 We use this natural resource to breathe.
- 6 A fossil fuel used to propel cars and other vehicles.
- 7 A resource used to provide the structural support to plants.
- 8 A resource that gives us heat, light and vitamin D.
- 9 A resource that we use to drink and wash things.
- 10 A resource that gives us wood to make paper and furniture.

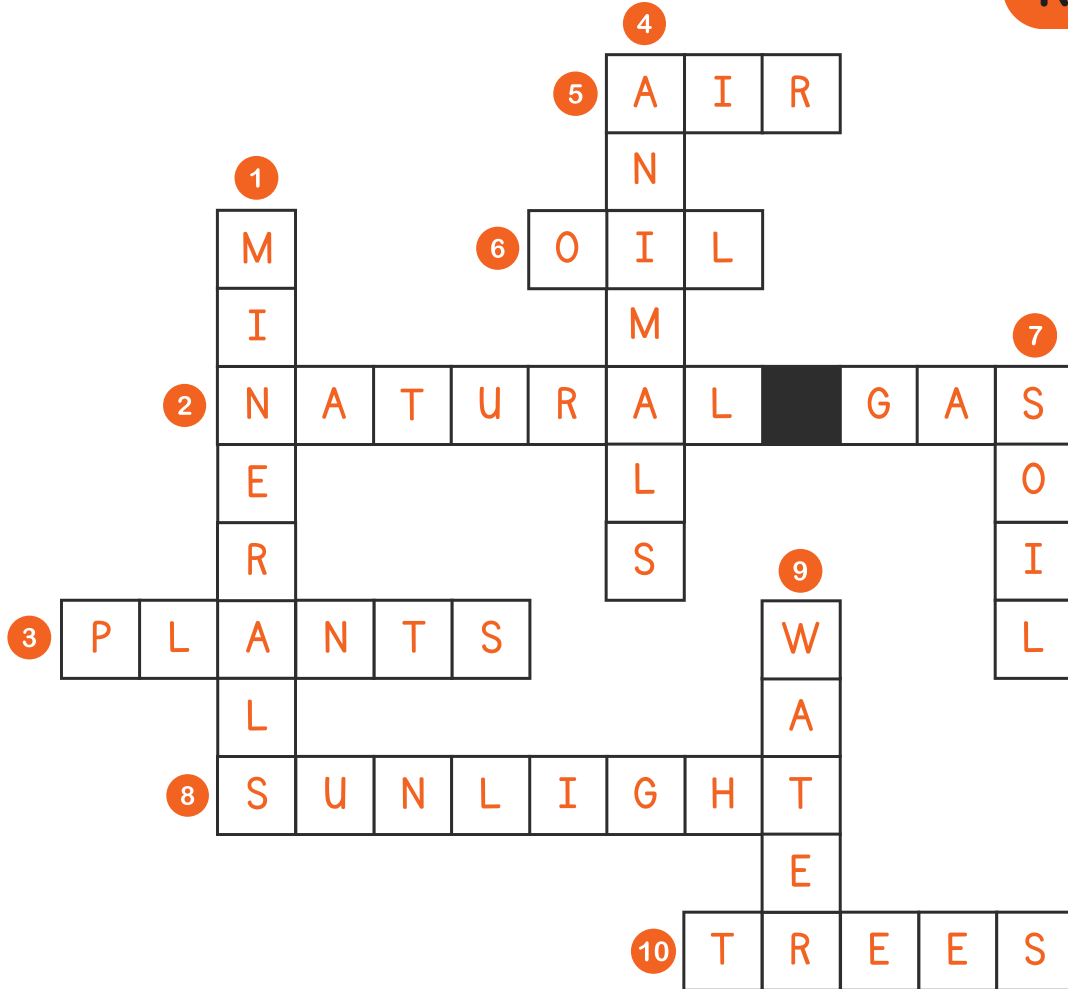
Name: _____

Date: _____

Natural resources CROSSWORD PUZZLE



KEYS



- 1 A natural resource used to create metals.
- 2 A fossil fuel used for heating and generating electricity.
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- 4 We get milk, eggs and meat from them.
- 5 We use this natural resource to breathe.

- 6 A fossil fuel to propel cars and other vehicles.
- 7 A resource used to provide the structural support to plants.
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- 10 A resource that gives us wood to make paper and furniture.