

ISSUE 69 • OCTOBER 2024

# THE CONNECTOR

Rembrandt Living's Home Care Newsletter

## We're on the Move!

We are excited to announce that our Home Care services will have a new home - we will be moving to a new location!

After careful consideration and planning, we have found new premises that will better serve our workplace needs and provide an enhanced experience for our clients. Our new address will be 341 North East Road, Hillcrest starting from 18 November 2024.

This move will allow us to continue offering the same great services, while also expanding our capabilities. We understand that changes like this can be disruptive, but we are committed to making the transition as smooth as possible for our staff and clients.

Our team will be working diligently to ensure that all operations are seamlessly transferred to the new location with minimal impact on our services. It is our intention to sell our current premises and to use the money to further meet the needs of our clients. We'll keep you informed!

We would like to take this opportunity to thank you for your continued support and loyalty. We look forward to welcoming you to our new premises and serving you in our improved environment.

If you have any questions or concerns regarding our move, please do not hesitate to contact us in writing to 1 Madras Street, Oaklands Park SA 5046 or via email to [info@rembrandtliving.org.au](mailto:info@rembrandtliving.org.au).

Thank you for your understanding and patience during this exciting time of transition.



## The Importance of Exercise



As we age, maintaining an active lifestyle becomes even more essential to preserving our health and independence. Regular exercise can significantly improve mobility, strength, and balance, which helps prevent falls—a leading cause of injury among older adults. For those receiving home care, even gentle activities can make a big difference.

Exercise isn't just good for the body; it's great for the mind, too! Physical activity releases endorphins, improving mood and reducing feelings of stress or depression. Many people find they sleep better and feel more energized after incorporating light exercise into their daily routine.

You don't need to do anything strenuous to feel the benefits. Simple chair exercises, stretching, and short walks around your home or yard are enough to help maintain flexibility and build muscle strength. Even tasks like gardening or dancing to your favorite song count as exercise.

If you're unsure where to start, talk to your caregiver or doctor about exercises that fit your ability level. Staying active is one of the best things you can do to enhance your quality of life and keep enjoying the things you love. Remember, it's never too late to start moving!

## Social Programs

### Northern Social Programs

Home Care & Health Centre  
(North)  
21 Greenfields Drive,  
Green Fields SA 5107  
Every Tuesday,  
Wednesday,  
Thursday and Friday

### Social Harmony Chit Chat

Rembrandt Court (South)  
1 Madras Street,  
Oaklands Park SA 5046  
Every Friday  
  
Victor Harbor  
Recreation Centre  
(South Coast)  
5 George Main Road  
Victor Harbor  
Every Friday

### Feedback

We welcome and appreciate all feedback - whether good, bad or indifferent - at any time.  
Call us on 8198 0392  
Complete a Feedback Survey form or email: [feedback@rembrandtliving.org.au](mailto:feedback@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

# OCTOBER 2024

# BOARD MATTERS

The monthly newsletter of the Rembrandt Living Board

## Welcome to the October edition of our Board Newsletter!

The Board met on 2 October 2024 to discuss several important items, including governance matters and financial reporting.

### Constitution Review

An external review of the organisation's Constitution has been undertaken, and the Board received the draft changes for consideration. Further review will occur, with the revised Constitution to be presented at the upcoming Annual General Meeting (AGM).

### Education Awareness Activity: Restraint

This month's education awareness activity was led by the CEO who provided the Board with a brief overview of the three types of restraint - physical, chemical, and environmental, ensuring that all members are informed of these important care practices.

### Audited Financial Statements 2023-24

The Board approved the audited financial statements for 2023-24. A positive result was noted, reflecting the ongoing financial health of the organisation.

### Annual Board Committees Review

The Board completed its annual review of all Board Committees, a crucial step in ensuring the governance structure remains effective and responsive. The review included an examination of each committee's self-evaluation results, providing valuable insights into their performance and areas for improvement. Additionally, the Terms of Reference for each committee were assessed to ensure they align with the organisation's strategic goals and objectives.

### Board Director Recruitment

Recruitment for a new Board Director has attracted a number of quality applications, reflecting the interest and commitment within our community. Over the next month, we will be conducting the shortlisting process followed by interviews to identify candidates who align with our strategic vision and values. We appreciate the enthusiasm from all applicants and look forward to welcoming a new member to our Board who will help drive our mission forward.

### Financial Management & Governance Policy

The Board received and approved the Financial Management Policy and the Financial Governance Policy, presented by the Finance Audit Risk and Compliance Committee. The policies contribute to the continued robust financial oversight of the organisation.

### ACQSC Spot Visit/Audit Report

The Board reviewed a summary of the ACQSC Spot Visit/Audit Report on nutrition, hydration, and dining, which took place on 16 September. The audit resulted in a positive outcome, highlighting the organisation's commitment to maintaining high standards of care.

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)

MPA&I Committee  
22 October

Residential Quality Care  
Advisory Group (RQCAG)  
24 October

Home Care Quality Care  
Advisory Group (HCQCAG)  
25 October

Home Care Consumer  
Advisory Committee (HCCAC)  
31 October

Residential Consumer  
Advisory Committee (RCAC)  
14 November

Clinical Governance  
15 November

Annual General Meeting  
20 November

Board  
4 December

## FASCINATING FASCINATORS WORKSHOP



## BOTANIC GARDENS VISIT

