

The Windmill

Rembrandt Court Weekly Newsletter | Issue 463 | 18 October 2024

The Benefits of Pet Therapy

Pet therapy, also known as animal-assisted therapy, has proven to be highly beneficial for elderly people, particularly in aged care settings.

One of the key benefits of pet therapy is its ability to reduce feelings of loneliness and isolation. Elderly people in care facilities may feel disconnected from family or friends, but regular interactions with pets can help alleviate these feelings. The simple act of petting a dog or holding a small animal can release endorphins, promoting a sense of happiness and relaxation.

Pet therapy also encourages physical activity. Residents may take gentle walks with therapy dogs or engage in light play, helping to improve mobility and flexibility.

Moreover, pets provide comfort during stressful moments, helping to reduce anxiety and lower blood pressure. Their non-judgmental presence can create a calming environment and provide a sense of purpose for elderly individuals, especially those with dementia or cognitive impairments.

Incorporating pet therapy into aged care not only enhances residents' emotional well-being but also fosters social interaction, physical activity, and overall happiness.

This is why, at Rembrandt Living, we encourage the resident's relatives to bring family pets in for a visit and arrange regular visits from our Therapy Dog, Olive; she always brings the smiles!



Apology

We apologise for incorrectly attributing the article 'A Message of Gratitude to Caregivers' to Nicoline Munday. The article was written by Teepa Snow.

Residents Meeting

This week's meeting brought together 8 residents and 3 staff members for a lively and engaging discussion. It was heartwarming to hear the residents share such positive feedback about the Rose Garden here at Rembrandt Court, as well as their recent outing to the Botanical Gardens.

A few suggestions were made during the meeting: residents expressed a desire for more vegetarian options on the menu, and a trip to Verdun was proposed, which the Lifestyle team will now consider. Additionally, one resident requested that only photos of current residents be featured in The Windmill.

Thank you to everyone who participated, and we look forward to continuing these thoughtful conversations!

Vale

It is with great sadness we farewelled Valma Ingerson. May she rest in peace.

30/08/1932 - 16/10/2024

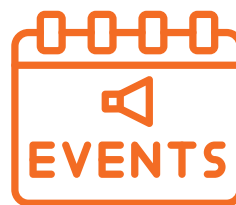


We welcome all feedback!

Call 8198 0300 or

email

feedback@rembrandtliving.org.au



Upcoming Events



Rembrandt Remembers Memorial

Wednesday 30 October, 10.30am

BINGO

B.I.N.G.O

Wednesday 30 October, 10.00am

Held in Tulip



Halloween

Thursday 31 October, 10.30am

Happy hour, trick or treat, everyone in costume



Melbourne Cup Celebration

Tuesday 5 November, 1.00pm

Fashion, Fun & Food

Prizes, sweeps and so much more



Rembrandt Court Jazz Day

Friday 22 November

Dress up and entertainment by

Pat & Adrian

My Weekly Menu

Lunch

Dinner

MON 21 OCT	Main: Apricot Chicken or Vegetarian Casserole Sides: Roasted Potatoes, Carrots & Broccoli Dessert: Chocolate Pudding & Cream	Soup: Pumpkin Main: Sweet Potato & Zucchini Pasta Bake Sandwich: Turkey & Cranberry or Curried Egg Dessert: Apple Danish & Custard
TUE 22 OCT	Main: Roast Pork or Vegetarian Curry Sides: Roasted Potatoes, Sweet Potato, Buttered Beans Dessert: Cherry Cobbler and Custard	Soup: Bacon & Corn Chowder Main: Homemade Sausage Rolls Sides: Hot Chips Sandwich: Ham & Mustard or Tomato & Cheese Dessert: Chocolate Ice Cream
WED 23 OCT	Main: Rock Wurst or Continental Sausages, Vegetarian Sausages Sides: Buttered Spinach, Carrots & Sauerkraut Dessert: Tiramisu	Soup: Minestrone Main: Spinach and Ricotta Cannelloni Sides: Garden Salad Sandwich: Corn Beef & Pickles or Egg & Lettuce Dessert: Blueberry Crumble and Cream
THU 24 OCT	Main: Beef or Mushroom Stroganoff Sides: Steamed Potatoes, Roasted Pumpkin & Brussel Sprouts Dessert: Lemon Cheesecake	Soup: Pearl Barley & Vegetable Main: Chicken Stir Fry Sandwich: Cheese & Gherkin or Chicken, Lettuce & Mayo Dessert: Peaches & Cream
FRI 25 OCT	Main: Crumbed Fish or Vegetarian lasagne Sides: Wedges, Mixed Vegetables & Greek Salad Dessert: Trifle	Soup: Chicken Vegetable Main: Bacon, Baked Beans, Scrambled Eggs & Hash Browns Sandwich: Beef & Chutney or Egg & Lettuce Dessert: Stewed Fruit & Custard
SAT 26 OCT	Main: Chicken Mushroom Casserole or Mushroom & Brown Rice Sides: Potato Bake, Carrots & Broccoli Dessert: Black Forest Cake with Cream	Soup: Roast Capsicum & Zucchini Main: Seafood Thai Curry with Rice Sandwich: Ham & Cheese or Chicken, Lettuce & Mayo Dessert: Vanilla ice Cream
SUN OCT27	Main: Roast Chicken or Roasted Vegetable Patties Sides: Gravy with Roast Potatoes, Roast Vegetables & Broccoli Dessert: Spiced Apple & Ginger Cake	Soup: Pea & Ham Main: Vegetarian Risotto Sandwich: Cheese & Gherkin or Beef & Cheese Dessert: Poached Pears & Custard

It's all
fun and
games for the
young at
heart



Rembrandt Living