

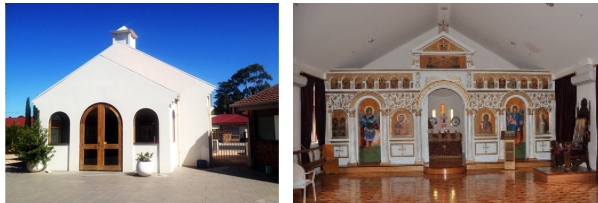
FAMILY / REPRESENTATIVES MEETING

Where all Residents / Relatives / Representatives have opportunity to have a say in the quality processes, care and issues that affect them and their loved ones.

If you wish to have a say, however are unable to attend, your issue or suggestion can be either

| | |
|----------|--|
| email | wendye@rgha.com.au |
| post box | outside the lifestyle office |
| post | RGHA 89 Hawker Street Ridleyton 5008 |

CHURCH SERVICES



Greek Orthodox Church Services are held in the Church at RGHA

Weekly Church Service, Bible and Pastoral Visits are held and throughout the year special services are held such as at Easter and Christmas.

Father is available after hours as requested.

Residents are welcome to have their own Chaplains / Priest / Minister provide private spiritual services on site.

Ridleyton Greek Home for Aged

89 Hawker Street
RIDLEYTON SA 5008

If you have any enquiries about this service please Contact the **Lifestyle Manager**

| | |
|--------|--------------------|
| Phone. | 08 8245 5511 |
| Fax. | 08 8346 3112 |
| Email. | wendye@rgha.com.au |



_Valentine Day



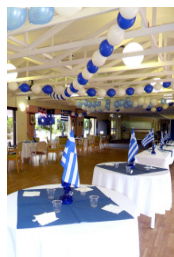
_Walk to the Park



_Watch Greek Movie



_Dye Easter Eggs



_Greek National Day



_Greek Concert



_Christmas Day

Ridleyton Greek Home for the Aged

LIFESTYLE





History of RGHA

Ridleyton Greek Home for the Aged has grown since its inception, from a Hostel caring for 30 residents and 18 independent Living Units in 1987, with the building of the Nursing Home caring for an additional 40 residents in 1990 .

In the 1990's we recognized the great need for aged care services for our community, prompting several applications to the Department of Health and Ageing for Residential Aged Care Places, Greek Community Care Packages and Greek Dementia Day respite services.

Our growth accelerated with the success of our applications for Residential Aged Care Places.

April 2003 marked the completion of our extensions. Residents and their families, the Board of Management, staff and volunteers all felt a sense of pride in being part of an organization committed to providing innovative high quality care to our residents .

The development includes additional lounge rooms, dining rooms, storage rooms, a treatment room, and a hairdressing salon.



Our Homes Mission statement

To pursue and achieve the highest Quality care through Education and continuous improvement In a culturally sensitive and a safe environment that benefits our clients, their families and staff.

WHAT IS LEISURE AND LIFESTYLE?

The Lifestyle department at RGHA comprises of one fulltime Manager, six fulltime lifestyle assistants and two part time lifestyle assistants and a small team of volunteers all dedicated to providing quality of care.

The purpose of the Leisure and Lifestyle Program is to provide activities to promote quality of life for all residents .

The Leisure and Lifestyle staff recognize each person as a unique individual and facilitates opportunity to maintain, and / or restore the meaning of life.

The leisure and lifestyle staff responds to individual personal needs of dignity, independence, self esteem and self-fulfilment..

Leisure and Lifestyle is the facilitation and coordination of recreation and leisure activities for individuals who experience barriers to choosing, deciding and participating in activities.

The Leisure and Lifestyle team recognizes the importance of family as an intricate part of a person's wellbeing,. Family are supported and encouraged to join all leisure activities and to hold family gatherings/ events on site

Please consult with the Manager to organise.

The aim of good work practices are to ensure that the barriers created by disability, ageing or social stigma are minimized. Each program is developed through consultation with individuals or groups to create opportunity for participation, self expression, awareness, growth and development..

Each activity is tailored to the particular needs of each person, or group in order to achieve the maximum individual enjoyment and fulfilment.

Recreation and leisure are generally recognized as being positive contributors to human development. Essentially all program planning, design and implementation is focused on improving the quality of life of individuals through support and enhancement of their psychological, emotional, spiritual, social and physical wellbeing.

LEISURE AND RECREATION ACTIVITIES

The Leisure and Lifestyle program and minutes of meetings are available to families and friends on the communication board in the foyer.

The newsletter and minutes are also posted to residents next of kin monthly. Digital display in foyer also advertises the monthly activity program .

EXAMPLE OF ACTIVITIES :

- Greek Dance and Concert nights / English concerts
- Greek / English films
- Cultural Cuisine / Cooking
- Exploring our Worlds
- Special events and functions
- Beauty and Barber shop (Foot spas and massages)
- Bus outings including shopping trips
- Poetry / Newspaper reading
- Drawing / painting / craft
- Bingo weekly
- High Teas / Discussion group / Happy hour / Exercises
- Walking group (weather permitting)
- Pub Lunches / BBQ's
- Birthday Parties monthly
- Theatre Musical Journey a look at different Composers
- Bible / Saint Day readings weekly
- Carpet bowls
- Sensory activity
- Church services weekly
- Junk Mail reading
- Reminiscing
- Quizzes / Gardening



Cultural events such as :

- | | |
|-----------------------------|---------------------------|
| Australia Day | Royal Adelaide Show Day |
| Christmas Day | Cyprus National Day |
| Christmas Eve Party | Easter Day |
| Christmas lights | Melbourne Cup |
| Chinese New Year | Queen's Birthday |
| New years Eve afternoon tea | Valentines Day |
| Blessing Water | International Nurses' Day |
| Greek Carnival | Volunteers' Day |
| Clean Monday | Mother's Day |
| Greek National Day | Father's Day |
| Oxi Day | Biggest Morning Tea |
| Anzac Day | Holy Spirit Monday |
| Remembrance Day | Dormition Holy Virgin Day |
| Pan Cake Day | International Women's Day |

Your input into the newsletter is encouraged; articles, information or stories are welcome, please contact the **Lifestyle Manager**.