

HEALTH WEIGHT WEEK

Healthy Weight Week is here again from 16-22 February and REDHS is encouraging all community members to come in and see our Healthy Weight Week display in our reception. Healthy Weight Week aims to educate Australians to assess their eating habits and make small changes to improve health and wellbeing such as cutting back on saturated fat and refined sugar and making sure you eat a healthy breakfast every day. The Healthy Weight Week website www.healthyweightweek.com.au has many helpful tools including a free downloadable cookbook full of healthy recipes, a seven day meal planner, weight assessment tool and tips on staying on track with a healthy diet. People can also participate in a 10 week challenge. For more information, or if you would like to make an appointment to see our Dietitian, please call 5484 4465.



VALENTINE'S DAY FOR PAG

On Friday 13 February, our Planned Activity Group celebrated Valentine's Day together over morning and afternoon tea as well as lunch and some organised games. Beautiful table decorations of red roses and love heart placemats set the scene for a delicious afternoon tea of home made cupcakes with cream and chocolate hearts. Pictured Dot and Herb Nielson in the REDHS heart, PAG residents enjoying morning tea, home made cupcakes for afternoon tea.



STAFF PROFILE

This month's staff profile features Sharon Chapman who has been a REDHS team member since March 2014. Sharon currently works Monday to Thursday as Finance Officer and on Fridays fills an acting role in Aged Care Administration. Sharon loves the variety of her different roles and especially enjoys the interaction with residents and their families. Sharon lives in Rochester with her husband and three children and has a passion for health and wellbeing and enjoys being involved in her children's sporting clubs during her spare time.



NEW LOOK WEBSITE

Head to www.redhs.com.au to see our fresh, new-look website. The new website features our services, departments and programs as well as photos of staff, residents, visitors and other community members. Any vacant employment positions will continue to be advertised on our new site as well. Our new website is still in its infancy and is a work in progress. We appreciate and welcome any constructive feedback from our community. If you have any suggestions for our website, please contact Rachel McMahon on 5484 4328 or rmcmahon@redhs.com.au