



Tanunda
Lutheran Home Inc.

TIT TAT

MONTHLY NEWSLETTER
TANUNDA
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

- ★ Phone : (08) 8563 7777
- ★ Fax: (08) 8563 7799
- ★ Email: info@tlhome.com.au
- ★ Website: www.tlhome.com.au
- ★ Facebook: Tanunda Lutheran Home

The Home is a Christian Community where, in a family environment, Residents and Staff provide mutual care.

Jesus Christ said:
"Love one another as I have loved you"
John 13:34

FEBRUARY 2020

Lutheran
Church
of Australia



Chaplain's Reflection



"River of Life"

Welcome to another new year at TLH.

The New Year brings with it a reminder that I am, still, a slow learner at times. Just recently I 'discovered' the *River of Life* mural in the long corridor near Gramp Chapel in the aged care facility. I've walked past that mural many hundreds of times, barely noticing this amazing work created just 4 years ago by Alison Halliday, which was no doubt launched and commissioned with the fanfare, joy and bubbles which all great commissioning's deserve.

The panels in *River of Life* depict three phases of life which are open to various levels of imaginative interpretation.

- Early Settlers – with images of Germany/Europe from whence so many of our forebears came. Some of us are first-generation too.
- Community Life – depicting aspects of life in Australia, and more recently, life at TLH, especially for independent living residents.
- Palliative Care – with images of end of life, a staircase to heaven, a pastor perhaps conducting a funeral.

All are held together by a river, a rainbow and a musical score, all beautifully positive images of God's presence with us embracing the past, the present and the future.

Times change. Spirituality is now considered more holistically, part of the whole fabric of life. And life in a nursing home is regarded as much more than palliative care. It may be sometimes called "God's waiting room" but waiting is also a creative, life-giving, reappraising, hopeful, and even fun stage of life, as Glenis so aptly portrayed in an interview with David Bevan on ABC radio recently.

I invite you, if you are a slow learner like me, to discover this mural too. Our lifestyle co-ordinator suggests parts of it may soon appear in other creative guises around the home. Lose yourself and find yourself, in this fascinating work of art.

Have a great year!

Chaplain Ian.



- | | |
|----|------------------|
| 2 | Doug Ramsey |
| 5 | Margaret Kaesler |
| 6 | Betty Kohlhausen |
| 7 | Joan Young |
| 14 | Erna Auricht |
| 19 | Elsie Weeks |
| 19 | Chris Pfeiffer |
| 22 | Ray Giersch |
| 23 | Errol Weiss |
| 23 | Ian Hausler |
| 24 | James Miller |
| 24 | Ineke Garnaut |
| 25 | Josie Heinrich |
| 26 | Val Fechner |
| 28 | Lance Grocke |
| 28 | Kevin Illman |
| 29 | Joy Schultz |



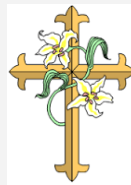
welcome

Respite

Beryl Handke
Wendy Schiller

Permanent

Sylvia (Rhonda) Steinberner
Sarah (Jean) Fitzgerald
Christine Wilksch



DEATHS

*Our deepest sympathy
to the families of*

Erica Gerschwitz	25th December
Hollis O'Callaghan	25th December
Janet Bachmann	27th December
Albert Wandel	9th January
Darrell Kupke	19th January

*May they rest in
peace ...*



The **DEADLINE** for all:
News / Information / Stories - March 2020 edition is
Monday 17th February 2020

Email: rachel.strudwick@tlhome.com.au

TIT TAT TEAM consists of many who put in the hard yards to make this
amazing edition happen.

Lee Martin & Rachel Strudwick - TLH
Geoff Munzberg - TRL

And all who help deliver the Tit Tat throughout
the Home, IRL & beyond.

TLH SHOPPING BUS

Departing approx. 9.30am -
Return 11.30am



Wednesday	05th February	Tanunda
Wednesday	12th February	Nurioopta
Wednesday	19th February	Tanunda
Wednesday	26th February	Nurioopta

Please be at Reception by 9.15am For a cost of
\$5.00



From the CEO



Lee Martin
CEO

Well summer and the Christmas season has certainly tested our survivability. I do hope you had a great festive time over Christmas and enjoyed time with family and friends. As I'm sitting in my airconditioned office it is 43 degrees outside – take a minute to think about all those people who are working outside in the heat. I do hope everyone is using their cooler to control the temperature and are staying cool.

Our thoughts and prayers go out to all those affected by the fires throughout Australia and especially to those who have had major losses. I also make special mention to all our professional volunteer fire fighters and support staff – without them we would be in a far worse position than we are now.

As a chief executive officer of an organisation that provides an essential service to the Barossa community I can with pride state that our paid staff and volunteers work very well as a cohesive team achieving outcomes needed to ensure our residents are safe, satisfied and happy. As being discussed in the media in regard to some of the outcomes of the fires – it's all about leadership, communication, equipment and commitment to the tasks.

I see volunteering as the absolute personal commitment to providing some quality time to help out in one's local community. No matter how much time or in what capacity it all helps to make sure everyone receives those extra things that make us the Australians that we are. That is, carefree, spirited, community conscious resilient nice people.

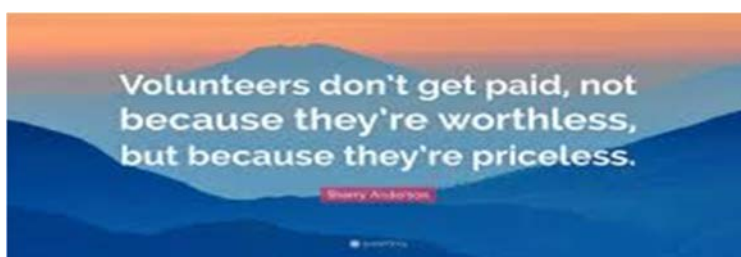
TLH has around 120 volunteers, they come in all shapes, sizes and ages. The little things they all do for the residents, staff and the organisation is worthy of greater recognition than what we already give. If our volunteer numbers were to dwindle I would have to consider how we could find more or even appoint more staff. As requested or recognised equipment and training is provided to the volunteers to ensure they are equipped to do the tasks taken on.

As time goes on the Volunteering system is evolving. There are more and more regulations and standards to be met in the management of volunteers. Documentation – especially the police checks are increasing. The processes are to ensure that volunteers are firstly and most importantly the right people to look after our vulnerable residents and can be trusted with responsibilities there are assigned to them. Secondly, to be capable of doing the suggested little tasks and ensure they stay safe at the same time as gaining the satisfaction of volunteering their precious time.

In conclusion, a big thankyou to all volunteers who not only assist TLH but also serve in the community in their various roles. Without you the world would be a very different place. Thank you, Thank you. By the way if you would like to volunteer at TLH please contact Belinda Treloar our Lifestyle & Volunteer Coordinator.

It is with pleasure, that I write the building project on Langmeil Road has commenced. As for those who can view the area, a large amount of soil has been removed. It is amazing what one finds when they start digging. We have found waterpipes and cement tanks that we did not know were there – lucky we have some big machinery here to fix the job of removal. The project is meant to be completed in February / March 2021. I will keep you all informed of the progress.

The Nuriootpa Retirement Living project has nearly completed stage 1a. The community centre will be completed in April/May 2020. If you are able, I suggest a visit to the site. It looks really nice.





News from Kim & Lynn

Kim Hahn, People, Culture and Customer Service Manager

Lynn Keogh, Quality and Training Coordinator



STAFFING NEWS

Agency staffing hours increased slightly in December which is due to TLH staff taking leave over the Christmas break, 3 new clinical staff were employed and our total number of staff employed is 196.

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During December we received complaints about Residents Care (6) Environment (1) Food (3) Staff (1) Environment (1) Lifestyle (3) Customer Service (3) and have worked with the comment maker in resolving the concern to the comment makers satisfaction.

Also during December we received compliments about Staff (14) General (2) Maintenance (2) Food (2) Care (1) and a total of 6 suggestions.

We really value this feedback and thank you for taking the time to communicate your thoughts, opinions and experiences.

During the past few months the bushfires have been in everyone's thoughts and this is also true for Aged & Community Services Australia (ACSA). The following statement was released by Aged Care Quality Standards (ACQS) Commissioner Ms Janet Anderson to ACSA regarding the regulatory activities in response to the current bushfire emergency

"We have continued to stay across the situation, including the identification of impacted services, through information provided to us by the Department of Health. We are making decisions on a case-by-case basis on whether to reschedule quality assessment and monitoring activities in affected areas and liaising with services as required.

The priority for services in fire affected areas is to ensure the safety, health and well-being of their consumers and staff. Maintaining quality of care under these circumstances involves effective emergency risk management and planning, and forms part of a provider's responsibilities under the Aged Care Quality Standards. Providers are expected to take all reasonable steps to continue to deliver services as far as possible during an emergency event and to recommence full service delivery as soon as possible and when safe to do so, consistent with the advice of local fire authorities.

The importance of communication with aged care consumers and their representatives cannot be overstated during times like these.

Approved providers or services who are operating in fire affected areas, or who have already been impacted, and need to discuss their specific circumstances with the Commission should contact their relevant regional office."

TLH would like to express their sincere thanks and appreciation to all the firefighters and volunteers that have helped and continue to help during what can only be described as very difficult times, our thoughts and prayers are with you all.

LASA urges action on home care wait times

Leading Age Services Australia (LASA), the voice of aged care, welcomes the increase in the number of home care packages available for older Australians but says the waiting list is still far too long and the Government must act now to bring down wait times.

Latest data from the Government shows the national queue for home care packages at the appropriate level stands at 112,237, down from 119,524 in the previous quarter.

The data shows nearly 135,000 older Australians now have access to home care, and follows last month's \$537 million funding package announced in response to the Interim Report of the Royal Commission which included \$500 million for an additional 10,000 home care packages.

LASA Acting Chief Advocate Tim Hicks says while the extra packages are welcome it is not good enough that more than 112,000 elderly Australians are waiting for a home care package at their approved level.

Waiting times for a home care package in many locations are still often more than 12 months or longer, and in some cases, over 24 months. This Christmas, thousands of older Australians did not know if or when they will receive the support they have been assessed as needing in the home and sadly for many that support will not come in time.

The Government needs to set out a timetable to bring down wait times to less than three months, rather than just making piecemeal announcements of extra packages. The Government has used the risk of a 'pink batts' situation to justify its failure to act more quickly, however, if Government worked with the sector to establish a reasonable timetable then providers would have little difficulty responding in fact increased scale would actually help most providers operate more efficiently and reduce administration fees. While clearing the queue requires some extra spending, it would also result in savings from reduced spending in other areas. There is also a lot that the Government could do to address unmet demand at little cost to the budget bottom line, including promoting and enhancing the pension loans scheme and giving higher priority to those with no means to pay for services privately. There is no excuse for the failure of Government to act on these low to no cost options.

LASA stands ready to work with the Government and consumer groups to meet the needs of older Australians requiring care in their homes."



Kim and Lynn



Do you have a concern?

You can do something about it.
If you have a concern or feedback
about the aged care you or someone
else is receiving, you can talk to us.

1800 951 822
agedcarequality.gov.au

We encourage you to raise concerns with your service provider first. Your local contact within this service is:

Kim Hahn - People, Culture & Customer Service Manager
08 8563 7752 or kim.hahn@tlhome.com.au

Cherie Cheyne - Chief Finance Officer
08 8563 7768 or cherie.cheyne@tlhome.com.au

Lee Martin - Chief Executive Officer
08 8563 7733 or lee.martin@tlhome.com.au

If you can't resolve your concern with your service provider, you can contact the Aged Care Quality and Safety Commission

- Anyone can lodge a concern
- It is free
- You can be anonymous or confidential
- You can also give us feedback about the care you or someone else is receiving to help us when we check a service against quality standards
- Call us on 1800 951 822 or visit agedcarequality.gov.au for more information



Phone
1800 951 822



Web
agedcarequality.gov.au



Write
Aged Care Quality and Safety Commission
GPO Box 9819, In Your Capital City

Tanunda Lutheran Home supports your right to share compliments, suggestions, concerns or make a complaint.

- ◆ We welcome feedback and complaints as part of our commitment to provide a high-quality service.
- ◆ Tell us what we're doing well. We appreciate hearing from you.
- ◆ If you have a concern, we also want to hear from you.
- ◆ We understand the importance of resolving matters promptly within our service and aim to provide a welcoming environment for you to raise a concern or a complaint.
- ◆ We value open and timely communication. It benefits our ongoing relationship with you. We will work with you to address concerns and resolve issues.



Share Your Experience

Share Your Experience



You can also contact The Aged Care Quality & Safety Commissioner on 1800 951 822 or National Aged care Advocacy line on 1800 700 600. If you are deaf or have a hearing or speech impairment: call 1800 555 677 (National Relay Service) and ask for 1800 951 822.

If you need an interpreter: call 131450 (Translation and interpreting service) and ask for 1800 951 822 if you don't want to raise your concern with management.

For any Feedback – Comment / Complaint or Compliment complete the Share your Experience form located all around the facility, or alternatively direct your feedback to one of the key personnel:

Customer Service - Kim Hahn

Executive People, Culture & Customer Service Manager

(Including Catering, kim.hahn@tlhome.com.au or Ph: 8563 7752

Food Service

WHS, Maintenance)

Clinical and Care - Lee Martin

Chief Executive Officer

(including Allied Health lee.martin@tlhome.com.au or Ph: 8563 7733

& Lifestyle)

Financial - Cherie Cheyne

Executive Chief Finance Officer

(Accommodation & cherie.cheyne@tlhome.com.au or Ph: 8563 7768

Fees/Bonds)

COUNT YOUR BLESSINGS

From an Unknown Author

Submitted by Lois Lablack

**Count your blessings instead of your crosses.
Count your gains instead of your losses.
Count your joys instead of your woes.
Count your friends instead of your foes.
Count your smiles instead of your tears.
Count your courage instead of your fears.
Count your full years instead of your lean.
Count your kind deeds instead of your mean.
Count your health instead of your wealth.
Count on God instead of yourself.**



Can anyone identify the mystery person responsible for the tree art that is appearing on the Tanunda Lutheran Home site?

If you can help please call Steph on 8563 7777 at TLH Reception if you know who you think it might be!

Reward offered for information!



Geoff Munzberg



OFFICE USE ONLY

Date Received by Dept Manager / Delegate: _____ Verbal Feedback? ☐

Initial action by Department Manager: _____ Date: _____

Staff Name: _____ Sign: _____

(Return to Quality & Training Coordinator for further action)

Action taken by Manager / Delegate: _____

Follow up action if any: _____

All parties involved informed of results? YES / NO

☐ Phone call ☐ letter ☐ In Person

Manager / Delegate Sign: _____ Date: _____

Added to Trends Data? ☐



Tanunda
Lutheran Home Inc.

27 Bridge Street
TANUNDA SA 5352

Share Your Experience



Resident	Relative	Staff	Other	(Please circle one)
Compliment		Complaint	Suggestion	(Please circle one)

Comments / Details:

The Manager will acknowledge receipt of this form and after any necessary investigations and consultation you will be informed of the results either in person or by letter.

You can also contact The Aged Care Quality & Safety Commissioner on 1800 951 822 or National Aged Care Advocacy Line on 1800 700 600 - if you prefer not to raise your concerns with management.

Do you have any suggestions of how we can improve the services provided?





Leave more than memories behind.

After making provision for your loved ones, you may wish to leave some of your estate to Tanunda Lutheran Home.

By naming Tanunda Lutheran Home in your Will, you can be sure that your gift will continue to provide for care and ministry beyond your lifetime.

Your contribution will mean that Tanunda Lutheran Home will ensure those Barossians who come after you will be provided with modern facilities and Christian physical, mental and spiritual care.

Tanunda Lutheran Home has prepared the following helpful points to remember when making your Will and the suggested wording for leaving a legacy.

How to leave a Legacy with the Tanunda Lutheran Home.

To leave a gift to Tanunda Lutheran Home, the following wording can be used in your Will:

General Legacy.

**I give to Tanunda Lutheran Home (ABN: 72 117 050 014), of
27 Bridge Street, Tanunda, South Australia, 5352**

.....
(Insert your gift amount. This can be an amount of money,
a percentage or portion of your estate,
a property or other specific items).

**to be used by the Home in support of the care and ministry to aging local people
residing in this Home, owned by the Lutheran Church of Australia, South Australia/
Northern Territory District.**

Some points to remember when making your Will:

- As a Christian, remember that everything you have comes from God. Your Will is a final way of showing your love and thanks to Him for all the blessings you have been given in your lifetime. Consider a Christian preamble to your Will.
- Your Will should make fair provision for your immediate family. This will help to avoid future legal challenges.
- Keep your Will flexible by allowing for future events. You should recognise that one or more of your beneficiaries may die before you or at the same time. Make sure that a final beneficiary is named to receive the residue of your estate.
- Provide for the effects of inflation. The value of amounts you nominate today will change over time. Use portions (e.g. 1/8, 1/2, 1/4 etc) or percentages (10%, 20%, 50% etc) in distributing your property and money and this will overcome the effects of inflation.
- In thanks to God, consider naming Tanunda Lutheran Home as a beneficiary in your Will. Legacies provide valuable help to ensure Christian care continues for those who have contributed so much to our way of life here in the Barossa Valley.
- All Legacies to Tanunda Lutheran Home are acknowledged in our Annual Report.

Welcome **Kevin Jones**

Kevin Jones is one of our newer TLR residents. He quietly moved into his newly refurbished unit at 35 Langmeil Road in October 2019, moving from a house that he and his late wife owned at Para Road, Tanunda.

Kevin was born at Peterborough in 1942, one of two sons of Bert and Lillian Jones. Kevin is the youngest of the two boys - his older brother is deceased. Bert Jones did what most people who lived in Peterborough did at that time - he worked for the railways. Kevin says that his grandfather and many of his relatives worked in the railways. There was a significant railway workshop in Peterborough, and Kevin's Dad was a carriage builder.

Kevin attended the Peterborough Primary School until his family moved to Prospect - his Dad still worked for the railways, but now at Islington. The move meant that Kevin was enrolled at Adelaide Boy's High School, which he attended for five years. Kevin liked school, especially high school. He says, with a touch of modesty, that he was not especially bright - but he was in the top class at Adelaide Boys!



In Year 11, Kevin decided that he was not going to follow the family tradition of working for the railways, and wanted to study pharmacy. Why pharmacy? He admits that he did think about teaching, but a neighbour at Prospect was a pharmacist, so that is where the pharmacy career came from. He did a four-year pharmacy course at Adelaide University, graduating in 1964. After graduating, Kevin worked in various places - including the Royal Adelaide Hospital, Hampstead, Port Pirie, with stints as a relieving pharmacist at Millicent and Loxton. He owned the pharmacy in Hamley Bridge and later the pharmacy at Mallala. He ran those businesses for almost 30 years until 1996.

While living in Hamley Bridge, Kevin was highly involved in serving the community. He was a member of the local hospital board for 30 years, on the aged care complex committee, a member of Apex, a volunteer ambulance officer, member of the local progress association and on the council of the Riverton High School. His community involvement extended to getting involved in politics - he stood as a candidate for State Parliament - but politics did not win out over his profession and his service to his local community continued!

It's interesting to listen to Kevin reminisce about his many years as a pharmacist. He enjoyed his

work because he liked talking to people and giving them useful advice - we suspect that Kevin, by his nature, would have been a very good listener. He reflects on the way in which the role of pharmacist has changed - driven in part by our health system. Pharmacists now largely dispense pre-formulated and pre-packaged remedies, but he remembers when pharmacists still actually prepared some remedies in their dispensaries. He appreciates the level of training that pharmacists now have to enable them to advise on things like drug interactions and the appropriateness of medications, as they work alongside of the medical profession.

While working as a pharmacist at Hampstead, Kevin met Ann Reynolds, a nurse at the hospital. Their friendship grew, and they eventually married in 1968. Ann spent some time working at Mallala Hospital. They had three children Kevin, Quenton and Lindy. Quenton suffered a tragic accident when he was 14 years old, which left him a quadriplegic, and eventually died when he was 27 years old. Kevin lives at Charleston, has an adult son and is a public servant. Daughter Lindy is married, lives at Nuriootpa, has a daughter Amber, and works as a paramedic. Kevin enjoys spending time with his grand-daughter Amber.

Sadly, Kevin's wife Ann died quite unexpectedly almost exactly two years ago - leaving Kevin alone at their Para Road home. Kevin and Ann had been thinking about moving to a more manageable property - Kevin wanted less garden and less maintenance responsibilities. So, Ann's death precipitated Kevin's move to Tanunda Retirement living, with all of the usual hassles of disposing of the things he no longer needed.

When asked about sporting interests and hobbies, Kevin says that there is not much to talk about! He has played a bit of cricket, football, and squash, but is keen on bridge. We suspect that Kevin's involvement in his business and in his community, did not leave him with much spare time.

When asked about travel - Kevin and Ann have visited lots of places. They obviously enjoyed overseas trips and cruises. Very quickly Kevin lists travel on the Trans-Siberian Railway (from Beijing to St. Petersburg), cruises on the Yangtze and Nile Rivers, as well as ocean cruising and some travel in Australia. His most recent ocean cruise was just a few weeks ago - from Adelaide to Tasmania and back to Adelaide.

Kevin appreciates being part of the TRL community because it is a safe, helpful and caring community. Welcome Kevin, to Tanunda Retirement Living!



Kevin and granddaughter, Amber



Kevin and his late wife, Ann



Kevin in Egypt

Submitted by Geoff Munzberg

CONGRATULATIONS AND BLESSINGS TO WILF AND JAN FECHNER!

Diamond Wedding 27th February 2020

Wilf and Jan were married at St. Paul's Lutheran Church, Tanunda - Wilf remembers that "It was a perfect day, not a cloud in the sky!"

When asked for a photograph which shows something about their 60 years of marriage, without hesitation they provided this one - of their family, taken at a recent family wedding. Wilf and Jan are fifth and sixth from the left of the photo - they are proud of their family - four children and seven grand-children !



TANUNDA RETIREMENT LIVING

February 2020

COMING EVENTS

Here are the dates for you to note:



The TRL Social Committee invites our Independent Living residents to our weekly

Friday Coffee and Chat Group to be held in the Social Centre at 10.30am

Dates are: 7th February 14th February 21st February 28th February

No need to bring anything - just come along and meet and chat with other residents - this is an exciting new initiative that we want to give a try - a great way to meet other residents in a relaxed environment!

**The first TRL Get Together for 2020 will be held on
Thursday 19th March at 10.30am**

Guest Speaker will be Natalie Allan from Barossa Council will help us better understand how recycling works and how we can put our unwanted things in the correct bin.



Residents of Lyel Kohlhagen Estate.

The residents of Lyel Kohlhagen Estate
are holding a

.. Combined Garage Sale ..

Address: 45 Hoffmann Avenue, Tanunda

Date: Saturday 29th February 2020

Time: 8am



Lobethal Trip

The Independent Living Resident's Trip to Lobethal, on the late afternoon and evening of the 18th of December was an Event full of:-

FELLOWSHIP among the 19 of us, who braved the hot weather and also with the folk at the Lobethal Valley of Praise Retirement Village.

NICE FOOD, a lovely main course of succulent sliced meat and very tasty salads, followed by delectable dessert. The food was prepared by a group of residents in their well equipped kitchen and served in their very comfortable Social Centre.

WELL STOCKED STALLS, of resident hand made goods – bags of honey biscuits, also honey biscuit Christmas Wreaths and trees – old fashioned custard creams and Monte Carlos and more. Lots of craft articles including knitted plum pudding and champagne cork elves, to name but two.

SAFE TRAVEL, Thank you Kym.

WONDER, as we sat, in the open air on a very warm evening, watching a live nativity unfold before us, complete with angels, shepherds, magi, sheep, goats, a donkey, 2 camels (one very tall!), Mary, Joseph, a young baby lying peacefully in a manger and two doves that remained perched in the stable for the duration of the event.

MARVEL at the lights, lights and more lights on our guided tour of Lobethal.

Gratitude and Praise for a wonderful experience.

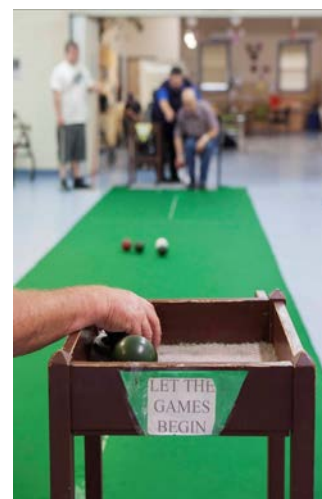


From Elaine Leditschke



What is the Barossa Club?

- ♦ Barossa Club is a social support group funded by the Commonwealth Home Support Program (CHSP).
- ♦ Barossa Club is available for people from 65 years, living in the local community, who live independently in their home within the Barossa Valley region, including Independent Retirement Living.
- ♦ A referral (individuals meeting the criteria) from My Aged Care is required to attend Barossa Club.
- ♦ All that is needed is a simple telephone call to My Aged Care on 1800 200 422 or alternatively visit the My Aged Care website.
- ♦ The very helpful My Aged Care staff will explain all that is required and are happy to answer any questions that you may have.
- ♦ The opening times for Barossa Club are Monday to Friday 9.00am to 3.00pm and closed on weekends and public holidays.
- ♦ A delicious two course lunch meal prepared by the wonderful TLH Catering Team is available to enjoy in Barossa Club and the cost is \$7.00.
- ♦ A bus service for pick up and drop off to your door if you live in Tanunda, Angaston or Nuriootpa is available for \$5.80 (Concession Rate).
- ♦ A variety of activities are offered in the morning and afternoon, including social time during morning and afternoon tea.



Please feel free to contact Tania Miller on 8563 7729 if you would like to know more or would like to make a time to have a chat.

Barossa Club - Fun, Games, Food, Friends & Memories....



"Enjoying life with fun & friends"



Thank you Doug for making the beautiful and creative pot plant stand - it looks amazing ...

Valentines Day Friday 14th - Happy hour, Quiz games and chocolates

Shrove Tuesday 25th - Serving pancakes for afternoon tea

Cooking with JJ Friday 28th - Not only do you get to watch and enjoy a cooking class with JJ, you also get to eat what is made - perfect...

Craft with Pam EVERY Tuesday morning - Perfect



Don't forget we always have tea, coffee, biscuits and a good chat on hand @ The Barossa Club

Wellness & Lifestyles



**Tuesdays and Thursdays
9.00 - 10.00am**

Resuming 7th January 2020

**TLH GYM - LED BY
PHYSIOTHERAPISTS**

\$6.00 per session



CLARKE & TURNER
TRAVEL
ASSOCIATES

Ph 08 8563 0988
39 Murray Street, Tanunda
travel-associates.com.au/clarke

TRAVEL TALK

**CONSIDER LOCAL TRAVEL TO SUPPORT BUSH FIRE AFFECTED
COMMUNITIES**

As the bushfires burn, the priority is always the safety of the community and visitors in those areas. But when the smoke clears and those communities try to recover, they'll need as much support as they can get.

Kangaroo Island has been described as Australia's Galápagos thanks to its reputation as a home for some of the country's most endangered animals. The fires have devastated around a third of the island, including a large part of Flinders Chase National Park. Pierre Gregor, chairman of Kangaroo Island Tourism, Food, Wine and Beverage Association, said Kangaroo Island has the highest dependence on tourism of any region in South Australia and visitors are vital to the recovery process. The dynamic has changed, but you still have farm gates and cellar doors that are available, and around 250 kilometres of coastline."

In Queensland, multiple bushfires in the World Heritage-listed Mount Barney National Park led to the closure of the park late last year. After seeing a 90% decline in bookings as far ahead as March, the owner of the Mount Barney Lodge, Innes Larkin, has created a sculpture trail to be illuminated at night in a bid to tempt visitors back.

Throughout the bushfire-affected zones, communities and businesses are facing their own challenges - and hoping people don't abandon them in the most difficult of times.

Cruise lovers who've been looking forward to setting sail in Australia can rest assured that they'll be in safe hands. Australia's major cities - and the majority of its coastline - remain open to visitors and most cruises are continuing exactly as scheduled.

There are plenty of options for travel within Australia. From wonderful train journeys to exploring the history in our capital of Canberra. Beach stays, food tours, outback experiences, there are so many. If you would like any information on travel in Australia please call in to see Carolyn at Travel Associates, Tanunda



- Are you looking for a different way to spend your afternoon?
- Do you like to challenge your thinking?
- Do you think you have all the answers?
- Would you like to be around like-minded people?
- Are you bored of the same old, same old?

If this sounds like you; we are looking at running a quiz / trivia group regularly during the afternoon.

Please see lifestyle with an expression of interest.



COMING IN FEBRUARY

Monday 17th February

AT 1.30pm IN THE CHAPEL



WE COME TO YOU

VISA/BANKCARD/MASTERCARD ACCEPTED

Stocking a range of men's and ladies slippers, shoes and sandals.



Fabulous Fittings

offering fitting of:

<u>Ladies</u>	<u>Mens</u>
Bras	Socks
Underwear	Singlets
Singlets	Jocks
Sleepwear	

Ladka Sklenar
Phone: 0423506268
Email: lsfabulousfittings@gmail.com

PANCAKE FUNDRAISER

Join us on Tuesday the 25th of February for Pancakes in the Chapel from 10.30am for a gold coin donation. There will be a variety of topping available.

Everyone is welcome



**SHROVE
TUESDAY**

Plastic Bread Tags for Wheelchairs and Plastic Milk and Drink Bottle tops for Prosthetic Limbs (Envision Hands)



Donation Points

TLH Reception,
Protea &
Lifestyle Dept.



TLH BUS TRIP

Thursday 20th February
at 1.15pm
Join us for Coffee and Cake
at the Barossa Valley
Chocolate Café
Cakes starting from \$5
See lifestyle for further
information



VOLUNTEER NEWS

Volunteers Morning Tea

Volunteer appreciation morning teas will be held in the social centre from 10am - 11am on the;

Tuesday 4th February

Tuesday 7th April

Tuesday 2nd June

Tuesday 4th August

Tuesday 6th October

Tuesday 1st December



Please RSVP 1 week prior to the date.

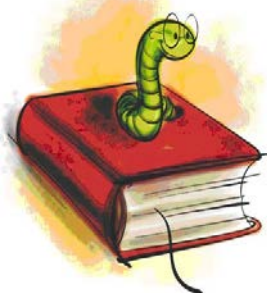
Happy Birthday

To all of our wonderful Volunteers
for the month of

FEBRUARY

FREE TLH LIBRARY

Situated on the lower level near
Trinity Court entrance
Open 9.00-12 noon
Wednesdays and Fridays



Great assortment of books,
magazines, DVDs for your
enjoyment. If required, books
can be delivered to
residents' rooms.

Saturday 1st

There are a variety of different activities available,
please ask a staff member for assistance.

Sunday 2nd

10.30 Worship Service Chapel

Monday 3rd

10.15 Hymn Singing Chapel

11.00 Worship Service ABG

1.15 Social Bingo Chapel

1.30 Social Bingo Grevillea Lounge

3.30 Walking group Leaving from Acacia

Tuesday 4th

10.00 Knit and Natter

Protea / Grevillea

10.30 Moovers and Groovers Chapel

1.15 Carpet Bowls/Happy Hour Chapel

1.30 Men's Group Men's Shed

3.30 Walking Group Leaving from Acacia

Wednesday 5th

9.00 - 12noon TLH Library Open Trinity

9.30 Bottle Top Sorting Protea Lounge

10.30 Wonder of Nature ABG

10.30 Hand Wax Therapy Protea

10.45 Bible Insights Chapel

1.15 Sing along with Garry Chapel

1.30 Arm Chair Exercises Acacia Lounge

2.00 1st Blessing of the Month Acacia Lounge

3.30 Reminiscing ABG

Thursday 6th

10.00 Card Making with Irene Protea Lounge

10.30 Moovers and Groovers Chapel

10.30 Art with Helen Grevillea

1.30 Resident Meeting Chapel

1.30 Balloon Tennis ABG

3.30 Walking Group Leaving from Acacia

Friday 7th

9.00 - 12noon TLH Library Open Trinity

From 9:15am - Canteen Trolley - TLH

10.00 Memory Game ABG

10.30 Wisdom of the Elders Chapel

1.15 Social Bingo Chapel

1.30 Basketball ABG

2.00 Happy Hour ABG

Saturday 8th

There are a variety of different activities available,
please ask a staff member for assistance.

Sunday 9th

Monday 10th

10.15 Hymn Singing	Chapel
11.00 Worship Service	ABG
1.15 Hoy	Protea Dining Room
1.30 Ball Games	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

Tuesday 11th

10.00 Knit and Natter	Protea / Grevillia
10.30 Moovers and Groovers	Chapel
1.15 Carpet Bowls/Happy Hour	Chapel
1.30 Men's Group	Men's Shed
3.30 Whiteboard Games	Acacia

Wednesday 12th

9.00 - 12noon TLH Library Open	Trinity
9.30 Bottle Top Sorting	Protea Lounge
10.30 Wonder of Nature	ABG
10.30 Hand Wax Therapy	Protea
10.45 Bible Insights	Chapel
1.15 Volleyball	Chapel
1.30 Arm Chair Exercises	Acacia Lounge
3.30 Current Affairs	ABG

Thursday 13th

10.30 Art with Helen	Grevillea
10.30 Moovers and Groovers	Chapel
1.15 Birthday Celebration	Chapel
3.30 Walking Group	Leaving from Acacia

Friday 14th - Valentines Day

9.00 - 12noon TLH Library Open	Trinity
<i>From 9:15am - Canteen Trolley - TLH</i>	
10.00 Memory Game	Acacia Lounge
10.30 Wisdom of the Elders	Chapel
1.15 Valentines Activity	Protea Lounge
1.30 Valentines Activity	Acacia Lounge
2.00 Happy Hour	ABG

♥ Happy Valentines Day ♥

Saturday 15th

There are a variety of different activities available, please ask a staff member for assistance.

Sunday 16th

10.30 Worship Service	Chapel
-----------------------	--------

**Monday 17th**

10.15 Hymn Singing	Chapel
11.00 Worship Service	ABG
1.15 Shoes on Wheels / Fabulous Fittings	Chapel
2.00 Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

Tuesday 18th

10.00 Knit & Nattter	Protea / Grevillia
10.30 Moovers and Groovers	Chapel
1.15 Carpet Bowls/Happy Hour	Chapel
1.30 Men's Group	Men's Shed
3.30 Walking Group	ABG

Wednesday 19th

9.00 - 12noon TLH Library Open	Trinity
9.30 Bottle Top Sorting	Protea Lounge
10.30 Wonder of Nature	ABG
10.30 Hand Wax Therapy	Protea
10.45 Bible Insights	Chapel
1.15 Water Ping Pong	Protea Lounge
1.30 Armchair exercises	Acacia Lounge
3.30 Reminiscing	ABG

**Thursday 20th**

10.30 Art with Helen	Grevillea
10.30 Moovers and Groovers	Chapel
1.15 BUS TRIP	Leaving from Protea
1.30 Movie Afternoon	Waratah Lounge
1.30 Balloon Tennis	ABG
3.30 Walking Group	Leaving from Acacia

Friday 21st

9.00 - 12noon TLH Library Open	Trinity
<i>From 9:15am - Canteen Trolley - TLH</i>	
10.00 Memory game	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Brazilian Carnival Activities	Chapel
1.30 Basket Ball	ABG
2.00 Happy Hour	Grevillea

Saturday 22nd

There are a variety of different activities available, please ask a staff member for assistance.

Sunday 23rd

10.30 Worship Service	Chapel
-----------------------	--------



PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE.

Monday 24th

10.15 Hymn Singing	Chapel
11.00 Worship Service	ABG
1.15 Wheel of Fortune	Chapel
1.30 Ball Games	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**SHROVE TUESDAY****Tuesday 25th****Shrove Tuesday**

10.30 Pancakes	Chapel
1.15 Pancakes	Chapel
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 26th

9.00 - 12noon TLH Library Open	Trinity
9.30 Bottle Top Sorting	Protea Lounge
10.30 Wonder of Nature	ABG
10.30 Hand Wax Therapy	Protea
10.30 Ash Wednesday Service	Chapel
1.15 Tanunda Show Projects	Protea Lounge
1.30 Armchair exercise	Acacia Lounge
3.30 Current Affairs	ABG

Thursday 27th

10.30 Art with Helen	Grevillea
10.30 Moovers and Groovers	Chapel
1.15 Tanunda Show Projects	Protea Lounge
1.30 Sing Along with Doug	Acacia
3.30 Walking Group	Leaving from Acacia

Friday 28th

9.00 - 12noon TLH Library Open	Trinity
<i>From 9:15am - Canteen Trolley - TLH</i>	
10.00 Memory Game	Acacia Lounge
1.15 Social Bingo	Chapel
1.30 Parachute Game	ABG
2.00 Happy Hour	Grevillea

Saturday 29th

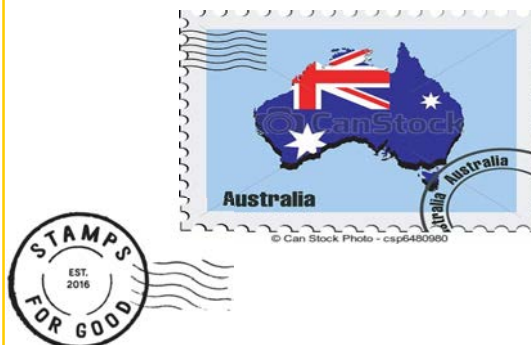
There are a variety of different activities available, please ask a staff member for assistance.

Sunday 1st

10.30 Worship Service	Chapel
-----------------------	--------

**Stamps for Mission**

Used Stamps can be left at TLH Reception, Protea & Lifestyle Dept.



Tanunda Lutheran Home actively supports The Lions Club of Barossa Valley inc. Lions Recycle for Sight Eyeware / Glasses ONLY (NO Cases please)

**Donation Drop Off**

TLH Reception, Protea & Lifestyle Dept.



Refurbished quality spectacles are sent to countries all around the world, for people in need and without financial capacity.

TANUNDA RETIREMENT LIVING**LADIES' GET TOGETHER**

Saturday 1st February 1.30pm in the Café - Please bring small plate of food for afternoon tea



Call: Margaret Spike
0481 255 041

REMEMBER Afternoon Lifestyle Programs commence at 1.15pm unless stated otherwise.

Kind Regards, The Lifestyle Team.



Summer Fun



W S U N S H I N E N Y U E L A
M G A G W C S L A D N A S S M
A N T A A I X F X A D L X T H
E I K K T E L C I S P O P D N
R M H L E H O L I D A Y S G B
C M T A R Z G B V Q C P M T L
M I M I M M O S Q U I T O S R
T W R Q E U C I N C I P P G Y
Z S A T L V A C A T I O N O M
I U W T O B G Z O B J O Q M B
L B F M N P O H F I P U F Z S
H O T V W T Q Q G N I Y A L P
L S U M M E R D E S C L A V I
V A E C I R E W O L F N U S Z
J U J O F D Y Y B E A C H W R

BEACH
CREAM
HOLIDAYS
HOT
ICE
MOSQUITOS



PICNIC
PLAYING
POPSICLE
SANDALS
SUMMER
SUNFLOWER

SUNSHINE
SWIMMING
VACATION
WARMTH
WATERMELON

