



**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](mailto:info@tlhome.com.au)
- ★ Website: [www.tlhome.com.au](http://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*

## APRIL 2020

*Lutheran  
Church  
of Australia*



## Chaplain's Reflection



So we're living through a pandemic, a time in history that will be remembered and talked about for generations to come. Sadly there are already a lot of hurting and grieving people, even here in SA, even though no deaths have been recorded (at time of writing). The loss of a business or a job, the grief of not being able to attend a friend's funeral ... We are all trying to be brave but the grief will grow.

In our last Sunday church service I asked the question of where is God at a time like this. I suggested that we look sideways, rather than up: that God is among us – in the eyes of somebody caring for you, on the end of the phone, encouraging you, wishing you well, putting together some threads of wisdom that will get you through, making space for your tears, or your jokes (because we all need to let off steam). God is in the people who make really good decisions and who make the costly sacrifices.

Each part of the TLH organisation is making changes to practice right now to keep people safe and ensure great care continues. From a chaplaincy point of view the following apply –

- Chaplains visiting every care facility resident weekly, and palliative care residents daily.
- Church for care facility residents only - on Monday, Wednesday and Friday as per the Lifestyle Calendar.
- Inviting independent living residents to phone any time for a chat. We'll make some calls too if we're feeling worried about you.

This has a long way to go. Each of us is on a personal journey with COVID-19 which will have many turns and twists. May it take you to a good place, because this is still a wonderful world.



Chaplains Ian & Helen.



## APRIL



- 3 Daphne Mott
- 7 Rodney Lomman
- 8 Margaret Spike
- 10 Colin Ladd
- 10 Esther Flinn
- 14 Glenys Greig
- 22 Jenny Schubert
- 23 June Hansen
- 26 Cheryl Frost
- 27 Edna Kohlhagen
- 30 Marjorie Abbott



### Dear Residents / Family Members

We are looking for different ways to keep in touch with our loved ones, especially now...

Remember Tanunda Lutheran Home does offer a telephone and Internet service and at a reasonable price. \$\$

Telephone Line: \$55.00 Connection fee (once only)  
\$14.00 Per billing cycle

Internet Line: \$45.00 Connection Fee (once only)  
\$11.00 Per billing cycle

Please see flyer attached for more information or call  
8563 7777

The **DEADLINE** for all:  
News / Information / Stories - May 2020 edition is  
**Monday 20th April 2020**

Email: [rachel.strudwick@tlhome.com.au](mailto: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.

# welcome

## Respite

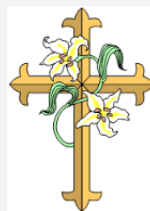
Stephanka Athanasov

## Permanent

Wendy Schiller

## TRL

Bill & Connie Hodgson



## DEATHS

*Our deepest sympathy  
to the families of*

Jean Hentschke 2nd March

*May Jean rest in  
peace ...*



## TLH SHOPPING BUS



Departing approx. 9.30am - Return 11.30am

Wednesday	Temporarily Closed
Wednesday	Temporarily Closed
Wednesday	Temporarily Closed
Wednesday	Temporarily Closed

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

***‘Value and Appreciate the People who sacrifice their “something” for you, because maybe that “something” is their everything’***



*Kim Hahn, People, Culture and Customer Service Manager*

No doubt April is going to be a time of adjustment for all of us as we learn to adapt to the changes that worldwide we are experiencing an effort to fight the spread of Coronavirus. Changes to our TLH family, environment and community are confronting, difficult, emotional and sad, they have included;

- Our Residents being unable to see their families and loved ones in the way they are used to.
- Increased infection control processes that, including not being closer than 1.5 metres.
- Staff becoming the sole income earner for their family.
- Loss of childcare and schools that previously supported our staff to be able to work.
- We are all unable to have the contact with people we love that we are used to.

So what positives are there to focus on? At TLH we continue to be blessed and fortunate in how we all come together to support one another. During the last few weeks we have witnessed;

The Residents understanding that the changes are about keeping them safe.

A mutual care between Residents and Staff in understanding that this is a difficult for everyone Families, loved ones being understanding and supportive about the changes that directly impact them.

Our staff dedicating themselves to following the department of Health's infection control advice and guidelines.

Our staff demonstrating how very much they care for our Residents by working additional hours, social distancing at home, wearing bright colours and costumes to brighten the Residents day, reporting any concerns and letting the Residents know that they care for that everyone is committed to protecting them and doing our very best to keep them safe.

Community businesses such as Aster and Ivy florist and Browns Barossa Gourmet Donuts sending gifts of flowers and donuts to our staff in appreciation.

We can be grateful that we will get through this together, and work together in finding other lovely ways of continuing to stay connected.

Thank you to our Residents, staff, volunteers, families and representatives for committing to keeping yourselves safe.

Your sacrifices do not go unnoticed.

Stay safe, take care

Kim



## *News from Kim & Steph*

(People, Culture & Customer Service Manager and the Quality Officer)

**FROM THE AGED & COMMUNITY  
SERVICES AUSTRALIA**



ACSA participated in the Aged Care COVID-19 Preparedness Forum held in Canberra on Friday 6 March. The Forum was hosted by the Australian Government Chief Medical Officer, Professor Brendan Murphy and the Minister for Senior Australians and Aged Care, Senator the Hon. Richard Colbeck with the Aged Care Quality and Safety Commissioner Janet Anderson attending.

Collaboration between the Commonwealth, the aged care sector, state and territory public health authorities, and the healthcare sector is a key part of COVID-19 planning and preparedness activity.

### **The key points from the meeting were:**

- The Government acknowledged that support would be needed for the aged care sector and that working together was critical.
- The Government is acutely aware of issues with access to personal protective equipment and has said it will ensure availability for aged care services. The Government is also looking at supply chain issues with consumables including medicines.
- The Communicable Diseases Network Australia (CDNA) is developing guidelines on COVID-19 specifically for residential aged care which will be based on existing influenza guidelines but will be different as no vaccine is currently available for COVID-19.
- People diagnosed with COVID-19 are currently being treated and isolated in hospital even if they are reasonably well. With a community outbreak it is expected that people in residential aged care with mild symptoms will be looked after in isolation in their residential aged care home. The meeting highlighted evidence that with the right protective gear and infection control protocols workers should not contract the virus.
- Aged care providers need to review and test their infection control plans, disaster plans and business continuity plans; to check that assumptions in plans are still current; and to make sure that staff understand their responsibilities and what they need to do. In addition, they should maintain infection control protocols and activate a COVID-19 Emergency Response Plan.
- Aged care providers should work collaboratively with their local public health unit.

### **COVID-19 UPDATE**

As you would be aware from the previous correspondence to all residents, representatives and staff, we are being proactive in minimising the risk of Coronavirus by closely following the advice from the World Health Organisation and Australian Department of Health published information. We thank everyone for your over-whelming support, understanding and co-operation.

### **HOME CONTINUOUS IMPROVEMENT UPDATE**

- Buffet Breakfast renovations commenced on Wednesday (19th) & Thursday (20th) March. This will allow for greater choice for residents at meal times. The Leadership team will then consult with residents and staff to create new procedures and develop education that will increase flexibility and choice for our residents.



## HOME CONTINUOUS IMPROVEMENT UPDATE CONTINUED

- Residents are encouraged to share their favourite recipes with our catering staff, in an effort to implement family favourites onto our lunch and dinner menus.
- Residents, Staff and Visitors are encouraged to submit ideas for Tanunda Lutheran Home's Christmas Float for 2020.
- The ladies Auxiliary are creating clothes protectors for residents to protect their clothing during meals. These were shown to the Resident Collaboration Committee who were loved the newly designed protectors that will increase Resident Dignity.
- Training sessions for Manual Handling and Fire Training have been booked in for staff, as well as new online training courses.

## COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During February we received complaints about Residents Care (2) Cleaning (2) Environment (2) Food (3) Other (1) Lifestyle (1) Customer Service (3) Laundry (1) Wellbeing (3) Management & Communication (2) and have worked with the comment maker in resolving the concern to the comment makers satisfaction

Also during February we received compliments about Residents Care (3) Cleaning (3) Environment (1) Food (5) Staff (9) Lifestyle (8) Customer Service (2) Maintenance (3) Management & Communication (2) and a total of 11 suggestions.

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

We hope you have an especially safe April and an Easter filled with love.

Take Care - Kim & Steph

# Staff News

## New Staff

Please give a warm welcome to our new staff member



Melinda Firth  
Receptionist



## February 2020

**Congratulations** to the Employee of the Month



Carol Winter  
Enrolled Nurse



# 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](https://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](mailto:kim.hahn@tlhome.com.au)

Cherie Cheyne - Chief Finance Officer  
08 8563 7768 or [cherie.cheyne@tlhome.com.au](mailto:cherie.cheyne@tlhome.com.au)

Lee Martin - Chief Executive Officer  
08 8563 7733 or [lee.martin@tlhome.com.au](mailto: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](https://agedcarequality.gov.au) for more information



Phone  
1800 951 822



Web  
[agedcarequality.gov.au](https://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](mailto: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](mailto:lee.martin@tlhome.com.au) or Ph: 8563 7733

& Lifestyle)

### Financial - Cherie Cheyne

Executive Chief Finance Officer

(Accommodation & [cherie.cheyne@tlhome.com.au](mailto:cherie.cheyne@tlhome.com.au) or Ph: 8563 7768

Fees/Bonds )



30<sup>th</sup> March 2020

### **Flu Vaccine Requirements**



To all Residents, Family Members, Representatives and Volunteers,

In these trying times I'm sure you are all suffering the information overload and changes to what were our normal daily activities. The whole COVID-19 pandemic has caused a greater level of change that will now effect those who visit an aged care facility.

It is now a requirement stipulated by government authority that ALL visitors must have been inoculated for this year's flu season. If you are attending the aged care facility and can't show proof that you have received the latest flu inoculation will not be allowed to enter the facility.

At Tanunda Lutheran Home we will maintain our lockdown procedures for some time. It will be expected as you enter the Home you will produce a document from your doctor with evidence of having received an inoculation for this year's flu season. A photocopy of the document will be taken and a register will be maintained of your details so as you do not need to have the document every time you visit. This information needs to be shared with all family members who may wish to visit the Home in the future.

I ask you all to assist us to again maintain the health and wellbeing of the residents and staff by complying with this new government stipulation. On behalf of the Board Members and Executive Management team of Tanunda Lutheran Home Inc, please be advised of the following actions being taken:

- Tanunda Lutheran Home has updated the Infection Control.
- Policies & Procedures to reflect the changes in regard the Flu Vaccine.
- Staff are aware of how to care for residents in all types of infectious outbreaks including Flu epidemics.
- Signage has been placed at all entries to provide you with further information regarding the requirement for flu inoculations.
- The door closures will remain in force until further notice and advice from the authorities.
- If no evidence of having a Flu Vaccination after the 1 May 2020 you or any member of the family will be refused entry to the Home.
- Assistance from the local police will be asked if failure to leave the area when asked by staff.

If you require further clarification of this situation please contact 8563 7777, your call will be referred to a nominated staff member.

Kind regards,



**Lee Martin**  
**CEO / DOC**  
**Tanunda Lutheran Home Inc**





## OFFICE USE ONLY

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

Initial action by Department Manager: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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)*

**Other** *(Please circle one)*

### Comments / Details:

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Do

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

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# Stay connected



Reminder during these trying times we are all facing at the moment - You can still stay connected with your loved ones, as face to face connection isn't always a possibility at the present time. If you are feeling unwell its best for all concerned to keep your distance from the home. We all must stay healthy and safe. . .

Tanunda Lutheran Home offers the following services all year round:

**Telephone:**

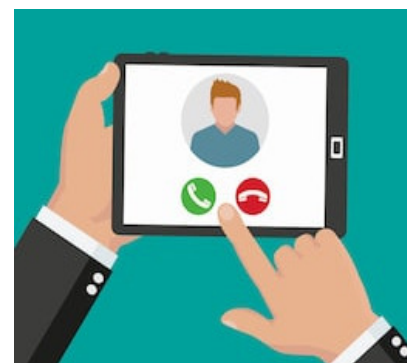
Once off connection fee of \$55.00 with ongoing weekly fee of \$7.00

**Internet:**

Once off connection fee of \$45.00 with ongoing weekly fee of \$5.50

Staying connected with loved ones is as simple as choosing a plan - dropping or sending in your labelled device to be used:

*Facetime - Emails - Phone calls -*



*Old Fashion hand drawn pictures from the grand children are always a beautiful way to keep in touch . . .*

## MEET .. Alan Hall ..

**This month TIT TAT has made the long trip to TRL “suburbia” - to Alf Pellegrini Drive - to have a chat to Alan Hall. When asked if he would share something of his life with readers, he readily agreed - with the comment, “I have been thinking for quite some time that I should write down something about my life, and just haven’t gotten around to it - I must get started!” Alan has spent a busy few days at his computer and here is a little about his full and interesting life!**



Alan was born in 1932 at Brighton, SA, one of three children of his parents Jim and Jean Hall. They lived in a small house sitting on top of a sandhill on the Brighton Esplanade. The sea was less than 50 metres from their front fence at high tide. He has many happy memories of playing amongst the sandhills and going fishing - he remembers catching his first fish - a reasonably-sized mullet when he was 5 or 6 years old. The family house was often exposed to quite severe storms during winter. Alan says that in a bad storm in 1948 their house lost its roof, but he apparently slept through that, waking up only when water started dripping on him.

Alan went to a couple of private primary schools - one in Brighton, and the other at Somerton which involved him riding his bike 4 or 5 kms. through the grounds of Minda Home. When he was just 10 years-old, his parents decided to send him to Prince Alfred College. Attending PAC meant walking to the Hove Railway Station, taking a train to Adelaide, and then a bus to the college - he did this for 8 years. He remembers his time at PAC mainly for playing sport. He recalls enjoying English and Maths, tolerating French and Latin, but never embracing Physics or Chemistry with any enthusiasm.

After finishing at PAC, Alan decided to train for a teaching career at the Teachers College on Kintore Avenue. After 2 years at Teachers College and Adelaide University he was appointed in 1953 to the one-teacher school at Galga which had 12 students. In 1954 the enrolment at Galga doubled when the neighbouring school at Mercunda closed. In 1957 Alan was transferred to Lucindale Higher Primary School, and then in 1960 he moved to Yankalilla Area School.

Alan says that the best part of his time at Yankalilla was becoming friendly with Joy Nordback who was teaching Years 1 and 2. Joy agreed to marry Alan - they were married in the Methodist Church in Torrens Park in January, 1963. They had a honeymoon trip in Victoria on their way to Loveday, where they had both been appointed to the local primary school. Joy had more than 30 children in Years 1 - 3 and Alan had about 40 students in Years 4 - 7. They were kept busy!

After a year at Loveday, Alan was appointed as Deputy Principal at Lucindale - so it was back to familiar territory. Joy had retired from teaching as she and Alan prepared to raise a family



**This photo of Alan and Joy with their dog, Shardic, taken in the mid-1980's**



They had two children born in Naracoorte - Gillian (1964) and Tim (1966), and later Phillip (1968). In 1967 Alan and Joy, and their two elder children moved to Oakbank, where Alan served as Deputy Principal of the Oakbank Area School for two years, then Acting Principal in a third year.

In 1969 Alan became Principal of the Moonta Primary School where he served for 3 years. Alan says that Moonta was a great spot for someone who grew up with a love for fishing. In Moonta he acquired a boat that was big enough to take him out to serious fishing grounds, and he and Joy were able to purchase a 'little old house' which the family later used as a destination of choice during school holidays.



**Alan, Joy, daughter Gillian and grand daughter Laura**

A few days before the end of his final year at Moonta, Alan received a 'phone call from an Education Department staffing officer offering him the position of Principal at a school in Darwin and he and Joy had just a couple of hours to make a decision - so after a few enquiries about the school they decided to go.

They lived and worked in Darwin for 2 years, during which time they enjoyed some special experiences that they would never have had if they had remained in South Australia. They did some wonderful trips while in Darwin. Alan recalls an occasion when he and a friend went fishing in Kakadu, when their boat ran out of fuel. With darkness descending they scrambled onto a small island, which they later discovered they shared with a couple of crocodiles. Joy and the children were back at the camp worrying about why Alan and his friend were not returning. They alerted some men camping nearby, who set off looking for the lost fisherman - found them and towed them back to camp. While still in Darwin they went on a trip to South East Asia and were away when Cyclone Tracey demolished Darwin.

Following Darwin, Alan had the choice to come back to South Australia and was offered schools in Berri, Mannum or Nuriootpa - he never had any regrets about choosing Nuriootpa, where he served as Principal for 17 years. He had one year in the old primary school, and then in 1975 moved to the innovative new school building on the present site at Buna Terrace. Alan retired aged 58 in 1991.

Sport has been a significant part of Alan's life. He developed a love of cricket inspired by the achievements of Don Bradman. A specialist sport teaching at Prince Alfred College developed Alan's interest in cricket, football, high jumping and distance running - he says that his academic progress suffered while his sporting interests flourished!

During his teaching career Alan played football and cricket for Galga, Lucindale, Yankalilla and Bamera Monash. When faulty knees forced him out of football he concentrated on cricket, playing at Oakbank, Moonta, in Darwin and for Nuriootpa. He tried a few years of golf but found he had no talent for the game, so he began to play lawn bowls at Angaston and has enjoyed 34 years with the club.



Alan and Joy moved from Angaston to Alf Pellegrini Drive in October 2013 - Joy wanted to move from hilly Angaston, so they both happily chose to live at Alf Pellegrini Drive. Sadly Joy passed away in September, 2018. The people at Alf Pellegrini Drive describe Alan as a wonderful person who is caring, friendly and welcoming. Thanks for sharing your story, Alan!

*Alan Hall's story as told to Geoff Munzberg*



## Computer jargon explained!

### All you need to know!

<b>Log On:</b>	Make the barbie hotter
<b>Windows:</b>	What you shut when it's cold
<b>Screen:</b>	What you shut in the mozzie season
<b>Microchip:</b>	What's left in the bag after you've eaten the chips
<b>Modem:</b>	What you did to the lawns
<b>Software:</b>	The plastic knives you get at McDonalds
<b>Hardware:</b>	Real stainless steel knives and forks
<b>Main Frame:</b>	What holds the shed up
<b>Search Engine:</b>	What you do when the ute won't go
<b>Yahoo:</b>	What you say when the ute does go
<b>Hard Drive:</b>	The trip back home without any cold tinnies
<b>Mail Server:</b>	The bloke at the Pub who brings out the counter lunch

From Ineke Garnaut's collection!



Sunday 5 April 2020

Remember to change  
your clocks . .

### **ONE HOUR BACK**

before going to bed on  
Saturday, 4 April.

## what's new?

**\*\* New Group \*\***

### **CHRISTIAN FAITH AND LIFE**

An activity replacing Bible Insights and Wisdom of the Elders. We'll look at one news item from the week from a Christian perspective, look at the Gospel reading for the coming Sunday, sing a couple songs and pray together. Each Friday in the Chapel at 10.30. IRL residents most welcome too.

## New Volunteer Information Board

**Have you seen the new board  
outside the Lifestyle & Volunteer Coordinators office?**

There is a new board that has been put up that has been designed to help bring volunteers information. The board will contain when new residents move in, where possible vacancies are for volunteers and the calendar of activities for the Residents plus more.

Please stop by next time you are in and take a look.





## Jelly Bean Prayer



Red is for the blood Christ gave  
Green is for the grass he made

Yellow is for God's light so bright  
Orange is for prayers at night

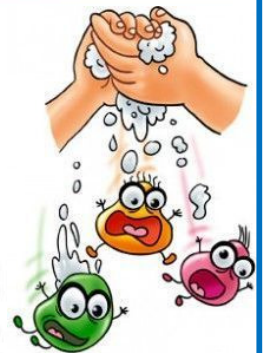
Black is for the sins we made  
White is for the grace he gave.

Purple is for his hour of sorrow  
Pink is for his new tomorrow

*A jar full of jelly beans, colorful & sweet,  
Is a prayer, a promise, a special treat.*

*God, fill my heart and my life with the  
joy of the Resurrection of Christ. Amen!*

[www.FramedInFaith.blogspot.com](http://www.FramedInFaith.blogspot.com)







"Enjoying life with fun & friends"



# 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.



Wheel of Fortune



Connect Four



Playing Cards



Tia Chi



**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"

Rhonda



Tania , Julie, Pam and Doug



Ivy and Jan



Julie and Wes



Wilf guessing how many eggs in the jar



Ron



Raelene, Neville, Tania



# COVID-19 UPDATE ON CHANGES

With all the changes happening in the world at the minute, Tanunda Lutheran Home has made some temporary changes for the well being of all concerned.



Barossa Club has closed for now and will re open as soon as possible - In the meantime Tania has implemented a delivery service, so Independent Living Residents don't miss out on their delicious lunch.



## LIFESTYLE

Lifestyle has also made some changes to the program, please make sure you check the program before your normal activity would start. Lifestyle team are available anytime you may have a question re: the temporary changes to any or all lifestyle activities.



Our Church services are no longer available on Sundays we will let you know as soon as this service is back on.



Temperatures are being taken at the one and only entrance into the facility for all members of staff and any persons who enter the facility .



We ask all family members to please be patient and understanding with the TLH staff, while we are all going through this unusual and unscripted virus. TLH will always put the safety of our residents first , this is why we have TLH in a lockdown.



Practise Regular Hand Hygiene

Practise Social Distancing

Practise Respiratory Etiquette





## BRINGING EVERYONE TOGETHER

Bringing life back into the home while we all practise our social distancing.

TLH has put together a pen pal initiative with the community through an exchange of personalised letters, short stories, poems, art works and alike from people big or small to our residents.



The focus is to help lift the spirits of the residents while they are going through an ever changing environment. Focusing on their emotional health and wellbeing, while still feeling connected to the outside world.

We are asking for all staff, visitors, volunteers and friends of TLH to deliver items to the main letterbox addressed to either a particular resident followed by “ - SOMEONE SPECIAL” or just labelled “TO SOMEONE SPECIAL”.

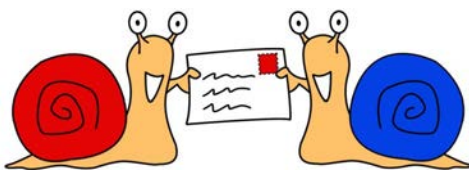
These items will be distributed either on an individual or small group bases and shared amongst the residents.

If you would like a reply please write your address on the back and we will have one of the residents reply to you.

We would like to thank everyone for their support in this tough time and wish you all to stay healthy and safe. We look forward to seeing what arrives.

Please post to :

To Someone Special  
Tanunda Lutheran  
Home Inc  
27 Bridge Street  
TANUNDA SA 5352



**Tanunda Lutheran Home Lifestyle Team are looking for donations of :**

**Jigsaw Puzzles** for adults 500 pieces or less

**Coloured pencils** in *new condition please*

**Coloured pens / gel pens**

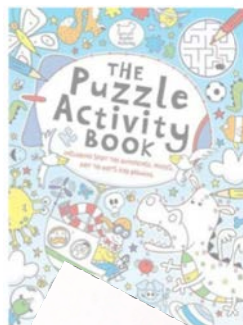
**Crosswords and word search books**

**Individual easy Craft Packs**

**Knitting Wool** 8ply

**Note pads and writing books**

**Activity Books**



On Tuesday the 25th of February TLH held a Pancake Bushfire fundraiser for Shrove Tuesday. The response from the community was overwhelming and together we raised just over \$300. The monies that were donated will go directly to help the people and animals that have been directly effected by the recent bush fires. Thank you to everyone that helped on the day and Thank you to everyone that purchased pancakes. The sense of community is alive and well at TLH. There are a full range of photos taken on the day on display in the protea lounge.



**PANCAKE  
BUSHFIRE  
FUNDRAISER**



## TANUNDA SHOW



Recently TLH had 20 residents participate in the Annual Tanunda Show. The categories ranged from plants to art work and even cooking. It was fantastic to see the enthusiasm from our residents in wanting to participate in this community event. A lot of the residents had been previous winners at the show in their day , winning prizes for fruits and vegetables, Jams, baking and craft Works.

A big **CONGRAULATIONS** to all of those who participated and won a prize. The extra talented residents who were awarded prizes were:

Pat Hunter, Colin Bachmann, Edna Pfitzner, Ivy Winton and Mary Brown.

The lifestyle team also put together our own little TLH show and had displayed all of the entries anonymously for an in house competition. We had a record amount of votes from staff, visitors and residents. Prizes will be awarded for each category and the winners will be announced in the next Tit Tat.



Thank you to everyone who assists to make things like this possible.



## VOLUNTEER NEWS

### Volunteers Morning Tea

Please note that the appreciation Morning Teas have been postponed until further notice.

TLH would like to thank all of our hard working volunteers and understand this may be a difficult time for your all.



Hopefully we will see you all again in the very near future.

### Influenza Vaccination

From 1 May, you must have your influenza vaccination in order to visit an aged care facility. Please refer to Lee Martin's letter on page 8 of the Tit Tat. If you wish to have your flu vaccination at TLH please contact Reception on 8563 7777 by the 9th of April to add your name to the list. A clinic date will then be communicated to you.

## *Happy Birthday*

To all of our wonderful Volunteers

for the month of

*April*



Daylight Savings ends . .  
Turn clocks back one hour when  
going to bed on  
the 4th April to start  
fresh for the 5th ...

Please note that due to the ever changing situation the Lifestyle Activity program is constantly changing. Please listen out for daily announcements with what is happening in your neighbourhood.

### Wednesday 1st

9.00 - 12noon	TLH Library Open deliveries only	Trinity
10.30	Art Therapy	ABG
11.00	Church Service	Waratah lounge
	Waratah Only	
1.30	Arm Chair Exercises	Acacia Lounge
1.30	Colour, Craft & Puzzles	Protea/Trinity
3.30	Reminiscing	ABG

Please listen out for Neighborhood activities

### Thursday 2nd

10.30	Easter Craft	Grevillea
1.30	Balloon Tennis	ABG
1.30	Balloon Tennis	Waratah/Trinity
3.30	Walking Group	Leaving from Acacia

Please listen out for Neighborhood activities

### Friday 3rd

9.00 - 12noon	TLH Library Open deliveries only	Trinity
From 915am -	Canteen Trolley	TLH
10.00	Memory Game	ABG
11.00	Church Service	Chapel
	Protea & Trinity Only	
1.30	Basketball	ABG
2.00	Happy Hour	ABG

### Saturday 4th

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

### Sunday 5th

Services are available to view on your TV- Please check your TV guide for details



**Monday 6th**

11.00 Worship Service	Acacia Lounge
1.30 Social Bingo	Protea / Trinity
1.30 Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

**Tuesday 7th**

10.30 Moovers and Groovers	Chapel
1.30 Trivia	Waratah/ Trinity
1.30 Men's Group	Men's Shed
3.30 Whiteboard Games	Acacia

**Wednesday 8th**

9.00 - 12noon TLH Library Open deliveries only	Trinity
11.00 1st Blessing of the Month	ABG
11.00 Church Service	Waratah lounge
Waratah Only	
1.30 Colour, Craft & Puzzles	Protea / Trinity
1.30 Arm Chair Exercises	Acacia Lounge
3.30 Current Affairs	ABG

**Thursday 9th**

10.30 Wonders of Nature	Grevillea
10.30 Moovers and Groovers	Chapel
1.15 Wheel of Fortune	Protea Lounge
1.30 Bean Bag Toss	Grevillea
3.30 Walking Group	Leaving from Acacia

**Friday 10th Good Friday Public Holiday****Saturday 11th Easter Saturday**

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

**Sunday 12th - Easter Sunday**

Services are available to view on your TV - Please check your TV guide for details

**Monday 13th Public Holiday Easter Monday****Tuesday 14th**

10.30 Moovers and Groovers	Chapel
1.30 Trivia Protea & Trinity Only	Protea / Trinity
1.30 Men's Group	Men's Shed
3.30 Walking Group	ABG

**Wednesday 15th**

9.00 - 12noon TLH Library Open Deliveries only	Trinity
10.30 Art Therapy	ABG
11.00 Church Service	Waratah lounge
Waratah Only	
1.30 Colour, Craft & Puzzles	Protea / Trinity
1.30 Armchair exercises	Acacia Lounge
3.30 Reminiscing	ABG

**Thursday 16th**

10.30 Wonders of Nature	Grevillea
10.30 Moovers and Groovers	Chapel
1.30 Men's Focus Group	Protea
1.30 Balloon Tennis	ABG
3.30 Walking Group	Leaving from Acacia

**Friday 17th**

9.00 - 12noon TLH Library Open Deliveries only	Trinity
10.00 Memory game	Acacia Lounge
11.00 Church Service	Chapel
Protea & Trinity Only	
1.15 Social Bingo	Waratah / Trinity
1.30 Basket Ball	ABG
2.00 Happy Hour	Grevillea

**Saturday 18th**

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

**Sunday 19th**

Services are available to view on your TV - Please check your TV guide for details

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

**Monday 20th**

11.00 Worship Service	Acacia Lounge
1.30 Social Bingo	Protea / Trinity
1.30 Bingo	Grevillea
3.30 Walking Group	Leaving from Acacia

**Tuesday 21st**

10.30 Moovers and Groovers	Chapel
1.30 Trivia	Waratah / Trinity
1.30 Men's Group	Men's Shed
3.30 Whiteboard Games	Acacia

**Wednesday 22nd**

9.00 - 12noon TLH Library Open Deliveries only	Trinity
10.30 Art Therapy	ABG
11.00 Church Service Waratah Only	Waratah lounge
1.30 Colour, Craft & Puzzles	Protea / Trinity
1.30 Armchair exercise	Acacia Lounge
3.30 Current Affairs	ABG

**Thursday 23rd**

10.30 Wonders of Nature	Grevillea
10.30 Moovers and Groovers	Chapel
1.30 Wheel of Fortune	Trinity
3.30 Walking Group	Leaving from Acacia

**Friday 24th**

9.00 - 12noon TLH Library Open Deliveries only	Trinity
11.00 Church Service Protea & Trinity Only	Chapel
10.00 Memory Game	Acacia Lounge
1.30 Social Bingo	Waratah / Trinity
1.30 Parachute Game	ABG
2.00 Happy Hour	Grevillea

**Saturday 25th**

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

**Sunday 26th**

Services are available to view on your TV - Please  
check your TV guide for details



Reminder: there are puzzles in  
Trinity Court, Waratah and Protea  
for your  
enjoyment!

**Monday 27th**

11.00 Worship Service	Acacia Lounge
1.30 Social Bingo	Protea / Trinity
1.30 Bingo	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**Tuesday 28th**

10.30 Moovers and Groovers	Chapel
1.30 Trivia	Protea / Trinity
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

**Wednesday 29th**

9.00 - 12noon TLH Library Open Deliveries only	Trinity
10.30 Art Therapy	ABG
11.00 Church Service Waratah Only	Waratah lounge
1.30 Colour, Craft & Puzzles	Protea / Trinity
1.30 Armchair exercise	Acacia Lounge
3.30 Current Affairs	ABG

**Thursday 30th**

10.30 Wonders of Nature	Grevillea
10.30 Moovers and Groovers	Chapel
1.30 Balloon Tennis	Waratah / Trinity
3.30 Walking Group	Leaving from Acacia



TANUNDA RETIREMENT LIVING

LADIES' GET TOGETHER

Temporarily Cancelled

Call: Margaret Spike  
0481 255 041





# EASTER



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

ANGEL



HOLY

MESSIAH

SAVIOR

CROSS

HOPE

RESURRECTION

THIRD DAY

CROWN OF THORNS

JESUS

RISEN

EASTER

KING

SACRIFICE

EMPTY TOMB

LOVE

SALVATION

GOOD FRIDAY

MARY

SUNDAY

