



TIT TAT

MONTHLY
NEWSLETTER
TANUNDA
LUTHERAN HOME INC

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*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

**JULY
2017**

Lutheran
Church
of Australia



Chaplain's Reflection

Pastor Ian Lutze

SPIRITUAL CARE AT TLH



What is Spirituality? We've just finished voting for a new Vision and Values Statement which, in the first sentence, suggests that meeting spiritual needs at Tanunda Lutheran Home is as important as meeting physical needs.

I'd imagine that for many of us it feels right to say this, especially in a 'Lutheran' home. But what does it really mean? And how do so-called spiritual needs present themselves?

Spirituality, according to definitions that mainstream professions draw on, is a universal aspect of being human. It includes our ability to ask questions about what life means, what's it all about, who am I, where am I going, is there more, should I care, am I truly loved (by people, and the divine). Some people belong to or identify with communities that have devised answers to these questions over a long period of time (the religions), and practice rituals which reinforce those beliefs (prayer, attending church, etc). Other people call themselves 'spiritual' when they are particularly interested in and draw on a range of ways to explore the unseen, usually in a more individual way. Still others aren't aware of being 'spiritual' at all, and yet have a rich sense of what it feels like to be truly alive, and experience pain and frustration, even the loss of hope, when those things are taken away from them (whoever said football is not a spiritual experience!).

So we're all spiritual people. That's how we understand ourselves, residents and staff, at TLH. And it means we are keen to recognise signs of spiritual distress in ourselves and in others, so that spiritual needs may be met.

The 'tools' for meeting spiritual needs include deeply listening to people, reconnecting people to practices that have been life-giving in the past (religious and lifestyle), helping people through grief, disappointment and depression. It involves treating people with dignity and respect, seeing the resident not as a bland 'case' or 'consumer' but as a truly significant human being, and seeing our staff as not just 'human resources' but as people who are getting in touch with their life's calling and serving with style.

Spiritual care and physical care are the business of all of us. The Chaplain is the Spiritual Care Co-ordinator. We all care according to our expertise and opportunity. Can we be the happiest retirement home around? Both for residents and for staff? Perhaps we can! Tools like person-centred care, and simply a growing awareness, are helping us on our way.

Look out for in the coming months –

New spiritual care brochure

New spiritual assessment tool

Refreshment of church activities and some name changes

Some lovely new rituals around end of life.

Chaplain Ian Lutze



RAINFALL REPORT JUNE 2017

Year	Rainfall In mm	Days Of Rain	Rain Since 1 Jan.
2004	115.4	22	210.4
2005	128.3	18	197.7
2006	27.0	7	250.1
2007	22.6	16	291.4
2008	37.4	11	166.5
2009	75.3	20	207.6
2010	45.8	16	182.0
2011	72.2	17	226.2
2013	66.4	15	214.9
2014	110.3	19	341.9
2015	10.8	8	185.2
To 26th June	5.4	3	179.0

The month of June on average is the wettest month of the year (average 70mm). This year has been a record low (to date 26th) with only 5.4mm.

Previous dry Junes were 1959 (5.9mm) and 1958 (7.1mm).

The highest June rainfall was 209.3mm in 1916.

**The deadline for news/information for
AUGUST edition is
Wednesday 26th July**
TIT TAT TEAM: Dorcas Kernich (Editor),
Myra Othams, Joan Minge
Deliveries
Glenys Greig, Glenis Kupke, Joan Minge

The 2017 / 2018 Entertainment
Books are now available for
purchase at Reception or jump
online to purchase an online copy.
www.entbook.com.au/165x081

\$70 each



TLH SHOPPING BUS

Departing approx 9:30am

Return 11:30am. Cost \$5

Wednesday	5th July	Nuriootpa
Wednesday	12th July	Tanunda
Wednesday	19th July	Nuriootpa
Wednesday	26th July	Tanunda

Please be at Reception by 9:15am



**Free Computer
Lessons**
*Australian
Government Initiative*

Thursday and Friday at Nuriootpa
10.00am—3.00pm

Friendly, supportive involvement
Phone 8565 7109
and leave a message



Lee Martin

From the CEO

The temperature tells me it is winter—but where is the rain? I love the way the Barossa Valley changes colour – first the leaves and now seeing the green new crops coming through. I do hope you are all keeping warm and eating well to keep away the winter chills.

We have been very busy throughout the facility over the past weeks dealing with outbreaks of influenza. The residents and staff coped with the restrictions well. It is not nice feeling ill and having to stay in your room until cleared of all the symptoms. Staff having to get dressed up in all the protective clothing took time, but was necessary so as not to spread the infection to others or themselves.

The health system in Adelaide also has been affected with an earlier than expected flu season so gaining access to agency staff was at times difficult. The roster seems to have returned to normal with less agency staff being used.

There has been a greater turnover of residents over the past weeks. We now have a number of vacant beds available. If you know anyone who would benefit from receiving 24-hour care please make contact with Sharryn Hueppauff. Please remember that there is a requirement to have the necessary documentation completed prior to confirming placement. Assistance to use the My Aged Care web site is available.

Thank you to all those residents, family members and staff who attended the Person-Centred care model briefing sessions. We are now entering the training phase where all staff will undergo more specific training. The introduction of Lee Care system and subsequent training has certainly assisted in ensuring residents have better care and improved documentation. The development of the neighbourhood model continues and will be formalised in the near future. If anyone has ideas about how to further improve the outlook of the facility environment I would be happy to hear your thoughts. I recognise the facility has large spaces and long distances to walk but if there are ways we can make the space look homely please let me know.

Project updates:

I can confirm that we will have the pleasure of the Governor of South Australia and his wife attending ground breaking ceremonies both in Tanunda and Nuriootpa on Sunday afternoon on the 10 September 2017 – further details will be made available when confirmed.

Schaedel Street, Nuriootpa Project - Construction and Tender documentation for Stage One is ongoing. Hoping for an October 2017 start to construction of Stage One – 12 homes and the Community Centre. A model of the project is being built and will be available soon for all to see.

27 Bridge Street Master Plan - Stage One - The Development Application is still being considered by the Barossa Council. The project has been classified as a Category Two application – consultation with the local neighbours will occur soon.

27 Bridge Street Master Plan – I have more invitations to present the Master Plan to community groups. A lot of interest is still being generated. A model of the Master Plan is on order and should be available soon for all to see what is planned for the future of the Tanunda Lutheran Home site.

We continue to farewell staff and welcome new staff and volunteers. We hope all the new residents are settling in and feeling comfortable - if you have any ideas on how to improve things please let us know. Should you know of any staff who would like to work for us please get them to submit their resume' to Kim Hahn.

This week's quote:

Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else. – [Les Brown](#)

Lee Martin— 20th June 2017



JULY

1 Louise Rice	Protea
1 Erica Gerschwitz	IL
5 Irene Boehm	Waratah
6 Joan Minge	IL
8 Glenys Lienert	IL
10 Glenis Kupke	IL
11 Joan Ruwoldt	IL
15 Colin Schilling	Banksia
16 Bette Boughen	Trinity
18 Mary Baylis	IL
20 Glen Schultz	IL
20 Patricia Maddock	IL
23 Phyl Moss	IL
23 Rosemary Osborne	Waratah
26 Mandy Johns	IL
29 Walter Randall	Acacia



Congratulations to
Gwen Smith, who
recently
celebrated her
100th birthday.

welcome



INDEPENDENT LIVING

Audrey Leske

1/25 Bridge Street

Aubrey and Margaret Kaesler

2/25 Bridge Street

RESPITE

-

INTERNAL TRANSFER

Gladys Saegenschnitter—Banksia 05 to 09

Rodney Lomman—TC3-18—TC3-23

John Krahling - Grevillea 10 to Waratah 58

PERMANENT

Lorraine Price—Protea 40

Rodney Lomman—TC3-23



DEATHS

*Our deepest sympathy
to the families of*

Val Robinson—died 5th June

Malcolm Eagle— died 22nd June

Rhonda Sharman—died 27th June



Heart Gifts

*It's not the things that can be
bought that are life's richest
measure. It's just the little heart
gifts that money cannot
measure—a cheerful smile, a
friendly word, a sympathetic nod,
are priceless little treasures from
the storehouse of our God*

INDEPENDENT LIVING RESIDENTS

Saturday 1st July
Ladies' Get Together

1.30pm in Courtyard Café

First Saturday of each month

Please bring small plate of food

Enquiries: Margaret Spike 0481 255 041

Welcome new IL residents

*We extend a warm welcome to the occupants of brand new units at 25 Bridge Street who are happily settling in to their new homes and the TLH environment.
May God be with you all in the twilight years of retirement*



UNIT NO 1—Audrey Leske (nee Fromm)

Audrey was born in a private hospital at Gawler nearly 94 years ago. She had one brother and two sisters, one of whom is now deceased. Her family lived at Williamstown so that's where Audrey attended school for seven years. As was the custom of the day, after leaving school, she was required to help at home on the mixed farm—assisting in the vineyard and with the fruit trees as well as milking the cows. Before breakfast the milk was taken to the pickup place at Gumeracha to be sold. Her sisters helped their mother around the home, but Audrey preferred the outdoor life working with her father.

Audrey met Reg Leske at a friend's birthday party and they were married in 1947—70 years ago. Following their marriage, they lived on a grain/sheep farm at Freeling. Their union was blessed with three children, all of whom were girls, and included a set of twins. Audrey now has eight

grandchildren and ten great grandchildren.

Unfortunately, Reg died as a result of cancer at the age of 62, so Audrey has been widowed for 35 years. Audrey continued living on the farm for a further five years, but it was a lonely life without close neighbours, so she made the move to Freeling. Here she was able to be involved with the Women's Agricultural Bureau, church fellowship, Bible studies in homes and other activities available in the town. Audrey developed an interest in stamps and coin clubs, assisting with cleaning, sorting, and packing stamps. Another interest of Audrey's is knitting squares, various handicrafts and gardening.

Around this time, Audrey became interested in TLH literature seen at an expo display. The horrors of the nearby Pinery bushfires and necessary evacuation, taking only medication with her, impacted greatly on Audrey and was fresh in her mind. She had never seen anything like it. She lost contact with her family for a while, and Audrey felt it was time to move on to safer pastures. Audrey is very happy with her lovely new, spacious unit and intends investing in a mobility scooter for quick access to the Home and to join in IL functions and activities. *Welcome to our TLH community, Audrey.*

UNIT NO 2—Aubrey and Margaret Kaesler

Margaret (Both) was born at Freeling North where her family lived and worked on a farm. After leaving school, she was employed at Eudunda Farmers. Aubrey was born at Gawler where his father was a bootmaker and had his own business. Aubrey was educated at the Primary and later High School in Gawler. Aubrey said he and Margaret have both been Lutherans "from the year dot", so it was natural that they met through their association with the Gawler Lutheran Youth group. They were married on 25th July 1959 at Freeling. Aubrey was apprenticed to a watch maker and in 1964 moved to Adelaide where he started his own business in an Unley shopping centre. After 18 years there they made the move to Nuriootpa. But

experiencing issues related to ageing, and wishing to be closer to their family, they made the decision to purchase unit no. 2 at 25 Bridge Street and look forward to enjoying the life and companionship here at TLH.

They have three sons—Darrell, who is well known as the local watch/clockmaker; Mark lives at Gilles Plains, and Steven is employed as Manager of Engineering Services with the Barossa Council and is committed to musical events featuring the rebuilt Hill & Son pipe organ. They have one grandson, Nathan, aged seven. At home Aubrey wears a Nuriootpa Tigers Football Club jumper which he refers to as his golf jumper—because it has 18 holes!

Welcome, Aubrey and Margaret!



Continued →

Welcome new IL residents

Continued

UNIT NO 3—Ruth Rathjen (nee Hartwig)

Ruth's Profile – in her own words

Hello. I arrived here almost seven weeks ago now. I have been so warmly welcomed by so many people and feel very much at home here. I am surprised at the spacious unit that I have...lovely. My family have also inspected the unit and were delighted at the space. So a quick sketch of my life up to this point...



I was born into a family with six brothers and two sisters at Gympie, Queensland. My father, for most of his life, was a dairy farmer. I was the second oldest. I guess I was taught to take responsibility for my younger siblings pretty early on. Because of the large family and me being the second oldest, I finished my education at the primary school level. Seems I was needed at home. I got my first job in Gympie working at a Café. I didn't like that as I was embarrassed when I had to sweep the foot path outside the Café and people would see me!! So I didn't do that job for long. My second job at the age of 19 was being house mother to the girls at the boarding school at Concordia College, Toowoomba. What on earth did I know about that job! It was a steep learning curve. Because of a teacher at the College from Victoria, I was invited to go with her, and stay with her family at Horsham. So there I did some nursing at the Horsham Base Hospital. While in Horsham I met a couple of young ladies who had been employed at Koonibba, the Lutheran Aboriginal Mission station. At that time there was a Children's Home there and that became my next job. So being at Koonibba would change my life as that is where I met my future husband Pastor Arthur Rathjen. Seems to me God has everything planned out! Arthur was finishing at the Seminary and came to spend the holidays with his mother who was also at Koonibba at the time. So on 4th February 1956 Arthur and I married at Gympie. Such a hot day. I should have made a better choice over my wedding dress!

First parish, Cairns/Mt Isa. A big learning curve with the heat, no air conditioning or even a fan; a copper to do the washing and so many migrants to work with who had come after the Second World War. Arthur preached and spoke German so that was a great help. We were there three years and our two daughters Jan and Karen were born there.

More work for a German speaking pastor was needed in Newborough/Moe parish Victoria, so this became our next parish. We spent eight years there during which time our son Martin was born. In this parish once again we were almost the odd ones out as there were so many European migrants and few real Aussies.

The next move was further away across the "ditch" to New Zealand. A very fulfilling time. Just over 13 years were spent there in two different parishes, Wanganui and Panmure Auckland. These were both in the North Island. Our time there was a real joy to us. What a beautiful country and a beautiful church. We became very good friends of the pastors and their families working over there as none of us had close relatives in NZ.

Back to Aussie again...this time to an established parish at Walla Walla NSW. A very different ministry than we had been involved in thus far. Our son Martin finished his secondary schooling at St Pauls, and it was a great change from the much larger State high school he had attended in Auckland. He survived and was blessed. So did we as we went through a time of spiritual growth as we and many parishioners did the Bethel Studies—a study from Genesis to Revelations.

Now our second last parish, the sixth, was at Burnie / Devonport Tasmania. Before we went there Arthur had said we were never going across the sea again! Sometimes God has other ideas than we do. I am sure you will all agree. We had eight good years down there and during that time our daughter Karen and husband Al came down and lived at Devonport and became parish workers for our church in that area. Well they came for six months and thirty years later they are still there, not as parish workers but as school teachers.

The seventh parish was our last, Goombungee/Kulpi/Maclagan not far from Toowoomba. Six happy years there. But age had caught up with Arthur and he took retirement when he was 65. So what did we do? Went back to Tasmania but this time to live in Devonport nearer family. That was another wonderful stage in our lives as during our 10 years there Arthur helped out in parishes, mainly back in NZ. That was a rich time for both of us. What I thought would be my last move was when we moved to Toowoomba about 10 years ago. That move was back to my Queensland roots.

Continued



Welcome new IL residents

Concluded

We spent 10 years in a Retirement Village there. We both got very involved in Village life - me particularly as chairperson of the Residents' Committee for several years. That was a rich and rewarding time. I also initiated the beginning of a singing group called The Happy Singers. They continue to this day, increased in numbers and strength.

Arthur's health declined in 2015 and he passed away in April of that year at the age of 83. I am very thankful that he lived such a long and good life since his mitral valve in his heart was damaged from rheumatic fever when he was five years old. He had that valve replaced twice during his life. Just two months after his death I was diagnosed with cancer. So a cancer journey for me. So the thought of moving again came to mind. So here I am and am so glad I made the move. Being closer to family is special. I am waiting to see what God has in store for me in this next stage of my life. Thank you again to all of those who welcomed me so warmly. That thanks also especially goes to Carolyn too, for the way she worked to make my transition pleasant and easy.

A very warm welcome to you, Ruth.

We pray for God's blessings on these new IL Residents and wish them a happy sojourn here at TLH. Ed.

Rose MacDougal

By Ken Fyfe—Independent Living Resident

We've all heard of Jack the Ripper and we've heard of Mack the Knife, But I doubt if there's too many, have heard of Jock MacDougal's wife. Born and raised in Glasgow; Rose went out drinking there, each night, Believing drinking helps build muscle; she's quite ferocious in a fight. But, after moving here to South Australia; she has changed quite a bit, She now drinks wine as well as whiskey; it helps keep her fighting fit. Built like a 'Scottish Sumo Wrestler', her muscles strong as iron bands, She was born to 'Toss the Caber', with massive arms and shovel hands. Since we don't do that in Australia, she sticks to throwing Ozzie men, Of course, if they retaliate in any way; she'll just throw them all again That's why her husband Jock, a canny Scot; feels far safer being away, He started work on Deep Sea oil-rigs; Rose drinks and fights each day. Now, when she shops down at the deli; Pat the owner gets some strife, She says high prices mean less drinking; he's rather fearful for his life. Rose can't even buy a haggis there; Pat just sells Ozzie grub like snags, And nachos, pizzas and spaghetti, or those prawn crackers sold in bags. Still, he makes and sells his own pies; just buy two, he gives you three, But Rose said, "one's enough, I'm on a diet; I'll have the pie that's free" Pat said "that isn't how it works". She said; "it will work alright for me", Then, she flexed her muscles saying; "I'm fairly sure you'll soon agree". He didn't; but with a black eye plus a broken nose; even Pat conceded, Through half closed eyes he saw the answer; a *Special* pie was needed. Rose gets that free pie weekly now; since Pat said, he now was willing, To bake her *Special* pies for free; {he never mentioned *Special* filling}. That included slugs and snails and worms; even stuff I'd never mention, But Rose has never once complained; it's beyond Pat's comprehension. Pat had hoped she'd just stop liking pies; those hopes may have to wait, She says his pies are even better now, and those *Special* pies taste great.

JUST FOR FUN

Office sign: "After tea break, staff should empty the teapot and stand upside down on the draining board."

Influence is something you think you have until you try to use it.

A woman walked into the kitchen to find her husband stalking around with a fly swat. "What are you doing?" she asked. "Hunting flies", he responded. "Oh! Killing any?" she asked. "Yep, three males, two females." he replied.

Intrigued, she asked, "How can you tell them apart?" He responded, "Three were on a beer can, two were on the phone."

The teacher asked for a sentence about a public servant. The small boy said, "The fireman came down the ladder pregnant." The teacher said, "Do you know what pregnant means?" "Sure", the boy said. "It means carrying a child."

Independent Living Social Morning

THURSDAY 15th JUNE IN THE SOCIAL CENTRE

A good number of IL residents gathered to hear speakers on quite different topics—Coordinator Leonie Grant and Community Worker Sue Southam from Uniting Communities in Tanunda; also Deb Sheldon from Barossa Hearing in Nuriootpa.

Following morning tea, everyone was warmly welcomed by Oscar Joppich.

A reminder was given regarding the IL Raffle that will be drawn at the September meeting. Suitable donations of gifts or cash will be gratefully received at Reception as soon as possible. Proceeds will go towards the purchase of a motorised golf buggy to transport anyone who needs assistance getting around the Home. During a break, several wits told jokes that produced quite a few laughs.

LEONIE GRANT, Coordinator—Uniting Communities (accompanied by Sue Southam—Community Worker) 193 Murray Street, Tanunda 8563 3333. Leonie shared information about activities for over 65s in and around the Barossa to meet new people, form new friendships and retain independence as long as possible. There is something happening most days, at various times, morning or afternoon. A range of activities includes Country Music groups on two Sundays of the month, scenic outings, drives, movies, nursery tours, shopping groups, cards and games groups, plus each Wednesday the Friendship Circle between 10.00am and 3.00pm (subject to eligibility and capacity). Transport may be available. Some services are government funded—other services are no more than \$12 daily. Sue also presented details of Commonwealth Respite and Carelink Centres that provide carers with a link to carer support services in their local area and assist carers with options to take a break from their caring role. For emergency respite support outside standard business hours phone 1800 059 059.



Further information is available on the *My Aged Care* website for older people, their families and carers—or call 1800 200 422 Monday to Friday 8.00am-8.00pm and Saturdays 10.00am-2.00pm. Additional carer services are available for the Veteran and Defence communities—dva.gov.au/carers.



DEB SHELDON from Barossa Hearing, 19 Gawler St Nuriootpa ph 8562 2885 enlightened the group on many aspects of hearing and how a variety of aids with sophisticated features can greatly improve one's hearing. She explained how we hear. The ear - a miracle of nature - is made up of the outer ear that picks up sound and transmits it to the eardrum via the ear canal; the middle ear (the sound makes the eardrum vibrate and is amplified by the ossicle - three tiny bones (Malleus, Incus, Stapes); the inner ear (Cochlea and auditory nerve).



Poor hearing is widespread across all age groups. Hearing loss generally develops slowly over many years; the effects become apparent gradually. This makes it difficult for those affected to recognise that they are actually suffering from a hearing impairment. Relatives, friends or colleagues are often the first to realise that something is wrong. But hearing loss is not something simply to be endured—it is important to get help early, having regular hearing tests that makes it easier for the brain to adjust. Great technical advances have improved the quality of hearing aids in recent times. Deb asked a volunteer to whisper from the back of the room, and with a tiny hand held microphone, Deb was able to greatly magnify the level of sound so that she could hear clearly what Irene had whispered.

It is now possible to download a free app onto your smart phone to discreetly control hearing programs and adjust the volume. Deb also discussed the various types of hearing aid batteries that are now available – some are even rechargeable. She discussed tinnitus with varying pitches and advised to have any sudden onset hearing loss checked early because it is possible to be rectified. Government subsidies are available for various services.

Glenis Kupke, on behalf of the gathering, extended thanks to our guest speakers. A number of attendees enjoyed a delicious two course luncheon provided by our TLH Chef, Rob.

Ed.

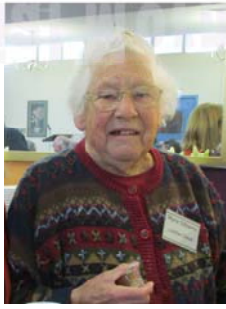
IL Social Morning photos



Elizabeth
Thomson



Mavis Schubert
Margaret Jasper
Max Schubert



Myra Othams

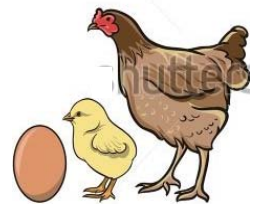


Dianne Hallett (Sydney) with
her mother, Dorcas Kernich



Thelma Ziersch

TLH BAROSSA CLUB



**DID YOU SEE
THE CHOOKS AND CHICKS DISPLAY
IN THE ALCOVE IN THE PASSAGE
NEAR THE CHAPEL?**

**By special request the chooks and chicks
will return to this alcove
FROM 3rd to 18th JULY**

**Residents, staff, volunteers, visitors etc are invited to
NAME THE CHOOK SITTING ON THE NEST
And YOUR FAVOURITE CHICKEN**

We look forward to your participation in this fun event



Should I Really Join Facebook?

This is the real generation gap!

A good laugh for people in the over 60 group !!!

When I bought my Blackberry, I thought about the 30-year business I ran with 1800 employees, all without a mobile phone that plays music, takes videos, pictures and communicates with Facebook and Twitter. I signed up under duress for Twitter and Facebook, so my seven kids, their spouses, 13 grand kids and 2 great grand kids could communicate with me in the modern way. I figured I could handle something as simple as Twitter with only 140 characters of space.

That was before one of my grandkids hooked me up for Tweeter, Tweetree, Twhirl, Twitterfon, Tweetie and Twittererific Tweetdeck, Twitpix and something that sends every message to my cell phone and every other program within the texting World.

My phone was beeping every three minutes with the details of everything except the bowel movements of the entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag. The kids bought me a GPS for my last birthday because they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue tooth [it's red] phone I am supposed to use when I drive. I wore it once and was standing in line at Barnes and Noble talking to my wife and everyone in the nearest 50 yards was glaring at me. I had to take my hearing aid out to use it, and I got a little loud.

I mean the GPS looked pretty smart on my dash board, but the lady inside that gadget was the most annoying, rudest person I had run into in a long time. Every 10 minutes, she would sarcastically say, "Re-calc-u-lating." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then if I made a right turn instead. Well, it was not a good relationship..

When I get really lost now, I call my wife and tell her the name of the cross streets and while she is starting to develop the same tone as Gypsy, the GPS lady, at least she loves me.

To be perfectly frank, I am still trying to learn how to use the cordless phones in our house. We have had them for four years, but I still haven't figured out how I can lose three phones all at once and have to run around digging under chair cushions and checking bathrooms and the dirty laundry baskets when the phone rings..

The world is just getting too complex for me. They even mess me up every time I go to the grocery store. You would think they could settle on something themselves but this sudden "Paper or Plastic?" every time I check out just knocks me for a loop. I bought some of those cloth reusable bags to avoid looking confused, but I never remember to take them with me.

Now I toss it back to them. When they ask me, "Paper or Plastic?" I just say, "Doesn't matter to me. I am bi-sacksual." Then it's their turn to stare at me with a blank look. I was recently asked if I tweet. I answered, No, but I do f...t a lot."

P.S. I know some of you are not over 50. I sent it to you to allow you to forward it to those who are. Us senior citizens don't need anymore gadgets. The TV remote and the garage door remote are about all we can handle.



Tanunda Lutheran Home
Independent Retirement Living
TLH Lifestyle Choices - Homes Available

2/15 Arrawarra Place, TANUNDA

TLH Lifestyle Choices currently has available a 2 bedroom + study home which features a reverse cycle split system in the main bedroom, walk through robe, spacious ensuite, small store room, functional kitchen, second toilet, ceiling fans, single remote garage with entry into the house. Access to the communal gazebo for "Happy Hour" gatherings and is situated in the Langmeil Estate, which is only 1.6 km from our 27 Bridge Street main site.

Available now for \$342,000.00

Friendly, Homely, Freedom to Choose

7/45 Hoffmann Avenue, TANUNDA

TLH Lifestyle Choices currently has available a 3-bedroom home which features a large ensuite, second toilet, built in robes, functional kitchen, open plan living, small courtyard back area with a single remote garage and access to the communal gazebo. This home is in a group of 10 and only 1 km from our 27 Bridge Street main site.

Available now for \$315,000.00

For now, and in the future

4/120 Menge Road, TANUNDA

TLH lifestyle Choices currently has one remaining home left at our Menge Rd site. This home is in a group of seven, which are close to the "Rex" recreation Centre and Faith Lutheran College. This 2 bedroom + study home has open plan living a spacious ensuite, second toilet and vanity, large single garage under main roof, tiled outdoor area and a manageable back area for garden, access to the communal gazebo for Happy Hour gatherings. Caravan storage area is also available for those who like to travel.

Available now for \$340,000.00

If you would like to know more about these homes or make an appointment to view
contact Carolyn Redden

Independent Retirement Living Coordinator

Tanunda Lutheran Home Inc

27 Bridge Street Tanunda SA 5352

P 08 8563 7777 ilu@tlhome.com.au www.tlhome.com.au

Friendly. Homely. Freedom to Choose.



FOOTY TIPPING 2017

From Sean [Lifestyle]

Go Pies

Here are the top 5 in the standings
after Rd 13.

- | | |
|-------------|----|
| 1. Joyleen | 68 |
| 2. Gladys | 67 |
| 3. Sally | 67 |
| 4. Robert T | 66 |
| 5. Lee M | 66 |



***We have only 10 weeks left of footy
tipping. I see the Crows are in 1st and
Port are in 4th now.***

***If this stays the same to the end of the
season they will meet in the
first week of the finals.***



***Good luck to all tipsters
Sean Lifestyle.
Go the Pies.***

HERMANNSBURG ABORIGINAL COMMUNITY

ABC Channel 2 Documentary

***About the work of the
Finke River Mission
will be screened on***

Saturday 1st July at 6.00pm.

Compass

religious affairs program.

***Featuring 'bush' training camps
where Indigenous pastors and
evangelists meet for fellowship
and training in their own
language. Includes church/
community life and history of the
old Hermannsburg Mission.***

Featuring many interviews

TRAVEL TALK

Is an Escorted Tour for you ?



Group Tour Operators

It will make it easier to meet and bond with everyone in your group. A small group size also makes it easier to have a personal relationship with your tour guides and tour manager.

Enjoy Less-Visited Places/Culturally immersive

A group tour is one of the best options for a vacation that focuses on local culture. Get involved in the culture and food. Be taken places you have never heard of before.

Less Stress

Travelling on a tour means you do not have to worry about the logistics that come with planning a major trip. Your tour manager takes care of the details while you concentrate on the enjoyment and experience.

Experienced and knowledgeable Tour Managers

Tour Managers serve as liaisons between travellers and local personnel, such as museum staff, bus drivers, hotel managers and local tour company representatives. They coordinate travel arrangements such as ground transportation, local guides, hotel and restaurant reservations. They help guests who encounter medical or personal difficulties during their trip. They may act as translator for guests who do not speak the local language.

Time

Itineraries developed by local experts will help you maximize your time and take in the very best sights and attractions in a timely manner

Safety and Comfort

Travelling with a group can be a great way to ease into the unfamiliar world of travel. Many people fear travel as they believe the world is unsafe. A guided tour can offer you the opportunity to travel, making you feel safe.

***2018 Tours have been released with many specials
available. I have travelled with 10 different Tour operators
world wide. There is one that is just right for you.***



***Please contact Carolyn
at Clarke and Turner
Travel Associates
on 8563 0988***

Around the Home

TLH LIBRARY

Our free lending library is
Open Wednesday and Friday
9.00 to 12 noon

**Friendly Volunteers will help you
select something to read from
the wide variety of
books and magazines.**

Also available are many
Puzzles, CDs, DVDs

**Pop in to the TLH Library
at Trinity 1 entrance**



Student seeking work
**COMPUTER
PROBLEMS??**

Ezra can fix it!

**He will come to your home
Ring Ezra Radke Ph 8563 3996**



MISSING CLOTHING

*Message from the
Laundry*

*Lost items are currently displayed in
Waratah and rotating throughout the
other wings. Please check if any
garment is yours and please name it
with the tape supplied
before wearing it.*



WEDDING GOWN DISPLAY

**There are still
unclaimed dresses
in Rachel's office
to be collected.**

*Please see
Rachel ASAP if any
are yours*

MISSING

*Has anyone taken home by mistake
a buttonhole (wax) flower
that was loaned?
Please see Rachel
so it can be returned to owner.*

**A HUGE THANK YOU
TO THE THREE IL VOLUNTEERS
WHO PAINTED THE SPEED HUMPS
AROUND THE HOME
on Saturday 18th June**



**An excellent community spirit
to complete this task
that kept costs down, supported the
Maintenance team and assures the safety of all
residents, staff and visitors who come onto
TLH property.**

***The bright yellow humps are now easily visible
in all weather conditions.***

**Sincere thanks to
Len Gerschwitz, Kym Huxtable, Oscar Joppich**

AT THE KENNELS

AFGHAN
 ALSATIAN
 BLOODHOUND
 BOXER
 CORGI
 DACHSHUND
 DALMATIAN
 DOBERMAN
 HUSKY
 LURCHER
 PEKINESE
 RETRIEVER
 SPANIEL
 TERRIER



PENTECOST

Christianity
 Pentecost
 Holy Spirit
 Disciple
 Love
 Church
 Prayer
 Heaven
 Wind
 God
 Rejoice
 One Accord

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



Volunteer News

Rachel Fritz - Manager of Volunteers—8563 7775

Hi everyone,
Well, we are more than half way through the year already! Just looking back at the year so far, you can give yourselves a huge pat on the back with all of the amazing achievements you all have accomplished and the many smiles you have put on the faces of our lovely residents here at Tanunda Lutheran Home. Thank you all for the time and efforts, energy & talents you freely give!

Blessings, Rachel



Quiz time!

What is the food of penguins?



Plankton



**HAVE YOU REMEMBERED
TO SIGN IN & OUT?**

Christmas in August!



Annual
Volunteer Appreciation
Luncheon
August 8th
From 11.30am in the
Social Centre
Come along & enjoy a
three course meal,
entertainment & guest
speaker!



Joan Ruwoldt 11/7

Joan Minge 6/7

Evonne Pritchard 30/7

Glenis Kupke 10/7



Melva Ratsch 8/7

Lynne Lindner 17/7



Deborah Borgas 2/7

Lisa Solomon 13/7



Resident Meeting
Wednesday 26th July
In the Chapel

1.15pm

Come along & have your say!

**Bus Trip To
Kapunda Duck Pond
Thursday 20th July
12.45pm
Protea Entrance**



Winter Humour



**“Another cloudy day. Frankly, I
expected the weather up here
to be nicer!”**

Residential Lifestyle Program

July 2017

Saturday 1st

Sunday 2nd

10.30 Worship service with Holy Communion

Chapel

Monday 3rd

10.15 Hymn singing

Chapel

10.30 One on one visits & sunshine time with Sean

10.30 One on one visits with Pam

11.00 Worship service with Holy Communion

Acacia

1.30 Bingo with Pam

Chapel

1.30 Tanunda Lutheran School Visit

Chapel

3.00 Sundowners walking group with Sean

ABG

Tuesday 4th

10.00 Knitting group

Protea

10.30 One on one visits with Sean

11.00 Exercises with the physio

Chapel

1.30 Bingo

Waratah

1.30 Men's group with Sean

Men's shed

3.00 Sundowners walking group with Sean

ABG

3.30 Christian Meditation

TC2 Lounge

Wednesday 5th

10.30 One on one visits with Sean

10.30 One on one visits & sunshine time with Sherril

10.30 Bible Insights

Chapel

1.15 Doug Venning

Chapel

1.15 Reminiscing with Sherril

ABG

3.00 Doug Venning

ABG

3.00 Sundowners walking group with Sean

ABG

Thursday 6th

10.30 One on one visits & sunshine time with Sean

10.30 One on one visits with Sherril

11.00 Exercises with the physio

Chapel

1.15 Armchair travel with Sean

Waratah

1.15 Movement to music with Sherril

Acacia

3.00 Sundowners walking group with Sean

ABG

Friday 7th

10.30 One on one visits & sunshine time with Sherril

10.30 One on one visits with Pam

10.30 One on one visits with Sean

10.30 Wisdom of the elders

Chapel

1.15 Bowls

Chapel

3.00 Sundowners walking group with Sean

ABG

Happy hour served in all areas in PM activities

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

Saturday 8thSunday 9th

10.30 Worship service with Holy Communion Chapel

Monday 10th

10.15 Hymn singing Chapel

10.30 One on one visits & sunshine time with Sean

10.30 Gardening group with Pam

11.00 Worship service with Holy Communion Acacia

1.30 Bingo with Pam Waratah

1.30 Golden memories TC2

2.00 Mobile Clothing and Underwear Chapel

3.00 Sundowners walking group with Sean ABG

3.00 'Singkreis' German singing group TC 2 lounge

Tuesday 11th

10.00 Knitting group Protea

10.30 One on one visits & sunshine time with Sean

11.00 Exercises with the physio Chapel

1.30 Bingo Waratah

1.30 Men's group with Sean

3.00 Sundowners walking group with Sean ABG

3.30 Christian Meditation TC 2 Lounge

Wednesday 12th

10.30 One on one visits with Sean

10.30 One on one visits & sunshine time with Sherril

10.30 Bible Insights Chapel

1.15 Gary Warton Chapel

3.00 Gary Warton ABG

3.00 Sundowners walking group with Sean ABG

Thursday 13th

10.30 One on one visits & sunshine time with Sherril

10.30 One on one visits with Sean

11.00 Exercises with the physio Chapel

1.15 Armchair travel Waratah

1.15 Making musical instruments with Sherril ABG

3.00 Sundowners walking group with Sean ABG



Join us for a singalong
With 'Singkreis' German singing group
Monday 10th July

3pm

Trinity Lounge

Friday 14th

10.30 One on one visits & sunshine time with Pam

10.30 One on one visits with Sherril

10.30 One on one visits with Sean

10.30 Wisdom of the elders Chapel

1.15 Bowls Chapel

3.00 Sundowners walking group with Sean ABG

Happy hour served in all areas in PM activities

Saturday 15thSunday 16th

10.30 Worship service with Holy Communion Chapel

Monday 17th

10.15 Hymn singing Chapel

10.30 One on one visits & sunshine time with Sean

10.30 Gardening group with Pam

11.00 Worship service with Holy Communion Acacia

1.30 Bingo with Pam Waratah

1.30 Golden memories TC2

3.00 Sundowners walking group with Sean ABG

Tuesday 18th

10.00 Knitting group Protea

10.30 One on one visits & sunshine time with Sean

11.00 Exercises with the physio Chapel

1.30 Bingo with Pam Waratah

1.30 Men's group with Sean Men's shed

3.00 Sundowners walking group with Sean ABG

3.30 Christian Meditation TC 2 lounge



Mobile Clothing &
Underwear
2 pm Monday 10th July
In the chapel

REMEMBER Afternoon Lifestyle
Programs may now commence at 1.15pm
Instead of 1.30pm unless stated.
Kind Regards, The lifestyle Team.

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

Wednesday 19th

10.30 One on one visits with Sean
 10.30 One on one visits & sunshine time with Sherril
 10.30 Bible Insights Chapel
 1.15 Lorraine Gregory Chapel
 3.00 Sundowners walking group with Sean ABG

Thursday 20th

10.30 One on one visits & sunshine time with Sherril
 10.30 One on one visits with Sean
 11.00 Exercises with the physio Chapel
 12.45 Bus trip Kapunda Duck Pond
 1.15 Armchair travel Waratah
 3.00 Sundowners walking group with Sean ABG

Friday 21st

10.30 One on one visits & sunshine time with Pam
 10.30 One on one visits with Sherril
 10.30 One on one visits with Sean
 10.30 Wisdom of the elders Chapel
 1.15 Bowls Chapel
 3.00 Sundowners walking group with Sean ABG
 Happy hour served in all areas in PM activities

Saturday 22ndSunday 23rd

10.30 Worship service with Holy Communion Chapel

Monday 24th

10.15 Hymn singing Chapel
 10.30 One on one visits & sunshine time with Sean
 10.30 Gardening group with Pam
 11.00 Worship service with Holy Communion Acacia
 1.30 Bingo with Pam Waratah
 1.30 Golden Memories TC2
 3.00 Sundowners walking group with Sean ABG



*Join us for
 The monthly birthday
 High tea
 Celebration*

**Last Friday of
 each month in the
 chapel**



***Please note the Lifestyle program
 may be subject to change***

Tuesday 25th

10.00 Knitting group Protea
 10.30 One on one visits & sunshine time with Pam
 10.30 One on one visits with Sean
 11.00 Exercises with the physio Chapel
 1.30 Bingo with Pam Waratah
 1.30 Men's group with Sean Chapel
 3.00 Sundowners walking group with Sean ABG
 3.30 Christian Meditation TC2Lounge

Wednesday 26th

10.30 One on one visits with Sean
 10.30 One on one visits & sunshine time with Sherril
 10.30 Bible Insights Chapel
 1.15 Resident meeting Chapel
 1.15 Doug Venning Chapel
 3.00 Sundowners walking group with Sean ABG

Thursday 27th

10.30 One on one visits & sunshine time with Sherril
 10.30 One on one visits with Sean
 11.00 Exercises with the physio Chapel
 1.15 Armchair travel Waratah
 1.15 George Davies ABG
 3.00 Sundowners walking group with Sean ABG

Friday 28th

10.30 One on one visits & sunshine time with Pam
 10.30 One on one visits with Sherril
 10.30 One on one visits with Sean
 10.30 Wisdom of the elders Chapel
 1.15 High Tea celebrating monthly birthdays Chapel
 3.00 Sundowners walking group with Sean ABG
 Happy hour served in all areas in PM activities

Saturday 29thSunday 30th

10.30 Worship service with Holy Communion Chapel

Monday 31st

10.15 Hymn singing Chapel
 10.30 One on one visits & sunshine time with Sean
 10.30 Gardening group with Pam
 11.00 Worship service with Holy Communion Acacia
 1.30 Bingo with Pam Waratah
 1.30 Golden Memories TC2
 3.00 Sundowners walking group with Sean ABG

Winter coats....