



# TIT TAT

MONTHLY  
NEWSLETTER  
TANUNDA  
LUTHERAN HOME INC

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5352

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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*

**AUGUST  
2017**

*Lutheran  
Church  
of Australia*



## Chaplain's Reflection

**Chaplain Ian Lutze**



### Spiritual Care Strategic Comments

Perhaps you are sharing a feeling with me that this 'spiritual care business' is quite a complicated area to do well in an organisation where there are people with a growing number of different backgrounds, expectations of families, and also the reality that some people live in an aged care facility and some people live independently (ILUs). Thank you for not being too demanding on me, which has allowed me to find my feet and think strategically about how best to provide spiritual care across the board.

If I was simply the Pastor to the Lutheran congregation that meets at the Gramp Chapel, my life would be relatively simple. But I aspire too to be chaplain to all residents regardless of their faith and spirituality, plus to staff, and to the organisation itself, plus to co-ordinate the activities of people who are interested and gifted at contributing to the spiritual health at Tanunda Lutheran Home.

We're 'getting there' though, and the Operations Meeting recently agreed to what I see as the key relationships and priorities required to help us to achieve our Number 1 Value – "Providing spiritual and physical care in our loving Christian community". It all has to gel with Person Centred Care of course too.

A new brochure has been produced, and is about to be printed. When you get yours you'll notice the invitation for all residents to regard me as their Chaplain. You'll also notice that it tends to focus more on the care facility, not so much the ILUs. There are ways to provide more pastoral care to ILU residents, and these are all worthy of exploration. For example, there are people doing pastoral care already who just need a bit of co-ordination, support, and perhaps redirection.

So watch this space. We are in some ways at the beginning of a new journey, but we are making progress. Life is good.

May you go well in all you do.

Chaplain Ian

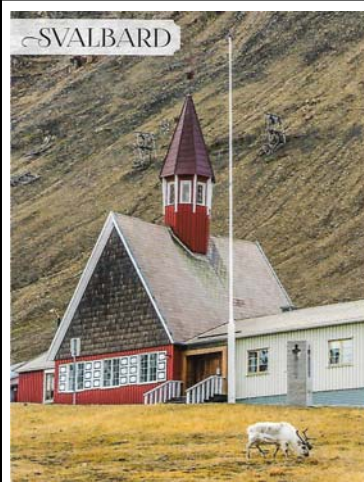


## RAINFALL REPORT JULY 2017

Year	Rainfall In mm	Days Of Rain	Rain Since 1 Jan.
2004	68.2	24	278.6
2005	67.8	23	265.5
2006	49.0	21	299.1
2007	65.4	19	356.8
2008	88.6	22	255.1
2009	109.4	19	317.0
2010	43.2	14	225.2
2011	82.2	19	450.1
2012	47.6	16	273.8
2013	94.5	21	309.4
2014	106.0	15	433.4
2015	59.6	16	245.6
To 26th July '17	78.9	13	265.7

*Rainfall for the month of July this year is near average for the month.  
The lowest July recording was in 1899 with 11mm and the highest in 1995 with 161.8mm*

**Thank you Ralph Kernich**



**...AND YOU  
THOUGHT  
IT WAS  
COLD!!**

Spare a thought for citizens in the Arctic Circle!  
Photo from Myra Othams' friend is of Svalbard Lutheran Church, the world's northernmost church. Temperatures can drop to minus 40C in winter.

## TLH SHOPPING BUS

*Departing approx 9:30am*

*Return 11:30am. Cost \$5*

Wednesday 2nd August Nuriootpa  
Wednesday 9th August Tanunda  
Wednesday 16th August Nuriootpa  
Wednesday 23rd August Tanunda  
Wednesday 30th August Nuriootpa

***Please be at Reception by 9:15am***



**The deadline for news/information for  
SEPTEMBER edition is  
Friday 25th August  
TIT TAT TEAM: Dorcas Kernich (Editor),  
Myra Othams, Joan Minge  
Deliveries  
Glenys Greig, Glenis Kupke, Joan Minge**



**SORRY!**  
*My apologies  
On page 8 of July Tit Tat  
it should have read  
"Frank Schapel  
extended thanks to our  
guest speakers."*  
**Ed.**



**Lee Martin**

## From the CEO

In the last Tit Tat I mentioned that we were waiting for the rain – over the past couple of weeks we have finally seen some and at times more than what we bargained for. From discussions with farming people we still need more apparently. I do enjoy the sunny days though. Nice to see all the leaves finally picked up or washed away – the area looks a lot tidier now.

We have continued to be very busy throughout the facility over the past couple of weeks dealing with another outbreak of Influenza. The residents and staff are coping well with the restrictions – practise makes perfect. Please consider the need to visit but if you are showing signs of the flu or a cold it would be best to wait until you have recovered before entering the facility. We do ask that if you enter a resident's room to use the disposable protective clothing available. This protects both the resident and yourself. From information I have received there are other facilities having the same issue with large numbers of residents having influenza.

I have been presenting to a number of large community groups and have picked up that a lot of people over the age of 65 years of age do not know about the My Aged Care Web Site. I would like to encourage everyone over the age of 65 to go on the My Aged Care Web site and become familiar with the content. It may be necessary to assist your parents or someone in the family who needs aged care services. We are hearing more often that people are needing aged care services but have not had any of the process completed. There is red tape that needs to be completed – some of it can take time which means delays in receiving the assistance you might need in your own home or moving to a facility. Please do not wait until an incident happens and you find yourself in hospital to then needing to go through the assessment process – your discharge from hospital may be delayed and the decisions become rushed.

On 10 September 2017 at 3.00pm on Langmeil Road we will have the South Australia's Governor and other local VIPs in attendance at a Ground-Breaking ceremony celebrating the commencement of Stage One of the Master Plan. Please watch out for the specific details.

Over the past weeks we have been blessed by a merry band of blokes helping around the area. The painting of the speed humps has made them easier to see - meaning cars will slow down and the pruning of the roses will mean a greater display when they again flower. On behalf of the management team, staff and residents – thanks to you all for the mighty effort you have all put in – it really is appreciated. (Names have been withheld in fear of missing someone.)

### **Project updates:**

**Schaedel Street, Nuriootpa Project** - Construction and Tender documentation for Stage One will be released in the next week or so. 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 has occurred – many positive comments have been received.

**27 Bridge Street Master Plan** – I have presented the Master Plan to community groups. A model of the Master Plan is on order and will be available soon for all to see.

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 resumé to Kim Hahn.

### **This week's quote:**

Whatever your station in life, permit me to plant this important instruction as a seed in your heart:

*Lee Martin— 24th July 2017*



# HAPPY BIRTHDAY!

## AUGUST

1 Myra Kluczko	Banksia
5 Brigitte Dummin	IL
5 Heather Hargreaves	Grevillea
5 Doris Pfitzner	Trinity
9 Graham Whenan	Protea
13 Aubrey Kaesler	IL
15 Lois Lablack	IL
20 Wendy Shemmeld	Waratah
26 Helga Jaunzarins	IL



### INDEPENDENT LIVING

#### RESPITE

Laurel Zanker — Banksia 06  
Richard Filsell—TC3-18

#### INTERNAL TRANSFER

Kerry Warry—Banksia-Grevillea 03

#### PERMANENT

Donald and Venus Bessell—Banksia 05

### Broadband in the Bush

LOG ON—Adding wood to make the barbie hotter  
LOG OFF—Not adding any more wood to the barbie  
MONITOR—Keeping an eye on the barbie  
DOWNLOAD—Getting the firewood off the Ute  
HARD DRIVE—Trip back home without cold tinnies  
KEYBOARD—Where you hang the Ute keys  
WINDOW—What you shut when the weather's cold



### DEATHS

*Our deepest sympathy  
to the families of*

Ray Schulz—died 7th July  
Roma Linke—died 17th July  
Margaret Hepner—died 20th July  
John Krahling—died 20th July  
Christine Ruciack—died 27th July

*Rest in Peace*



**Barossa Arts &  
Convention  
Centre  
Tuesday  
22nd August**

*Show only  
11.00am \$25*



*Show and two course lunch \$45*  
Book online [www.barossaconvention.org](http://www.barossaconvention.org)

### Mouthing Off

*Laughter is the best medicine:* Two men are hunting deer when a large bear rears up and begins to chase them. One man puts his running shoes on. The other man asks his friend why he is wearing running shoes because they won't help him outrun the bear. His friend says, "I don't need to outrun the bear, I need to outrun you."

### INDEPENDENT LIVING RESIDENTS

**Saturday 5th August  
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**



# Chaplain's Speil

We have a little group called Wisdom of the Elders that meets on Fridays, and we hear, via his book, the wisdom of a true Aboriginal elder, Max Dulumunmun Harrison, on the subject of Forgiveness. We all pricked up our ears, because, in the light of the Stolen Generation and so forth, we expected that Max would find it hard to forgive a lot of people.

Now I don't want to quote a lot from Max's words. You can read that for yourself if you wish, in his book My People's Dreaming. But the group did name a few really important aspects of forgiveness, such as –

- Forgiveness is good for the soul: it gets something off our chest and allows us to get on with life feeling lighter and freer.
- Forgiveness is almost impossible to do if you feel small and shameful inside. In fact it can even be dangerous to forgive too quickly. Max can forgive because he knows he's a proud member of his tribe, an eternal being loved by the Great Spirit, and also his Uncle's nephew. Christians can forgive because we know we are God's people, having a strong sense of identity, knowing God has forgiven us, and having a model in Jesus.
- But still it is hard. Max says that "Forgiveness is one of the extreme points of spirituality and personal growth." Forgiving somebody can be easy, but it can also require great inner strength, resolve and mindfulness. We need to know how to hold on to our lifeline when the grievance has been great.
- The longer we hold out forgiving the harder it can be. The grievance sometimes takes on a life of its own, and can even be passed down to the next generation. We even fall in love with our grievance.
- There is a right time to forgive. It shouldn't necessarily be rushed. And if it has been a very long time, then the right time might be right now.
- After forgiving something the world looks different. You are different. There's a risk of taking the grudge on again when the person we forgave does the slightest sin against us again.

Max says: "If you can forgive – your spirit stays free." Jesus would probably say 'Hear, hear'. And to let Max have the last word: "It's a pretty big call to forgive."



# Chaplain's Speil

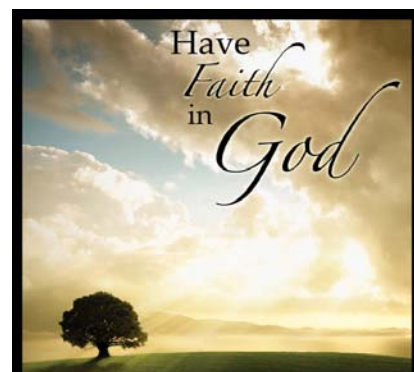
## BEING A MEMBER OF TLH LUTHERAN CONGREGATION

People who belong to a church sometimes wonder what they should do about their membership when they move into an aged care facility or ILU. We had a chat about this at Church Council last week, and want people to know the following –

- ◆ We do welcome people as members or guest members of the TLH Congregation, which is a recognised congregation of the Lutheran Church.
- ◆ A Guest Membership is often a good way to go if you want to stay connected with your previous congregation as well. Guest members get to vote and to hold office too.
- ◆ Nobody has to be a member of any kind, or a Lutheran for that matter, to volunteer in the context of the congregation, or to fully participate in worship or the activities the congregation puts on. Our worship has an ecumenical flavour, and all are welcome to partake of Communion.
- ◆ The Chaplain introduces himself to new residents, and the subject of membership is initially broached, particularly with ILU folk. In the Care Facility a Spiritual Assessment is made of each new resident.
- ◆ Decisions re membership can be changed at any time, preferably in consultation with family. The decisions around where you identify as a home church, where you want to receive pastoral care from, and where you like to worship, are all completely your decisions to make. Thankfully we at TLH Lutheran Congregation don't need to meet specific membership and finance targets.

Looking forward to clarifying this aspect of life with you where I have the opportunity, so you feel most supported in your faith journey, and most at home.

Chaplain Ian



# PROFILE

## MYRA OTHAMS — “Who’d be a Banker’s Wife?”



*Myra has been happily living in Lindner Court since moving in 2003 from Fiedler Street, Tanunda to her beautiful new home. She is well known in our TLH community, having been active over the years in many areas. Myra was a member of the inaugural IL Social Committee and efficiently reported the monthly events in Tit Tat until the end of 2015. She sang in the Chapel Choir and her skills as proof reader are appreciated for the Tit Tat newsletter. Having experience in the area of finance, for many years Myra capably handled the position as voluntary Treasurer, and then Assistant Treasurer, of the TLH congregation from 2013 until August 2016. Not daunted by a health condition, Myra is regularly seen at social gatherings, concerts and the like and is a keen traveller on bus day trips. Thank you, Myra. Ed.*

These are Myra’s own words: As I look back I marvel at the journey I’ve travelled and the blessings and friendships experienced along the way. I was the third of four daughters of Ernest and Marguerita Scott and lived all my single life at Mile End in Adelaide. My father had lived at Collinswood, served in the Army during WW1 in Egypt, France and Flanders, and then resumed work as a meter reader for Adelaide Electric Supply Co (later ETSA). My mother grew up in Port Pirie and had stayed home to help with household duties in their large family. She was a wonderful cook, dressmaker and talented artist. They were caring parents and ensured we girls had a happy childhood, despite struggling to make ends meet during the Great Depression.

My Primary schooling was at Cowandilla, Secondary for two years at Adelaide Girls’ High, and then five months at Miss Mann’s Business College. Work Experience was with a land agent, then a solicitor, next with chartered accountants in King William Street and lastly at the original State Bank in Pirie Street. This ‘temporary’ position when I was just 15 years old lasted 8-1/2 years and it was there I met my husband-to-be, Maurice Othams, who also resumed work there following service with the Royal Navy and Royal Australian Navy in WWII. We were married in 1950 in Mile End Baptist church which our family had attended regularly and were involved in all the activities there. I’d sung in the choir and was leader of the Junior Sunday School.

Our courting days were occupied with building our home on Cross Road, Clarence Park—making concrete blocks and cutting stone with cross cut saw, then doing most of the building ourselves. Meantime, after marriage, we lived with Maurie’s parents nearby. A surprise transfer to Kimba branch of the Bank shattered me after all our hard work, six weeks before the birth of our second baby, Philip. First son, William was only 18 months old when we moved and we’d only been at Kimba three years when another shift to Cleve was notified. I’d just got used to country life — mallee scrub, wood stove, snakes, blowflies, dire water shortages, dirt roads, picking stumps, tailing lambs, bag sewing etc and son number three, Paul, was only six weeks old. After two years at Cleve, William had just started school when a shift to Wirrulla was ordered. This was “Siberia” and I wasn’t too happy, but Maurie was to be Branch Manager there. Here for five years, life became very interesting and we were thrilled when daughter Janet arrived. I was talked into becoming sewing teacher at the Primary School, Tally Clerk for the Wheat Agent (no bulk handling yet), Auditor for the Vermin Board at Ceduna (I was taken for a drive up the Wild Dog Fence, setting the traps along the way!)

During these years we had explored most of Eyre Peninsula, all on dirt roads, when even Eyre Highway hadn’t been bituminised. Next, a move to Yacka was welcomed and we enjoyed four years there, followed by three at Moorook on the River Murray. It was here we first attended the Lutheran Church as it was the only one holding regular services. I packed citrus, olives and graded dried fruit at the packing sheds, picked tomatoes, and the whole family cut apricots for an Italian blocker. This helped pay boarding fees for William and Philip who had both won scholarships to St Peters College when secondary education hadn’t been available at previous postings, and William also at St Marks College whilst studying at University. The Nuriootpa Branch in 1970 was our last, and where we stayed when Maurie eventually retired. My employment in the Barossa included grape picking, apricot cutting, bunching carrots, Export Clerk at Kaiser Stuhl, relieving book keeper at Nuriootpa Doctors’ Surgery, and lastly Office Secretary at Krieg House, Nuriootpa Lutheran Parish Office. A very sad time was when my dearly loved husband Maurice died suddenly in 1981 and there was more trauma in 1983 when our retirement home in Armstrong Avenue was flooded. Following my retirement in 1987 I moved to a home unit in Fiedler Street, Tanunda and then to Lindner Court in this caring community and am grateful for so many new friends.



# Independent Living Social Morning

THURSDAY 20TH JULY 2017



*The mission of the **Royal Flying Doctor Service (RFDS)** is to provide excellence in aeromedical and primary health care across Australia. The RFDS is the largest and most comprehensive aeromedical organisation in the world. RFDS relies on grants, fundraising and donations from the community to supply these life saving services. Not one cent is spent other than on medical equipment. RFDS is recognised as the most trusted charity.*

**Tony Vaughan ASM, Chief Operating Officer, currently Acting CEO**, is a fifth generation Barossa boy who attended school locally and at the University of Adelaide, University of SA and Flinders University. Tony has a degree in Engineering, Health Sciences and a Masters degree in Business Management. Aged 11, he became a St John cadet when other lads were working in vineyards and other industries. Tony later joined the Ambulance service as a paramedic. Mechanically minded, he was apprenticed with Yalumba Wines as a fitter and turner. Following a move to Port Augusta where he met his wife, they returned to the Barossa in 1996. For 28 years as a member of the Ambulance service, Tony flew in helicopters as a paramedic, carrying patients to the Angaston Hospital, where his wife is a nursing sister. Four years ago, RFDS offered Tony the position of Chief Operating Officer (COO), which he accepted.

The RFDS has a rich and vibrant history, starting with the dream of a Presbyterian minister, Reverend John Flynn who was born in Alice Springs. Ordained in 1911, Flynn initially worked in rural and remote Australia setting up hostels and bush hospitals for pastoralists, miners, road workers, railwaymen and other settlers. He witnessed the daily struggle of pioneers living in remote areas and his vision was to provide a 'mantle of safety' for people of the bush.

RFDS Central Operations (RFDS CO) has 2000 volunteers, and Tony also contributes many voluntary hours in his role as COO and Paramedic. Currently, RFDS CO has 17 aircraft (68 across Australia) in use. Each one can carry two stretchers and possibly two seated patients if necessary. No one is more than two hours away from help. Services include specialist medical treatment, transporting organ recipients interstate, and while much work is carried out in rural areas, one in 20 patients who are flown in SA live in Adelaide. All transport is free except for transfer flights between hospitals, which the government funds. RFDS is about to purchase a Pilatus medical jet, much quicker and with up to date high tech facilities like radar, satellite phones, GPS as well as a big cargo door, space for three stretchers and four sitting patients. It can take off and land on dirt—a fantastic improvement for outback conditions. A trip taking three hours can now be reduced to 90 minutes. But it comes at the price of \$10million and is twice as expensive to run! Tony is to take delivery of this new medical jet in Switzerland where it is built, by December 2018. Central Operations (SA/NT) has 17 aircraft, 3 aeromedical bases, 3 remote primary health facilities, 190 employees and 50,000 patient contacts. Nationally, in a typical day 73,000 Kms are flown and 809 patients attended. The Bush people do an amazing job of fund raising. There is no Government financial support—all assets are owned by the community under a Not for Profit and Not for Loss plan. There is much generous financial support from the corporate sector, and many bequests are amazing. At an Adelaide Ball, \$250,000 was raised. Healthy Living programs—like exercise, cooking etc—are available for Aborigines in remote areas. Mental health is a growing issue and use of ice a major concern. Staff need to keep up to date with these issues.

*Continued.....*



Elizabeth Nance, Alison Redden,  
Margaret Jasper



Verna Graetz, Ruth Rathjen,  
Lois Mattner, Dot Tonkes



Ray Giersch



Frank Schapel



Pat  
Maddock



**Check out a \$20 note!** Fittingly, in 1994 the Australian Council Office collaborated with the Reserve Bank of Australia on the design of the \$20 note, which features the face of the Reverend John Flynn (1880-1951), founder of the Aerial Medical Service. You will notice the fabric bi-plane "Victory" which flew the first Flying Doctor mission. The Service commenced operation on 15th May 1928 and did its first flight from Cloncurry to Julia Creek on 17th May 1928. The "Royal" was added by Her Majesty on her visit to Australia in 1955. Also featured is the pedal radio invented by Alfred Traeger in 1929 enabling people of the Outback to call on the Flying Doctor for assistance. The Body Chart was created by Sister Lucy Garlick in 1951 and is still used to enable patients to describe the region and intensity of their pain or injury during a remote telehealth consultation.



This presentation was received with enthusiastic responses. Oscar Joppich, on behalf of the attendees, thanked Tony for his excellent illustrated talk and presented him with a gift of wine. Tony received it gratefully with the comment, "in the spirit of what we do". A tin provided for donations to RFDS proved to be much too small and was replaced with a bag passed around to receive generous contributions from the gathering.



\* \* \* \* \*

Many prizes have been kindly donated for the IL raffle and were on display. Tickets are available at Reception. Raffle to be drawn at the September meeting. Once again, a generous delicious two course meal was enjoyed by the 24 people who stayed for lunch. Thank you to our Chef and Kitchen staff. Many

thanks also to the Social Committee who work very hard to organise these entertaining events and who quietly and reliably arrange the tables, chairs, decorations, hot drinks and biscuits and whatever else is necessary—and then clean up! Next meeting will be at popular emporium Wohlers, followed by lunch at the Valley Hotel.

Ed.



B. Oscar Joppich, Ray Giersch,  
Joan Minge  
F: Elizabeth Thomson, Thelma Ziersch



Iris Ellis, Irene Joppich, Phyl Moss,  
Clair Altus, Lois Lablack, David Moss

# Welcome New Staff



Carmine "Charlie"  
Sapio—Maint.



Carol Seidel  
Housekeeping



Dominic  
Chinhanga—EN



Elias Matemayi  
EN



Eric Kinyanjui  
EN



Sarah Ramsell  
RN

## Do you Remember?

(Contributed)

When Pastor Colin Henschke was Chairman of the TLH Board of Management way back in the 1950s, residents of the Home came to him with their problems, a retired New Guinea missionary asked him to make a big box for him to sit in, there being an opening at the top for him to stick his head out. What on earth for? Well, with sulphur fumes somehow produced inside, that is how he got relief from his arthritis in NG. In charge of the St John's Tanunda-Lyndoch parish of about 500 members, and also being caretaker of the vacant Angaston parish at the time, guess who got the job!

It was also at that time that the barber who had his shop next to the then Hage's garage was telling people that in order to safeguard themselves from colds (and flu?) they should put as much sulphur as would cover a sixpence into their shoes !

*Does anyone remember this? Did it work?*



## TRAVEL TALK

### Princess Cruises from Australia

Now you can book voyages on several [Princess ships](#) cruising the waters Down Under. Get yourself onboard the [Sea Princess](#) to explore your own backyard, New Zealand or a world sector. The [Sun Princess](#) is here year round making similar voyages but also ventures out to the South Pacific for some island fun. The [Golden Princess](#) covers all of these areas and more and is a favourite among Princess cruisers.

#### Who's suited to a Princess cruise?

There are over 150 itineraries available through Princess Cruises, which cover more than 300 destinations around the world. With smaller ships and larger ships, modern luxuries and traditional features, there's nobody who won't love one of these journeys. A short cruise is a fantastic way to unwind when you only have a few days to do it, and you'll be amazed at just how much you can experience in that time. Take just four nights and try the [Whitsundays Cruise](#) that will take you to a place that's so glorious and tropical it will be hard to believe you're in the same country. If there's any part of Australia you haven't yet seen, Princess will take you there. A 7-night [South Australia](#) cruise departs from Melbourne, stops off at a few choice locations such as Adelaide and the Margaret River, then drops you off in Perth to explore its west coast treasure. The king of Australian Princess Cruises is no doubt the 28-night [Round Australia Cruise](#), an epic journey that follows the coastline all the way around the country and even includes stops in Tasmania and Papua New Guinea. It's a breathtaking way to see the Land Down Under, and one that will make you feel like a princess (or prince) every step of the way. Princess is also known for their fantastic [world cruise](#) options, and they raise the bar with new hot spots added every year. Feeling spontaneous? Hop aboard this [103-night world cruise](#) that departs Melbourne next month for the trip of a lifetime. Visit bucket list destinations in Africa, North America, Europe, South America and the South Pacific.

Contact **Carolyn** at  
**Clarke & Turner**  
**Travel Associates**  
39 Murray St Tanunda  
on 8563 0988 if you  
want to know more.



## Teach us to Live

God of love-Forgive! Forgive!  
Teach us how to truly live,  
Ask us not our race or creed,  
Just take us in our hour of need,  
And let us know You love us, too  
And that we are a part of You  
And someday may man realise  
That all the earth, the seas and skies  
Belong to God who made us all,  
The rich, the poor, the great, the small  
And in the Father's Holy Sight  
No man is yellow, black or white.  
And peace on earth cannot be found  
Until we meet on common ground  
And every man becomes a brother  
Who worships God and loves each other.

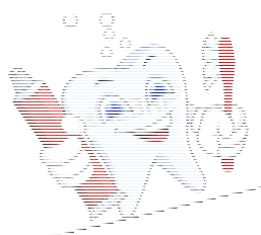
*Helen Steiner Rice*



## RESIDENTIAL CARE Toiletries

*Just a friendly reminder that  
we supply toothbrushes,  
toothpaste, shampoo,  
body wash and tissues  
to all permanent residents.*

*If you are running low  
please ask one of our staff  
to replace the items for you*





# 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**



*Our hearty thanks to volunteers David Armstrong, Frank Graetz and Len Gerschwitz (inset) who spent several days expertly pruning a huge number of rose bushes on site. Verna kindly provided cuppas and cake to keep them going.*



**Formation of new IL Choral Group  
TLH SINGERS  
First practice Tue 11th July — 3.00pm  
In the Chapel**

*Thank you to Independent Living Residents  
Max, Ray, Wilf, Jan, Glenis, Ruth, Ferne,  
Elizabeth, and Annette*

*for responding to the request for singers  
Also to Ruth Rathjen for organising this new choir  
and Glenis Kupke, accompanist*

**We look forward to your first  
official presentation.**

**It's not too late to express interest in joining  
Ph Ruth 0413 815 968**

## Save those used stamps for Missions



***This is a good, simple  
way of supporting  
deserving  
International Mission  
projects***

*Simply cut used stamps from  
envelopes,  
allowing a one cm border*



***There are receptacles  
for used stamps  
both at the Protea desk and Reception***

## AGEING

**You know you're getting old when it takes  
longer to rest than it did to get tired**

# WORLD TOUR

## AUSTRALIA

BENIN

CHINA

DENMARK

EUROPE

FRANCE

GABON

HUNGARY

ICELAND

JAPAN

KENYA

LOW COUNTRIES

MEXICO

NEPAL

OMAN

PANAMA

QATAR

RUSSIA

THAILAND

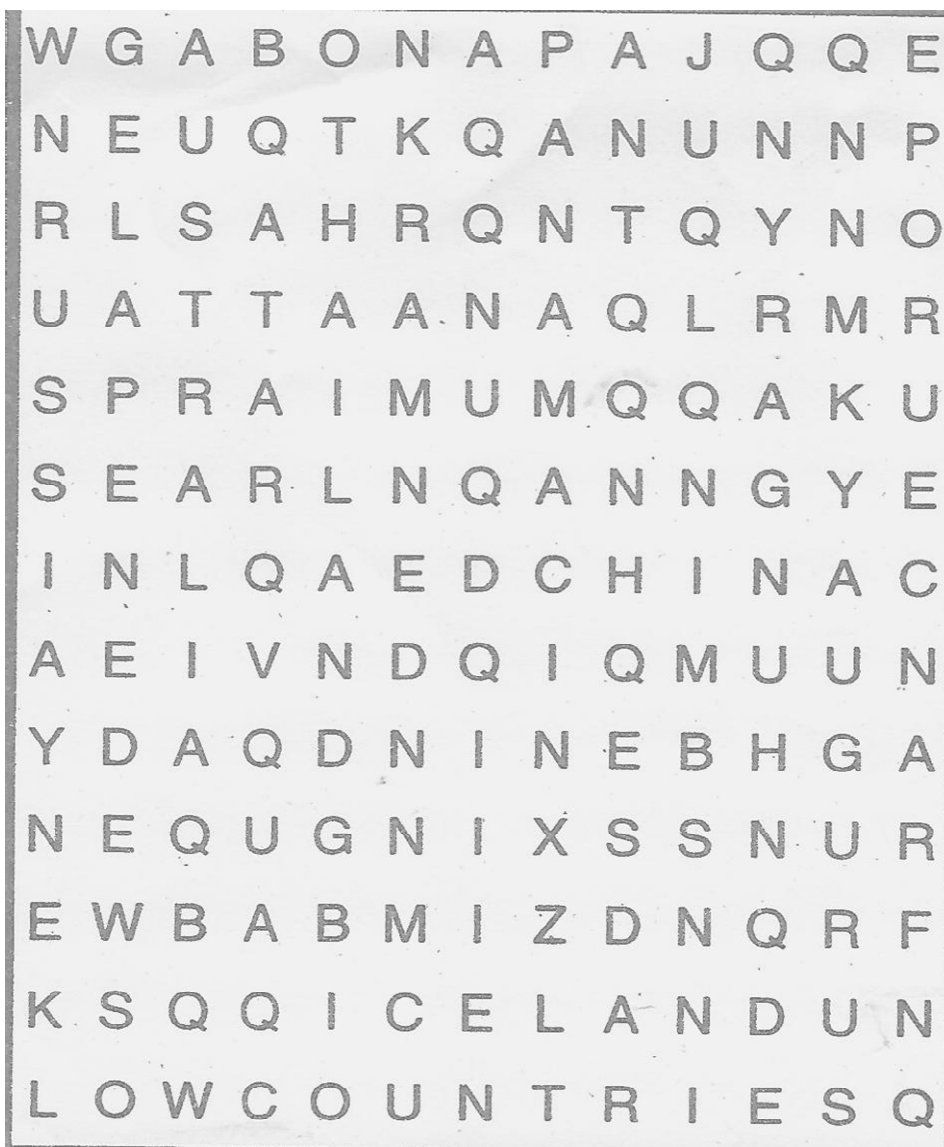
URUGUAY

VANUATU

WEST INDIES

XINGU

YALTA



## From the Lifestyle team

- Lifestyle Team would like to thank resident Rodney Lomman for all his generous donations to the Home
- Lifestyle Team would like to thank the ladies for helping obtain cups and saucers for the monthly high tea

- Lifestyle team are after any donations of shoe boxes in good condition for the up and coming busy boxes



### WANTED

- Lifestyle team are after any donations of unwanted golf clubs in good condition





## Taking Care of Your Feet for a Lifetime...

**medicare**  
**Bulk Billing**



**Australian Government**

**Department of Veterans' Affairs**



**Fast claims... on the spot**



**Anne White**

B.Pod.

**CLOUD NINE PODIATRY**

27 Bridge Street

Tanunda 5352

**0432 237 495**

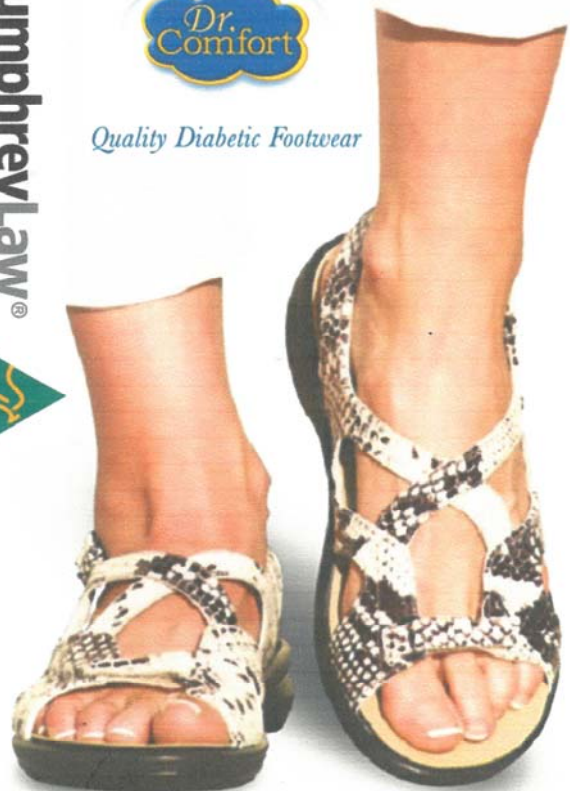


**revere**  
COMFORT SHOES

**HumphreyLaw®**  
the sock specialist



*Quality Diabetic Footwear*



*Anne White is Tanunda Lutheran Home's on-site Podiatrist.  
Call Anne today and take your first steps today towards healthier, happier feet !*



# TLH BAROSSA CLUB

*Thanks to our favourite Poet, Malcolm*

Tanunda remains the best  
for those who need rest  
the Lutheran Home is there  
full of love and full of care

How many people love  
to leave their homes and move  
and be a Club Member  
have Christmas dinner in December

Even when you think  
all the dishes in the sink  
will never get clean  
'enter volunteer Pauline'

Baking is done often  
the microwave will soften  
hard food that's very chewy  
not the best for Frank or Hewey

At the start of each day  
Clubbies come and play  
games, cards and puzzles  
let's dance for all our muscles

Round the tables we sit  
at lunch time we eat  
good food from the kitchen  
thankyou Rob Hutchinson

On the end of each day  
the staff will all say  
what a pleasure it was  
to have tea after a wash

Sometimes there will be  
problems we will see  
not always of concern  
but to record we must learn

So this will not end  
it's our job that we spend  
all the gifts we are given  
from God whom we live in

Already I can see  
things tomorrow may not be  
quite the same as before  
only better, even more

Come and join in the fun  
go on a trip or a run  
to brighten your mind  
leave your worries behind

Let's have happy times  
is there a word that rhymes  
with 'Boss' or 'Leader'  
maybe not but we need her

Under the 'Club' roof  
no-one is aloof  
we all love each other  
like father, mother, sister, brother

Bring us your best  
the staff are not guests  
we are here to have fun  
for the Clubbies, everyone.



## Chicks and Chooks

*Winners announced*

Thank you to all who participated in naming  
"The Chook Sitting on the Nest" in the alcove display

**The winner is Allyson with "Esmerelda"**

**The Chicken with Most Votes was "Miss Sassy"**  
followed by "Master Cockadoodldoo"

**Lena Rogers is commended for re-naming the Chicks:**

- |                   |                      |
|-------------------|----------------------|
| 1. Cheeky         | 4. Sweety Pie        |
| 2. Chicken Little | 5. Chick Pea         |
| 3. Adventurer     | 6. Cock of the Roost |

*The Clubbies thank Jan Fechner for her creativity and all the fun!*





# Volunteer News

Gina Nelson - Manager of Volunteers—8563 7775

Hi every one,  
Thank you to every one for their well wishes on my new job role as Social Manager. This is an exciting time for me and for the Home. New and exciting changes are to come. Also I just wanted to say a big thank you to you all for your amazing commitment and dedication to the Tanunda Lutheran Home. Your time and efforts are outstanding.  
Much Love  
Gina

## Annual Volunteer Appreciation Luncheon 8th August

From 11.30am in the Social Centre  
Come along & enjoy a three course meal, entertainment & guest speaker!

Note: NO VOLUNTEERS' MORNING TEA on 1st August

The Volunteers Appreciation Luncheon on August 8th has replaced it

Heartfelt   
**THANKS**  
TO OUR VOLUNTEERS!

THANK YOU  
a bunch! 

### Laundry Needs Your Help

*Are you good at Ironing?  
Do you have a few hours to spare  
two days a week?  
See Julie in the Laundry  
or see me for more information.*

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



### August Birthdays

Mary Stokes 4/8  
Ira Zeunert 4/8  
Andrew Ludwig 6/8  
Emily Mathews 15/8  
Lois Lablack 15/8  
John Kroehn 16/8  
Kathryn May 16/8  
Annette Boyce 18/8  
Margaret Tepper 25/8





Resident Meeting  
Wednesday 30th  
1:15pm  
In the Chapel

## Bus Trip To Tanunda Club (Lunch)



**Please see Lifestyle staff for  
more information**

Winter Humour.....



Come along & have your say!

### Tuesday 1st

10.00 One on one visits with Social Co-ordinators	TLH
10.00 Knitting group	Protea
11.00 Exercises with the physio	Chapel
1.30 Bingo	Waratah
1.30 Men's group with Sean	Men's shed
3.00 Walking group with Sean	TLH
3.30 Christian Meditation	TC2 Lounge

### Wednesday 2nd

10.00 One on one visits with Social Co-ordinators	TLH
10.30 Bible Insights	Chapel
1.15 Barossa Mobile Aerial Club with Stewart	Chapel
3.00 Walking group with Sean	TLH

### Thursday 3rd

10.00 One on one visits with Social Co-ordinators	TLH
11.00 Exercises with the physio	Chapel
1.15 Armchair travel with Sean & Karen	Waratah
1.15 Musical Activity with Sherril	Acacia
3.00 Walking group with Sean	TLH

### Friday 4th

10.00 One on one visits with Social Co-ordinators	TLH
10.30 Wisdom of the elders	Chapel
1.15 Bowls /Happy Hour with Social Co-ordinators	Chapel
3.00 Social time and Happy Hour with Social Co-ordinators	ABG

### Saturday 5th

### Sunday 6th

10.30 Worship service with Holy Communion	Chapel
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### Monday 7th

10.00 One on one visits with Social Co-ordinators	TLH
10.15 Hymn Singing	Chapel
11.00 Worship service with Holy Communion	Acacia
1.15 Social Bingo with Sean	Waratah
1.15 Ladies' Group with Pam	Acacia
3.00 Walking Group with Sean	TLH

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



**Tuesday 8th**

10.00 One on one visits with Social Co-ordinators TLH  
 10.00 Knitting group Protea  
 11.00 Exercises with the physio Chapel  
 1.30 Social Bingo with Pam Waratah  
 1.30 Men's group with Sean Men's shed  
 3.00 Walking group with Sean TLH

**Wednesday 9th**

10.00 One on one visits with Social Co-ordinators TLH  
 10.30 Bible Insights Chapel  
 1.15 Sing a long with Gary Chapel  
 3.00 Sing a long with Gary ABG  
 3.00 Walking group with Sean ABG

**Thursday 10th**

10.00 One on One visits with Social Co-ordinators TLH  
 11.00 Exercises with the physio Chapel  
 1.15 Armchair travel with Sean & Karen Waratah  
 1.15 Poetry with Sherril Acacia  
 3.00 Walking group with Sean TLH

**Friday 11th**

10.00 One on one visits with Social Co-ordinators TLH  
 10.30 Wisdom of the Elders Chapel  
 1.15 Bowls /Happy hour with Social Co-ordinators Chapel  
 3.00 Social time and Happy Hour with Social Co-ordinators ABG

**Saturday 12th****Sunday 13th**

10.30 Worship service with Holy Communion Chapel

**Monday 14th**

10.00 One on one visits with Social Co-ordinators TLH  
 10.15 Hymn Singing Chapel  
 11.00 Worship service with Holy Communion Acacia  
 1.15 Social Bingo with Sean Waratah  
 1.15 Ladies' Group with Pam Acacia  
 3.00 Walking Group with Sean TLH

**Tuesday 15th**

10.00 One on one visits with Social Co-ordinators TLH  
 10.00 Knitting group Protea  
 11.00 Exercises with the physio Chapel  
 1.30 Social Bingo with Pam Waratah  
 1.30 Men's group with Sean Men's Shed  
 3.00 Walking group with Sean TLH

**Wednesday 16th**

10.00 One on one visits with Social Co-ordinators TLH  
 10.30 Bible Insights Chapel  
 1.15 JD Fashions Protea  
 1.15 Lorraine Gregory performing Chapel  
 3.00 Walking group with Sean TLH

**Thursday 17th**

10.00 One on One visits with Social Co-ordinators TLH  
 11.00 Exercises with the physio Chapel  
 1.15 Armchair travel with Sean & Karen Waratah  
 1.15 Craft with Sherril Acacia  
 3.00 Walking group with Sean TLH

**Friday 18th**

10.00 One on one visits with Social Co-ordinators TLH  
 10.30 Wisdom of the Elders Chapel  
 1.15 Bowls /Happy hour with Social Co-ordinators Chapel  
 3.00 Social time and Happy Hour with Social Co-ordinators ABG

**Saturday 19th****Sunday 20th**

10.30 Worship service with Holy Communion Chapel

**Monday 21st**

10.00 One on One visits with Social Co-ordinators TLH  
 10.15 Hymn singing Chapel  
 11.00 Worship service with Holy Communion Acacia  
 1.15 Bingo with Sean Waratah  
 1.15 Ladies' Group with Pam Acacia  
 3.00 Sundowners walking group with Sean ABG



**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**

**Tuesday 22nd**

10.00 One on one visits with Social Co-ordinators	TLH
10.00 Knitting group	Protea
11.00 Exercises with the physio	Chapel
1.30 Social Bingo with Pam	Waratah
1.30 Men's group with Sean	Men's Shed
3.00 Walking group with Sean	TLH

**Wednesday 23rd**

10.00 One on one visits with Social Co-ordinators	TLH
10.30 Bible Insights	Chapel
1.15 Bangers and Mash Concert	Chapel
3.00 Walking group with Sean	ABG

**Thursday 24th**

10.00 One on one visits with Social Co-ordinators	TLH
11.00 Exercises with the physio	Chapel
12.45 Bus Trip	TLH
1.15 Armchair travel with Sean & Karen	Waratah
3.00 Walking Group with Sean	TLH

**Friday 25th**

10.00 One on One visits with Social Co-ordinators	TLH
10.30 Wisdom of The Elders	Chapel
1.15 High Tea with Happy Hour	Chapel
3.00 Walking Group with Sean	TLH

**Saturday 26th****Sunday 27th**

10.30 Worship service with Holy Communion	Chapel
1.45 Greenock Lutheran Parish/Marananga Band Entertainment afternoon	Chapel

**Monday 28th**

10.00 One on one visits with Social Co-ordinators	TLH
10.15 Hymn Singing	Chapel
11.00 Worship service with Holy Communion	Acacia
1.15 Social Bingo with Sean	Waratah
1.15 Ladies' Group with Pam	Acacia
3.00 Walking Group with Sean	TLH

**Tuesday 29th**

10.00 One on one visits with Social Co-ordinators	TLH
10.30 Knitting group	Protea
11.00 Exercises with the physio	Chapel
1.30 Social Bingo with Pam	Waratah
1.30 Men's group with Sean	Men's Shed
3.00 Walking group with Sean	TLH

**Wednesday 30th**

10.00 One on one visits with Social Co-ordinators	TLH
10.30 Bible Insights	Chapel
1.15 Music with Doug Venning	Chapel
3.00 Walking group with Sean	ABG

**Thursday 31st**

10.00 One on One visits with Social Co-ordinators	TLH
11.00 Exercises with the physio	Chapel
1.15 Armchair travel	Waratah
1.15 George Davies	Acacia
3.00 Walking group with Sean	ABG

**Winter Humour**

Join us for  
The monthly birthday  
High tea  
Celebration  
Last Friday of each month  
at 1.15pm in the Chapel



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