



Chaplain's Reflection

Chaplain Ian Lutze



TIT TAT

MONTHLY
NEWSLETTER
TANUNDA
LUTHERAN HOME INC
27 Bridge St Tanunda SA
5352

★ Phone (08) 8563 7777

★ Fax (08) 8563 3744

★ Email

info@tlhome.com.au

★ Website

www.tlhome.com.au

*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*

MAY 2018

Lutheran
Church
of Australia



It's a pleasure to once again address the TLH Community through this newsletter. As I imagine the TLH Community I'm seeing Independent Retirement Living residents, Aged Care residents, people who join with the Gramp Chapel congregation on Sundays, family and friends of all the above, all the wonderful staff and Board members, the Lutheran Church leadership in the District and the Congregations in our more local area, in fact anybody who feels a connection and interest in the Home.

It is a large and diverse community we seek to reach through this newsletter, especially as it is up there on the Web these days as well. Just recently a relative who lives in the USA re-connected with people at TLH by reading Tit Tat on the Internet. We are a local little magazine with a wide reach.

A large community naturally has complex needs, and requires lots of work to meet those needs, and discernment on how to prioritise needs. Spiritual needs are likely to be recognised more easily in a Lutheran/Christian home than in a secular home, and when one sees those needs one wants to be able to meet them if possible.

To this end the Board supported the appointment of a 0.4 FTE Assistant Chaplain. It's a little premature to introduce her by name, but by mid-to-late May you'll begin to see the Assistant Chaplain working alongside Chaplain Ian to help make spiritual care a real stand-out strength of this community. Independent Retirement Living residents will see the chaplains more often, and when residents in the aged care areas are referred for some extra care, the chaplains will actually have time to provide the care and focus required. The Assistant Chaplain will be formally introduced next edition. To finish, last Sunday was "Good Shepherd Sunday", and the 'Prayer of the Day' seemed particularly relevant to the reality of moving into new homes, which is the experience of all our residents. For some this happened very recently, but for others a long time ago. Reflect on your last move as you read this prayer:

Good Shepherd, source of innovation and perpetual faithfulness, guide us to the places where we should be and nourish us with the food that restores the human spirit.

By your strong arm subdue our temptations and override our foolish decisions, that we may find ourselves at home with you even when we are in unexpected territory.

To the enrichment of those who live and work around us and to the glory of your saving name. Amen

It's surprisingly a prayer for staff too.

May God bless our community, and make it a place to live well and flourish.

Chaplain Ian



Birthdays for the Month of MAY

- 3 Eleanor Collis
- 6 Audrey Zerk
- 6 Ruby Pritchard
- 7 Rhonda Klemm
- 7 Pat Hunter
- 8 Robin Lucas
- 9 Iris Ellis
- 10 Jan Ralston
- 14 Neville Alderslade
- 15 Reta Henschke
- 15 Maxine Lynas
- 16 Stuart Wilkinson
- 17 Loris Fiebiger
- 19 Aileen Auricht
- 20 Len Gerschwitz
- 21 Max Schubert
- 22 Leona Bruecher
- 23 Bev Kernich
- 29 David Armstrong
- 29 Adrienne Mickan



welcome



TANUNDA
RETIREMENT LIVING

**INDEPENDENT
RETIREMENT LIVING**

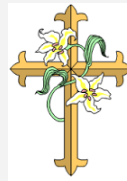
Geoff and Helen Munzberg
8 Hilda Schulz Drive
Phone: 8563 2625

RESPIRE

David Thomas
Thora Kuchel

PERMANENT

Gordon Seago
Lorraine Russack



DEATHS

*Our deepest sympathy
to the families of*

Heather Hargreaves - 3rd April
Lorraine Parker - 5th April

May they rest in peace ...



HAPPY MOTHERS DAY



Shared Your Experience?

For any Compliment,
Complaint or
Suggestion please fill
out a
Share Your Experience
form...



We Value your feedback



From the CEO

Lee Martin



At the going down of the sun and in the morning, we will remember them.

ANZAC Day is always a special day – a day where the local community can remember all current and past defence personnel and the commitments they have made to the future of Australia's security. Tanunda Lutheran Home is a proud sponsor of the Tanunda RSL Sub-branch. If you are an ex-service-person or currently serving you are more than welcome to attend the RSL on a Friday night, dinner and drinks available at very reasonable prices. If you require transport to the RSL the Tanunda Lutheran Home vehicle is available for pick up and drop off – get in touch with the RSL to confirm a ride.

Lest We Forget.

Please be aware of the negative media that is currently occurring on television regarding the aged care industry. I am very disappointed that the information being televised is mostly incorrect and not based on real fact. I'm proud to say that Tanunda Lutheran home has Registered Nurses on 24/7. All our staff are well qualified for the role they perform. All staff receive extra training throughout the year to ensure their skills are maintained. The hours of the clinical roster have been increased over the past months to ensure better care to our residents. The rosters have also been reviewed to meet the person-centred care model. Many new staff have been appointed to permanent rosters that will have the effect of reducing agency staff. The overall bed occupancy of the facility remains high (above the national level) and care funding (ACFI) is increasing (above the national average) to meet the needs of residents. The support provided by our many volunteers is very much appreciated. All volunteers are managed and offered training relevant to the tasks they perform. Should you have any spare time we would love you to join our volunteer team. If you have issues at all about the aged care industry I'm more than happy to meet with you to assist in reducing any concerns.

Our accreditation process is moving along. Many audits are occurring and the results are looking good. We are receiving many compliments and suggestions, thank you to those who take the time to provide the feedback. Yes, we do get the odd complaint which is followed up quickly and resolved. If there is a care concern please seek an appointment with Cindy Penn (Care Manager) or Kim Hahn (People, Culture & Customer Services Manager). The accreditation surveyors will be here on 29/30 May 2018 to complete the major review.

It was nice to see the rain last weekend – as with Autumn, the tree leaves change colour and then start to drop. Please take care around the local environment and watch out for those slippery areas. Take care if working out in your gardens.

All our major projects are on track – the project in Nuriootpa, civil works are moving ahead. Work on the selections for the construction phase is occurring over the coming weeks. The documentation and tendering process is well underway for the project on Langmeil Road. It is planned that construction will commence in November 2018. Should anyone be interested in a unit at either project site please make contact with Carolyn Redden.

Welcome to all new residents and their families in the facility and the independent living units. If there is anything we can do to make things better please let us know by completing a Feedback form that is always readily available.

Never doubt that a small group of thoughtful, committed citizens can change the world.

Lee Martin— 19th April 2018



RAINFALL REPORT

APRIL 2018

Thank you Ralph Kernich

Year	Rainfall in mm	Days of Rain	Rain Since 1st January
2003	32.4	7	119.6
2004	5.4	6	48.0
2007	111.0	8	217.8
2009	81.4	8	99.9
2011	11.6	7	233.1
2012	12.8	5	118.2
2014	64.1	10	181.5
2015	56.7	8	233.6
2016	50.6	9	151.0
2017	42.8	6	143.2
To 24th April '18	21.0	2	54.4

This year continues to be on the dry side for the first few months of the year
The wettest April was in 1889 when 247.6mm was recorded.

The deadline for news/information for

JUNE edition is

Friday 25th May

TIT TAT TEAM

Dorcas Kernich (Editor), Joan Minge

Deliveries

Glenys Greig, Glenis Kupke, Raelene Rosenzweig



Pick up your copy of the latest
local phone book 2018/19
from Reception



INDEPENDENT RETIREMENT LIVING RESIDENTS

IRL Ladies' Get Together
First Saturday 5th May
1.30pm in the Cafe

Please bring small plate of food
for afternoon tea
Enq: Margaret Spike 0481 255 041

TLH SHOPPING BUS



Departing approx. 9.30a.m
Return 11.30am

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

Please be at Reception by 9.15am



PROFILE

NICK SCHUSTER
VOLUNTEER OF THE MONTH
Retiring Board Member



We take this opportunity to acknowledge the valuable input Nick has had as a member of TLH Board for 14 years. Nick, a CPA (Certified Practising Accountant) joined the Board in 2004 after he was approached by the then Chairperson Ian Rothe and CEO Keith Adams (after a tipoff from Dorcas Kernich that he was moving to the area). The Board was seeking members with a financial services background. Nick had just moved to the Barossa from Broken Hill.

At the time of joining the Board, Nick had no prior experience in the aged care sector, and at age 33 was probably one of the younger recruitments to aged care governance. Over the years Nick invested in training and research to understand the business structure and government funding systems applicable to age care, and has brought that knowledge to bear in Board decisions.

Nick says the Board has done its best to operate and oversee the running of Tanunda Lutheran Home in a context of ever tightening government funding and significant aged care reforms that have happened over the past 14 years. It has always been a balancing act between maximising frontline care services, keeping buildings and equipment up to date and doing all that with the money available from government and resident contributions.

Nick says some of the highlights of his term were the building of the \$18m Gramp Wing and Chapel project, implementing the "Living Longer Living Better" government reforms and more recently, changing to the "Person Centred Care" model. There have also been some difficult times, but on balance the Board ought to be proud of what has been accomplished.

Nick would also like to congratulate Chris Pfeiffer for his leadership as Chairman and Joan Lindner for her 41 years of service to Tanunda Lutheran Home. To the current CEO Lee and his Management team: thanks for the work and commitment you have shown to TLH, and encouragement to keep on with continuously improving.

-----oOo-----

Nick's journey to the Barossa started back in 1970 when he was born in Naracoorte to parents Ken & Eunice Schuster. The Schuster family had a farm near the Naracoorte Caves where they did mixed farming including fat lamb production, clover seed production and other cropping. Nick has an older brother and sister both of whom currently live in Queensland. Nick was educated at Naracoorte Primary and High Schools, then transferred to Immanuel College in Adelaide where he completed Years 11 and 12 as a boarder. Nick remembers his years at Immanuel as being happy years of living in the school boarder community. It was certainly a change from living on the property at Naracoorte.

Nick completed his year 12 studies majoring in the Maths /Science subjects and was awarded a merit prize for chemistry. After a year back at the farm, Nick studied at the University of SA for his degree in Accountancy. Upon graduating in 1991, Nick returned to the family farm, where as a means to create more farm income, he began a contract harvesting business with his brother. The harvesting was interesting and rewarding, seeing much of the country from Queensland to Victoria, but was quite demanding. Nick married Shannon Brown from Broken Hill whom he had met at university in 1994, and for a year Shannon came on the harvesting run with the business.



In 1995, Nick's father sold his Naracoorte farm and moved to a new property at Darlington Point near Griffith. Nick and Shannon decided to sell their share of the harvesting business and go share-farming on the property at Darlington Point. Farming at Darlington Point was much different from farming in Naracoorte. Row cropped maize, soybeans, wheat, canola and rice were all interesting new farming horizons to learn. In 1996 Shannon and Nick had their first child, Elsa.

Continued

PROFILE

Continued

Even though Nick had his accounting qualification, he had always seen himself as a farmer. But in 1998, Nick and Shannon took a major change of direction and moved to Broken Hill, which marked the end of farming and the start of a career in accounting. He worked initially in Broken Hill for three years or so at the Broken Hill Musicians' Club as the financial officer, but then changed jobs to a public accounting practice and commenced his CPA studies. By the time Nick and Shannon decided to leave Broken Hill in 2003 they had had their other two daughters Maddie and Tessa, and Nick was a qualified CPA. The move to Barossa Valley was a result of seeking Lutheran schooling options for their children, so Faith College and the Lutheran primary schools were attractions to the area.

Nick started work at Barossa Accounting & Tax Services (then known as Swan & Hoklas) in 2004, and has been there ever since. Nick is now the managing director of the practice, which has grown significantly under his ownership and added "Merit Wealth" financial advice to its service offering to clients. Nick is very proud of the team at his work, many of whom also volunteer their time and services to community organisations.

Nick and Shannon have a beautiful garden, with flowers, vegetables and fruit trees thriving on their two acres at Bethany. Gardening is a relaxation outlet that they enjoy very much. They have also been very involved with the worship community at Bethany Lutheran Church. Nick is an accomplished musician, playing keyboard and saxophone, and has a good tenor voice to help lead worship services.

Nick was also a Council member, Finance Committee leader of Tanunda Lutheran School for a number of years, as well as serving as Treasurer at Bethany/Tabor parish for ten years.



Well done Nick - thou good and faithful servant. Thank you for sharing your story.

Ed.



Footie Tipping



LEADERS AFTER ROUND 3 ARE:

PROTEA

Lee Martin - 22
Jean Hentschke - 18
Gary Jones - 18
Peter Mattner - 17
Robert Tanti - 17

WARATAH

Rosie Osborne - 20
Wendy Shemmeld - 18
Hazel Graue - 18
Cindy Ellis - 17

TRINITY COURT

Jeffrey Cooper - 17
Edna Kohlhausen - 16



TRAVEL TALK

CRUISE SPECIALS FROM ADELAIDE

HOT DEALS

27 departures from Adelaide in 2019
Never a better time to book your cruise holiday

Queen Elizabeth

Cruise from \$559 per person

Cruise South Australia, Tasmania, Melbourne
or New Zealand

4 -8 nights cruising from Adelaide on the Queen Elizabeth
20th December 2019 2 nights Adelaide to Melbourne
from \$539 per person

8th February 2019 5 nights Adelaide return
from \$2399 per person for a balcony

Princess Cruise

PRINCESS Cruises will offer three international round-trip
cruises from Adelaide in 2019-20. The season will see the
maiden call in Adelaide by the Majestic Princess.

4, 5 and 6 night cruises available from Adelaide on
Princess Cruise Ship

18 day Fiji Cruise on the Golden Princess departing on the
1st November 2019

55 day Indian Ocean and South Africa on the Sun
Princess departing on the 20 Jan 2020

19 day New Zealand on the Golden Princess departing
8th January 2020

14 day Southern Australia and Asia Cruise departing 18
February 2020 Adelaide to Singapore

P&O

3, 4 and 7 night cruises departing Adelaide
30th January 2019 - 3 nights Food and Wine Cruise
Adelaide return from \$479 per person

Let Travel Associates put together your package including
Flights (where required), Transfers, Insurance, Shore
excursions, Drinks Packages and Restaurant Bookings...

2nd March 2019 - 7 nights Taste of Tasmania

Adelaide return from \$1551 per person

Mention this advertisement and receive extra on board
credit.

CLARKE & TURNER
TRAVEL
ASSOCIATES

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

Our Experience Counts
Phone 8563 0988

Stamps for Missions



**Keep saving those
used stamps!**

**Thank you to all who have
donated stamps**

What happens to them?

God has wonderful ways of turning simple gifts
into great blessings.

The Lutheran Church of Australia's Stamps for
Mission project has raised
nearly \$410,000!

**All proceeds are donated to
LCA International - Mission programs
and projects**

Stamps for Missions was established in 1938 through the
efforts of Pastor Ted Koch and Mr Ern Unger.

Ern became the first stamp receiver and did this for the
next 65 years, encouraging many others along the way.

2018 marks ten years since LCA International Mission
(formerly Board for Mission) took over the Stamps for
Mission project from the Lutheran Youth of Australia.
It is overwhelming to think how much money has been
raised from those seemingly worthless used stamps.

Some projects

Malaysia, Thailand, Cambodia

Literacy and computer classes for children; library books
for under privileged children; food distribution for the
Marginalised; youth ministry camps
and the saving news of Jesus Christ

Papua New Guinea

Bible translators and linguists
work with the people to assist the community in
literacy and discipleship.

EMPLOYEE OF THE MONTH AWARD

Nominate one of our Dedicated Staff

OPEN TO EVERYBODY TO NOMINATE
(Volunteers, Residents, IRLs, Staff, Everybody!)

Please take time to nominate a Staff Member who deserves to be celebrated.

HOW ? Its simple follow the steps below:

- 1) Grab a 'Share your Experience' form (available in every area)**
- 2) Nominate the staff member and explain the reasons for the nomination.**
- 3) Hand in form to Quality & Training Coordinator or place in the Feedback box or at Reception**

It is that Simple !!

This award is designed to recognise outstanding Achievements of our staff who make this place a HOME and I urge you to take advantage of this opportunity to nominate someone who you think is Great, today!



Important Message for Family Members

Dear Family Members,

All the medications required by a resident are written up in the Medication chart by the General Practitioner and administered by the staff as per Doctor's order. If families bring in medication without the Doctor and/or Registered Nurse knowing, it may cause harm or overdose with current prescribed medication. To eliminate this, families are requested not to bring medications for residents without informing the Registered Nurse. If you have any concerns about resident medications please discuss this with the Registered Nurse on duty who can then follow up with the Medical Practitioner.

Kind Regards - Cindy Penn - Care Manager

THE TLH SINGERS

NEW VESTS for the TLH singers and don't they look fabulous



L to R - Annette Ognjanovic - Joy Schultz - Norma Robinson - Glenis Kupke - Ray Giersch - Margaret Jasper - Ruth Rathjen - Elizabeth Nance.

Josie Heinrich - Annette Ognjanovic



Josie Heinrich hard at work and being closely supervised by Kitty Cat ...



Ruth Rathjen

INDEPENDENT RETIREMENT LIVING

VISIT TO COLLINGROVE HOMESTEAD

Thursday 19th April

What a pleasant sunny afternoon outing was had by 19 IRL people. We visited Collingrove Homestead, Eden Valley Road, Angaston. A magnificent Home, which was first built in 1850, and a few years after that some extensions were added. But every thing -- furniture and all—is very much from that period. The Home is situated in magnificent surroundings. We were served a delicious afternoon tea of scones and strawberry compe. Home made no less. It was a delight to sit around the tables with the white table cloths and good service.

I am sure many memories were stirred within us that day, especially looking at the furniture from the past and remembering.

Thank you to the nine car drivers who provided the transport to make this trip possible. Well done and a good time was had by all.

Ruth Rathjen



Do You Remember.....



House to be Auctioned

Thank you Jan Fechner for this history lesson

Some of our older local Barossans might remember this house once occupied by Charlotte (Lottie) Thomas. It was situated on the corner of Bridge St and Langmeil Road on the spot where, following demolition, Tanunda Lutheran Home built retirement units. Lottie died in July 1992. Jan recalls being cared for as a child by Mrs Thomas while her mother was working at the clothing factory corner of Murray Street and Jane Place sewing army uniforms.

Many locals will recall that TLH land was formerly owned by Mr Roy Ellis who tended to his many vines and fruit trees. Over the years, the TLH Kitchen and residents benefited from the abundance of fruit on site.

Pictured: Roy's team of apricot pickers/cutters. The two ringed photos are of

Mrs Thomas and Mr Ellis.

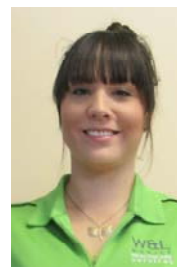




W&L
WELLNESS & LIFESTYLES
AGED CARE
services

Allied Health Department
Tanunda Lutheran Home
27 Bridge St
Tanunda SA 5352
Ph: 8563 7739
Fax: 0885633744

Wellness & Lifestyles



Emily

Falls Prevention and *Better Balance* Exercise

Jo

Lately we have had some feedback from members of the Home to provide some information regarding Falls Prevention. We would advise anyone over the age of 50 to complete a self-screening tool (available in the Physio Clinic) to gauge your level of risk.

Allied Health staff are on-hand to prescribe balance or strengthening exercises and offer correct advice to reduce your risk of having a fall at home or out in the community.

These are some risk factors that can increase chances of falling:

PERSONAL FACTORS	ENVIRONMENTAL FACTORS
<ul style="list-style-type: none"> * Having had a previous trip, stumble or fall in the last 6 months * Recent illness or admission to hospital * Weak muscles * Stiff joints * Difficulties with walking or getting out of a chair * Lose balance easily * Tiredness * Poor eyesight or have glasses * Dizziness or funny turns * Poor general health * Taking 4 or more prescription medications * Taking sleeping tablets or anti-depressants * Not eating a balanced diet from each of the five food groups * Arthritis/osteoporosis/Parkinson's Disease * Not regularly active or exercising * Confusion 	<ul style="list-style-type: none"> * Poorly fitting footwear * Long clothing or bedding * Uneven or loose rugs * Uneven or slippery floors * Uneven or slippery steps inside or outside the home * Steps, stairs that have no rails * Insufficient or dim lighting * Low chairs, bed or toilet * Cords, clutter in walkways in the home * Pets and other moving hazards in the home/garden * Obstacles in the garden such as hoses, bins, gardening tools

Exercise and physical activity has a myriad of benefits, as it keeps us healthy, improves muscle strength, keeps bones strong, increases your energy levels, helps with sleeping problems, helps control blood pressure and improves mood (just to name a few!), all of which makes it the best prevention against falls. It is recommended to perform at least 30 minutes of activity every day.

Physiotherapy can also advise you about whether a walking aid, such as a stick or frame, would help. These can increase your steadiness and confidence to walk more. Though, it is important that walking aids are properly adjusted for you, and that they are properly maintained. It is also a good idea to seek Occupational Therapy advice, to check your home surroundings for hazards at home, or advice regarding appropriate footwear.

REMEMBER:

Early detection of falls risk is important to avoid injury and keep you independent and mobile.

Did you know that 60% of falls happen in and around the home?



Continued

PREVENT FALLS WITH SAFE SHOES

- * Laces, buckles or Velcro fastenings hold the foot more firmly
- * Firm heel cup provides support when walking
- * Wide and deep toe box allows plenty of room for toe movement and comfort
- * Correct length allows normal foot function
- * Low, wide heel with rounded edges provides more contact with the ground and prevents slipping
- * Thin sole with tread enables your feet to 'read' the underlying surface and prevents slipping

Better Balance

The Better Balance exercise group is held twice weekly on a Tuesday and Thursday morning in the Physiotherapy Gym, from 9.00 to 10.00. The first half hour provides opportunity for self-directed exercise using the gym facilities, allowing participants to target any problem areas that they may have, and to workout at their own pace. This is followed by half an hour of guided group exercise, run by Alanna, an Occupational Therapist, and supported by Kaitlin, an Allied Health Assistant. The guided exercises include a mixture of static, dynamic and functional exercises intended to help participants build their balance and lower limb strength to avoid falls. Alanna encourages feedback and suggestions from participants around areas they would like to work on, and is always happy to chat about adaptations to daily tasks and the home environment that can reduce risk of falls.

To inquire about Better Balance call 8563 7739.



Tanunda
Lutheran Home Inc.
Enriching the lives of our older people

PODIATRY SERVICES

Did you know.....

Podiatry Services are available at
Tanunda Lutheran Home with Government Funding.

Initial appointment \$20
Subsequent appointments \$15

Contact My Aged Care for a referral for this service on

1800 200 422

Or go to **www.myagedcare.gov.au**



HOW TO GET UP FROM A FALL

1. PREPARE



Getting up quickly or the wrong way could make an injury worse.
If you are hurt, call for help using a medical alert service



Look around for a sturdy piece of furniture, or the bottom of a staircase.
Don't try and stand up on your own.



Roll over onto your side by turning your head in the direction you are trying to roll, then move your shoulders, arm, hips, and finally your leg over.

2.



Push your upper body up. Lift your head and pause for a few moments to steady yourself.



Slowly get up on your hands and knees and crawl to a sturdy chair.



Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.

3. SIT



Keep the other leg bent with the knee on the floor.



From this kneeling position, slowly rise and turn your body



Sit for a few minutes before you try to do anything else

Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.

Moovers 'n' Groovers



EXERCISE CLASS

Come and join the exercise class run by our experienced Allied Health Team.

Residents of TLH are welcome to attend and NO need to book, just come along on the day and enjoy.

Please Note NEW times.....

Day: Tuesday & Thursday

Where: CHAPEL

Time: 10.30 to 11.15

It would be appreciated if all staff could please assist to get as many residents along to the sessions as possible please...



REALISTIC ROLES By Ken Fyfe - IRL

With scholastic checks now done worldwide to see how kids are taught They showed Australian kids are slipping, and the teaching falling short. So we decided that selected schools try other subjects they could teach Ours was picked to run a Drama class; it sounded well within our reach. The class got started with a flourish for pupils in their last school years Another Governmental project funded, like all their top class good ideas. Most kids said it should be something new, both educational and artistic They said they'd show us how it's done, they'd make plays more realistic. As budding writers, actors and directors, they soon got things under-way Then after one or two small set-backs, produced their first realistic play. They had a great receptive audience and no one left the place dry-eyed They'd seen a Comedy, so realistic, they almost laughed, until they cried. Their big success induced their next play, a new dramatic style Romance Where broken hearts and broken promises left a concept, full of chance. They didn't think about kids' feelings, they'd had realistic style rehearsals And school romances, still in vogue by some, were having some reversals.

Then the partners of some actors said love intrigues were now a worry As they'd heard of certain prop requests that were cancelled in a hurry. But their love play was successful although young lovers stayed in doubt Because they know temptation beckons when those love-bugs fly about. But their next play was a Drama of drugs being sold at schools by thugs And the request for drugs was queried till kids said they'd get the drugs. Of course the play went well, despite that pause, slightly lucky I suppose Because one pupil dropped out feeling sick - a small suspected over-dose.

That was when the project ceased, although that hadn't been the cause It was our Government being realistic, hoping kids weren't breaking laws. Because the next play being suggested looked like it could cause trouble A revolution play, 'Les Miserables' that really burst that project bubble. Because reality had limits too, kids' prop demands were now quite tough And when they'd wanted proper guillotines, were told 'enough's enough'. The project had shown they were talented, but too realistic on the whole And their realistic scenes with guillotines meant heads were gonna' roll!



**Happy Mothers Day
to all Mums**

MY MOTHER

Who fed me from her gentle breast,
And hushed me in her arms to rest,
And on my cheek sweet kisses pressed?
My Mother

When sleep forsook my open eye
Who was it sang sweet lullaby
And rocked me that I should not cry?
My Mother

Who sat and watched my infant head
When sleeping on my cradle bed
And tears of sweet affection shed?
My Mother

Who dressed my doll in clothes so gay
And taught me pretty how to play
And minded all I had to say?
My Mother

Who ran to help me when I fell
And would some pretty story tell
Or kiss the place to make it well?
My Mother

Who taught my infant lips to pray
And love God's holy book and day
And walk in wisdom's pleasant way?
My Mother

Ah! No, the thought I cannot bear
And if God please my life to spare
I hope I shall reward thy care,
My Mother

When thou art feeble, old and grey
My healthy arms shall be thy stay
And I will soothe thy pains away,
My Mother

And when I see thee hang thy head
'Twill be my turn to watch thy bed,
And tears of sweet affection shed,
My Mother

For God, who lives above the skies
Would look with vengeance in His eyes
If I should ever dare despise
My Mother

(Jane Taylor)

ADVANCE NOTICE

Members of the BAROSSA VALLEY BIBLE SOCIETY

Invite you to a
Barossa Hymn Fest
Tanunda Soldiers Memorial Hall

SUNDAY 3rd JUNE
2.00pm

Freewill Offering



Tania Miller

Volunteer News

*Choose
Happy*

Hi everyone !

I would like to say a big hello and an even bigger thank you to everyone. Could I please ask that everyone makes sure I have your updated details for mailing purposes etc.

If you are visiting residents outside of office hours, could you please make note of the resident that you have visited by simply recording the name of the resident or residents in the box on the wall outside of the Lifestyle Managers Office. I will place a pen, paper and further instructions for your use. I would like to thank you in advance for cooperating in this matter.

Don't forget your Influenza Vaccination. Please register your name on the sign up sheets located at all Volunteer sign in stations. Please note injections are \$10, alternatively you can see your local GP.

Have a fantastic month and keep up the amazing work.

Tania (Lifestyle)



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

Volunteer Celebrations

Monday 14th May 2018 at 10.00am

Special morning tea will be provided
along with guest speakers:
Benjamin Beviss and Cindy Penn

Hope to see you there!



Happy Birthday
To all of our wonderful
Volunteers
for the month of
May



What's New to Lifestyle?

Over the next month we will be trailing a few new, different and exciting activities.

Below are some of the changes:

- ◆ **New** Saturday Movie of the week
- ◆ **Changes** to days, times and areas for Bingo and Bowls Activities.
- ◆ **Addition** of Residents Monthly Coffee & Chat
- ◆ **New** Games and Activities

Feel free to give these a try and speak to Lifestyle with any thoughts or suggestions you may have.



for all you do
you do with love
you are so special
a gift from above
and with all my heart
I want to say
I LOVE YOU MOM
happy mother's day

Tuesday 1st

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 Physical Activity	ABG
1.15 Men's Group	The Shed
1.15 Bowls with Happy Hour	Chapel
1.45 Exercises with the physio	ABG
3.30 Walking Group	ABG

Wednesday 2nd

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 Physical activity	ABG
1.15 New Activity (Hoy—Card Game)	Protea
1.15 Memory Game	ABG
2.00 Exercises	ABG
3.30 Walking Group	ABG

Thursday 3rd

10.00 Individual Visits	TLH
10.30 Moovers 'n' Groovers	Chapel
1.15 Arm Chair Travel	Waratah
1.15 Memory Games	ABG
2.00 Exercise Games	ABG
3.30 Walking Group	ABG

Friday 4th

10.00 Individual Visits	TLH
10.00 Exercises with the Physio	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo & Monthly Coffee & Chat	Chapel
1.15 Social time and Happy Hour	ABG
2.30 Art and Craft with Karen	ABG
3.00 Exercises and Walking Group	ABG

Saturday 5th

2.00 Movie — Refer to Posters for Movie and area.

Sunday 6th

10.30 Worship service	Chapel
-----------------------	--------

Please Note

The Lifestyle program may be subject to change.

Monday 7th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Individual Visits	ABG
11.00 Worship service	Acacia Lounge
1.15 Social Bingo	Chapel
2.00 Bingo and Picture Bingo	ABG
3.00 Exercises and Walking Group	ABG

Tuesday 8th

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 Physical activity	ABG
1.15 Bowls	Chapel
1.15 Men's Group	The Shed
3.00 Exercises and Walking Group	ABG

Wednesday 9th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 Physical activity	ABG
1.15 Garry Wharton - Sing Along	Chapel
1.30 Exercises with the physio	ABG
3.00 Walking Group	ABG

Thursday 10th

10.00 Individual Visits	TLH
10.30 Moovers 'n' Groovers	Chapel
10.45 Physical activity	ABG
1.15 Ten Pin Bowling	Chapel
2.30 Sing along with Doug	ABG
3.30 Exercises and walking group	ABG

Friday 11th

10.00 Individual Visits	TLH
10.00 Exercises with Physio	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo and Happy Hour	Chapel
1.30 Social time and Happy Hour	ABG
2.30 Art and Craft with Karen	ABG
3.00 Exercises and Walking Group	ABG

Saturday 12th

2.00 Movie — Refer to Posters for Movie and area.

Sunday 13th

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

Mother's Day

Monday 14th

10.00 Individual Visits	TLH
11.00 Individual Visits	ABG
11.00 Worship service	Acacia Lounge
1.15 Social Bingo	Chapel
2.00 Bingo and Picture Bingo	ABG
3.00 Exercises and Walking Group	ABG

Tuesday 15th

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 Physical activity	ABG
1.15 Men's Group	The Shed
1.15 Concert—Dawn and Terry	Chapel
3.00 Exercises and Walking Group	ABG

Wednesday 16th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 Physical activity	ABG
1.15 Lorraine Gregory - Singing	Chapel
1.30 Exercises with physio	ABG
3.00 Exercises and walking group	ABG

Thursday 17th

10.00 Individual Visits	TLH
10.30 Moovers 'n' Groovers	Chapel
10.45 Physical activity	ABG
1.15 Balloon Volleyball	Chapel
3.30 Exercise and Walking Group	ABG

Friday 18th

10.00 Individual Visits	TLH
10.30 Exercises with Physio	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo and Happy Hour	Chapel
1.15 Social time / Happy Hour	ABG
2.30 Art and craft with Karen	ABG
3.00 Exercises and Walking Group	

REMEMBER**Afternoon Lifestyle**

Programs may now commence at 1.15pm

Instead of 1.30pm unless stated.

Kind Regards, The lifestyle Team.

Saturday 19th

2.00 Movie — Refer to Posters for Movie and area.

Sunday 20th

10.30 Worship Service Chapel

Monday 21st

10.00 Individual Visits TLH

10.15 Hymn Singing Chapel

11.00 Individual Visits ABG

11.00 Worship service Acacia Lounge

01.15 Social Bingo Chapel

2.00 Bingo and Picture Bingo ABG

3.00 Exercises and Walking Group ABG

Tuesday 22nd

10.00 Individual Visits TLH

10.00 Knitting Group \ Craft Protea

10.30 Moovers 'n' Groovers Chapel

10.45 Physical activity ABG

1.15 Men's Group The Shed

1.15 Bowls Chapel

1.30 Residents Meeting (Coffee & Chat) Chapel

3.00 Exercises and Walking Group ABG

Wednesday 23rd

10.00 Individual Visits TLH

10.30 Bible Insights Chapel

10.30 Physical activity ABG

1.15 Gary Warton—Sing Along Chapel

1.30 Exercises with the physio ABG

3.00 Walking Group ABG

Thursday 24th

10.00 Individual Visits TLH

10.30 Moovers 'n' Groovers Chapel

10.45 Physical activity ABG

1.15 Piano Accordion with George Davies Chapel

1.15 Sing along with Doug ABG

3.30 Exercises and walking group ABG

Friday 25th

10.00 Individual Visits TLH

10.30 Wisdom of the Elders Chapel

1.15 Bingo and Monthly Birthday Celebrations Chapel

1.30 Social time and Happy Hour ABG

2.30 Art and Craft with Karen ABG

3.00 Exercises and walking group ABG

Saturday 26th

2.00 Movie — Refer to Posters for Movie and area.

Sunday 27th

10.30 Worship service Chapel

Monday 28th

10.00 Individual Visits TLH

10.15 Hymn Singing Chapel

11.00 Individual Visits ABG

11.00 Worship service Acacia Lounge

01.15 Social Bingo Chapel

2.00 Bingo and Picture Bingo ABG

3.00 Exercises and Walking Group ABG

Tuesday 29th

10.00 Individual Visits TLH

10.00 Knitting Group \ Craft Protea

10.30 Moovers 'n' Groovers Chapel

10.45 Physical Activity ABG

1.15 Men's Group The Shed

1.15 Bowls Chapel

1.45 Exercises with the physio ABG

3.30 Walking Group ABG

Wednesday 30th

10.00 Individual Visits TLH

10.30 Bible Insights Chapel

10.30 Physical activity ABG

1.15 White board Trivia Waratah

1.15 Memory Game ABG

2.00 Exercises ABG

3.30 Walking Group ABG

Thursday 31st

10.00 Individual Visits ABG

10.30 Moovers 'n' Groovers Chapel

10.45 Physical Activity Chapel

1.15 Arm Chair Travel Waratah

1.15 Memory Games ABG

2.00 Exercise Games ABG

3.30 Walking Group ABG

Please Note:

The Lifestyle program may be subject to change.

BICYCLE TUNE-UP



A bicycling fad in England in the 1880s and 1890s stimulated a great deal of road construction in that country.

You are looking for a 10-letter word.

Adjust
Axle
Bearings
Bend
Brake
Cable
Calipers
Chain
Complex
Crank arm
Fender
Fix
Flat
Fork
Frame
Gears
Grease
Handlebars

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

Learn	Paint	Replace	Tighten
Loosen	Parts	Rims	Tools
Messy	Pedals	Saddle	Wheel
Oil	Pieces	Shifters	Wrench
Pads	Push	Spokes	

