



Chaplain's Reflection

Chaplain Ian Lutze



SPIRITUAL CARE IS INDIVIDUAL CARE

We've been on a journey at TLH exploring what 'spiritual care' looks like in an aged care context, and we made another step forward recently thanks to a very exciting presentation to staff by a speaker from Meaningful Aging Australia, the peak body for spiritual care in aged care.

The take-home messages included the following – and as you, residents in acute care, or independent living, or family or friends of this community, read this, please ask yourself: "Is this what I'd like to experience in the part of my life that is associated with TLH? "

Message: **Our spirituality is an individual thing.**

How you might receive it: "If my spirituality is an expression of my spirit, my essence, the individual way God created me, than I want care that is curious about who I am, sees and appreciates my individual passions and quirks and the weird way I sometimes make sense of things. Take the time to listen and understand. You may never understand. I don't even understand myself sometimes. But don't be afraid to share the mystery together with me. You may also learn important things about yourself."

Message: **Our spirit sometimes expresses itself in untidy ways.**

How you might receive it: "I can be one of those annoying 'me too' people 'too!' I might not be as loud as others, but my cry is real."

Message: **We seek community as well.**

How you might receive it: "My 'community' may be one on one friendship, or care in a group, a shared activity, conversation, celebration of God as one who honours my individual spirit too, as church is supposed to be."

Just to butt in on my musings, let me remind you that Jesus didn't set out to start a religion. He certainly released people from the oppression of religion. Remember when he healed a 'man born blind'? With new eyes that man spectacularly asserted his individual spirit, as he found his voice, which got him booted out of the temple. Jesus stuck by him, and his honouring of the man's individual aspirations is a perfect example of spiritual care. [The whole story is in John 9].

So, old, young, worker, client, we are all spirited people, spiritual people in other words, we're people. TLH is simply a sophisticated and progressive organisation that seeks to grow in this incredibly important aspect of care, while attending to all the different parts of community and care with excellence.

... And a big welcome to Kristine who joins us as Assistant Chaplain. We'll say more about her specific roles next edition.
Go well.

Chaplain Ian

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*

JUNE 2018

Lutheran
Church
of Australia





welcome



RESPIRE

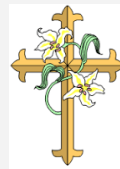
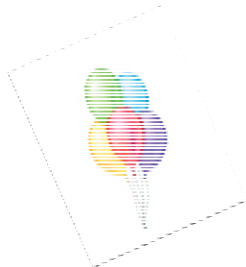
Betty Holness

Thora Kuchel



JUNE

- 3 Rita Kernick
- 3 Daphne Nobes
- 6 Beatrice Hueppauff
- 7 Enid Graetz
- 8 Irene Radlett
- 9 Dorcas Kernich
- 9 Gordon Seago
- 11 Ken Fyfe
- 16 Allen Loffler
- 17 Wilf Fechner
- 17 Laurel Zanker
- 18 Stefan Rozman
- 19 Alex Muir
- 22 Teresa O'Brien
- 22 Ruth Rathjen
- 24 Joan Haese
- 25 Gwen Smith
- 26 Jan Schupelius
- 27 Thelma Ziersch
- 30 Barbara White



DEATHS

*Our deepest sympathy
to the families of*

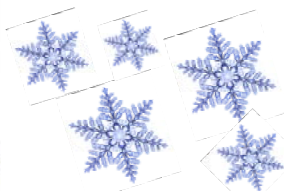
Andras Nadas	28th April
Betty Cross	01st May
Dorothy Clinton	08th May
Victor Kroemer	14th May
Donald Bessell	22nd May

May they rest in peace ...



Dust off your
Warmer jackets
& pull out the
scarfs & beanies

Winter is here





From the CEO

Lee Martin



Well a lot can happen in a month. Autumn is well and truly here, the Barossa region looks great with the colourful leaves on the trees or ground, as most of them seem to be. We could do with some more rain.

Accreditation happens on the 29/30 May. We are prepared and look forward to the positive outcomes. We will share the news with you all following the results being received. Thank you to everyone involved in the process, we appreciate the support and positive feedback on the continuous improvement occurring around the facility and village. There are more changes to come as we continue to strive to meet the future needs of the new customers / clients.

A big thankyou to all our volunteers, it is so great to have you all helping in those special ways to ensure our residents can enjoy their days happier and more comfortable. The tasks completed by volunteers directly assist our staff as well for which we are truly thankful. We are always looking for more volunteers, if you know someone please refer them to Tania Miller the Lifestyle & Volunteer Coordinator.

It's heading towards the flu session. Have you had your Flu Injection yet? Just a reminder, if you are feeling unwell with flu like symptoms please do not visit the facility. We are happy to assist in ensuring loved ones can be spoken to on the phone to keep in contact or pass on any messages as you would like. We do have all the equipment, policies and procedures in place to deal with an outbreak but would prefer not to have to use them, prevention is better than the cure.

I do hope you have noticed some of the changes occurring around the facility the painting and upgraded lighting has made the facility a lot brighter. There are repairs being completed in the Trinity Court areas to the woodwork of the garden atriums, work should be completed in the next couple of weeks. What about the changes in ABG! – from the research we have completed the floors have been upgraded, colourful doors with trimmings added and the new furniture has been ordered, should arrive in the next couple of weeks. The research project Harmony in the Bush, is also well underway with some small changes in the way we deal with residents is hoped to improve resident comfort and overall peace of mind.

Residents have enjoyed the services of Cutting Edge Tanunda, the hairdressers have been busy catching up with everyone's hair needs. The hairdressers have worked here before and so have the advantage of knowing most residents and staff. We are very happy that a small band of volunteers are continuing to assist the residents attend their appointments. Have you met our newly appointed Assistant Chaplain Kristine Leonard who commence work here on the 14th May 18. Please feel free to meet with her, I'm sure you will find comfort in getting to know her.

Over the past week or two there has been a very good turnout by residents, volunteers and staff to all the training that has occurred. Subjects such as Dementia, Advanced Care Directives, Fire, Clinical Care, documentation and the list could go on. We do offer on-line courses as well for staff to complete. We apologise for the lack of parking when training sessions are held, with our future refurbishment plans more parking is a priority. Please take care when parking out on the roads as they are narrow in some places.

An update of our major projects: – the project in Nuriootpa civil works are well advanced and on track. The Langmeil site project is continuing to move ahead. As a reminder, 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 readily available.

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.” — Arnold Schwarzenegger

Lee Martin - 24th May 2018



RAINFALL REPORT
MAY 2018
Thank you Ralph Kernich

Year	Rainfall in mm	Days of Rain	Rain Since 1st January
2005	6.4	10	69.4
2006	58.4	11	223.1
2008	66.8	17	129.1
2010	48.4	10	136.2
2011	83.2	12	316.3
2012	35.8	9	154.0
2013	69.4	14	148.5
2014	50.1	11	231.6
2015	47.7	11	167.9
2016	-	-	-
2017	15.6	6	201.6
To 25th May '18	46.7	9	101.1

*Rainfall in May this year has been
below the average of 61mm.*

*In 1934 no rain was recorded in May.
The wettest May was in 1923
when 184mm was recorded*

**The deadline for news/information for
JULY edition is
Monday 25th June**

TIT TAT TEAM

Dorcas Kernich (Editor), Joan Minge,
Ferne Fyfe, Irene Joppich, Ruth Rathjen

Deliveries

Glenys Greig, Glenis Kupke, Raelene Rosenzweig

**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



**INDEPENDENT
RETIREMENT
LIVING
RESIDENTS**

**IRL Ladies' Get Together
First Saturday 2nd June
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	6th June	Tanunda
Wednesday	13th June	Nuriootpa
Wednesday	20th June	Tanunda
Wednesday	27th June	Nuriootpa

Please be at Reception by 9.15am



PROFILE

Kristine Leonard - Assistant Chaplain

*We extend a warm welcome to newly appointed Assistant Chaplain
Mrs Kristine Leonard*

May we be mutually blessed as Kristine begins her role here at Tanunda Lutheran Home

Kristine is fifty seven years of age and has been widowed for ten years. She has four children, three who live in Queensland and one in Alice Springs, and three granddaughters. Kristine currently resides in Clare but will be moving to the Barossa Valley when suitable accommodation is found. Kristine was born in the Queen Victoria Hospital in Adelaide. When she was around four years of age her family moved to Moe in Gippsland Victoria where her father worked for VicRail for several years. The family returned to Adelaide after about three years.

Kristine's first job after leaving school was with Woolworths at Glynde and a few years later she worked for a while in the cafeteria at the Adelaide Railway Station. She left this position as she started to have a family.

Some years later in 1992 an amazing opportunity arose for Kristine's family to move to Loxton in the Riverland. Kristine considers this move to be a significant turning point in her life. Five years after moving to Loxton Kristine was drawn into St Peter's Lutheran Church one bright Spring morning through curiosity, brought to faith, and has been a part of the Lutheran Church ever since that first bright Spring morning.

She was very inquisitive about the Christian faith and asked her pastor many, many questions. After a little while her pastor suggested that she consider doing some theological studies at Luther Seminary. At the time she wondered if her pastor had lost his 'nuts and bolts' making such a suggestion. A good six months or so elapsed before she finally decided to make some further enquiries and after only a few days she was enrolled at Luther Seminary to begin theological studies. Kristine and her family moved into a unit on Luther Campus in January 2003. She took to the studies like a duck to water and very quickly was immersed in the awe and wonder of Almighty God and His Word. The end of 2006 saw Kristine graduating with her Bachelor of Theology degree. Leading up to graduation Kristine hoped that she would find work of some kind in the church after graduating but God had other plans and before she even accepted her Degree she knew that the Lord was wanting her to continue further with her learning and so in 2007 she embarked on study for the Master of Theology Degree. Kristine graduated with her Master of Theology Degree at the end of 2009.

During five of the six years of study at Luther Seminary (now Australian Lutheran College) Kristine was given the privilege and honour of being the After-Hours Assistant for the Seminary residents and 100 young people from rural South Australia, interstate and overseas who moved into the boarding accommodation offered by Australian Lutheran College for University students. When she graduated in 2009 she was offered a permanent position as the Boarding Manager at Australian Lutheran College. Kristine held this position for four and half years. This was a position that filled her with tremendous joy and further prepared and equipped her for service to the Lord and in His church. Times of change, direction and leadership saw Kristine taking up the position of Parish Administration Assistant and Spiritual Life Facilitator at the end of 2014 at Clare. At the end of 2017, due to decline in finances and work hours in the Mid North Parish Kristine needed to seek further employment and so now joins us here at Tanunda Lutheran Home.

Kristine's story is one filled with many wonders and we will gradually hear about these over the coming time.

*Thank you, Kristine for sharing your story.
May God add His blessings to your ministry among us.*

Welcome New Staff



GIDEON MUNGAI
CARER



LEAH BARTLE
CARER



IAN MUIRURI
CARER



LOUISE EVERTT
CARER



AMY FISHER
ENROLLED NURSE



SPINDER KAUR
REGISTERED NURSE



HUONG NGUYEN
CARER



BRUNA JAFFER
LIFESTYLE



KELLY-MARIE SPARKS
HOSPITALITY



NICOLE RAMSEY
HOSPITALITY



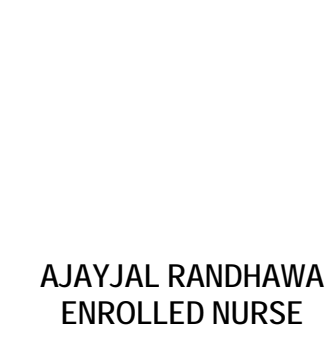
KRISTINE LEONARD
ASSISTANT CHAPLAIN



MIKE MAHILUM
ENROLLED NURSE



KIRARNA MACE
ENROLLED NURSE



AJAYJAL RANDHAWA
ENROLLED NURSE



THE SINGLE MAN'S SOLILOQUY

By Ken Fyfe—Independent Retirement Living

Jeff had almost got married a couple of times,
But somehow it never worked out.
He doesn't know if that's good, bad, or lucky,
Each time looked a little in doubt.
We'd wondered back then; who's the winner?
Till we all saw that Jeff was relieved.
Had he missed out, on a fate worse than death,
Or a married life, almost conceived?
Could he face being stripped of being single?
And his right to take part in the chase.
Seeking partners the same way Don Juan did,
Whether married or not, in that case.
Now, Jeff's not sure he likes being unmarried,
If only they'd give him some space.
Indecision of course, may help make it worse,
If he's shuffled aside in disgrace.
He still thinks married life sounds real scary,
Would things be OK if he's caught?
But he has been debating, almost capitulating,
Is space just for the space astronaut?
He was told married life was extremely good,
So he thinks he might try it himself.
He knows he can do it; there isn't much to it,
And he'd hate to be left on the shelf.
It would mean quite a huge change in tactics,
Just to find him a girl who would suit.
But I hope if he does, she's not one of those,
Who prefers being single and cute.
There are valid reasons she may feel that way,
She could want to go with the flow.
More couples are getting divorced every day,
Maybe single's the right way to go?
If he tries, {maybe someone will have him}?
I guess all he can do, is just hope.



OFF TO THE WEDDING



BELLS
BEST MAN
BOUQUET
BRIDE
BRIDEMAIDS
CAKE
CEREMONY
CHOIR
CHURCH

DANCING
FLOWERS
GROOM
GUESTS
HONEYMOON
HUSBAND
MINISTER
MUSIC
ORGAN

PRESENTS
RIBBON
RINGS
SINGING
VEIL
VIDEO
VOWS
WHITE
WIFE



JUST FOR FUN

At a local coffee shop, a young woman was presenting her idea of the perfect mate to her friends. "The man I marry must be a shining light amongst company. He must be musical, tell jokes, sing and stay home at night." An elderly lady overheard and spoke up. "Honey, if that's all you want, get a TV!"

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!



We're fundraising with entertainment™

Discover thousands of valuable 2-for-1 and up to 50% off offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more!

Just \$70 giving you over \$20,000 of value!

OR



Help us fundraise, and purchase yours today!

Tanunda Lutheran Home

To order your Entertainment™ Membership Visit:

<http://www.entbook.com.au/165x081>

Contact: Reception

Phone: 08 8563 7777

Footy Tipping

Welcome to the 2018 Footy Tipping Season

This season we have 61 tipsters which is the most we have had—so well done. Lifestyle staff will see you each week to help and collect your tips.

Pos.	Footy Tipping 2016	Wing	TOTAL	Rd 9
1	Lee	CEO	60	7
2	Pat Hunter	TC	57	7
3	Hazel Graue	Waratah	55	5
4	Wilf Fechner	ILU	55	7
5	Sean (Staff)	Lifestyle	54	5
6	Rosemary Osborne	Waratah	53	3
7	Jeffery Cooper	TC	53	6
8	Joyleen Lienert	Waratah	52	5

Unofficially, Mr Lee Martin is on top of the ladder. I have been told that Mr Martin has a system that he follows. So, I thought I would asked Mr Martin if he would share his system, he said with a smile **maybe** after the season he might.

Officially Pat from Trinity is leading by 2pts . Keep up the good work.
Pat so far is the only tipster who tipped all 9 in round 7 - Way to go.....

Well the Crows and Port are playing well and are in the top 8, so hope they can keep that up.

The Pies are playing better this season - they are just out of the eight. **GO THE PIES.**

So good luck and enjoy the footy session.



All the Best

GO THE PIES

Sean



Volunteers' Morning Tea

A Special Morning Tea was held in the Social Centre on Monday 14th May 2018 at 10.00am to hear guest speakers Ben Beviss and Cindy Penn stress the importance of Fire Safety within TLH.



Ben Beviss



Cindy Penn

Lee Martin CEO welcomed the gathering and stressed the importance of Volunteers being aware of Fire Safety equipment and how to act in any emergency at TLH. This educational and explicit presentation is required for the compulsory TLH Accreditation Survey.

Volunteers' Emergency Awareness Information - Learning Outcomes:

- ♦ Gain an understanding of your roles during an emergency
- ♦ Be able to identify an emergency and raise an alarm
- ♦ Know the evacuation options for your facility
- ♦ Have an understanding of the emergency equipment at TLH

Discussion centred on Standards and Legislation, Types of Emergencies, Emergency Phases, Procedures and Responsibilities, Evacuation Fundamentals.

An emergency is an event that arises internally, or from external sources, which may adversely affect the occupants or visitors in a facility and which requires an immediate response. Ben described various pieces of fire equipment which can be seen at TLH. Ben pointed out the warning devices set in passageway ceilings, the types of fire extinguishers and explained how the fire system works including reading the Mimic panels as in some areas the system has the ability to pinpoint the exact area where there is a fire alert. When dealing with emergencies or potential emergencies, it's important to consider all aspects of the three phases:

- ♦ Pre-emergency phase - be prepared
- ♦ Emergency phase - dealing with the event
- ♦ Post emergency phase - re-occupy or relocate, debrief, analyse and monitor.

Ben described the differences between fire and smoke doors throughout TLH. He stressed that life safety takes precedence over property and to be ready to assist staff during the emergency or assist emergency services upon arrival as required. An appointed Chief Warden will take control of the situation, this is the Protea/Waratah RN. Remain where you are, unless threatened by an emergency, wait for staff directions and do not panic.

Ed.



L-R: Helen Fiebiger, Pam Jones, Margaret Johnson, Carol Seidel, Margaret Jasper, Judy Nicholls, Lois Lablack, Margaret Spike, Rachana Patel, Anne Tscharke

Courtyard Cafe STAFF

USCHI SIEGBERG

Uschi has been Volunteering for the past 10 plus years, now that's dedication..



JANINE HALL Café Coordinator

Janine has been in her position as the Café Coordinator for the past year, doing an amazing job ! All Together, Janine has been cooking for TLH for the past four years . Janine holds a Certificate 3 in Hospitality .



CAROL ALLEN

Carol has been volunteering for the past 2 years . Carol is famous for making cup cakes



MARGARET SEELIGER

Margaret has been Volunteering for just over a year now. How time flies when you're having fun ...



Deb Derby also volunteers in the Kitchen as well as the Canteen Trolley on Fridays. The Residents love the Canteen Trolley on Fridays and are often eagerly awaiting the sounds of the trolley wheels heading towards their room...



**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**





Roxy Dedman
Manager

Welcome Roxy and Hairdressing Team

On Wednesday 16th May Roxy and Fran were welcomed with balloons, streamers, and open arms now that our residents, staff, volunteers and friends are able to have their regular hairdos right on site at our up to date Salon.



Fran Gordon



Belinda Nogare

There will be a rotating roster of five qualified Hairdressers also a Nail Technician providing manicures and pedicures. Facials and Waxing also available

The Salon is open Tuesday to Friday 9.00am to 5.00pm

Loyalty Card

After ten appointments a half price service will be offered. There will be an in-Salon competition to win a free hair cut !



Gai Peltonen

SPECIAL OFFERS FROM ROXY

- ♦ **FREE BIRTHDAY HAIRCUTS** to all Residents in Care and Independent Retirement Living residents during the month of their birthday. So all June birthday celebrants can take advantage of this offer immediately.
- ♦ **THIS MONTH - JUNE** Free raffle ticket to everyone who has their hair done. Prize is valued at over \$300.

**We look forward to utilising and enjoying
a great hairdressing/beauty salon**

Ed.

- ♦ The world looks brighter from behind a smile
- ♦ Those who try to do something and fail are to be preferred to those who try to do nothing and succeed.
- ♦ Today is the tomorrow you worried about yesterday and all is well
- ♦ Here is another day and another opportunity.

- ♦ The opportunity for great deeds may never come, but the opportunity for good deeds happen every day
- ♦ If you see someone without a smile, give them one.
- ♦ Laughter is the sun that drives the winter from the human face.
- ♦ The most precious of all possessions is a wise and loyal friend.

MOOVERS 'N' GROOVERS

Residential Care Exercise Class

**Come and join the
exercise class
run by our experienced
Allied Health team**

*All residents in Care are
welcome to attend. No need to book
Just come along for some exercise*

**Please note NEW times
TUESDAY and THURSDAY
10.30-11.15am
In the Chapel**



W&L
WELLNESS & LIFESTYLES
**AGED CARE
services**

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



TRAVEL TALK

Do you really need Travel Insurance?

Lost luggage, flight delays, overbooked hotels, these are some of the common inconveniences that travellers face. Travel Insurance can cover these, but is it worth the expense? After all, you can buy new clothes wherever you are and arrange alternative transport and accommodation, and not be too much out of pocket. It would be annoying, certainly, but not financially disastrous to deal with such situations.

However, the single biggest reason for getting travel insurance is medical cover. If you've ever been overseas and required medical aid, you'll know just how valuable travel insurance is. Without it, you are personally liable for covering medical expenses - and the cost could be exorbitant depending on your situation.

No one wants to fall sick or require hospitalisation while they're holidaying, but it happens. Accidents and illnesses are often unavoidable, so having the right level of travel insurance can give your peace of mind and ease financial burdens.

Each year, the Australian government handles over 20,000 cases involving Australians in difficulty overseas, including those requiring hospitalisation or evacuation. However, they will not pay medical expenses incurred overseas, and neither will Medicare. According to the Department of Foreign Affairs and Trade (DFAT), the cost of medical evacuations from the United States regularly range from \$75,000 to \$95,000 and sometimes up to \$300,000.

Given this risk, it makes sense to buy travel insurance and get yourself covered for the duration of your trip.

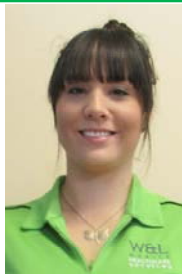
With Travel Associates Insurance, you'll have cover for a wide range of possibilities plus have access to a 24-hour emergency assistance team and we will assist in your claim on your return.

Don't think you need Insurance for Domestic Travel or cruise? Think again !

CLARKE & TURNER
**TRAVEL
ASSOCIATES**

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

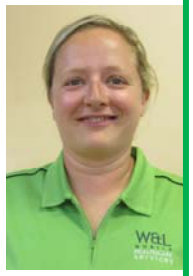
*Mention this article for
10% discount
on Travel Insurance.
39 Murray St, Tanunda
Phone 8563 0988*



Jo

Wellness & Lifestyles

How to Prevent Back Pain



Emily

Most commonly, back pain eventuates through mechanical issues and soft-tissue injury. These injuries can include damage to the discs, pulled muscles, compression of nerve roots, and improper movement patterns of the joints. With 8 in 10 people affected, almost everybody has suffered from back pain at some point in their lives, so therefore, protecting your back is essential to health and wellbeing.

Below are eight suggestions from our physiotherapists on how best to keep your back pain-free and maintain a healthy spine. Hopefully these tips not only help residents and the community, but also offer some helpful advice to our wonderful care staff as well.

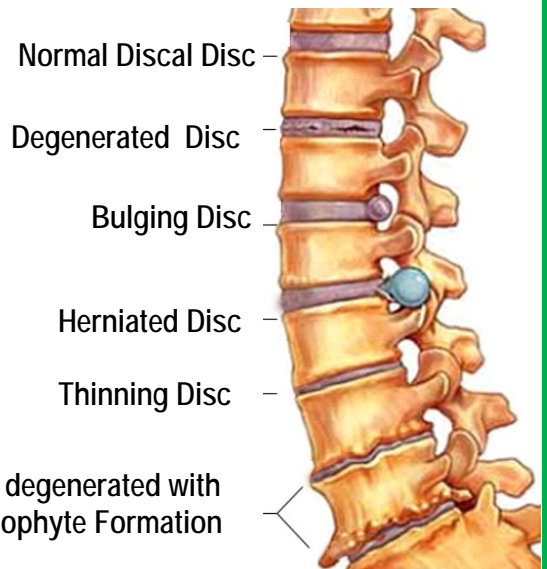


POSTURE:

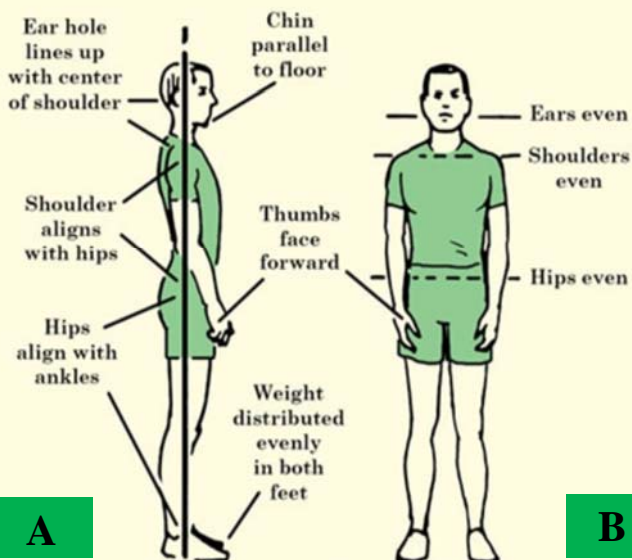
Poor posture is one of the main causes of back pain. It is medically common to have some type of postural abnormality ie 'duck bum', 'poke neck' or rounded shoulders. Every day, remind yourself to be aware of your posture and make a conscious effort to avoid slumping and try to 'stand tall', trying to maintain for as long as you can. Every 30-60 minutes check how your body feels from head to toe and then aim to sit or stand tall with your abdominal muscles braced and your shoulders back.

BODYWEIGHT

Having a healthy body weight is essential to a healthy back. Extra weight increases load on the spine, contributing to a higher likelihood of pain. Even reducing your bodyweight by 5%, through exercise and/or making nutritional changes can have dramatic positive change in reducing back pain.



Good Posture When Standing



DIAGRAM

A

- ◆ Ear hole lines up with centre of shoulder
- ◆ Shoulder aligns with hips
- ◆ Hips align with ankles
- ◆ Chin parallel to floor
- ◆ Thumbs face forward
- ◆ Weight distributed evenly in both feet

DIAGRAM

B

- ◆ Ears even
- ◆ Shoulders even
- ◆ Thumbs face forward
- ◆ Hips even

Continued

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



*"Does shivering
count
as exercise?"*

REGULAR MOVEMENT

If you experience back pain, it is recommended that you move and/or change position every 30 minutes. Get out of your chair for a walk, or if on a long road trip, take regular breaks to stretch out the back.

STRETCHING

A variety of stretches can help to loosen and ease back muscle tension.

Have a chat to our friendly physiotherapists who can prescribe appropriate stretches for your specific back condition.

IT IS RARELY ADVISABLE TO BEND OVER AND TOUCH YOUR TOES, AS THIS CAN MAKE MOST BACK PAIN WORSE.

Walking is encouraged as general exercise as another way to keep the back mobile.



LIFTING

Everyday tasks around the home and garden require lifting. If you lift with good technique, you can avoid causing strain to your back. Good lifting technique means bending your knees, bracing your abs and squatting down to pick something up. Make sure you push through your legs, brace your abs through the whole movement and keep the load close to your body when you carry it. Be most careful and avoid lifting heavy loads first thing in the morning, as this is when the back is most vulnerable.

ERGONOMICS

Whether you enjoy watching TV, knitting, sewing, reading, working on the computer or doing puzzles, ensure your workstation is appropriate to prevent damage to your back and spine. Adjust the chair height, back support, keyboard, book position etc to ensure you are maintaining good posture.



Sleeping on your side



Sleeping on your back



Cervical support
pillow under Neck

SLEEP

If you are not getting enough sleep, this could cause stress to your whole body, resulting in more tightness in your neck, back and shoulders. It is important to make bed time a priority and ensure you get at least seven hours sleep every night. It is also worth having a closer look at your pillow and mattress and waking up with back pain might indicate these need Replacing.



Tania Miller

Volunteer News

*Choose
Happy*

Hi everyone !

I would like to say a big hello and an even bigger thank you to everyone, for your dedication.

I would like to thank all the wonderful volunteers for attending our morning tea / training. It was lovely to see so many taking an interest in the ongoing training, to keep yourselves and our residents safe. We are looking forward to seeing you all again at the next morning tea.

Please don't forget if you have had your flu injection elsewhere, can you please provide the GP slip so we can record this on your file.

Have a fantastic month and keep up the amazing work.

Tania (Lifestyle)

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



Volunteer Morning Tea

Tuesday 5th June 2018 at 10.00am

Morning Tea

Hope to see you there!



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



What's Happening in Lifestyle

Table set up in TC2 (Lounge)
 Scrabble - Let us know of any other
 board games etc of interest

New - We would like to introduce Bruna to our
 Lifestyle Team and Pam will be back on board.

Nearly finished our wheel of fortune game.

We are looking into buying new large mobile
 interactive games with the monies raised from our
 raffles.

Mother's Day Raffle Winners

1st Prize - Glenys Selwood

2nd Prize - Carol Allen

3rd - Bruna Jaffa

4th - Selina Schiller

5th - Darrell Kupke

Changes - Movie of the Week

Unfortunately not as successful as planned. However
 please find a selection of movies in each lounge
 area. Please see Care staff if you need help.

Special Events coming up:

Queen's Birthday High Tea
 Monthly Birthday Celebrations
 Dressed to impress



Once again we would like to thank all of our
 wonderful volunteers.



*We cannot do what we do to support our residents
 without your continued commitment and care.*

Friday 1st

10.00 Individual Visits	TLH
10.00 Exercises group	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 Arm chair travel with Karen	ABG
3.00 Walking Group	ABG

Saturday 2nd**Sunday 3rd**

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

Monday 4th

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

Tuesday 5th

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 One on One visits	ABG
1.15 Bowls and Happy Hour	Chapel
1.15 Men's Group	The Shed
3.00 Walking Group	ABG

Wednesday 6th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 One on One	ABG
1.15 Queen's Birthday High Tea	Chapel
1.30 Sing along with Sean	ABG
3.00 Walking Group	ABG



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

Thursday 7th

10.00 Individual Visits	TLH
10.30 Moovers 'n' Groovers	Chapel
10.45 One on one visits	ABG
1.15 Shoes on Wheels	Protea
1.30—2.00 Aged Rights Advocacy Service	Chapel
2.30 Sing along with Doug	ABG
3.30 Walking group	ABG

Friday 8th

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

Saturday 9th**Sunday 10th**

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

Monday 11th

Public Holiday—Queen's Birthday

**Tuesday 12th**

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 One on one visits	ABG
1.15 Men's Group	The Shed
1.30 Mobile Clothing & Underwear	Chapel
3.00 Walking Group	ABG

Wednesday 13th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 One on one visits	ABG
1.15 Bowls & Happy Hour	Chapel
1.30 Singing with Sean	ABG
3.00 Walking group	ABG

**Thursday 14th**

10.00 Individual Visits	TLH
10.30 Moovers 'n' Groovers	Chapel
10.45 One on one visits	ABG
1.15 Balloon Volleyball	Chapel
1.30 Memory Game	ABG
3.30 Walking Group	ABG

Friday 15th

10.00 Individual Visits	TLH
10.30 Exercise group	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo	Chapel
1.15 Social time / Happy Hour	ABG
2.30 Musical quiz	ABG
3.00 Walking Group	ABG

Saturday 16th**Sunday 17th**

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

Monday 18th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Worship Service	ABG
11.00 Worship service	Acacia Lounge
1.15 Antonietta's Gift Wares	Chapel
2.00 Bingo and Picture Bingo	ABG
3.00 Walking Group	ABG

Tuesday 19th

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 One on one visits	ABG
1.15 Men's Group	The Shed
1.15 Social Bingo	

REMEMBER :

Afternoon Lifestyle Programs now commence at 1.15pm Instead of 1.30pm unless stated.

Kind Regards, The Lifestyle Team.

Wednesday 20th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 One on one visits	ABG
1.15 Bowls& Happy Hour	Chapel
1.30 Singing with Sean	ABG
3.30 Walking Group	ABG

Thursday 21st

10.00 Individual Visits	TLH
10.30 Moovers 'n' Groovers	Chapel
10.45 One on one visits	ABG
1.15 Bus Trip	
1.15 Piano Accordion with George Davies	Chapel
1.15 Sing along with Doug	ABG
3.30 Walking group	ABG

Friday 22nd

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

Saturday 23rd

Sunday 24th

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

Monday 25th

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

Tuesday 26th

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 One on one visits	ABG
1.15 Men's Group	The Shed
1.15 Bowls & Happy Hour	Chapel
3.30 Walking Group	ABG

Please note the Lifestyle program may be subject to change

Wednesday 27th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 One on one visits	ABG
1.15 White board Trivia/Hangman	Waratah
1.15 Singing with Sean	ABG
3.30 Walking Group	ABG



Thursday 28th

10.00 One on one visits	ABG
10.30 Moovers 'n' Groovers	Chapel
10.45 Physical Activity	Chapel
1.15 Arm Chair Travel	Waratah
1.15 Sing along with Sean	ABG



Friday 29th

10.00 Individual Visits	TLH
10.00 Exercise group	ABG
10.30 Wisdom of the Elders	Chapel
1.15 Monthly Birthday Celebrations	Chapel
1.30 Social time and Happy Hour	ABG
2.30 Arm chair travel with Karen	ABG
3.00 Walking group	ABG

Saturday 30th

Sunday 31st

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





Trudy Vaughan
Ros Mibus



INDEPENDENT RETIREMENT LIVING

Meeting held in the Social Centre to discuss this important topic

Advance Care Directive

Advance Care Planning Respecting Patient Choices

Approximately 50 people attended an important meeting held in the Social Centre on Thursday 24th May regarding the necessity of everyone having an Advance Care Directive.

Have you done yours yet?

An Advance Care Directive empowers you to make clear legal arrangements for your future health care, end of life, preferred living arrangements and other personal matters. It replaces Enduring Powers of Guardianship, Medical Powers of Attorney and Anticipatory Directions with a single Advance Care Directive Form.

It was pointed out that there should be a certified copy of this document placed with your doctor. And your choice of who should be your decision maker on your behalf if you are unable to do so in the future. It was also recommended that a copy be placed in your ambulance envelope on the fridge. The original document and any copies must be certified by a JP or solicitor.

This very informative talk was presented verbally and on PowerPoint by Trudy Vaughan (nursing sister) and Wyndham Rogers (solicitor). Many situations were discussed where unexpected circumstances regarding a loved one presented major problems concerning end of life decisions.

At the end of the talk a vote of thanks was given by Ruth Rathjen, followed by a delicious Amanti pizza luncheon enjoyed by many appreciative diners.

Next month's meeting on 21st June will feature a speaker from the RAA.

F.F.



Wyndham
Rogers



Helen
Bartholomaeus



Ferne Fyfe



Jill Stevens



Colin Ladd, Alison Redden



Max and Mavis Schubert



Bad weather



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

CELL
COLD
DOWNPOUR
DUST STORM
FLASH
FORCE
GUMBOOTS
HAIL
HOT SOUP
HURRICANE

ICE STORM
LASHING
LIGHTNING
RAIN
SNOW
STORMY
SURGE
SWEATER
TORNADO
TORRENT

TROPICAL
TSUNAMI
TUMULT
TUMULT
TWISTER
TYPHOON
UMBRELLA
VIOLENT
WARNING
WET
WINDY



TIT TAT



21



JUNE 2018