



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

JULY 2018

*Lutheran
Church
of Australia*



Chaplain's Reflection

Chaplain Ian Lutze



Expectations of the Spiritual Care Team

Yes, we now have a 'spiritual care team' – with Kristine having been inducted as assistant chaplain last Sunday.

But to be honest spiritual care has always been collaborative at TLH, and more and more so as all staff start to realise that they make a contribution to the wholistic care of all the residents, to their spiritual and physical needs. Simply going the extra mile with somebody, sharing a little bit about oneself, being kind and understanding to oneself as well, doing the work of farewells and grieving as best one can, all contributes to the care of the spirit, which is about treating people with dignity. All staff receive hints on caring for the spirit on a weekly basis. We are all in this together.

Having an assistant chaplain also allows things to happen better, which might have been neglected a bit due to time restraints. For example :

We are able to give a blessing/prayer/holy communion to people in the care facility who request it on a fortnightly basis now. This used to be three-weekly at best, and people even then were missing out. Extra resourcing allows us to do this well.

Supportive visiting of residents in the care facility is also able to happen more regularly. Lifestyle visitors and other volunteers do a great job, but we all feel like we never keep up. We now have some extra resources to help.

The accreditation process highlighted some extra compliance required around the 6 monthly care plan reviews. This applies in the spiritual care arena too. Doing this well allows relevant information to be shared respectfully and without gaps across the whole care team, so that hopefully we avoid the feast-famine trap (e.g. she saw me three times one week, and 6 months later I haven't seen anybody)

We've been talking with Carolyn Redden about adding some pastoral care value to the experience of our independent living residents. We need to update how, if, and from whom, residents receive pastoral care, so that when residents have set-backs, or times in hospital, or even significant celebrations, we know how to respond. Expect to see some progress on this project in the near future.

This is incredible work we are all privileged to engage in, for people at a special time in their lives.



RAINFALL REPORT JUNE 2018

Thank you Ralph Kernich

Year	Rainfall in mm	Days of Rain	Rain Since 1st January
2005	128.3	18	197.7
2006	27.0	7	250.5
2008	22.6	16	291.4
2010	37.4	11	166.5
2011	75.3	20	207.6
2012	45.8	16	182.0
2013	72.2	17	226.2
2014	66.4	15	214.9
2015	110.3	19	341.9
2016	10.81	8	185.2
2017	5.4	3	179.0
To 25th June '18	38.4	10	146.0

Rainfall for the month of June on average was the wettest month of the year (average 70mm). This year we have only received 38.4mm to the 25th of June.

Previous June rainfalls were 5.9mm in 1959 and 7.1mm in 1958.

The highest June rainfall was 209.3mm in

The deadline for news/information for
AUGUST edition is
Wednesday 25th July

TIT TAT TEAM

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

Deliveries

Glenys Greig, Glenis Kupke,
Raelene Rosenzweig



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

WANTED

Clean empty jam jars
with screw top lids required by
VOLUNTEER JAM MAKER
Jam sold in aid of TLH



Terracotta Pots

Small to medium (no larger
than 15cm across top) required
for

Lifestyle Craft and
Gardening group



TLH SHOPPING BUS

Departing approx. 9.30a.m
Return 11.30am



Wednesday	4th July	Tanunda
Wednesday	11th July	Nuriootpa
Wednesday	18th July	Tanunda
Wednesday	25th July	Nuriootpa

Please be at Reception by 9.15am



From the CEO

Lee Martin



Winter has arrived with the low temperatures and some rain. Yes, even I know we need more rain - the ground is so dry. Just a little reminder—have you had your flu injection yet? Please remember if you have a cold or flu-like symptoms please do not visit the home - it puts residents and staff at risk.

Well, what can I say about the Crows current lack of form? I'm sure there are many fans hoping there is a more positive outcome in games ahead. To the Port fans: your team probably deserves to be where they are on the ladder. As for my form in the footy tipping, I need to stop picking the Crows to win.

Early this month we had our three-year accreditation survey. The home looked spectacular. It's amazing what some fresh paint, upgraded lights and some renovations can do. To all those involved in making the changes - thank you - it is great to live and work in an improved environment. To Kim and Cindy who led the preparation towards the survey, what a great result that was achieved and to gain 43 out of 44 outcomes was a magnificent result. Also since the survey we have supplied extra material to the Department to gain the last outcome. We will know the final result in the near future. We will then start the celebrations. To all staff, volunteers, residents and families involved during the survey, thank you for your support, comments and encouragement.

From the survey we have learnt a lot. We need to be more actively customer focused. We have revised policies and procedures to ensure staff are aware that anyone who makes a complaint or gives any sort of feedback about our services, there is a system that needs to be followed to ensure problems are solved and improvements are made.

Please feel free to provide feedback ! There are Feedback forms available throughout the home. If you need assistance to complete a form please ask a staff member for help.

Over the coming months the aged care Standards are changing from four to a total of eight. All standards and outcomes are very customer focused. Future reviews and surveys will be un-announced, so no warnings will be given when surveyors arrive on site. Planning by the executive team has been completed to ensure the service is always ready for a surprise visit.

The research project – “Harmony in the Bush” – involving our residents with dementia has been a great success already. Training has instigated some changes in the way residents are managed throughout the day; sleep and rest are encouraged; the environment is quieter and calmer. Residents are eating when they like and some are even putting on a little weight, which is good. In the next phase of the research music choice is being introduced. A very experienced musician has been found to play music for our residents to enjoy. Individuals will have their own choice of music on iPods so they can listen to music they appreciate. We have already seen some remarkable changes in resident behaviour from these actions. If you would like to know more, please talk to the staff in ABG.

An update of our major projects: The project in Nuriootpa in Schaedel Street is on track. The Langmeil site project planning is continuing to move ahead slowly. Should anyone be interested in purchasing a unit at either project site please contact Carolyn Redden. Welcome to all new residents and their families in the facility and the independent living retirement units. If there is anything we can do to make things better please let us know by completing a Feedback form readily available.

Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people
– Roy T. Bennett



welcome

IRL

Sally & Andrew Pearce
4/120 Menge Road

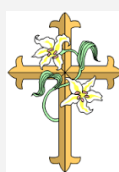
Lionel Folland
10/45 Hoffmann Avenue

Permanent

Beryl Kroschel
Muriel Weber
Alexander Rodgers
Heather and Donald Beare

JULY

- 1 Louise Rice
- 1 Erica Gerschwitz
- 4 Glenys Selwood
- 5 Irene Boehm
- 6 Joan Minge
- 8 Glenys Lienert
- 9 Cynthia Ellis
- 10 Glenis Kupke
- 11 Joan Ruwoldt
- 16 Bette Boughen
- 18 Mary Baylis
- 20 Glen Schultz
- 20 Patricia Maddock
- 23 Phyl Moss
- 23 Rosemary Osborne
- 26 Mandy Johns
- 29 Walter Randall
- 30 Ros Whiteford



DEATHS

*Our deepest sympathy
to the families of*

Mr Colin Schilling	7th June
Mr Gerhard Lungwitz	22nd June
Ms Rosalie Harries	25th June
Ms Beryl Kroschel	26th June
Mr Philipp May	28th June

May they rest in peace



STAMPS FOR MISSIONS

Please keep saving those used stamps.

What a great and pleasant surprise to have a suitcase FULL of used stamps dropped off at Reception recently. Transferred to a plastic bag, they weighed **3.5 kilograms**.

A huge thank you to Jan Pol of Cambrai who was given them from a friend in Adelaide.

All proceeds donated go to LCA International Mission Projects.
\$410,000 has been raised so far!

Birthday Hair Cuts



Six lucky people with June birthdays each received a free hair cut at Cutting Edge Hair Salon at Tanunda Lutheran Home.

Remember this offer applies to all those having birthdays in the current month.



JAN SCHUPELIUS



WILF FECHNER



JOAN HAESE



BARB WHITE



LAUREL ZANKER



DORCAS KERNICH

ROXY'S JULY SPECIALS

Of course the July babies get their free haircuts, also everyone who comes in in the month of July goes into the draw to win a **FREE HAIRCUT.**

To celebrate Kylie joining the Cutting Edge team we want to offer a special:

Kylie is qualified in many aspects of the Beauty industry including manicures, pedicures, waxing, facials, massage, body wraps, spray tanning, make up and eyebrow threading.

For the Girls: A 30 minute aromatherapy massage and an express manicure for \$50.00
a saving of \$15.00

For the boys: A 30 minute massage for \$20.00

WATCH OUT FOR THE LUCKY WINNER OF THE VALUABLE RAFFLE PRIZE TO BE ANNOUNCED SOON



PROFILE

Max & Mavis Schubert *Independent Retirement Living*



Max was born on 21st May 1928 at Murray Bridge to parents Johann Gottlieb (Jack) and Anna Juliane nee Kuchel, growing up on their farm at Meribah near the Victorian border. The family eventually grew to a total of 15 children (eight girls and seven boys), which meant there were 17 people to be fed and clothed – not uncommon in those days. Jack was very innovative – he was an excellent blacksmith by trade and at Mannum helped to build the first horseless carriage. He was legally required to walk ahead of the vehicle with a red flag to warn people of his approach. Very good with horses, Jack could skilfully fit and nail 50 horseshoes in one day.



Max's mother was most particular about how household chores were carried out and Max recalls his sisters having to iron the family's many starched petticoats with a cumbersome coal iron. Max loved life on the farm but not his school days. He always struggled with poor eyesight that affected his learning ability and was not understood, but rather punished, by teachers throughout his education. Max had dreamed of eventually

becoming a pastor, butcher or dentist, but this was not to be. He attended the Meribah one-teacher public school and says he was "taught with the cane" suffering regular beatings. In spite of these bad experiences, Max excelled in arithmetic, achieved excellent results in the Qualifying Certificate (year 7), he enrolled in correspondence lessons, then happily escaped outdoors to tend his beloved sheep.

In those days there was little in the way of entertainment, especially during the war years, but Max enjoyed membership of the Luther League group of young people in the Loxton parish. When his father sold the family farm, they moved to Paruna, south of Loxton and following Jack's retirement, Max bought a poultry farm and also worked for the Browns Well Council. But Max's love was for farming and he obtained work at Yurgo, south of Karoonda – and it was here at a Luther League Social that he met a special girl called Mavis and they eventually married in 1955 at Murray Bridge.

Mavis was born at Lameroo to Fred and Minna Ahrns, the youngest of three boys and two girls. As a child she either walked or rode her bike to school at Jabuk not far from her parents' farm. After graduating from grade 8 with her Qualifying Certificate, Mavis helped out on the farm milking cows, tending pigs and chooks and loved gardening and whatever the outdoors life offered. Indoors, Mavis was skilled at preserving fruit and jam making. Many residents at Tanunda Lutheran Home appreciate the delicious jams and marmalade for which Mavis is famous.

In 1961 Max and Mavis purchased a fruit block at Cadell and for 21 years successfully grew apricots for the fresh market, the cannery, for drying and glace fruit. In a good year they produced 35 tons of fresh apricots, much of which was picked up at their gate. In 1981 after 20 years, they sold this block and moved to a one acre property at Light Pass known as the "house on the river" opposite the Bush Garden. Max obtained work at the Weintal also as groundsman at both Redeemer and Nuriootpa High Schools, whilst Mavis picked grapes and helped at the neighbour's dairy milking (by machine) the forty cows.



**Reg Ahrns, Joanne Garam, Max & Mavis,
Eileen Klau, Neil Schubert.
Flowergirl: Raelene Ahrns. 06/08/1955**



Golden Wedding 06.08.05

PROFILE

Max & Mavis Schubert *Continued*

Max and Mavis have been blessed with three children – two girls and a boy. In 1956 Mavis was admitted to the Loxton Hospital for a check up a month before her due date and on a Saturday morning Max thought he'd ring the hospital from the farm to enquire how tests were going and whether Mavis could come home. To their great surprise, not one, but two baby girls had arrived ahead of time. Two years later a son and brother, Paul was added to the family. Their children: Penny Pfitzner lives in Tanunda, Vonny Janetzki in Forbes NSW and Paul and family reside at Gomersal. Max and Mavis now have 10 grandchildren and 12 great- grandchildren. Max and Mavis have enjoyed regular visits to family interstate at Warwick and Wagga Wagga as well as house boat holidays.

Their next move was to a smaller property on Para Road where they lived for 12 years. But with ageing and in retirement, it was time to consider a move to an easier lifestyle. For some time they had their names down for a unit at Tanunda Lutheran Home and since 2011 have been living in their modern home in Lindner Court, established a lovely garden and are happily involved in the life style here and being part of the TLH community. Max assists with the Monday hymn singing program and is a valued member of the TLH Singers whilst Mavis continues with her jam making at home, attending Independent Retirement Living programs and visiting elderly residents at TLH.

Thank you Max and Mavis, for sharing your fascinating story with our readers.

God bless you richly as you continue to volunteer and serve wherever needed.

Not Quite Scotland The Brave



By Ken Fyfe
IRL Resident

Not Quite
Scotland The Brave

MacDougal bought some bagpipes; to play Scotland's favourite music, His music knowledge, just imagined; but he knew one day he'd use it. He said he'd learn to play them; so he could play 'Scotland the Brave', Till his friends then said his playing had passed that point of 'try to save'. So, Don promised them and neighbours; he'd go where he could learn, Then went to Scotland's Highlands; his neighbours dreaded his return. It was tough for all those Highlanders and other creatures living there, 'Cos Don had made a fateful choice; another cross they'd have to bear. But there was a certain creature there; like that monster in Loch Ness, It was land-locked, but got quite active; when annoyed and in distress. That's how it was when Don got piping; 'cos it saw a Lowland stranger, So it ate MacDougal, pipes and all; the thing it did, when it saw danger. They slid down its gullet quickly; with just one stroke of pure bad luck, Everything had been digested, except Don's bagpipes; they'd got stuck. They ended in its voice box; that somehow, changed everything it ate, They've said its turning vegetarian. Scots all believe that's Haggis hate. Now, it's just called 'Dreaded Dougal'; for all the horrid noise it makes, And Scots keep it in control now; massed pipe-bands are all that takes. But the bagpipes in its voice box; has changed the roar it always gave, Not quite fearsome, and we're hoping; not like Scotland, or the Brave!

Kristine Leonard, Assistant Chaplain Installed Gramp Chapel 17.06.18



L-R: Pastors Ian Lutze, Chaplain and Max Stollznaw.

Assistant Chaplain Kristine Leonard

Welcome New Staff



Lucy Farley
Admin Officer



Tasmin Sentinella
Enrolled Nurse



Damanti Adhikari
Carer



Devi Adhikari
Carer



Bianca Antonioli
Enrolled Nurse

We support your right to share compliments, suggestions, concerns or make a complaint:

- ◆ We welcome feedback and complaints as part of our commitment to provide a high-quality service.
- ◆ Tell us what we're doing well. We appreciate hearing from you.
- ◆ If you have a concern, we also want to hear from you.
- ◆ We understand the importance of resolving matters promptly within our service and aim to provide a welcoming environment for you to raise a concern or a complaint.

For any Feedback Comment/Complaint or Compliment complete the "Share your Experience" form located all around the facility, or alternatively direct your feedback to one of the key personnel:

Clinical and Care:

Cindy Penn – Exe. Care Manager
(including Allied Health & Lifestyle)

cindy.penn@tlhome.com.au or Ph: 8563 7757

Customer Service:

Kim Hahn – Exe. People, Culture & Customer Service Manager
(Including Catering, Food Service, WHS & Maintenance)

kim.hahn@tlhome.com.au or Ph: 8563 7752

Financial:

Cherie Cheyne – Exe. Chief Finance Officer
(Accommodation Fees/Bonds)

cherie.cheyne@tlhome.co.au or Ph: 8563 7768



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



myagedcare





Living with Osteoarthritis

Osteoarthritis (OA) is the most common chronic condition of the joints. It is caused by the cartilage between joints breaking down, and can affect many parts of the body.

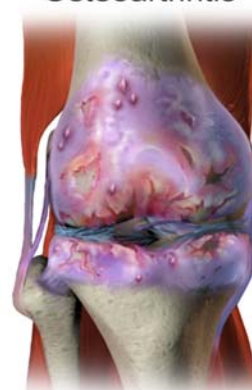
Causes:

- Genetic predisposition
- Being overweight
- Injury or overuse of joints, tendons and ligaments
- Other factors, such as bone and joint disorders, or certain metabolic disorders, can also contribute

Normal Knee



Osteoarthritis



Symptoms:

- Sore and / or stiff joints (particularly the hips, knees, lower back, wrists and fingers) that may be worse after inactivity or overuse
- Reduced range of motion at the joints
- A “clicking” or “cracking” sound when a joint bends
- Mild swelling at the joints

Osteoarthritis and Daily Tasks:

Osteoarthritis can make it difficult to perform many daily tasks at home or in the community, and this is where the Allied Health professionals can help.

Physiotherapy:

- Range of motion and strengthening exercises to maintain joint mobility and muscle strength
- Exercises to improve stamina and energy levels, and to lose weight
- Ways to properly use joints to avoid pain
- Recommendations for heat and cold therapies to manage OA pain

Occupational Therapy:

- Hand and wrist exercises to improve dexterity and function
- Adaptations to daily tasks and advice on assistive devices that make tasks easier to perform
- Alternative pain management strategies, such as relaxation techniques
- Energy conservation techniques to maximise productivity while managing OA-related fatigue.

What can I do to make life with OA easier?

- Maintain a healthy lifestyle, including a nutritious diet and plenty of rest. Consult your GP for advice on achieving a healthy weight if needed.
- Gentle exercise such as walking and stretching will help to improve stamina, maintain muscle strength, and support joint health.
- Know the signs and symptoms of a flare-up (sudden increase in pain, stiffness, redness and warmth in the joints) and seek GP advice.
- Talk to your Allied Health Professionals for advice on living with OA.



Osteoarthritis and Hand Function:

Osteoarthritis in the hands is common and can be particularly interruptive to daily tasks, causing a range of symptoms such as stiffness, pain, swelling and even joint deformity. A simple way to relieve OA in the hands is through gentle exercises. This will help to strengthen the hand muscles, keep ligaments and tendons flexible, and increase production of synovial fluid, which can all improve hand function. If your hands feel painful and stiff, try warming them up before you exercise. Use a heating pad or soak them in warm water for about five to 10 minutes.



Social Morning



"Good grief... They've changed the road rules since 1950!"

Our monthly IRL Social Morning was held on 21st June at 10.00am in the TLH Social Centre with the usual cuppa and biscuits.

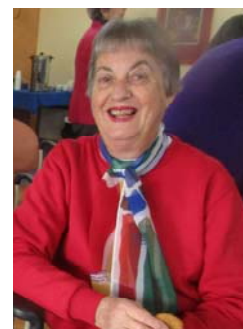
Ray Giersch welcomed everyone, including our guest speaker, Tony Ey from the RAA plus a visitor. Forty two people attended.

Ruth Rathjen, IRL Resident, one of our TLH Singers, explained that Ken Fyfe, also an IRL Resident, wrote the words for a special song entitled TLH Song and Ken's wife Ferne set the words to music, while Glenis Kupke accompanied the Singers. Judging by the applause it was very much appreciated – they sang beautifully. Thank you all TLH Singers. The words are very appropriate.

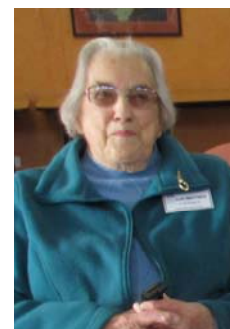
Ray introduced our Guest speaker, Tony Ey who explained Safety Road Rules and how they have changed over the years. Road rules are not only for cars, bicycles and gophers but also for pedestrians, as it is vital to keep our communities safe. Tony presented a "Years Ahead Interactive Road Rules Quiz". We were given a small electronic gadget containing numbers and as questions came up on the screen, Tony talked about each one and we were then to vote between numbers 1-3 on each. We had a total of 10 questions. Tony threatened that if we did not get all the questions correct, we would have to go through it all again, even if we remained till 3pm!

Tony mentioned that he is one of three people who do presentations. 209 presentations have been offered. 30,000 people have heard them.

RAA has a membership of 700,000. Modern cars are much safer. In 1974 – 374 people died on our roads while in 2017 numbers were down to 102 - still too many. At the conclusion of his presentation, Tony answered several questions. Oscar thanked Tony for his time and the excellent (and at times humorous) informative talk. 28 people enjoyed the Pizza Lunch.



**Margaret
Spike**



**Lois
Mattner**



**Audrey
Leske**



**Helen
Munzberg**



Tony Ey



**Emma
Siegler**



**Ronald
Letch**



**Alison
Redden**

I.J.



INDEPENDENT RETIREMENT LIVING

Like a diamond's different facets,
Fate has many of its own
Yet with all its different facets,
It has a special one called home
We know that's here at TLH
When we came that's how we felt
It had a loving homely feel
We believe was Heaven sent
And with retirement living
We now have peace of mind
With a very special friendly touch
TLH has helped us find.
No one's sure when they retire
Where to live or what to do
They stay, or move on elsewhere
Perhaps to other pastures new
But it's here we found our happiness,
Good neighbours, loving friends
With everything we'd dreamed of.
A friendly love that never ends,
And with retirement living,
We now have peace of mind
With a very special friendly touch,
TLH has helped us find.

Written by:
Ken Fyfe - IRL
Music composed by:
Ferne Fyfe - IRL



On **Wednesday 20th June 2018** our TLH Singers entertained Barossa Club members with bright, happy songs including an ever favorite round,
Three Blind Mice.
Keep a watch out for the singers as they pop up throughout the Home.



Left to Right :

Norma Robinson, Max Schubert, Ferne Fyfe,
Elizabeth Nance, Margaret Jasper,
Annette Ognjanovic, Glenis Kupke, Ray Giersch,
Ruth Rathjen

More Photos from a
wonderful afternoon of fun,
singing and laughter ...



Left to Right:

Annette Ognjanovic, Thelma Ziersch,
Ferne Fyfe, Dorcas Kernich



SHOP LOCAL AND WIN A CAR

Carolyn Barton,
Travel Manager
has visited 65
countries

Clarke & Turner Travel Associates brings together the most knowledgeable and well travelled consultants across Australia.
We inspire travellers to broaden their horizons and sample a diverse range of travel experiences and destinations.

From river and ocean cruising and luxury retreats to romantic getaways, coach touring and exotic escapes, the possibilities are endless.



We would love to discuss your travel needs

Please call 8563 0988

Clarke & Turner Travel Associates

39 Murray Street Tanunda

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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 2018	Wing	TOTAL
1	Lee Martin	CEO	83
2	Sean (staff)	Lifestyle	80
3	Patricia Hunter	TC - 1	77
4	Wilf Fechner	IRL	77
5	Joyleen Lienert	Waratah	75



.. Sean from Lifestyle ..

Mr Lee Martin is still leading the way with Patricia, Wilf and Joyleen hot on his heels. Hopefully the **CROWS** will pick up and make the eight. In the recent weeks **PORT** have found some form though still room for improvement....



Tania Miller

Volunteer News

*Choose
Happy*

Hi Everyone!

Another month has gone by and we find ourselves half way through the year.

We had a lovely Volunteers Morning tea in the month of June, with lots of laughs, we look forward to sharing time together again. We hope you can make it as we are sure you'll have a "cracking" time!

Please find below a few words to remind you all of how much you mean to us.

**Thank you for being so caring.
Thank you for being so loving.
Thank you for being so helpful.
Thank you for being so thoughtful.
Thank you for being so selfless.
Thank you for volunteering....**

Your actions and commitment are priceless, we truly value you all..

On behalf of Tania and the Lifestyle Team.

★ **THANK
YOU!**

volunteers

Make A Difference



Paula and Pam

Lifestyle have a request for :

Terracotta Pots

*** No larger than 15cm diameter across top ***

**If you can help out that would be amazing
Thank you**

Volunteer Morning Tea

Tuesday, 3rd July 2018 at 10.00am

Morning Tea

Hope to see you there!



Happy Birthday

**To all of our wonderful
Volunteers**

**for the month of
JULY**



Volunteers' Morning Tea



**Len
Gerschwitz**

A very special Morning Tea with fun and laughter was again provided by our wonderful Lifestyle staff members and thoroughly enjoyed by around thirty volunteers.

Tables were decorated with colorful crowns to honour the Queen's birthday this month. Guests were treated right royally with fun quizzes going back to our school days, delicious sandwiches and yummy cake and to cap it all off, an interesting, very informative and most valuable explanation of Dementia and Alzheimer's diseases presented by Prue Mellor.

See A5 Booklet for more information on Dementia and Alzheimer's. available soon from the reception area..



Prue Mellor



Joan Minge



Ira Zeunert



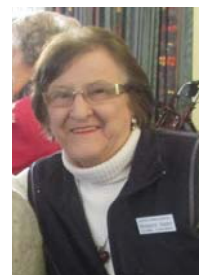
Glenis Kupke



Bob Browne



Betty Lange



Margaret Jasper



Kristine Leonard

TANUNDA LUTHERAN WOMEN'S FELLOWSHIP VISITS TANUNDA LUTHERAN HOME



**Pastor
David Gogoll**

The June meeting was held on the 14th in the Social Centre with an attendance of 40. Pastor David Gogoll based the Bible study on the story of Mary and Martha found in Luke 8:1-3.

Pastor David referred to Jesus as "The Game Changer" and discussed how it is Jesus who has changed the game of life regarding women's position in society today.

Mr Lee Martin CEO presented an informative video of the Thirty Year Master Plan. Each local congregation will be given a copy. Following a sumptuous High Tea, with dainty cakes and bone china, Lee led a group on a tour of the Home.

The generous offering will support the Home of Praise in Bangkok and the Deaf Ministry in SA.

**Irene Joppich, Mary Hentschke,
Amanda, Bev Mattner, Noleen Thom**



**Elaine Ledischke - Secretary
Lee Martin - CEO
Margaret Spike - Secretary
Eunice Schuster - President**



What's Happening in Lifestyle

A portion of the garden area in Protea has been tidied up and is starting to look good. A very big thank you to Elaine Leditschke for doing this.

Help!

We are seeking donations of Terracotta Pots, no more than 15cm across, to use for a resident activity. Please contact any of the Lifestyle Team if you can help.

New

This month we are introducing Resident's Show/Talk time. Residents will join together to share a few minutes about a particular topic.

This month's topic is "Most Memorable Life Adventure".

Changes

At times there may be unforeseeable changes to the Lifestyle Program as advertised in the Tit Tat. This may include a change in Activity and or Venue. Please refer to the Weekly Posters in your Dining rooms for the most up to date information. Lifestyle staff will also inform you on the day and an announcement will be placed over the intercom daily during lunch.

Special Events

Dressed for Success
Dress with Dignity
Residents' Meeting
Greg's Chair Line Dancing
Monthly Birthday Celebrations.



PLEASE NOTE ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE

Sunday 1st

10.30 Worship Service Chapel

Monday 2nd

10.00 Individual Visits TLH
10.15 Hymn Singing Chapel
11.00 Worship Service Acacia L
1.15 Coffee 'n' Chat Protea L
2.30 Bingo / Afternoon Tea ABG
3.30 Walking Group ABG

Tuesday 3rd

10.0 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 & Happy Hour Chapel
1.15 Men's Group The Shed
3.30 Walking Group ABG

Wednesday 4th

10.00 Individual Visits TLH
10.30 Bible Insights Chapel
10.30 One on One Visits ABG
1.15 Garry Wharton Singing Chapel
1.30 Sing Along with Sean ABG
3.30 Walking Group ABG



Thursday 5th

10.00 Individual Visits TLH
10.30 Moovers 'n' Groovers Chapel
10.45 One on One Visits ABG
1.15 Hoy Card Game Protea
2.30 Sing Along / Doug ABG
3.30 Walking Group ABG

Friday 6th

10.00 Individual Visits TLH
10.00 Exercise Group ABG
10.00 Words of The Elders Chapel
1.15 Social Bingo Chapel
1.30 Social Time /Happy Hr ABG
2.30 Art & Craft with Karen ABG
3.30 Walking Group ABG



Saturday 7th

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area.
Various DVDs to choose from.

Sunday 8th

10.30 Worship Service Chapel

Monday 9th

10.00 Individual Visits TLH
10.15 Hymn Singing Chapel
11.00 Worship Service Acacia L
1.15 Social Bingo Chapel
2.30 Bingo / Afternoon Tea ABG
3.30 Walking Group ABG

Tuesday 10th

10.00 Individual Visits TLH
10.00 Dress with Dignity Protea
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 Bowls & Happy Hour Chapel
3.30 Walking Group ABG

Wednesday 11th

10.00 Individual Visits TLH
10.30 Bible Insights Chapel
10.30 One on One Visits ABG
1.15 Resident Show/Talk Waratah
(*Most Memorable Life Adventure*)
1.30 Music Afternoon / Sean ABG
3.30 Walking Group ABG

Thursday 12th

10.00 Individual Visits TLH
10.00 Moovers 'n' Groovers Chapel
10.50 One on One Visits ABG
1.15 Balloon Volleyball Chapel
2.30 Memory Game ABG
3.30 Walking Group ABG

Friday 13th

10.00 Individual Visits TLH
10.00 Exercise Group ABG
10.30 Words of The Elders Chapel
1.15 Social Bingo Chapel
1.15 Social Time & Happy Hour ABG
2.30 Musical Quiz ABG
3.30 Walking Group ABG

Saturday 14th

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area.
Various DVDs to choose from.

Sunday 22nd

10.30 Worship Service Chapel

Monday 16th

10.00 Individual Visits TLH
10.15 Hymn Singing Chapel
11.00 Worship Service Acacia L
1.15 Social Bingo Chapel
2.30 Bingo/Afternoon Tea ABG
3.30 Walking Group ABG

Tuesday 17th

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

Wednesday 18th

10.00 Individual Visits TLH
10.30 Bible Insights Chapel
10.30 One on One Visits ABG
1.30 Resident's Meeting Chapel
2.30 Sing Along with Sean ABG
3.30 Walking Group ABG

Thursday 19th

10.00	Individual Visits	TLH
10.30	Moovers 'n' Groovers	Chapel
10.45	One on One Visits	ABG
1.15	Bus Trip	
1.15	Arm Chair Travel	Waratah
2.30	Sing Along with Doug	ABG
3.30	Walking Group	ABG

Friday 20th

10.00	Individual Visits	TLH
10.00	Exercise Group	ABG
10.30	Words of The Elders	Chapel
1.15	Social Bingo	Chapel
2.30	Art & Craft with Karen & Happy Hour	ABG
3.30	Walking Group	ABG

Saturday 21st

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area.
Various DVDs to choose from.

Sunday 22nd

10.30	Worship Service	Chapel
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Monday 23rd

10.00	Individual Visits	TLH
10.15	Hymn Singing	Chapel
11.00	Worship Service	Acacia L
1.30	Dressed for Success	Chapel
2.30	Bingo/Afternoon Tea	ABG
3.30	Walking Group	ABG

Tuesday 24th

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

**Wednesday 25th**

10.00	Individual Visits	TLH
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.15	Greg Chair Line Dancing	Chapel
2.30	Memory with Sean	ABG
3.30	Walking Group	ABG

**Thursday 26th**

10.00	Individual Visits	TLH
10.30	Moovers 'n' Groovers	Chapel
10.45	Physical Activity	Chapel
1.15	George Davies Music	Waratah
2.30	Sing Along with Sean	ABG
3.30	Walking Group	ABG

Friday 27th

10.00	Individual Visits	TLH
10.00	Exercise Group	ABG
10.30	Words of The Elders	Chapel
1.15	Monthly Birthday Celebrations (Terry & Dawn)	Chapel
2.30	Arm Chair Travel with Karen & Happy Hour	ABG
3.30	Walking Group	ABG

Saturday 28th

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area.
Various DVDs to choose from.

Sunday 29th

10.30	Worship Service	Chapel
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Monday 30th

10.00	Individual Visits	TLH
10.15	Hymn Singing	Chapel
11.00	Worship Service	Acacia L
1.15	Social Bingo	Chapel
2.30	Bingo/Afternoon Tea	ABG
3.30	Walking Group	ABG

Tuesday 31st

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 & Happy Hour	Chapel
1.15	Men's Group	The Shed
3.30	Walking Group	ABG

Human Bones

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



**CARPAL
CLAVICLE
CRANIAL
CUNEIFORM
FEMUR
FIBULA**



**FRONTAL
LUMBAR VERTEBRAE
MANDIBLE
MAXILLA
METATARSAL
NASAL**



**PATELLA
PHALANGES
RADIUS
RIBS
SACRUM
SCAPULA**



**STAPES
STERNUM
TALUS
TEMPORAL
TIBIA
ULNA**

