



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

AUGUST 2018

Lutheran
Church
of Australia



Chaplain's Reflection

Chaplain Ian Lutze



I'm currently reading a crime thriller by author Michael Robotham called "Watching You".

As the story progresses we get an insight into the mind of a man who is devoting his life to watching out for a young woman. She doesn't know he exists. He's always in the shadows. He thinks he has her best interests at heart, and he is not afraid to use violence to protect her, or get revenge on her behalf. So he plants drugs in her ex-boyfriend's locker on the eve of his final school exams, so he gets expelled. He cancels all the bookings (photographer, reception, hotels) just before the wedding of the girl who stole her boyfriend's heart years before. He even poisons the horse that bucked her off and gave her a severe injury. And then the killings begin ...

The interesting thing is that even though all this is done on the young woman's behalf, and in secret, and in some moments is what she might have wanted, it does not make her life any better. In fact, she gets into more and more trouble as the story progresses.

This reminds me of the Psalms in the Bible actually. The Psalmists regularly pray for God – another 'secret man' to interfere in the world on their behalf: to turn justice in their favour, to rain down misfortune on their enemies. And isn't that our secret prayer so often too? We watch the news and so little actually seems to change for the better. We feel powerless. Wouldn't it be nice if God intervened on our behalf?

Problem is every action has consequences, many of them unintended. If I was the only person in the world, or the most important one, then God intervening on my behalf would be totally good. But that's not how it is. Whose life will become worse if God answers my prayers?

The Psalmists seem to know this anyway. They get their lament off their chests, and live more patiently again, perhaps even being relieved that God didn't take them literally when they cried out to him. And isn't that the way? To claim that a God who seems to be so absent loves me incredibly and consistently all the same. God has my true interests at heart, not my imagined ones.

Herein is life's real spiritual challenge – not to find a way for God to answer my prayers, but how to hold on to the truth that God loves me. Jesus shows the way I think.

Blessings for the last month of Winter. May it be rainy and warm
- a true preparation for Spring.

Chaplain Ian



RAINFALL REPORT JULY 2018

Thank you Ralph Kernich

Year	Rainfall in mm	Days of Rain	Rain Since 1st January
2007	65.4	19	356.8
2008	88.6	22	225.1
2009	109.4	19	317.00
2010	43.2	14	225.2
2011	82.2	19	450.1
2012	47.6	16	273.8
2013	94.5	21	309.4
2014	106.0	15	433.4
2015	59.6	16	245.6
2016	79.5	?	?
2017	78.9	13	265.7
23/7 2018	26.0	0.5	172.0

The Tanunda average rainfall for July 2018 since recordings began in 1868 is about 68mm.

This indicates this year July is rather dry. Despite that the country is looking green.

The driest July was in 1899 with 11mm and the wettest 1995 with 161.8mm

The deadline for news/information for **AUGUST** edition is **Friday 24th August**

TIT TAT TEAM

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

Deliveries

Glenys Greig, Glenis Kupke,
Raelene Rosenzweig



INDEPENDENT RETIREMENT LIVING RESIDENTS

IRL Ladies' Get Together
First Saturday 4th August
1.30pm in the Cafe

Please bring small plate of food
for afternoon tea

Enq: Margaret Spike 0481 255 041



Terracotta Pots

Small to medium

(no larger than 15cm across top)

required for

Lifestyle Craft & Gardening group

Please leave at Reception



TLH SHOPPING BUS



Departing approx. 9.30am
Return 11.30am

Wednesday	1st August	Tanunda
Wednesday	8th August	Nuriootpa
Wednesday	15th August	Tanunda
Wednesday	22nd August	Nuriootpa
Wednesday	29th August	Tanunda



August
Gladiolus

From the CEO

Lee Martin



I'm struggling with coming to terms that I'm writing this article at the end of July. Where has the year gone? Planning for Christmas functions will start soon. Have you started thinking about all those Christmas presents you need to buy this year?

Winter has been with us for a while, many very cold frosty mornings and only a drop of rain. It is certainly nice to see the green fields with crops trying to survive and the nicely trimmed vines ready to bring on the next vintage.

Not sure whether I want to mention the football, Crows in 12th position and the Power in the top four, what can I say. The footy tipping has been a lot of hit and miss. Well there is always next year. To the nice surprise left in my office – a Crows knitted Beanie – thank you – I have also received a knitted coat hanger in Crows colours from Loris Fiebiger - feeling very spoilt.

As I reported in the last Tit Tat, the outcome of our accreditation survey was great. A lot of work has been happening to develop our systems and ensure we provide a better service to all our residents and customers. We absolutely encourage your feedback. There are signs and forms available around the facility. Please feel free to complete the form and place it the letterboxes also around the facility. The nursing roster continues to be developed to ensure we have our own staff on duty. Recruitment is a priority - we are always on the look out for good staff. If you know anyone who wants to join a great team in a great location, please have them go onto our web site for an application form and send it in. We have permanent and casual positions available.

It's with pleasure that I confirm that the complement of Board Members has been filled and are to be installed at a church service on 5 August 2018. The board members are local, have the skills required and volunteer their time for the betterment of the Home. In the very near future as you walk down the corridor to the Gramp Building you will see a display of photos of the Board Members and a short biography. We do hope you like the developing corridor display - it is to assist all to know who we are – hope you like it.

The research project - Harmony in the Bush - has been a great success. The staff have learnt a lot from the research staff involved. Residents have certainly enjoyed the changes made to their daily routine. Residents sleep until they want to wake up, can choose when they want to eat and are encouraged to have an afternoon nap. Music is becoming an important part of the individual resident's day some have their iPod with their favourite music playing. The overall achievement is a more relaxed environment and happier residents and staff. A great result for a program that was free.

A hearty thank you goes out to the merry bunch of volunteers that helped out with the rose pruning this year, it's a big job and we are very thankful for the effort put in. We are looking forward to the new blooms later in the year.

An update of our major projects: the project in Nuriootpa in Schaedel Street remains on track even with the odd rainy day. The Langmeil site project planning is continuing to move ahead slowly with a delay in the starting date of construction being in 2019. 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 Retirement Living units. If there is anything we can do to make things better please let us know by completing a Feedback form readily available.

To us, family means putting your arms around each other and being there - Barbara Bush



welcome

August



1	Myra Kluczko
5	Brigitte Dummin
9	Graham Whenan
10	Frank Ellis
13	Aubrey Kaesler
15	Lois Lablack
20	Wendy Shemmeld
26	Helga Jaunzarins
25	Horace Noakes
27	Michael Bright



Respite

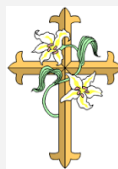
Joan Minge

Evelyn Schottelius

Permanent

Mr Albert Wandel

Mrs Eileen Roche



DEATHS

*Our deepest sympathy
to the families of*

Walter Randall 17th July

Maxine Lynas 20th July

May they rest in peace

...



JOAN MINGE

Our grateful thanks to JOAN MINGE
for her assistance over many years
compiling and proof reading Tit Tat.
Joan has now retired from the team.
We wish her God's blessings and
guidance wherever He directs her path.

STAMPS FOR MISSIONS

**Please keep saving those
used stamps**

All proceeds donated go to
LCA International Mission
Projects.

Over **\$410,000** has been
raised so far!



Tanunda
Lutheran Home Inc

Tanunda Lutheran Home News

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 – Executive Care Manager

(including Allied Health & Lifestyle)

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

Customer Service:

Kim Hahn – Executive People, Culture & Customer Service Manager

(Including Catering, Food Service, WHS & Maintenance)

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

Financial:

Cherie Cheyne – Executive 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





Tanunda
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Enriching the lives of our older people

TLH COLLABORATION COMMITTEE

Invitation to Nominate / Volunteer to meet with Leaders at Tanunda Lutheran Home Inc. as the Resident Representative for your neighbourhood.

TLH Management is exploring the opportunity of forming a Collaboration Committee where TLH Management and Resident Representatives work together to achieve the Vision and Values of TLH.

The voting booths will be set up in each neighbourhood from 1st August 2018, with voting closing on 7th August.



TANUNDA LUTHERAN HOME BOARD MEMBERS

				
Chris Pfeiffer Chairman	Dr Judy McDonald Deputy Chairman	Pastor Max Stollznov	James Bartsch	Karen Dutschke
				 Tanunda Lutheran Home Inc
Andrew Schilling	Liz McGregor	Stephen Grieger	Elaine Johnson	

TLH LEADERSHIP



Back: Kristine Leonard (Assistant Chaplain), Sharryn Hueppauff (Placement Coordinator), Cherie Cheyne (Chief Finance Officer), Lee Martin (Chief Executive Officer), Cindy Penn (Care Manager), Kim Hahn (People, Culture & Customer Service Manager), Tammy Wastell (Food Services Coordinator), Lea Schmid (Barossa Club Coordinator), Ian Lutze (Chaplain).

Front: Hollie Moar (Maintenance Manager), Julie Green (Laundry & Cleaning Coordinator), Rae Maurer (Catering Team Leader), Rachana Patel (Quality & Training Coordinator), Tennille Doecke (Catering Coordinator), Tania Miller (Lifestyle & Volunteer Coordinator), Sheree Wills (WHS & RTW Coordinator), Britany Mickan (Executive Assistant).

Absent: Carolyn Redden (Independent Retirement Living Coordinator).



Make-A-Wish®

Barossa Valley Branch



SHAVE FOR

A CAUSE

Make-A-Wish®

Barossa Valley Branch

Lock this date in your diary - 10th August at 2pm TLH Chapel

Three Staff members will have their hair shaved off if targets are reached in donations. TLH Executive Assistant, Britany Mickan's, nephew Henry was diagnosed with Leukaemia in May 2017 and the Make-A-Wish Foundation is currently organising Henry's wish, along with many other very special people going through similar situations.



**\$500.00 - Hollie Moar,
Maintenance Manager will have her hair shaved.**

**\$1000.00 - Britany Mickan,
Executive Assistant will have her hair shaved.**

**\$2000.00 - Lee Martin,
Chief Executive Officer, beard & eyebrows off.**

Mr Martin won't be available on the day of the event SO he will take off the beard & eyebrows the day before the hair shaving event - Will reveal LARGE PHOTOS on the day

Donations can be made in person at the TLH Reception desk or online at:
<https://www.gofundme.com/shave-for-henry-and-make-a-wish>

Please join us on the day for an afternoon tea and further fundraising opportunities.

Let's help make some very special little people's wishes come true!





A WORKMAN'S VIEW

A tribute to our Carers

David Dawson—from Medley of Memories

I was changing a globe in Auxiliary one day
When I came to a bed where an old lady lay.
She lay on her side with her face to the wall
And I scarcely could notice her breathing at all.

As I stopped by her bed and stood looking down
I noticed her brow wrinkled up, in a frown
Then a smile broke her lips and lingered awhile
Just as though all her cares were cleared up with a smile.

She looked kind of peaceful as she just lay there,
Her hands 'neath her chin, as though clasped there in prayer,
But she spoke not a word, neither opened her eye,
Just gave a small whimper, and uttered a sigh.

I lifted my eyes to a frame on the wall,
'Twas a picture of her, rather pretty and tall.
And she smiled down at me just as much as to say,
"What a fine looking woman I was in my day!"

My heart filled with pity for her on that day
As motionless, there on her pillow she lay
For, once she was active, alive and alert,
But now was unconscious, bed ridden, inert.

And I cried out to God in a moment of fear,
Lest any I love should end their lives here.
Just lying a-wasting 'til the trumpet's loud call
Calls the ransomed all home, where no dark shadows fall.

And the answer came back to me ringing and clear,
Never worry about your loved ones ending here.
But praise God for the people who work with a will
In homes and in hospitals to comfort the ill.

Yes, thanks be to God for such people as these
Who work among the old folk; not easy to please,
With so little thanks for the work that they do,
For devotion to duty they rank with the few.

So you don't have to worry or wear a great frown
As long as we have these great people around
Just keep growing old, and with this point in view
When you just get too old, they will look after **YOU**.



Welcome New Staff



Emily Harmon
Carer



Evans Matemai
Carer



Natalie Rolton
Carer



Toni Watson
Carer

PROFILE

Geoff & Helen Munzberg *Independent Retirement Living*

After having lived at 106 Vine Vale Road, Tanunda, for the whole of their married life, Geoff and Helen decided that it was time to down-size and move to Tanunda Lutheran Home Independent Retirement Living. So, it was a big job to go through 55 years of accumulated 'treasures' and decide what they should take with them and what they needed to get rid of. They moved into 8 Hilda Schulz Drive at the beginning of April, leaving their Vine Vale Road property was a time of some emotion, but they are now happily settled in their new home.



Geoff and Helen were both born in 1939 - Helen in Blyth and Geoff in Tanunda. Helen's parents moved around a bit Helen lived for various periods in Adelaide, Bordertown, Kongolia, Keyneton, Brinkley and Malinong. She went to Teacher's College for just a year before being sent to Neukirch to be the Head Teacher of a one-teacher Lutheran School. When the school closed she was posted to be a teacher at Tanunda Lutheran School where she taught until she married Geoff in 1963. She returned to Tanunda Lutheran School several times as a relief teacher, and for a 12 month period to gain her Teacher Registration.

Geoff lived at Vine Vale Road for just about all of his life. His parents rented a property for a few years in his very early childhood, before they moved the family to the property at the corner of Vine Vale Road and Research Road. The Munzberg family operated an egg production and grape-growing business. Geoff joined his father and grand-father in this business after he left High School in 1955 and worked in and operated that business for 50 years the whole of his working life.

Geoff and Helen first ran into each other when they were in the same year at Nuriootpa High School, Geoff completed four years at Nuriootpa High School before going home to the family farm. Helen left Nuriootpa High School after three years when her parents purchased a farm at Brinkley, near Murray Bridge. There was a very brief period of correspondence between Geoff and Helen after Helen moved, but they lost contact with each other for a couple of years, until Helen came back to the Barossa when she started on her teaching career.

One day, Geoff's parents attended a Visiting Day at the Neukirch Lutheran School, where Helen was the Head Teacher. Geoff's Mum took a liking to Helen and suggested to Geoff that "he should take that nice Helen Wiencke out." Geoff being a somewhat backward and obedient eldest son, did as he was told and the rest is history!

Helen and Geoff built a house on Vine Vale Road which they moved into after they married. They had Three children Alison, Matthew and Heidi. Geoff and Helen led very busy lives. Both of them were very involved in the family business. As well as raising her family, Helen helped out in the egg grading room and being the 'receptionist' in a very busy family business. At peak, the Munzberg family business had 19,000 laying hens and supplied 140 retail businesses with eggs every week as well as growing 35 hectares of wine grapes. The family decided to sell the property in 2014.



PROFILE

Geoff & Helen Munzberg

Continued

Helen used her teaching background at Langmeil over a long period as Sunday School teacher, Sunday School Superintendent (first female at Langmeil to hold that position), various children's ministry roles, church secretary, visual arts group member and home group leader. Their Langmeil church family means a great deal to Geoff and Helen - they have many wonderful memories and friends at Langmeil.

Geoff has had some interesting roles associated with his occupation. He has served on company boards involved in the egg and wine industries. He was also a member of a national committee which administered egg industry research and development projects.

Geoff and Helen have had the opportunity to travel widely, much of it overseas. Their travel experiences only began in 1990 and were only made possible when their son Matthew was able to step up and assume some of Geoff's family business responsibilities. Some of their travels were to egg industry events but many were just for the pleasure of having new experiences. Lately, they have been on a number of cruise boat trips and their cruising days are not yet over!

Geoff and Helen are greatly blessed to have all of their family living locally. Alison lives in her own unit in Tanunda—she has an intellectual disability, but is able to live fairly independently with support from Barossa Enterprises carers and lots of help from Helen. Matthew and Kendall have Three children - a daughter at university and two sons at Faith Lutheran College. Heidi and Jeremy have a son and daughter both at Tanunda Lutheran School. Even though their five grandchildren are growing up, Geoff and Helen still get to see them often and that is a great joy to them.

So what lies ahead? Geoff and Helen still both enjoy reasonable health and are looking forward to becoming involved and contributing members of the Tanunda Lutheran Home Community.



That awkward moment when you realise that the bins go out more than you do.



“Before I tell you what happened, Mum, remember...

The Lord will never give you more than you can handle”

Birthday Hair Cuts



Six lucky people with 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.



Glenys Selwood



Rosie Osborne



Louise Rice



Mandy Johns



Stefan Rozman

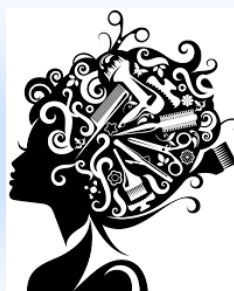


RAFFLE WINNER - Inez Bormann

W
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E
R

**This month's special
for Volunteers and Staff:**

***30% off any service
including
all hair and beauty
services***



Irene Boehm

ROXY'S AUGUST SPECIALS

Of course the August birthday babies get their free haircuts, also all IRL people and Residents who come in in the month of August go into the draw to win a

FREE HAIRCUT.

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



By Ken Fyfe
*.. on becoming a
Nonagenarian ..*



ANOTHER BLOOMIN' STONE

They say you've hit another milestone, when you reach that big Nine O.
And although you've seen a lot of those, you still have quite a few to go.
Still milestones come and go somehow; they're not like superficial dates;
Don't sit and wonder, breath abated, what happens, if one sits and waits.
Cos' once you're in your shaky nineties, you're not sure you'll make a ton,
But if you've seen or played a cricket game, you'll know you're not alone.
When most batsmen reach a ninety score, they should try to stand up tall,
But with their next ten runs so critical, some are scared to touch the ball.
They know that centuries are vital and record books keep their statistics,
So, they should try to score those often, with cricket history, like logistics.
Once we called statistics our measurements, of chest and waist and hips,
For cricketers, it's making runs or taking wickets; even catches in the slips.
While for us, a century's one hundred years, and that's still a one off thing,
So, you may or may not make the ton—don't lose your wicket with a swing.
Still, you've reached another milestone, when you reach that big Nine O,
I guess that's better than a headstone; there's still that to come you know.
So keep your head down and your spirits up; you'll still require lots of luck,
Just show your courage, face the future; and say you couldn't give a 'hoot'.
I know that doesn't rhyme so well; poetic licence always sounds that way,
Miles and Stones were 'Imperial' measures; we call it 'Metric' stuff today.
That hasn't really changed for seniors, when the century milestone nears,
So, folk can call those any name at all; they'll still be 'one hundred years'.

The Cross In My Pocket

I carry a cross in my pocket,
A simple reminder to me
Of the fact that I am a Christian,
No matter where I may be;
This little cross is not magic
Nor is it a good luck charm.
It isn't meant to protect me
From every physical harm.

It's not for identification,
For all the world to see,
It's simply an understanding
Between my Saviour and me.
When I put my hand in my pocket
To bring out a coin or a key
The cross is there to remind me
Of the price He paid for me.

It reminds me too, to be thankful for
My blessings day by day
And to strive and serve Him better
In all that I do and say.
It's also a daily reminder
Of the peace and comfort I share
With all who know my Saviour
And give themselves to His care.

So, I carry a cross in my pocket
Reminding no-one but me
That Jesus Christ is the Lord of my Life
If only I will let Him be.



Kristine Leonard
Assistant Chaplain



Wax Bath Therapy for Managing Pain

The Allied Health team here at TLH have been fortunate to acquire a wax bath, providing opportunities to incorporate this effective pain management technique into our work with residents and community members.

What is it?

Paraffin wax baths have been used for decades by physicians, physical and occupational therapists, rehabilitation and pain management specialists, and a range of other medical professions for heat treatment of arthritis, inflammation, strains, muscle spasms and other conditions. Commonly used on the hands, wrists, feet and ankles, paraffin is a drug-free, non-invasive method of applying heat to relieve muscle stiffness and joint pain.

Who can it help?

Paraffin wax may be used to help relieve pain in the hands of people with:

Osteoarthritis - Rheumatoid arthritis - Fibromyalgia
Muscle contractures - Other joint mobility issues

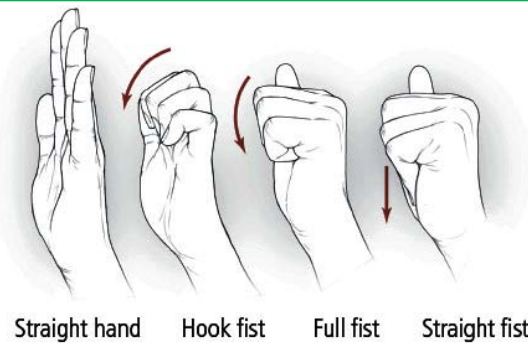


How does it work?

When heat is applied to the affected body part, the blood vessels expand, increasing circulation, which in turn increases healing nutrients and oxygen at the cellular level, and aids removal of waste products that cause inflammation and stiffness at the site. This results in a temporary increase in the pain threshold, a decrease in muscle spasm, and increased flexibility, which is why wax therapy is particularly beneficial paired with range of motion exercises. Application of the warm wax is not painful or uncomfortable; on the contrary, many people find wax therapy very enjoyable.



Continued



What does it involve?

1. The wax is melted in a heated unit to around 52-54 degrees Celsius. This temperature is both therapeutic and comfortable for people with no heat sensitivity issues.
2. Your health professional will assist you to apply a set of gloves. This ensures that multiple people can benefit from the wax bath without compromising hygiene.
3. The gloved hands are dipped into the wax bath, and removed, creating a coating of wax on the hand, which sets as the wax cools slightly.
4. The hands are dipped 3 to 4 times, creating a thicker coating of wax with each application. This maximises heat retention, and thus therapeutic benefit.
5. The wax-covered hands are then placed into a plastic bag and wrapped in a towel to seal in warmth.
6. The wax is left on for 10-15 minutes. Once completely cool, the wax is simply slid off the gloved hands, and the gloves removed.
7. Directly after wax therapy is a perfect opportunity to complete some gentle hand exercises, and many people find that they are able to achieve greater range of motion more easily.
8. For maximum benefit, wax therapy should be done regularly.



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.

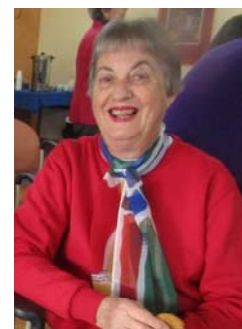
Ruth Rathjen, IRL Resident, one of our TLH Singers, explained that Ken Fyfe, also an IRL Resident, wrote the words for a special song entitled TLH Song and Ken's wife Ferne set the words to music, while Glenis Kupke accompanied the Singers. Judging by the applause it was very much appreciated – they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

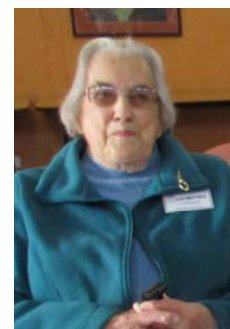
Tony mentioned that he is one of three people who do presentations. 209 presentations have been offered. 30,000 people have heard them.

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.



TRAVEL TALK

CHRISTMAS IN GERMANY

CHRISTMAS MARKETS
AUSTRIA, GERMANY AND SWITZERLAND
8 DAYS 4 COUNTRIES 7 CITIES \$1803.75 Per person
Escorted Tour Enquire with Carolyn Barton at Clarke & Turner Travel Associates



Christmas in Germany is celebrated with many traditions that are unique to Germany. When the Advent season opens, Christmas markets also crop up in nearly every German town, large or small. The town squares, normally dark early in winter months, are lit up and buzzing with activity during this time. Townspeople gather together, listen to brass band music, drink beer or hot mulled wine (Glühwein) or apple cider, and enjoy the hearty traditional fare of the region. Vendors peddle baked goods, including gingerbread hearts, sugar-roasted almonds, crepes, cookies, stollen, cotton candy and other sweets. Christmas tree decorations, seasonal items, and handcrafted articles, such as wooden toys and hand-blown glass ornaments, are also sold. Christmas markets date back to at least the 14th century and were one of the many markets held throughout the year. It was here that people bought everything they needed for the Christmas celebration: baking moulds, decorations, candles, and toys for the children. In fact, until well into the 20th century, the Weihnachtsmärkte were the only places for people to buy such seasonal items.

CLARKE & TURNER
TRAVEL
ASSOCIATES

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

Many town squares do have their own tall Christmas trees in front of the townhouse or city hall which are beautifully decorated with fairy lights and often the lights are switched on early in December with a big party.



39 Murray Street Tanunda Phone (08) 8563 0988 - Travel-associates.com.au/clarke



Footy Tipping



Pos.	Footy Tipping 2018	Wing	TOTAL
1	Lee Martin	CEO	111
2	Sean (staff)	Lifestyle	110
3	Patricia Hunter	TC - 1	104
4	Joyleen Lienert	Waratah	102
5	Wilfred Fechner	IRL	101

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.*



Tania Miller

Volunteer News

*Choose
Happy*

Hi Everyone!

We hope that you all had a fabulous July and are plunging into August with all of your normal gusto and passion.

We are looking forward to catching up with all of you at the upcoming Volunteers Morning Tea on the 7th. When you arrive at the Morning Tea we are going to ask you to sign in, similar to the way you do when you are here in your volunteer role. It is our hope that this will help us to become more familiar with you all and what role you play when you are here. It will also allow us to ensure that your information is up to date on our records.

If you won't be attending don't hesitate to drop in and see us the next time you are visiting so that we can check your details.

During the morning tea we are intending to briefly touch on information regarding the privacy and dignity of the Residents, and the correct procedures for escorting Residents and how these issues apply to our roles as volunteers.

Thank you as always for your spirit and care. Your continuing support is invaluable to us.

On behalf of Tania and the Lifestyle Team.



CALLING ALL DRIVERS

Would you or someone you know be interested in becoming a volunteer driver of the TLH STV vehicle to take Residents to appointments. We are hoping to increase the number of volunteer drivers that we have on our current list for this most valuable and enjoyable role. All of your training would be provided. Don't hesitate to speak with Tania and the Lifestyle team if this interests you.

Volunteer Morning Tea

Tuesday, 7th August 2018 at
10.00am

Morning Tea

Hope to see you there!



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



What's Happening in Lifestyle

Help!

Volunteers are always needed.

New

Tai Chi

Special Events

The Marananga Band
Sunday 26th August



Wednesday 1st

10.00	Individual Visits	TLH
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.15	Water Ping Pong	Chapel
2.00	Tai Chi	ABG
2.30	Sing along with Sean	ABG
3.30	Walking Group	ABG

Thursday 2nd

10.00	Individual Visits	TLH
10.30	Movers' 'n' Grover's	Chapel
10.45	One on One Visits	ABG
1.15	Armchair Travel	Waratah
2.30	Doug performing	ABG
3.30	Walking Group	ABG

Friday 3rd

10.00	Individual Visits	TLH
10.00	Exercise group	ABG
10.30	Words of The Elders	Chapel
1.15	Social Bingo	Chapel
2.30	Gardening group with Karen with Happy Hour	ABG
3.30	Walking group	ABG

Saturday 4th

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 5th

10.30	Worship Service	Chapel
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Monday 6th

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
2.30	Social Bingo	ABG
3.30	Walking Group	ABG

Tuesday 7th

10.00	Individual Visits	TLH
10.45	One on One Visits	ABG
10.00	Knitting Group	Protea
10.30	Moovers 'n' Groovers	Chapel
1.15	Men's Group	The Shed
1.30	Bowls & Happy Hour	Chapel

Wednesday 8th

10.00	Individual Visits	TLH
10.00	Craft	Protea
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.15	Whiteboard Trivia	Waratah
2.30	Memory game	ABG
3.30	Walking Group	ABG

Thursday 9th

10.00	Individual Visits	TLH
10.30	Moovers 'n' Groovers	Chapel
10.45	One on One Visits	ABG
1.15	Balloon Volleyball	Chapel
2.30	Sing along with Sean	ABG
3.30	Walking Group	ABG

Friday 10th

10.00	Individual Visits	TLH
10.00	Exercise Group	ABG
10.30	Words of The Elders	Chapel
2.00	Britany and Hollie shaving heads for a cause plus Happy Hour.	Chapel
2.30	Gardening group with Karen with Happy Hour.	ABG
3.30	Walking group	ABG

Saturday 11th

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 12th

10.30	Worship Service	Chapel
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Monday 13th

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

Tuesday 14th

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 15th

10.00	Individual Visits	TLH
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.15	Gary Wharton	Chapel
2.00	Tai Chi	ABG
2.30	Gary Wharton	ABG
3.30	Walking Group	ABG

Thursday 16th

10.00	Individual Visits	TLH
10.30	Moovers 'n' Groovers	Chapel
10.45	One on One Visits	ABG
1.15	Bus Trip	
1.15	Board/Card Games	Waratah
2.30	Doug performing	ABG
3.30	Walking Group	ABG

Friday 17th

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

Saturday 18th

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 19th

10.30	Worship Service	Chapel
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Monday 20th

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

Tuesday 21st

10.00	Individual Visits	TLH
10.00	Knitting Group	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 22nd

10.00	Individual Visits	TLH
10.00	Craft	Protea
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.15	Hoy Game	Chapel
2.30	Memory game	ABG
3.30	Walking Group	ABG

Thursday 23rd

10.00	Individual Visits	TLH
10.30	Moovers 'n' Groovers	Chapel
10.45	Physical Activity	Chapel
10.45	One on One Visits	ABG
1.15	George Davies Piano Accordion	Chapel
2.30	Sing along with Sean	ABG
3.30	Walking Group	ABG

Friday 24th

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

Saturday 25th

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

Sunday 26th

10.30	Worship Service	Chapel
1.45	The Marananga Band	Chapel

Monday 27th

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

Tuesday 28th

10.00	Individual Visits	TLH
10.00	Knitting Group	Protea
10.30	Moovers 'n' Groovers	Chapel
10.45	One on One Visits	ABG
1.15	Andrew Vince Saxophone	Chapel
1.15	Men's Group	The Shed
3.30	Walking Group	ABG

Wednesday 29th

10.00	Individual Visits	TLH
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.15	Whiteboard Trivia	Waratah
2.30	Tai Chi	ABG
3.30	Walking Group	ABG

Thursday 30th

10.00	Individual Visits	TLH
10.30	Moovers 'n' Groovers	Chapel
10.45	One on One Visits	ABG
1.15	Armchair Travel	Waratah
2.00	Pancake Afternoon	TC
2.30	Doug Performing	ABG
3.30	Walking Group	ABG

Friday 31st

10.00	Individual Visits	TLH
10.00	Exercise Group	ABG
10.30	Words of The Elders	Chapel
1.15	Gary Wharton & Monthly Birthday Celebrations	Chapel
2.30	Gardening group with Karen with Happy Hour.	ABG
3.30	Walking Group	ABG

PLEASE NOTE ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE



Jump for Joy



BOB
BOUNCE
BOUND
CAVORT
CLEAR
DANCE

FROLIC
GAMBOL
HOP
HURDLE
JIG
LEAPFROG



LEAPING
LURCH
PLAY
POUNCE
PRANCE
RISE

SAIL OVER
SKIPPING
SKYROCKET
SPRING
VAULT