



Tanunda
Lutheran Home Inc

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

OCTOBER 2018

Lutheran
Church
of Australia



Chaplain's Reflection

Chaplain Ian Lutze



Since the last Tit Tat we've seen the Four Corners episodes featuring stories of abuse in aged care facilities, even facilities that have ticked all their accreditation standards. It's certainly making people think and making people ask again. "*I think the care at TLH is good, and they did pass all their standards. But I might just take a bit more interest in Mum or Dad's care for a while.*" I'll certainly be doing that with my own Dad who lives in a care facility.

The new standards, which are about to come in, place "Dignity and Consumer Choice" at the very centre. "Dignity" is all about treating the resident with honour and respect for who they are, and believing that there is something very special about this person. Special residents interacting with special staff. Treating somebody with dignity naturally then implies that the residents will have plenty of choices in how they live their lives, even down to quite specific details.

All of the bad stories of aged care have the common theme. The resident is not being treated with dignity. Standards of care don't change very often. We've had the current ones for 20 something years. They were written when nursing homes were a bit like old-style hospitals where the staff set all the rules. So 'dignity' could fall through the cracks. The new standards reflect the latest ideas of what nursing care in a home-like environment should be about. It'll be exciting to see the changes happen.

If aged care is sometimes a bit of a continuous study of power versus powerlessness for people, I'm about to face my own study of power vs powerlessness: attending a national Lutheran synodical convention in Sydney. Some people love synods. Some people are good at making a persuasive argument in front of 400 leaders of the church. But others feel that bad things happen completely outside their control, and they wonder why they bother to attend.

This is why a lot of prayer goes into the preparation for Synod, so those who 'win' don't get too triumphant, and those who 'lose' feel that God still loves them, and that in the back-to-front way that Christ works in this world, the last may actually be the first. So we don't pray for specific outcomes too much at these events. But we do pray that our spiritual life and journey may be enhanced as we participate in the process and seek to serve even those we might see as opponents.

This synod will decide whether the Lutheran church in Australia/New Zealand will have female pastors going forward. I invite your prayers around this subject – prayer that goodwill can flourish in the way business is conducted, how we talk to each other, and through the outcomes. The service wings of the church, like aged care, can model the kind of dignified approach which can make this synod great. I'll give a report next Tit Tat. Blessings to you all.

Chaplain Ian Lutze

A Bible Society Fundraiser

Ian and Margaret's Garden
409 Sir Condor Laucke Way, Nuriootpa
(Greenock Road)
SATURDAY 20th OCTOBER
9.30-4.00pm

\$7 Entry (u/18 FREE)
Refreshments available

Open Garden



SUNDAY 7th OCTOBER



Spring Forward!

Daylight
Savings
Begins



INDEPENDENT RETIREMENT LIVING RESIDENTS

IRL Ladies' Get Together
First Saturday 6th October
1.30pm in the Cafe

Please bring small plate of food
for afternoon tea

Enq: Margaret Spike 0481 255 041

The deadline for news/information for
NOVEMBER edition is
Thursday 25th October

TIT TAT TEAM

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

Deliveries

Glenys Greig, Glenis Kupke,
Raelene Rosenzweig

TLH SHOPPING BUS

Departing approx. 9.30am
Return 11.30am
Cost \$5



Wednesday	3rd October	Nuriootpa
Wednesday	10th October	Tanunda
Wednesday	17th October	Nuriootpa
Wednesday	24th October	Tanunda
Wednesday	31st October	Nuriootpa



From the CEO



Lee Martin

Someone said to me the other day that there are less than 100 days to Christmas, Have you started to make your Christmas plans yet?

It is now official – Tanunda Lutheran Home meets all 44 outcomes of the four aged care Quality Standards we are very proud to have achieved this. Thank you to all those involved. It was a team effort involving all levels of staff, residents and families. As the lift out in *The Leader* on 20th September states, “A job well done”. I hope you all enjoyed the articles and pictures provided in the paper. The main focus over the coming months is to educate everyone in the new Aged Care Quality Standards. There are now eight Standards all very customer focused. Please attend information sessions when advertised and become involved in the discussions of how as a team working together we can make Tanunda Lutheran Home the place to be – now and into the future. Change will be inevitable but if we are all involved in the changes we will be able to support each other in the process. Feel free to speak up, use the Compliments, Complaints and Suggestions forms that are located throughout the Home.

With the announcement of the Royal Commission in to the Aged Care industry this week Tanunda Lutheran Home would like to indicate our total support to the process. The recommendations may not be known until later in 2019 but many changes are already occurring to ensure the industry improves care and services whilst meeting all regulations. From the Board Members, Executive Team and all staff we will ensure there will be continued improvement in what we do to meet the needs of our residents and their families.

Please go to our web site home page to see information regarding the aged care industry. This will be updated as the Royal Commission information comes to hand. If you have any questions please ask we want everyone to be informed. If you have any queries in regard to media reports, I am more than happy to try and explain the reasons behind the articles. Please be aware that there is some incorrect information used in the media.

During the past week we have had the “validators” here reviewing our documentation to justify our funding that pays for the care we supply. A big thank you to the Aged Care Funding Instrument (ACFI) girls who work tirelessly to ensure the assessment and documentation is completed in a timely fashion ensuring we gain the funding we are entitled to. Staff receive training in the importance of ensuring that documentation is reflective of the day to day care given to residents. The outcome of the review will be known in a couple of weeks’ time.

I am pleased to announce following a review process that Belmore Nurses agency has been appointed as our exclusive nursing agency. This means that a more stable workforce will be engaged and over a period of time more permanent staff engaged on the roster. We look forward to developing the partnership over the coming months.

The project in Nuriootpa is moving along – the actual building works may commence in October 2018. Expressions of interest in purchasing a new property continues to increase, if you know anyone interested in joining the retirement village family please refer them to Carolyn Redden. The planning documentation is nearing completion for the Langmeil Road project.

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.

Strength and growth come only through continuous effort and struggle.
Napoleon Hill



OCTOBER



- 1 Margaret Meyer
- 3 Shirley Schutz
- 4 Jayne Pfeiffer
- 7 Richard Winter
- 8 Lil Kernich
- 9 Val Lehmann
- 9 Mary Brown
- 12 Kathy Kohlhagen
- 15 Beth Hage
- 15 Frank Schapel
- 16 Dorothy Tonkes
- 18 Raelene Rosenzweig
- 18 Gary Jones
- 19 Kathleen Rohde
- 26 Audrey Schilling
- 26 Robert Tanti
- 26 Dudley Graetz
- 29 Gladys Saegenschn
- 30 Joyce Schulz
- 31 Sarah Krollig
- 31 Geoff Munzberg



welcome

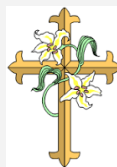


Permanent

Josephine Heinrich

Respite

Mary Baylis



DEATHS

*Our deepest sympathy
to the families of*

Michael Bright 8th September

Joy Hall 21st September

May they rest in peace

...



We extend
heartfelt sympathy to
Rosemary and family
of

Rev Max Stollznaw

who passed away peacefully after a short illness on 19th September 2018
Aged 77 years

Highly respected friend, pastor and TLH board member for many years.



ADVANCED NOTICE

TLH OFFICE CHRISTMAS HOLIDAY CLOSING TIMES

Monday 24th December

CLOSED

Tuesday 25th December

CLOSED

CHRISTMAS DAY

Wednesday 26th December

CLOSED

BOXING DAY

Thursday 27th December

OPEN

Friday 28th December

OPEN

Monday 31st December

CLOSED

Tuesday 1st January

CLOSED

NEW YEARS DAY

The office will re-open Wednesday 2nd January.

We apologise for any inconvenience.

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 – Exec. Care Manager
(including Allied Health & Lifestyle)

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

Customer Service:

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

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

Financial:

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

Cherie.cheyne@tlhome.com.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



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!

Welcome New Staff



Marianne Knowles
Lifestyles



Winnie Ngugi
Carer



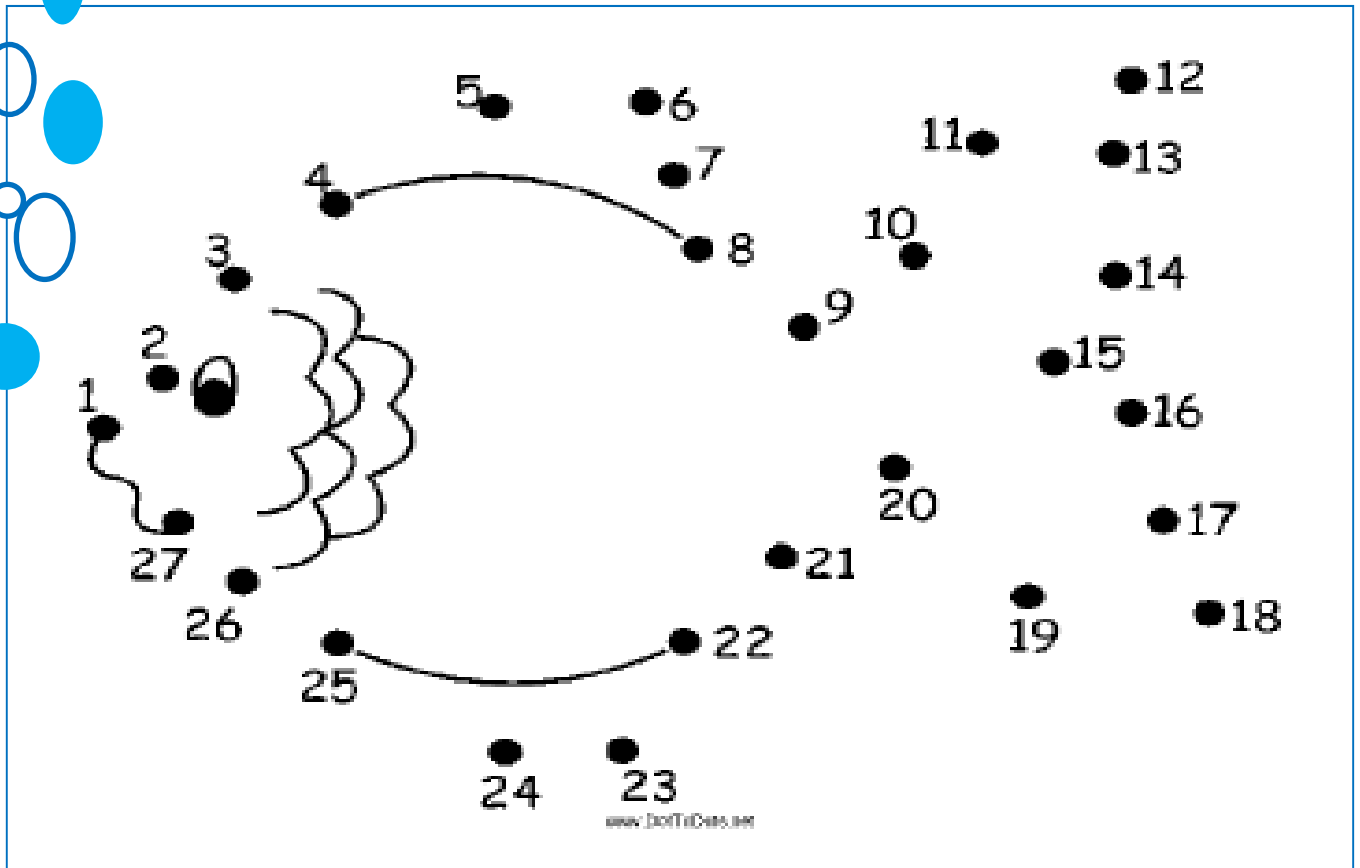
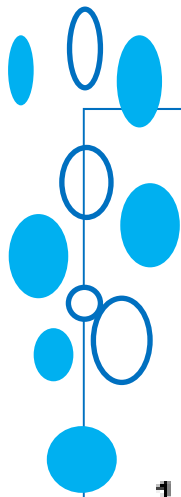
Erin Cranney
Carer



Ann Vagg
Enrolled Nurse



Adam Allison
Enrolled Nurse



Complete the dot to dot and give him a NAME _____

Keep Saving Stamps



*Just look at all those
used postage stamps!
They weigh 4 Kilos!!!*

**Very many thanks
to Jan Pohl from Cambrai
who delivered them to TLH.**

**Jan's friend once again has
donated these used stamps to
Stamps for Missions.
Close to \$500,000 has been
raised to help the disadvantaged.**

***Please deliver any stamps
to either
Reception or Protea desk***





PROFILE

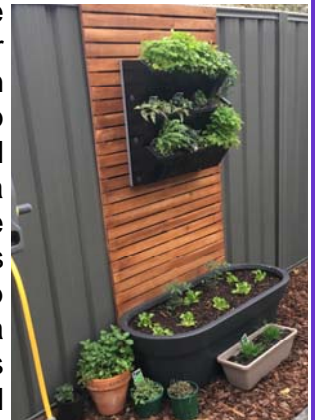
ANDREW and SALLY PEARCE **Independent Retirement Living**



We welcome Andrew and Sally Pearce to the TLH family where they and their beloved dogs have happily settled into their new home at no 4 in the Menge Road group of seven.

Andrew was born at the MacBride Hospital, Medindie Gardens on 23rd December 1951 to parents Edward and Kathleen - just in time for Christmas. Andrew grew up in Broadview where he attended primary school then continued his education at Enfield High. Whilst at high school, he worked as a service station attendant for AMOCO. After leaving school he joined the SA Gas Company as a junior clerk. In 1970 he joined the Commonwealth Bank and worked at various branches throughout Western Australia. A further transfer was to Darwin following the devastating Cyclone Tracy and after six months he returned to Adelaide, being employed in various SA country areas as a relief officer for staff on leave. Following 26 years with the Commonwealth Bank he then became a Mortgage Broker/Adviser for the next 21 years until his retirement on the 1st January of this year.

Sally was born in 1955 at Murray Bridge to Margaret and Murray Lewis. When the family moved to Adelaide Sally attended Richmond Primary School. Later after returning to Murray Bridge, she was a pupil for one year at the High School, then continued her education at Plympton High following another move. Sally's first job was with the Bank of NSW and after several years, gained employment with the Commonwealth Bank. She has also worked part time at a doctors' surgery. An animal lover, for the last ten years Sally has volunteered at the Adelaide Zoo as a guide for behind the scenes tours also assisting at the Children's Zoo. A fascinating part of her volunteering is making enrichment 'toys' that help relieve stress and boredom and keep animals mentally alert. Food is made into a paste of for example, honey, oats and fruit then concealed in such a way that forces the animals to search for their food. Popcorn can be hidden in pine cones with dried fruit. Sally says that lions are fond of lavender and love to roll in it.



It was at a social function in Adelaide where Andrew and Sally first met. Romance blossomed and they married in April 1976 at the Hare Street Methodist District Church. They bought a block of land at Klemzig, built their first home and lived there for 41 years. Then they 'saw the light' and decided to move to the Barossa where they would be close to their daughter and family. They have two daughters, Marie who lives at Seppeltsfield and Kelly at Prospect. Five grandchildren (four boys and one girl) complete their family.

Andrew and Sally first looked around at established homes in the Barossa but most required renovations and repairs. The agent showed them a comfortable, spacious, brand new TLH home at Menge Road where their two Bearded Collie dogs Jimmy (8) and Dory (6) would be most welcome. So Andrew and Sally (with their beloved dogs) have happily settled in, already establishing an attractive garden, helping with grandchildren, volunteering in the community, socialising with their neighbours, getting involved in TLH activities and are very satisfied and content to have made this move. Andrew's other interests include football (North Adelaide and Adelaide Crows), golf and gardening. Together Andrew and Sally look forward to many years of stress free living. Welcome to TLH Independent Retirement Living, Andrew and Sally!



Jimmy (aged 8) Dory (6)
Bearded Collies.

Ed.

Meet and Greet

Welcoming our new Residents to TLH



Ruth Rathjen



This year at the special event on Tuesday 18th September 2018 three new residents were welcomed to our Retirement Village - Andrew and Sally Pearce, also Lionel Folland

Weather conditions confined the group to the Social Centre, but that did not affect the warmth of the welcome and the friendly spirit and camaraderie. Thank you Ruth Rathjen for assuming the role of MC and effectively guiding the program in an efficient and friendly manner.



We are truly blessed to have so many capable residents who are happy to share their skills. From 11.15am three new residents were introduced and welcomed. Chaplain Ian Lutze led devotion while Lee Martin CEO addressed the gathering, citing statistics relating to our ageing population. The

average age of entry to residential aged care is 82 years for men and 84.6 years for women. As at 30th June 2017, 15% of Australia's population was aged 65 years and over (3.8 million people) while 2% were 85 years and over (499,000 people). In ten years, it is estimated that 18% of the population will be 65 years and over (5.2 million people) and 2.3% will be 85 years and over (672,000 people). Entry to residential aged care is 82 years for men and 84.6 years for women.

Various volunteers spoke of their particular area of service and the opportunities at TLH that cater for socialising, some of which are Saturday Ladies' get-togethers, table tennis, shopping bus, making cards, chapel, courtyard cafe, TLH singers, off site monthly lunches, knitting group, and playing cards. The TLH Singers entertained with their joyful voices before all partaking of a very special lunch of a variety of Barossa platters provided by TLH kitchen staff. Irene Joppich's famous carrot cake was also enjoyed and, when asked by a guest, she generously provided the recipe printed below. Thank you Irene. We are confident that our new residents are already feeling very much at home!



Don Nance, Lois Lablack

Thank you to Irene Joppich
for generously
sharing the recipe for her famous

CARROT CAKE

**1 cup Moro Pure Olive Oil, 2 cups Sugar, 4 eggs,
2 cups SR Flour, 3 cups Grated Carrot,
½ cup Chopped Walnuts.**



Pat Maddock



Glen & Joy Schultz

Mix oil and sugar, add eggs, stir in flour and walnuts, then add carrots. Place in a 20cm greased and lined square tin and cook 180c for one hour. Reduce heat to 170c and bake a further 30 minutes.

Frosting:

20gms soft butter, 85gms. soft Philadelphia Cream Cheese, 170gms icing sugar and vanilla to taste. Mix together. When cake is cool spread with Frosting and sprinkle with chopped walnuts.



Oscar & Irene Joppich

OPPORTUNITY SHOP

**Zion Church Hall
85 Murray St, Angaston**



**Saturday 6th October
9.00am - 4.00pm**

**Sunday 7th October
1.00pm - 4.00pm**

**Monday 8th - Tuesday 9th
& Wednesday 10th October
9.00am - 4.30pm**

***Proceeds to Barossa
Lutheran Community Care***



TRAVEL TALK

Referral for Good

***Travel Associates is
giving back***

For any new client that books a holiday, \$100 will be donated to one of the worthy charities below.

National Farmers Federation Drought Relief

After a 7 year drought, it's very clear that our Farmers and their families, the backbone of Australia, are doing it exceptionally tough. The National Farmers' Federation, Channel 9 and Rotary in Australia will work together to raise much needed funds from the very generous Australian public. The National Farmers' Federation will then be able to access these funds and provide support to approved organisations, helping Farmers through this difficult time.

RUOK

R U OK?'s vision is a world where we're all connected and are protected from suicide. They aim to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life, by enabling and strengthening informal community care. And it can all start by simply asking R U OK?

Going away on holidays or business ? Please collect a set of hotel toiletries and drop them in to us. All products are donated to the Northern Domestic Violence Service looking after Barossa Valley women and children who are experiencing domestic and family violence.

**See consultant:
Carolyn Barton**

**39 Murray St, Tanunda.
Phone 8563 0988**

travel-associates.com.au/clarke



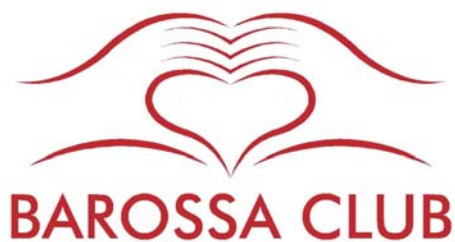
*** Gardening begins with daybreak
and ends with backache**

*** You know your children are growing up
when they stop asking you where they came
from and refuse to tell you where they're
going.**

From Tit Tat No. 27 - April 1977

Editor: Selina Schiller

*The best six doctors anywhere
And no one can deny it
Are Sunshine, Water, Rest and Air
And exercise and diet
These six will gladly you attend
If only you are willing -
Your ills, they'll mend
Your cares they'll tend
And charge you not a shilling.*



"Enjoying life with fun & friends"

Barossa Club

The inaugural Barossa Club page is here...

What an exciting time as we join the TLH Tit Tat monthly newsletter!

What a great opportunity to share what happens in Barossa Club, including some of our shenanigans!

Barossa Club is a place that provides social support for people to come to who are living independently in their own home in the local Barossa Community.

We have a monthly activity program which is available for our clients, known affectionately as the Clubbies.

Clubbies are invited to enjoy a delicious lunch in Barossa Club (same lunch time meal as TLH Residents).



Staff Team: Debbie, Pam and Lea

In Barossa Club we have theme days from time to time, so we thought we would share some of our photos with you from our 'Christmas in July' afternoon.

The lunch tables were decorated beautifully and the Christmas Photo Booth was a hit as you can see by the happy snaps!

The TLH Singers sang Christmas carols and the Clubbies joined in with song sheets provided...such fun... and let's not forget the impressive singing!



Ivy (rear), Margaret and Jan

A Happy Hour trolley was organised and the TLH Singers were invited to join us for afternoon tea where Christmas fruit mince pies were eagerly consumed.



It was a very happy social occasion had by all...all leaving Barossa Club with happy Christmas cheer.



Turn to next page to find out further details



What is the Barossa Club?

- ♦ Barossa Club is a social support group funded by the Commonwealth Home Support Program, (CHSP).
- ♦ Barossa Club is available for people from 65 years, living in the local community, who live independently in their home within the Barossa Valley region, including Independent Retirement Living.
- ♦ A referral, (individuals meeting the criteria) from My Aged Care is required to attend Barossa Club.
- ♦ All that is needed is a simple telephone call to My Aged Care on 1800 200 422 or alternatively visit the My Aged Care website.
- ♦ The very helpful My Aged Care staff will explain all that is required and are happy to answer any questions that you may have.
- ♦ The opening times for Barossa Club are Monday to Friday 9.00am to 3.00pm and closed on weekends and public holidays.
- ♦ A delicious two course lunch meal prepared by the wonderful TLH Catering Team is available to enjoy in Barossa Club and the cost is \$7.00.
- ♦ A bus service for pick up and drop off to your door if you live in Tanunda, Angaston or Nuriootpa is available for \$5.80 (Concession Rate).
- ♦ A variety of activities are offered in the morning and afternoon, including social time during morning and afternoon tea.



Please feel free to contact me on 8563 7701 if you would like to know more or would like to make a time to have a chat.

Lea Schmid
CHSP Club Coordinator

Left: Lea with her mum, Roma Murrin, who is a resident at TLH.

Lea Schmid

Phone: 8563 7701 — Fax: 8563 3744

Email: lea.schmid@tlhome.com.au

Website: www.tlhome.com.au

**Tanunda Lutheran Home Inc.
27 Bridge Street, Tanunda SA 5352**

Invictus Games Sydney - 20/27th October

Invictus Games 2018 will attract competitors from 18 nations who will compete in 11 adaptive sports events.



Most of us will never know the full horrors of combat. ...

The word 'invictus' means 'unconquered'. It embodies the fighting spirit of wounded, injured and sick Service personnel and personifies what these tenacious men and women can achieve post injury.

Invicta (motto) **Invicta** (meaning "undefeated" or "unconquered") was used in Rome - - **invicta** meaning "Unconquered Rome" and is the motto of the county of Kent, England



The Invictus Games is an international adaptive multi-sport event, created by Prince Harry, in which wounded, injured or sick armed services personnel and their associated veterans take part in sports including wheelchair basketball, sitting volleyball, and indoor rowing.

Invictus

by Ken Fyfe - IRL



He liked to climb the highest mountains as he tried to reach the sky,
And though he never did quite make it, he was still prepared to try.
His cycling had been first class; the 'Tour de France' his major aim.
All his hopes for that have gone now, but his ambitions still remain.
He also liked to run in marathons, where he'd run until he dropped,
Now, he only runs in mind and spirit; since some ability has stopped.
But he still dreams of those activities as he recalls when they began,
Until that roadside bomb took both his legs, serving in Afghanistan.
He'd still like to swim the longest rivers and swim every deepest sea,
But his prostheses aren't yet motorised the way they'd need to be.
So those may have to wait a while, though his sporting life will grow,
Taking part in all Invictus Games, with young men and girls we know.
Wounded service men and women who'd been giving us protection
As they lost so very much themselves; heroes all, without exception.
With great pride we will support them in each Invictus sporting test,
The first three still get the medals, but all contestants are 'The Best'.



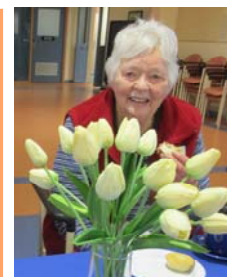


Volunteers' Morning Tea



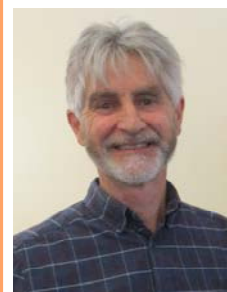
Tania Miller, Lifestyle & Volunteers Coordinator welcomed a group of around twenty volunteers to the monthly get together in the social centre. Tania introduced the guest speaker, Liz McGregor, who held the interest of the gathering with an entertaining description of her career in the police force.

Liz is also a valued TLH board member and respected identity in the local community.



In her talk to the TLH Volunteers Liz McGregor outlined her career in SAPOL, sharing some amusing anecdotes.

Liz was a police officer for 35 years. She joined South Australia Police as a 21 year old, graduating as patrol officer. When asked her reason for choosing this career, she said she liked the idea of a uniform!



Liz then worked in Gaming Squad, investigating illegal gambling including SP bookmaking. In the 1980s she worked at Holden Hill, Adelaide CIB and the Drug Squad. She became a trainer at the Police Academy and considers this the pinnacle of her career.

A story that raised a good laugh occurred when Liz was swimming at the Police Academy. She unknowingly lost her bikini top to the delight of junior cadets, and the fury of the officer in charge!



Thank you to Kitchen staff who supplied a delicious morning tea of savories and sweets accompanied by tea and coffee and lots of chatter.

Volunteers are invited to come along to the social centre on the first Tuesday of each month. Date for the annual Strawberry Fete was announced for Friday 9th November.



Graduation Day
04.07.1979
Diane, Julie (concealed), Frankie, Cathy, Meredith, Sonya, Elizabeth, Kathy Rasch



On patrols in Valiant "Regal"

Liz had a kidney transplant almost 28 years ago. This kidney cake celebrated the tenth anniversary





Tania Miller

Volunteer News

*Choose
Happy*

Hi Everyone!

The year is coming to an end with plenty of Social events planned between now and Christmas. We will be holding the Residents Footy Presentations this month, followed by the Melbourne cup , Strawberry Fete, and Remembrance Day in the month of November. Along with the residents Christmas Ball, Christmas Float and all other Christmas festivities in December. We welcome your support more than ever during these next few months.

A big thankyou to our guest speaker in September, Liz McGregor, for sharing her life experience in the police force.

If any volunteers are approaching your 5 or 10 years of volunteer service please come and see me as this is really important as we would like to recognise your commitment to TLH and our residents.

You will see some new wheelchair additions for Lifestyle and Volunteer use. It's important these are returned to their original storage area.

Library: We are seeking donations of magazines preferably no less than 12months old. Please drop them into the Library or the Lifestyle office if you are able to help. Also looking for a couple spare DVD, CD and Tape deck players.

Strawberry Fete: see attached flyer.

Thank you again for all you do.

On behalf of Tania and the Lifestyle Team.

 **THANK
YOU!**

Volunteer Morning Teas

Tuesday, 2nd October 2018

10.00am (Hawaiian Theme)

Come dressed in your florals and your lovely bunch of coconuts.

November's Morning Tea

To be combined with December's Christmas Celebrations

Tuesday, 4th December 2018

10.00am

End of year Christmas Break up

Hope to see you there!



Happy Birthday

**To all of our wonderful
Volunteers**

**for the month of
October**



Strawberry Fete Friday 9th November 2018

10am – 3pm



Help Please – We need you!



Yes - it's nearly here and we are seeking help in the following areas:

- Donation of lots of Spin the Wheel Prizes
 - (to make up individual and bonus prize hampers).
 - Donations of NEW items to use as major raffle prizes.
Eg Gift Vouchers eg Holiday, music, dining, cinema etc.
Wine, Beauty, Hair or Food or any other quality items.
 - Plants for the plant stall
 - Bric a Brac for the Residents & White Elephant Stall
- ** (Please no books, unless children's or teenage books) **

Donation of your valuable time.

If any staff or volunteers can spare time on the day,
please come and see lifestyle staff or

email tania.miller@tlhome.com.au or paula.koch@tlhome.com.au

You may like to help assist residents on the day,
on a stall for a period of time, or in other ways.

Every little bit makes such a big difference!



Monday 1st – Public HolidayTuesday 2nd

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
1.15	Bowls & Happy Hour	Chapel
3.30	Walking Group	ABG

Wednesday 3rd

10.00	Individual Visits	TLH
10.00	Craft & Hand wax therapy	Protea
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.15	Resident Coffee N Chat	Protea
2.00	Sing along with Sean	ABG
2.45	Joyful Noise	ABG
3.30	Walking Group	ABG

Thursday 4th

10.00	Individual Visits	TLH
10.30	Moovers 'n' Groovers	Chapel
10.45	One on One Visits	ABG
1.15	AFL Footy Presentations	Chapel
3.30	Walking Group	ABG

Friday 5th

10.00	Individual Visits	TLH
10.00	Exercise Group	ABG
10.30	Wisdom of The Elders	Chapel
1.15	Social Bingo	Chapel
2.30	Gardening group including Happy Hour.	ABG
3.30	Walking group	ABG

Saturday 6th

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 7th

10.30	Worship Service	Chapel
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Monday 8th

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

Tuesday 9th

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

Wednesday 10th

10.00	Individual Visits	TLH
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.30	Tai Chi with Pam & sing along	Chapel
2.00	Tai Chi with Pam	ABG
2.30	Sing along with Garry	ABG
3.30	Walking Group	ABG

Thursday 11th

10.00	Individual Visits	TLH
10.30	Moovers 'n' Groovers	Chapel
10.45	One on One Visits	ABG
1.15	Wheel of Fortune	Chapel
2.30	Memory game	ABG
3.30	Walking Group	ABG

Tanunda Lutheran Home			Residential Lifestyle Program			October 2018					
<u>Friday 12th</u>						<u>Thursday 18th</u>					
10.00	Individual Visits	TLH	10.00	Individual Visits	TLH						
10.00	Exercise Group	ABG	10.30	Moovers ‘n’ Groovers	Chapel						
10.30	Wisdom of The Elders	Chapel	10.45	One on One Visits	ABG						
1.15	Social Bingo	Chapel		Bus Trip							
2.00	Sing along with Doug with happy hour	ABG	1.15	Ten Pin Bowling	Chapel						
3.30	Walking Group	ABG	2.00	Pancake Making Afternoon Tea This month Waratah Residents.	Waratah						
<u>Saturday 13th</u>						2.30	Memory game	ABG			
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.						3.30	Walking Group	ABG			
<u>Sunday 14th</u>						<u>Friday 19th</u>					
10.30	Worship Service	Chapel	10.00	Individual Visits	TLH						
<u>Monday 15th</u>						10.00	Exercise Group	ABG			
10.00	Individual Visits	TLH	10.30	Wisdom of The Elders	Chapel						
10.15	Hymn Singing	Chapel	1.15	Social Bingo	Chapel						
11.00	Worship Service	Acacia	2.30	Art Therapy with Helen including Happy Hour.	ABG						
1.15	Social Bingo	Chapel	3.30	Walking Group	ABG						
2.30	Social Bingo	ABG	<u>Saturday 20th</u>								
3.30	Walking Group	ABG	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.								
<u>Tuesday 16th</u>						<u>Sunday 21st</u>					
10.00	Individual Visits	TLH	10.30	Worship Service	Chapel						
10.00	Knitting Group	Protea	<u>Monday 22nd</u>								
10.30	Moovers ‘n’ Groovers	Chapel	10.00	Individual Visits	TLH						
10.45	One on One Visits	ABG	10.15	Hymn Singing	Chapel						
1.15	Men’s Group	The Shed	11.00	Worship Service	Acacia						
1.15	Bowls & Happy Hour	Chapel	1.15	Social Bingo	Chapel						
3.30	Walking Group	ABG	2.30	Social Bingo	ABG						
<u>Wednesday 17th</u>						3.30	Walking Group	ABG			
10.00	Individual Visits	TLH	<div>PLEASE NOTE ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE</div>								
10.00	Craft & Hand Wax Therapy	Protea									
10.30	Bible Insights	Chapel									
10.30	One on One Visits	ABG									
1.15	Tanunda Lutheran Primary School - Visit	Chapel									
2.00	Sing along with TLH singers	ABG									
3.00	Joyful Noise	ABG									
3.30	Walking Group	ABG									

Tuesday 23rd

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

Wednesday 24th

10.00	Individual Visits	TLH
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.15	Arm Chair Travel	Waratah
2.00	Tai Chi with Pam	ABG
2.45	Joyful Noise	ABG
3.30	Walking Group	ABG

Thursday 25th

10.00	Individual Visits	TLH
10.30	Movers' 'n' Grover's	Chapel
10.45	One on One Visits	ABG
1.15	George Davies Piano Accordion	Chapel
2.00	Doug performing	ABG
3.30	Walking Group	ABG

Friday 26th

10.00	Individual Visits	TLH
10.00	Exercise group	ABG
10.30	Wisdom of The Elders	Waratah
1.15	Monthly Birthday Celebrations	Chapel
2.30	Art Therapy with Helen including Happy Hour.	ABG
3.30	Walking group	ABG



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

Saturday 27th

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 28th

10.30	Worship Service	Chapel
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Monday 29th

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 30th

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 31st

10.00	Individual Visits	TLH
10.00	Craft	Protea
10.30	Bible Insights	Chapel
10.30	One on One Visits	ABG
1.15	Garry Wharton	Chapel
2.00	Tai Chi	ABG
2.30	Sing along with Gary Wharton	ABG
3.30	Walking Group	ABG





CLOCKS



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

ALARM
ASTRONOMICAL
BELLS
CARRIAGE
CHIME
DATE
DIGITAL
FACE
GRANDFATHER

HANDS
HOURGLASS
HOURS
INDICATOR
MECHANISM
MINUTES
OBSERVATORY
PENDULUM
QUARTZ
RAILWAY

SPRINGS
STRIKE
SUNDIAL
SWISS
TALKING
TIMEPIECE
TOWER
WATER
WHEEL
WIND

