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

November
2018

Lutheran Church of Australia

Chaplain's Reflection

Chaplain Ian Lutze

MEANING-MAKING AMONGST OLDER PEOPLE.

Author Elizabeth MacKinlay, in her book "The Spiritual Dimension of Ageing" (2001) noted in her research that something is quietly going on in us as we get older. One of those quiet tasks is Meaning Making. Let me share a few aspects of this – and note that these 5 points are something of a progression – If we stay grumpy and impatient we probably will take longer to appreciate all the connections and grace around us. So …

- We become less patient with people who try to tell us what we should think or believe.
- **Implication** – it's natural to be grumpy and impatient at times, and to feel like we are pushing people away, or that we are very disconnected and poor.
- We feel sadder when somebody doesn't stop and listen to our wisdom.
- **Implication** – It feels like just when we've discovered the meaning of life nobody seems to want to listen.
- The bigger themes stand out more strongly, and little themes tend to fade away.
- **Implication**: We make our peace with life, and death, and don't care so much about the smaller things, important as they still might be.
- We become less interested in fighting and more interested in hearing another point of view (as long as it isn't rammed down our throats!). We've realised that fighting others is just fighting ourselves. Forgiving and accepting others lifts a burden from us, and opens to us a richer experience of ourselves.
- **Implication** – in this sense we become more connected with others.
- Our experience of the richness of meaning in the world grows. It is found in connection with:
  - God (our personal understanding of the ultimate and transcendent things)
  - Nature and the environment
  - Work (however we perceive contributing to making the world better)
  - The Arts (appreciation of creativity, and being creative) People

Implication – earlier in life these connections may have been less balanced. In older age we may discover that we are richer than we have ever been, as the connections come into balance.

Implication for all of us – Ageing gracefully through meaning making can sometimes feel difficult, and we need to reach out for help sometimes. People around us who are switched on to the reality that this is one of the major tasks of ageing will certainly help us and give us the space to grow. **Implication for Me** – No wonder I enjoy working among you so much!

Chaplain Ian Lutze

WELCOME
ON BOARD
the Tit Tat Team

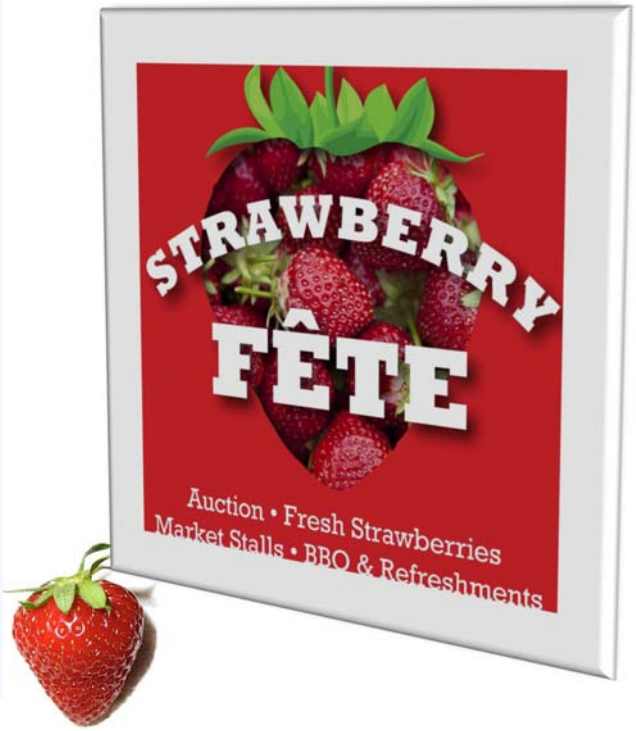
GEOFF MUNZBERG IRL

Geoff has offered to help the team that produces 'Tit Tat' each month.

If you would like to contact Geoff you can do that at

munzco@ozemail.com.au

or mobile 0419 396 842



I was in a bank when a man entered with a dog on a lead.

When he asked if it was **OK** to bring his pet in, a teller said,

"Yes, provided he doesn't make a deposit."

TANUNDA
RETIREMENT LIVING

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 DECEMBER edition is
Thursday 26th November

TIT TAT TEAM
Dorcas Kernich (Editor)
Ferne Fyfe, Irene Joppich, Ruth Rathjen
Geoff Munzberg

Deliveries
Glenys Greig, Glenis Kupke,
Raelene Rosenzweig

TLH SHOPPING BUS

Departing approx. 9.30am
Return 11.30am
Cost $5

Wednesday	**7th November**	**Tanunda**
Wednesday	**14th November**	**Nuriootpa**
Wednesday	**21st November**	**Tanunda**
Wednesday	**28th November**	**Nuriootpa**

From the CEO

Lee Martin
CEO

Hope you are all keeping well – the weather is certainly changing from day to day. Nice to feel the warmth for a change though. Some more rain would also help some. It has been great to see a reduction in the number of people who suffered from the flu. With the good take up of the inoculations by staff, volunteers and residents – no flu outbreak was experienced at TLH.

Over the last month aged care has been very prominent in the media. Please remember – do not believe everything you see or hear in the media. The Royal Commission is to be based in Adelaide and results will be known later in 2019. The number of un-announced visits to all aged care facilities will increase three fold during 2019. These visits may occur during and after working hours and on weekends. Tanunda Lutheran Home has the same amount of rostered staff on weekends as we do during the week the only difference is that the administration staff are not present. Processes will be in place to ensure TLH is always ready. If over the coming months you have any questions regarding the Royal Commission feel free to contact me and I will endeavour to answer them. It is hoped the outcomes are positive and can make change to the aged care industry to ensure safety and wellbeing to the residents.

I take this opportunity to wish Cindy Penn – our Care Manager - farewell – she is moving on to a new career in computer software. Cindy has excelled in her time here at TLH – she will be missed. Many great goals have been achieved under her guidance – the ACFI has increased to be well above the national average, our occupancy is well above the national average, staff have and still are receiving training all areas of their care to ensure residents are well cared for. Take care Cindy – enjoy your new chosen career path. Until we appoint a replacement for Cindy responsibility for care and nursing matters will rest with me with assistance from Lisa Morrison and Sharon Berridge. We are hoping to have the position filled in the near future with someone who is well qualified to lead the care services into the future meeting outcomes of the new standards.

As mentioned in our last Tit Tat the government funding Validators have been, have completed their assessments and the report has now been received – we are still negotiating a final outcome of the review - stay tuned. The calculations and documentation that is required to complete an ACFI is complex but our results are providing the care funding needed to look after our residents. A big thank you to our ACFI team for the mighty efforts you all put in to ensuring we get what is expected. Thank you to the care staff for completing the documentation that is so important The Belmore Nurses agency has commenced as our exclusive provider of agency staff. This will mean the same staff will attend TLH when we are unable to provide our staff. We are still employing staff to our roster which then reduces the need for agency staff. If you know of anyone who is qualified please refer them to us – the more staff on our roster the better.

The project in Nuriootpa is moving along but slower than expected due to administrative red tape. The actual building works may commence before Christmas 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. It is expected that we will put the construction phase of the project out for tender later in this year.

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

November

1	Ivy Winton
3	Lena Rogers
5	Elizabeth Ruediger
5	Mavis Schubert
6	Erika Aubrey
9	Alison Redden
10	Trevor Starick
10	Heather Beare
12	Glenda Armstrong
14	Iris Kleinig
18	Clair Altus
18	Eileen Roche
20	Dorothy Warren
24	Lissa Claridge
25	Ruth Tainish
28	Jeanette Muir
28	Lois Mattner
29	Frank Graetz

Welcome New Staff

Ian Firth
Maintenance

Welcome

Permanent

Dorothy (Elinore) Graetz

Respite

Fransien Haan

David Thomas

John Hitchin

Evelyn Schottelius

Lorna Noll

DEATHS

Our deepest sympathy to the family of

Muriel Weber 12th October

May she rest in peace ...

ADVANCE NOTICE

TLH OFFICE CHRISTMAS HOLIDAY CLOSING TIMES

Monday 24th December	CLOSED
Tuesday 25th December CHRISTMAS DAY	CLOSED
Wednesday 26th December BOXING DAY	CLOSED
Thursday 27th December	OPEN
Friday 28th December	OPEN
Monday 31st December	CLOSED
Tuesday 1st January NEW YEARS DAY	CLOSED

The office will re-open Wednesday 2nd January.

We apologise for any inconvenience.

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:

Lee Martin – CEO
(Including Allied Health & Lifestyle) lee.martin@tlhome.com.au or Ph: 8563 7733

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

PODIATRY SERVICES

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

TANUNDA RETIREMENT LIVING NURIOOTPA RETIREMENT LIVING

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**

Australian Government myagedcare

Tanunda
Lutheran Home Inc

Message from : People Culture & Customer Service Manager and Quality Coordinator

The Minister for Ageing, Hon Ken Wyatt AM MP, announced a new Aged Care Quality and Safety Commission, to operate from January 2019.

While the Royal Commission into the Aged Care sector undertakes its critical review, the formation of the Quality and Safety Commission will combine the functions of the current Australian Aged Care Quality Agency, the Aged Care Complaints Commissioner, and the Aged Care regulatory role of the Department of Health.

To maintain approval to receive Commonwealth funding, Residential Aged Care homes must currently comply with four standards comprising 44 expected outcomes. The new Aged Care Quality Standards will have eight standards with many additional requirements. These new standards have been announced for Residential services including CHSP, Home Care, Transition Care and National Aboriginal and Torres Strait Islander Flexible Aged Care Program. Commencement of the new set of standards occurs in July 2019.

Unannounced visits for the full Reaccreditation audit for Residential Aged Care homes commenced on 1 July 2018. You may already be aware that the Australian Aged Care Quality Agency (AACQA) has been undertaking unannounced assessment contact visits for some time, but this change now means that all visits will be unannounced.

Tanunda Lutheran Home had a Reaccreditation audit during May this year and has achieved 100% compliance, with accreditation until the year 2021. We will continue to be audited by the AACQA with unannounced visits.

Tanunda Lutheran Home will have a responsibility to notify residents and stakeholders when an unannounced visit has commenced to ensure the meeting with AACQA can still occur.

On a positive note, at Tanunda Lutheran Home we will continue to invest in reviewing our processes and remain committed to the ongoing education of our staff and innovation in service and care models to ensure we offer the best possible care and quality life to our individual residents.

Quality Item Updates:

At Tanunda Lutheran Home we are excited to be planning and implementing changes that are reflective of the New Resident focussed standards. Preparation for commencement of the New Quality Framework will include continued 'Continuous Improvement' that is resident directed: the review of all service policies and procedures, education for staff, residents and stakeholders.

Some of the improvements that we have achieved recently include:

- We have a Vision and Values Statement that our Residents, their families and our staff voted on. The Vision and Values demonstrate an advanced understanding of the new standards with values and core words like, advocate, collaborate, choice, customers, kind, compassionate, dignity. We have been promoting, hiring and providing service with our Values for well over 12 months now. We use our Vision and Values as a core focus in our Customer service and HR processes filtering them through as many processes as possible.

Continued…..

- We have implemented a Resident representative Committee titled The Collaboration Committee. The Residents represent their Neighbourhoods and bring ideas and feedback to a monthly meeting along with Kim, Rachana, Britany and different leaders of the committee's choice, who have been invited. Continuous improvement ideas that anyone within TLH has had are also discussed and the committee provides feedback and votes to recommend investigation into the ideas. Recently the committee voted to recommend the implementation of a buffet style breakfast. The Collaboration Committee will also assist and be consulted in the review of TLH policies, procedures and work practices.
- We listened when the Oakden report focussed on the provision of an unsafe environment for Residents, identifying the imperative need to update our dementia specific area to reflect an understanding of modern research and provide for the ageing eye by renovating the areas. Residents and Family members were invited to be involved in the selection process.
  We are now concentrating on visual aids in the form of blackboards, to assist with locating staff. This also provides ease in communicating with Management and Visitors information and resources.
- Blackboards have been put up in each area near the Nurses' station to provide information to Relatives and Visitors regarding staff on shift with their phone numbers. Relatives and Visitors can contact staff members if they need any assistance while visiting their loved ones at Tanunda Lutheran Home.
- We developed and successfully implemented a new Comments, Complaints and Compliments procedure. We provided all staff with training, placing the Residents, our customers and their satisfaction at the forefront of our processes.
- We have implemented Person Centred Care, receiving feedback from our Residents that they love having the same staff. Feedback confirms that our staff cannot be faulted, and they do an amazing job.
- We implemented training to staff that provided them with real life examples of what it feels like to be a Resident and receive sub-standard service. **Examples of this include:** being interrupted during meals for eye drops, being given a meal you don't like, not being told what a meal is, not being presented nicely, having to hear staff talk to one another, residents being ignored, being brought out late for meal service. We had staff leave the room crying because they really identified with how terrible the feeling would be. We had our staff stand up and promise to advocate for our Residents.
- Increased staff training has been provided throughout the year to ensure staff have the required knowledge and skills appropriate to the ongoing changes. Some of the staff training sessions provided in October were Oral and Dental Health, Clinical Risks and Observations, Nutrition & Hydration, Skin Care and Manual Handling.

We look forward to providing regular information in Tit Tat relating to industry and quality updates. We will continue to provide our resident focused services by partnering with our residents in improvement processes.

Wishing you a wonderful month!!!!
Kim & Rachana

Chaplain News …

Assistant Chaplain

Sadly we had to say Goodbye to Kristine Leonard at the end of October. A big thank you to everybody who made her so welcome, and who tried to find suitable local housing for her. Kristine connected well, and we'll miss her. We will now review the position to see how we move forward.

Women's Ordination

The recent Synodical Convention of the Lutheran Church (AUST/NZ), which I recently attended, will be remembered as the fourth attempt to change the Church's doctrine to allow women to be pastors. This matter keeps arising because most people want change (59% at this Synod), but it needs a two-thirds majority to change. People hold strong views for and against, but our National Bishop John Henderson made it very clear that nobody should assert that somebody who votes one way or another is a better or worse Christian, or Lutheran, or 'Confessional' person. Because we are one united church we have to live with two different views on this matter, and perhaps even two different practices in the future. We will certainly continue to talk about it. In your private conversations I encourage you to keep your sense of humour, love your 'enemy', speak constructively about one another, and claim strongly that you are saved by grace, through faith, not by having a certain view on ordination

Remembrance Day (November 11th)

Remembrance Day this year is a Sunday.

This year marks 100 years since the end of World War 1. The service in Gramp Chapel at **10.30** will have a Remembrance Day theme, with the Last Post being played at **11.00** from the fountain, so it can be heard across the care facility. The service will be designed to be welcoming and hospitable to people who don't usually attend church. We have lots of people with war service connections, and we will make it possible for as many of you as are able to attend.

Annual Memorial Service (November 25th)

This is being planned as we speak, and notices will appear, and invitations issued, soon. The service is at 2.00pm and all are welcome as we honour people from our community (care facility, Independent Retirement Living, and staff/board) who have died in this past 12 months.

Memorial Service

Gramp Chapel - 25th November 2018 @ 2.00pm

Theme – "The Song is Ended, but the Melody Lingers On"
Guest Speaker – Pastor Rob Borgas, Zion Angaston

PROFILE

LORRAINE MOORE

Independent Retirement Living

Lorraine Zeunert was born in 1934 at Gawler Park Road, Angaston, younger daughter of Harry and Esther and sister to Ivy. It was a busy life for the family. Harry was a butcher and owned a mixed farm with fruit trees and vineyard. At the age of five the family moved to Hurn Road, also in Angaston. Lorraine attended the local primary school and in due course continued her education at Nuriootpa High School. For two years she was employed as Jill of all trades at *The Leader* office .

In 1952 Lorraine moved to Adelaide to begin her nursing training at Mareeba Babies' and Royal Adelaide Hospitals also a course in Child Care at Adelaide University. At Vermont High School Lorraine also studied (through an Adult Education program) various subjects eg Philosophy, Psychology, Politics and Economics. Highly qualified, she was employed as a Physio and Naturopath nurse at Somerton and Regency Park Children's Disability Homes also as dental nurse at Glenelg, Pennington, Torrensville and Croydon clinics.

It was whilst working at Freeling Hospital that Lorraine met J. Barry Moore. Before long love blossomed and in 1956 they married. Blessed with two sons, Tom is a High School Principal at Michigan in USA and Mark a Consulting Geologist. Barry was Production Manager for Russell Ads and Neon Electric until his untimely death in 1987. Barry had other interests in Hotel Management and the West Adelaide Football Club. He played tennis and football for Freeling, was Treasurer for Immanuel College Old Scholars' Football Club as well as for A.F.S International Student Exchange. Barry and Lorraine were Foundation Members at Immanuel Lutheran Church Chapel at Novar Gardens. They also were Host Parents to Kirby and Jennifer from USA, and country students Cheryl, Marie and Suzanne .

Mark, Lorraine, Tom Moore

Volunteering: Over the years Lorraine has been volunteering at a Pre School for Intellectually Disabled children at Cramond House, Toorak Gardens, also assisting as Corporal with St John Ambulance service at Brighton and Sturt. Lorraine is a Life Member of Meals on Wheels at the Warradale Kitchen. She was an active member of the Development Committee for Kingston Historic House, acting as House Keeper providing Devonshire Teas at Kingston Park. On top of all this, Lorraine was Transport Driver with Holdfast Council for hospital and medical appointments, also in home support for the visually impaired. Interested in history, Lorraine has been an active member of the Lyndoch Historical Society since its inception.

Widely travelled, Lorraine has been around the world three times as well as on 23 cruises and visiting 112 countries. She recalls several highlights of her travels—the Holy Land, climbing the Great Wall of China, a visit to Claude Monet's delightful garden, viewing sunsets from the Eiffel Tower and the amazing ice bergs at Antarctica.

It was on 29th July 2014 that Lorraine finally returned to the beautiful Barossa Valley where she has settled happily into her lovely Independent Retirement Living home, established a colorful garden, and enjoys the activities, life style, company and friendships made at Tanunda Lutheran Home.

Thank you, Lorraine for sharing your interesting story with us.

Ed.

TANUNDA
RETIREMENT LIVING

RAFFLE

Proceeds to IRL Social Program

TICKETS $1 EACH
Drawn 18th December
at Christmas Luncheon

Enjoying a schluck, chat and luncheon at the Club House in October :
Margaret Meyer, Dorcas Kernich, Glenys Lienert, Val Lehmann, Glenis Kupke, Doug Ramsey, Kristine Leonard, Elaine Leditschke, Jan Schupelius, Daphne Gower

IRL SECOND WEDNESDAY LUNCHEON - NO LUNCHEON THIS NOVEMBER

TRAVEL TALK - NO FLY HOLIDAYS

They say flying is the safest way to travel, but try telling that to the 40 per cent of us whose hearts pound and palms sweat at the mere thought. For some fear of flying creeps up with age, others suffer from claustrophobia and there are those who hate not being in control (and it is impossible to tell the Captain "pull over I want to get off", when you're sky high.) Speaking of sky high, dampening that fear with alcohol or medications is certainly not the answer either. Here's the answer: Book a Holidays of Australia & the World NO FLY ZONE holiday. We've gladly put in the hard yards to create exclusive packages, so that all you have to do is relax and enjoy a truly memorable holiday. We reckon cruising is the ultimate well, cruisey holiday – gloriously anxious free and luxurious. But when combined with one of the world's truly famous rail journeys, it's the only way to go!

Rail and Sail 12 nights departing 14th Feb 2019

Journey across the Nullarbor aboard the Indian Pacific.

Relax in the Margaret River Region before cruising aboard Celebrity Solstice. Witness the stark beauty of the Nullarbor plain. Discover your next favorite wine in the Margaret River Region. Walk the full length of the Busselton Jetty. Cruise the Australian Bight to Adelaide with a port call in Esperance for pristine beaches. 2 nights aboard the Indian Pacific travelling from Adelaide to Perth in Gold or Platinum Service. Your journey includes all meals, drinks and off train experiences in Cook and Nullarbor. Transfer from the rail terminal to the hotel. 5 night stay in Perth at the Pan Pacific Perth including breakfast. Half day Perth & Fremantle Explorer tour with Swan River Cruise. Full day Margaret River, Cave, Wine, Cape Leeuwin Lighthouse & Busselton Jetty tour. Transfer from your hotel to the cruise terminal. 5 nights aboard Celebrity Solstice cruising from Fremantle to Adelaide with a port call in Esperance. Includes on board meals and entertainment.

Many other Rail and Sail
packages available.
Give Carolyn a call at
Travel Associates
Tanunda to find out more

Phone 8563 0988

CLARKE & TURNER
TRAVEL™
ASSOCIATES
Ph 08 8563 0988
39 Murray Street, Tanunda
travel-associates.com.au/clarke

INTERNET CORNER

A computer with internet and printer is available for our Residents and Visitors to use in Waratah lounge room.

Residents are welcome to use this computer for social networking, playing games and puzzles, internet surfing, emailing, Skype etc.

Please ask one of our Lifestyle staff if you need any assistance using this computer.

Red and White Night

Thursday 18th October - 6.30-8.00pm in the Social Centre

Reg Sharpe

IRL volunteers transformed tissue paper into red and white flowers

This colourful, happy event with red and white theme was enthusiastically received and very much enjoyed. The stunning, large red and white paper flowers were created by a group of IRLs with Carolyn expertly demonstrating the ingenious method that transformed several sheets of tissue paper into beautiful flowers. They formed a stunning backdrop for photographing participants.

Six talented couples from the Lyndoch Dancers entertained throughout the evening with various old style dances that concluded with a rather 'saucy' demonstration. Throughout the evening , a number of onlookers accepted the invitation to join them at any time. Guests were amazed at the grace and style of the dancers that showcased such complicated steps.

The red and white theme predominated, with those present being decked out in these colours . Reg Sharpe was MC for the evening and entertained with several solos and jokes. A number of TLH residents in care were please to be included and thoroughly enjoyed the evening while watching and reminiscing. A welcome and delicious supper concluded the evening.

Lionel Folland
Elaine Leditschke

Our grateful thanks to the Lyndoch Dancers
Rae & Trevor Materne
Ross & Ramona Gierke
Melissa & Michael Vawser
Irene Liebelt & Stan Lange
Sue Sharpe & John Schultz
Dot & Peter Campbell
Reg Sharpe - MC

Selina Schiller - Ros Whiteford

John Schultz, Irene Liebelt Peter & Dot Campbell, Irene Joppich

Sue Sharpe Ross Gierke

BAROSSA CLUB

"Enjoying life with fun & friends"

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

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

BAROSSA CLUB

"Enjoying life with fun & friends"

Barossa Club will be closed on the day of the Strawberry Fete 9th November.

Due to the Strawberry Fete utilising the Barossa Club area for stalls this year, the Barossa Club will be closed in its usual format.

This gives everyone an opportunity to support this wonderful fund-raising event for TLH

Local Newspaper Chatter, (and the rest), with some of the boy Clubbies during Morning Tea.

Bagatelle is a great game we enjoy playing in Club…look at the determination, and the competitiveness!

Clubbies enjoying social time together and a chat during individually chosen activities.

- Barossa Club is a place that provides social support for people to come 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 the Barossa Club (same lunch as TLH Residents).
- We have enjoyed our regular monthly activities…Bagatelle,20 Questions Quiz and 'Is it Mine?' are just a few of the popular group activities.
- There has been much discussion in Club regarding the inconsistent weather we have been experiencing…it really has been like a box of chocolates…'ya never know what ya gonna get'!
- As we begin November, it's a reminder that Christmas is not far away…please enjoy what November has to offer.
- For those of you that embrace Melbourne Cup festivities…we look forward to seeing some photos in the December Tit Tat…and perhaps even some ladies showcasing their lovely Fascinators?

So, from all the Barossa Club Staff Team…ciao for now

W&L
WELLNESS & LIFESTYLES
AGED CARE services
Allied Health Department
Tanunda Lutheran Home
27 Bridge St
Tanunda SA 5352
Ph: 8563 7739
Fax: 08856337744

Wellness & Lifestyles

Maximising Your Memory

A common concern amongst older adults is perceived change or decline in memory. Little everyday lapses such as losing our keys or forgetting someone's name are normal; however for people in middle and older age they can be troubling, and provoke worries about developing dementia. The good news is that most older adults do not get dementia; however it is important to understand that our brains change over time, and that certain functions, such as our recall ability, naturally decline somewhat as we age.

Possible causes of memory problems:

While decline in memory can be associated with dementia, there are many other factors that can contribute to memory issues, which are treatable and reversible. These include:

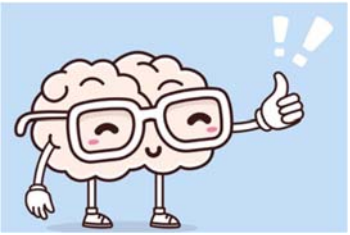
• Anxiety • Dehydration • Depression • Infections	• Medication side effects • Poor nutrition • Stress • Thyroid imbalance

It is important to discuss any health or memory concerns with your doctor who can examine possible causes and refer on to other services as needed.

Tips to maintain and improve memory:

There are many things we can do to maximise our chances of maintaining and even improving memory well into old age:

- **Socialise:** Participating in your local community and maintaining friendships will not only improve memory function, but also mood.
- **Exercise:** Physical activity, such as a brisk walk, can help to maintain healthy brain function.
- **Don't rush:** Take your time with memorising and recalling information. It will be much harder to do if you are hurried or stressed.
- **Consider sensory functions:** It will be much easier to take on new information if you can see and hear what is happening properly. Wear your prescription glasses and hearing aids if you have them, and have your vision and hearing tested regularly.
- **Stay positive:** Don't buy into the stereotype that ageing automatically means losing your memory. Maintaining a sense of confidence and control, along with the use of strategies and aids (discussed next) can help to maintain memory performance.



Aids for maintaining memory:

- Along with maintaining a healthy lifestyle and employing cognitive strategies, there are some tools that can help to compensate for minor difficulties with recall. Don't be afraid to use them these are good tips for people of all ages!

W&L
WELLNESS & LIFESTYLES
AGED CARE services
Allied Health Department
Tanunda Lutheran Home
27 Bridge St
Tanunda SA 5352
Ph: 8563 7739
Fax: 0885633744

Wellness & Lifestyles

Continued…..

Annette

Kathleen

Alanna

To-do lists: Lists can help to organise the mental clutter that we all carry from time to time. Update these and keep them where you will see them.
Remember to mark off items as you complete them.

Have a routine: Sticking to a basic daily routine can help with remembering to do the important things each day. For example, taking your medications at the same time every day.

Train the brain: Using simple strategies to remember the things you need to can help to improve memory and learning. For example, noting an interesting feature about a person whose name you are trying to learn, and repeating this along with their name in your head, can provide a visual cue to aid in recall: e.g. Elizabeth wears pearl earrings.

A place for everything: Designating a place for important items can save a lot of time and frustration, for example keeping a bowl by the front door for keys and sunglasses.

Keep a calendar: Use a calendar to write down appointments or upcoming events as soon as you make them. Ensure that you check it each day.

Auction • Fresh Strawberries
Market Stalls • BBQ & Refreshments

FRIDAY NOVEMBER 9TH

10AM – 3PM

27 BRIDGE STREET, TANUNDA

Tanunda
Lutheran Home Inc.

Jan Schupelius, Tania Miller

Volunteers' Morning Tea

TUESDAY 2nd OCTOBER 2018

Garry Wharton

Tania Miller, Lifestyle & Volunteer Coordinator, welcomed around twenty volunteers to the monthly get together in the social centre.
Guest vocalist/musician Garry Wharton entertained with bright songs based on the

HAWAIIAN THEME

Lifestyle staff used attractive decorations to accent the theme and guests were dressed in bright, floral clothing.

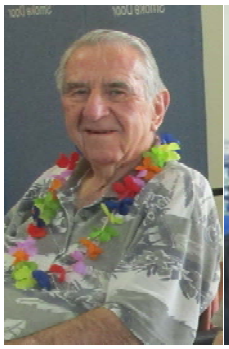
Garry sang popular old time melodies like *Over the Rainbow*, *Silver Moon*, and favorites from the 1950/1960s in keeping with the theme.
Guests happily joined in from time to time.

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

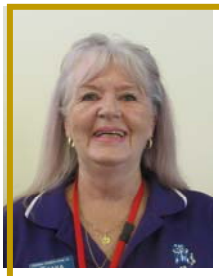
NOTE : NEXT GET TOGETHER: Volunteers are invited to the social centre On Tuesday 4th December

Norma Robinson

Max Schubert



Rob Browne, Ira Zeunert, Lois Lablack, Anne Tscharke, Daphne Gower, Janice Fechner, Oscar Joppich, Judy Nicholls



Tania Miller

Volunteer News

Christmas tis the season to be Jolly!

It is so really nice to have so many of our volunteers come and have a visit and chat and we welcome any suggestions you may have. So many of you are achieving wonderful milestones in your years of service here at TLH. Please continue to let me know how long you have volunteered for as it's important for us to acknowledge your valuable contribution.

Christmas Morning Tea

Please come and join us for our wonderful morning tea celebration on **December 4th.** Please leave your name at the main reception **by 26th November.**

You all light the way and no one can hold a candle to you.

Volunteer Morning Teas

November's Morning Tea

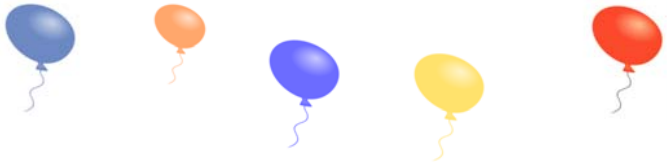
To be combined with December's Christmas Celebrations

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 November

TANUNDA RETIREMENT LIVING

MELBOURNE CUP
TUESDAY 6TH NOVEMBER
JOIN OUR SWEEP AND FOLLOW YOUR HORSE WHILE WE WATCH THE BIG RACE

STRAWBERRY FETE
10am - 3pm

NOVEMBER 9TH
Please come along and enjoy the day with family, friends, staff, volunteers and residents.

Did you know that we provide up to 300 hampers for people in our community? The amount of resources, time, manpower, food, gifts and funds to make this happen is enormous. One of the greatest benefits of being involved in this program is witnessing God's love in action through the generosity of our volunteers, benefactors, local businesses, the LCC staff team, and the recipients of the hampers themselves.

LUTHERAN community care

Donations for Christmas Hampers
Of
****TINNED FRUIT ****
(400g AND 800g tins)
Can be left at TLH Reception or with the TLH Lifestyle Department.
by **FRIDAY 30TH NOVEMBER 2018**

Thursday 1st

10.00 Individual Visits	TLH
10.30 Moovers 'n' Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Arm Chair Travel	Waratah
2.30 Memory Game	ABG
3.30 Walking group	ABG

Friday 2nd

10.00 Individual Visits	TLH
10.00 Exercise Group	ABG
10.30 Wisdom of the Elders	Chapel
1.15 Social Bingo	Chapel
1.15 Arm Chair Travel	Waratah
2.30 Art Therapy with Helen (Melb Cup) - Happy Hour	ABG
3.30 Walking group	ABG

Saturday 3rd

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 4th

10.30 Worship Service	Chapel

Monday 5th

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 6th

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 Individual Visits	ABG
1.30 Melbourne Cup	Protea Lounge
2.00 Melbourne Cup	Grevillea
3.00 Walking Group	ABG

PLEASE NOTE ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE

Wednesday 7th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 Individual Visits	ABG
1.15 Sing Along with Garry	Chapel
2.00 Tai Chi with Pam	ABG
2.45 *Joyful Noise*	ABG
3.30 Walking Group	ABG

Thursday 8th

10.00 Individual Visits	TLH
10.30 Moovers 'n' "Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Movie Afternoon	All Areas
2.30 Doug Performing	ABG
3.30 Walking group	ABG

Friday 9th

10.am - 3.00pm
STRAWBERRY FETE
Everyone Welcome

Saturday 10th

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 11th—Remembrance Day

10.30 Remembrance Day Worship service Chapel

Monday 12th

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 13th

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Men's Group	The Shed
1.30 Residentt Meeting	Chapel
3.30 Walking Group	ABG

Wednesday 14th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 Individual Visits	ABG
1.15 Carpet Bowls/Happy Hour	Chapel
2.00 Tai Chi with Pam	ABG
2.30 *Joyful Noise*	ABG
3.30 Walking Group	ABG

Thursday 15th

10.00 Individual Visits	TLH
10.30 Moovers 'n' Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Hoy - Card Game	Protea Dining Room
2.30 Memory Game	ABG
3.30 Walking group	ABG

Friday 16th

10.00 Individual Visits	TLH
10.00 Exercise Group	ABG
10.30 Wisdom of the Elders	Chapel
1.15 Social Bingo	Chapel
2.00 Gardening group and Happy Hour	ABG
3.30 Walking Group	ABG

Saturday 17th

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 18th

10.30 Worship Service Chapel

REMEMBER Afternoon Lifestyle Programs may now commence at 1.15pm Instead of 1.30pm unless stated.
Kind Regards, The lifestyle Team.

PLEASE NOTE ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE

Monday 19th

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 20th

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea
10.30 Moovers 'n' Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Men's Group	The Shed
1.15 Bowls and Happy Hour	Chapel
3.30 Walking Group	ABG

Wednesday 21st

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 Individual Visits	ABG
1.15 Tai Chi with Pam Sing Along	Chapel
1.30 Sing Along with Garry	Chapel
2.00 Tai Chi with Pam	ABG
3.00 *Joyful Noise*	ABG
3.30 Walking Group	ABG

Thursday 22nd

10.00 Individual Visits	TLH
10.30 Moover' 'n' Groovers	Chapel
10.45 Individual Visits	ABG
1.15 George Davies - Piano Accordion	Chapel
2.30 Doug Performing	ABG
3.30 Walking group	ABG

Friday 23rd

10.00 Individual Visits	TLH
10.00 Exercise Group	ABG
10.30 Wisdom of the Elders	Chapel
1.15 Social Bingo	Chapel
2.00 Gardening group and Happy Hour.	ABG
3.30 Walking Group	ABG

Saturday 24th

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 25th

10.30 Worship Service	Chapel
2.00 TLH Memorial Service	Chapel

Monday 26th

10.00 Individual Visits	TLH
10.00 Small Christmas Tree Decorating	Protea
10.15 Hymn Singing	Chapel
11.00 Worship Service	Acacia Lounge
1.15 Social Bingo	Social Centre
2.30 Social Bingo	ABG
3.30 Walking group	ABG

Tuesday 27th

10.00 Individual Visits	TLH
10.00 Small Christmas Tree Decorating	Waratah
10.30 Moovers 'n' Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Men's Group	The Shed
1.30 Bowls and Happy Hour	Chapel
3.00 Walking Group	ABG

Wednesday 28th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 Individual Visits	ABG
1.15 Main Christmas Tree Decorating	Trinity 2
2.00 Tai Chi	ABG
3.00 *Joyful Noise*	ABG
3.30 Walking Group	ABG

Thursday 29th

10.00 Individual Visits	TLH
10.30 Moovers 'n' Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Monthly Birthday Celebrations	Chapel
2.30 Reminiscing	ABG
3.30 Walking group	ABG

Friday 30th

10.00 Individual Visits	TLH
10.00 Exercise Group	ABG
10.30 Wisdom of the Elders	Chapel
1.15 Social Bingo	Social Centre
2.00 Gardening group and Happy Hour	ABG
3.30 Walking Group	ABG

U K U L E L E

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

ACOUSTIC
CHORDOPHONE
CONCERT
ELVIS
ENSEMBLE
GEORGE FORMBY
INEXPENSIVE
JUMPING FLEA
KATE BUSH
LUTE
MAHOGANY
PLASTIC
PLUCKED
POPULAR
PORTABLE
SOLO
SOPRANO
SPRUCE
TENOR
THUMB
TINY TIM
UKE
VAN MORRISON
VOLUME
WOOD