



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

December 2018

Lutheran
Church
of Australia



Chaplain's Reflection

Chaplain Ian Lutze



What a delightful thing it is to have more work than you know what to do with! After being in the Chaplain role for almost 2 years now, we've developed a fully-integrated spiritual care approach in the aged care facility. I use the language of 'we' because it has only been through the support of all the staff and leadership that this has happened. To put this integrated approach in simple terms: I am chaplain to every resident; an encourager to all staff; and together, in our own ways, we attend to the dignity and holistic needs of all residents. This is what the best chaplains aspire to do and be in the hospital setting. I didn't quite get there when I was at the Repat. But now it's working beautifully for me and for us here at TLH.

I do feel slightly bad that I haven't been able to be a chaplain to the Independent Retirement Living residents to the same extent or as I'd have liked to. But rest assured it's on the radar. Carolyn and I did agree to a framework of how the chaplaincy service of TLH can add value to the experience of our Independent Retirement Living residents. This will be picked up again when we've recruited a new assistant chaplain. It's looking very positive and an appointment will be made soon.

Thanks again to Kris Leonard for her work among us. She wouldn't realise this, but she helped us to get a clearer sense of how an assistant chaplain can best be utilised at TLH. Kris, we believe, has found suitable work, and we wish her well for the future. She is also confident that this news has reached people much quicker than this Tit Tat article (I'm not so sure about that Kris!!)

Blessings to all of you for the Christmas Season. There's plenty of colour, sparkle and promise of joy and even a miracle around the place. 2018 has brought so many good things to you/me/us. And the idea of Christmas is that God saves the best till last. With this confidence, go well, finish well, and blessings for the New Year!



Chaplain Ian.



ADVANCE NOTICE

TLH OFFICE CHRISTMAS HOLIDAY CLOSING TIMES

Monday 24th December **CLOSED**

Tuesday 25th December **CLOSED**
CHRISTMAS DAY

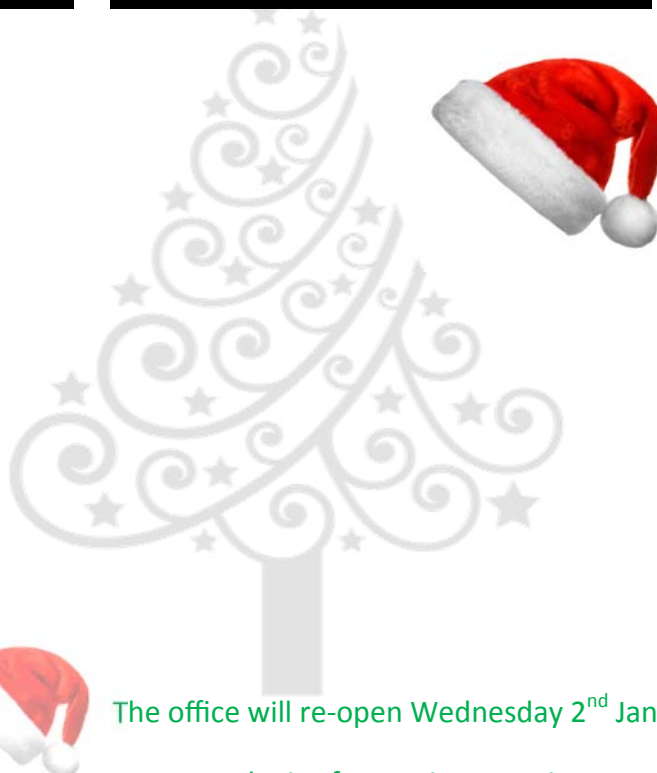
Wednesday 26th December **CLOSED**
BOXING DAY

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.

WANTED Rainfall Reporter

Thank you Ralph Kernich for presenting detailed monthly rainfall recordings over many years. This information is always most interesting.

Ralph is looking at retirement soon and we'd like to have a volunteer continue this service.

If you are able to help or would like further details, please leave your details with Reception. We will pass details to the Tit Tat Team



INDEPENDENT RETIREMENT LIVING RESIDENTS

IRL Ladies' Get Together
First Saturday—1st Dec
1.30pm in the Café

Please bring small plate of food for afternoon tea

Enq: Margaret Spike 0481 255 041

The deadline for news/information for January edition is

Monday 17th December

TIT TAT TEAM

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

Deliveries

Glenys Greig, Glenis Kupke,

TLH SHOPPING BUS

Departing approx. 9.30am

Return 11.30am

Cost \$5



Wednesday	5th December	Tanunda
Wednesday	12th December	Nuriootpa
Wednesday	19th December	Tanunda

Please be at Reception by

9.15am



From the CEO

Lee Martin
CEO



The end of the year and Christmas is nearly upon us. And what a year it has been for all of us here at Tanunda Lutheran Home.

Many goals have been achieved throughout 2018 that ensures the Home remains compliant with the quality standards, is financially viable into the future, provides great care and accommodation to our residents and offering employment opportunities to all who wish to work here. To the staff who have assisted in meeting the goals – thank you, to the many volunteers who have spent many hours performing duties that all assist in ensuring the residents are kept actively involved in a variety of activities – from us all thank you. The TLH Board Members have again defined the strategic direction of the business and have positively supported all staff in their endeavours.

I take this opportunity to acknowledge the appointment of Bev Galway into the position of: Wellbeing Care & Health Manager. Bev has a long career of nursing and aged care management that makes her the right choice for this very important position. Please make Bev welcome and ensure if there are any issues involving the wellbeing, care or health of any of the residents that you make contact with Bev.

Working in the aged care industry is a rewarding experience. Working alongside others who have the same ideals and caring nature in regard to ensuring residents are supported in their later years of life can mean a great day at work. With the increase in technology, different equipment, improved care practices and the roles available now ensure that staff can feel more involved in the day to day care and wellbeing of the residents. More training is now available to staff to gain the knowledge and experience to advance through the various courses to improve their care. If you know of people who you think would like to work at Tanunda Lutheran Home in any capacity please refer them to us – on our TLH web site there is an application form that can be completed. Applicants need to be qualified, have a current Police Check and be capable of doing physical tasks. The staff and volunteers have recently demonstrated their teamwork and support to the home and residents by organising and the completion of the annual Strawberry Fete. What a great day it was. I am so proud of the display of energy and professionalism – the weather was perfect – it encouraged people to come out in increased numbers. The revised layout of the areas involved was well accepted by those who attended. The many stalls of food, produce and crafts made it easy to pick up a bargain. The entertainment kept all entertained. To everyone involved a big thank you – the result was a record amount raised. All monies will go toward assisting the Lifestyle Team in ensuring residents are kept entertained and involved in daily activities over the coming year. Some of the suggestions received will be implemented next year.

The lead up to the end of the year is a busy one. We are celebrating the many years of service completed by staff, then a general staff meeting where staff will be educated in various topics to assist in their learning. TLH has entered a float in the Tanunda Christmas parade with a theme of “The River of Life” involving residents, staff and some children.

A TLH Residents’ Ball on 20th December 18 starting at 6.30pm is the last major function of the year – this has been well attended in the past. Please come along and enjoy the music and dancing fun. Get dressed up to make the night memorable to the residents.

The project in Nuriootpa is moving along – the actual building works have commenced with seven foundation slabs to be completed by Christmas 2018. Expressions of interest in purchasing a new property continues to increase – if you know any one 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 early next 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.

Merry Christmas & Happy New Year 2019



December



02 Audrey Leske
06 Gordon Fechner
12 Mavis Waples
13 Elaine Leditschke
20 Alan Hall
20 Dot Warren
23 Sally Pearce
29 Jean Hentschke
29 Peter Mattner
30 Gladys Kroemer
31 Venus Bessell



Welcome



Permanent

Mary Baylis

Colin Bachmann

Ruth Schmidt IRL



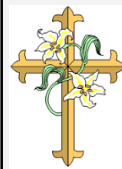
Respite

Lorna Noll

Evelyn Schottelius

Mavis Gerhardy

David Thomas



DEATHS

*Our deepest sympathy
to the family of*

Stefan Rozman	6th Nov
Dorothy Tonkes	7th Nov
Robert Tanti	9th Nov
Rosemary Osborne	11th Nov
Olga Hermann	25th Nov
Doris Pfitzner	27th Nov

May they rest in peace ...



To all the wonderful carers and
staff at Tanunda Lutheran Home

*I would like to say Thank
You and have a
Merry Christmas & a
Happy New Year*

Loris Fiebiger on behalf of the
residents at Tanunda Lutheran
Home



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

The Government is introducing Aged Care reform in Australia. The plan is to institute the reforms progressively and to be implemented in three phases over a period of 10 years.

Phase 1: Began in 2012-13 and 2013-14. Beginning with immediate, urgently needed improvements eg. My Aged Care commenced as the national contact centre. The Aged Care Pricing Commission was launched. An important part of the changes is a change in focus. Notably, a move towards Resident (consumer) directed care ensuring Residents have greater choices based on their needs and preferences.

Phase 2: Began in 2014-15 and 2015-16. The progress continued for improved access in choice for Residents. Implementation of the National Voluntary Quality Indicators for Aged Care was introduced.

Phase 3: Began in 2016-17 proceeding to 2021-22. A Single quality framework developed. It is hoped that framework will increase the focus on quality outcomes for Residents. Furthermore, the legislation mandates a five-year review. This review will look at the impact of the reforms to date and it will indicate where the Government needs to take the system in future.

On 16th September The Prime Minister, The Hon Scott Morrison MP, announced the Australian Government's decision to establish a Royal Commission into Aged Care Quality and Safety. The Commission will be based in Adelaide. The terms of reference for the Royal Commission have been released, with the announcement that "A key task of the Royal Commission will be to help build a national culture of respect for ageing and older Australians."

Tanunda Lutheran Home welcomes the Royal Commission into Aged Care Quality & Safety. We see it as an opportunity that will ultimately contribute positively to the quality of life and safety of those individuals who receive any form of aged care support.



History has been made at Tanunda Lutheran Home 2018..
Dr. Judy McDonald is the first female to be chairperson
of a Board meeting at TLH.

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:

Bev Galway – Exec. Wellbeing Care & Health Manager
(Including Allied Health & Lifestyle) bev.galway@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





Service of Remembrance



Your song has ended but the melody lingers on



Chaplain Lutze



Pastor Borgas



Dennis Noack



Tania Miller

This was the theme for the Service of Remembrance held in the Gramp Chapel on Sunday afternoon 25th November 2018 when 37 loved ones who are no longer with us were remembered.

We celebrated lives which have given our lives meaning and to offer thanks for the lessons we have learned, the joys and sorrows we have shared.

This lovely service of memories and healing began by acknowledging the original owners of the land, the lighting of the Candle of Remembrance followed by reading the names of those who have in the past year departed this life. Pastor Rob Borgas described from his ministry in the Western Desert how Aborigines handle death and grieving, both physically and socially and ensuring the children are included in their rites.

Sharryn Hueppauff read a poem "The small plot of ground...". Dennis Noack (Barossa Funerals) read Psalm 23 and Chaplain Ian a passage from Revelation 21 - "A New Heaven and a New Earth." Tania accepted small cards from many present with hand written personal memories, placing them in the Memory Vase. The service concluded with prayers, a blessing and TLH Singers offering "*The Steadfast Love of the Lord Never Ceases.*"

Thanks to Barossa Funerals who kindly provided afternoon tea and to Clayton Scott Funerals for donating the orders of service.



Lifestyle staff made a beautiful memorial of a musical note representing each departed loved one



TLH Singers' lovely voices enhanced the service

Independent Retirement Living Residents as Video Set "Extras"

The TLH Café was closed on Friday 19th October, and became the set for a training video. The video will be used to demonstrate examples of good and poor service.



The Café was the setting, with various members of TLH staff having the principal roles, while the IRL residents had background roles as diners in the café. The script for the video included examples of what people would expect as good service in a café or restaurant, contrasted with examples of service that would not be appreciated by diners. It was an interesting and fun experience for those involved. We saw some staff members in a very different light, some amazing acting talents were on display!



Kevin and Ruth have just moved into their unit in Aughey Street. They still have lots of settling in to do, but kindly agreed to talk to Tit Tat. They previously lived in their own home in Walkley Heights, north of Adelaide for 17 years, which was on a large block of land, which Kevin described as being a bit like living on a hobby farm! They had family that told them it was time to down-size. They chose Tanunda because Ruth grew up in Tanunda and Kevin no longer liked living in the city. They chose Tanunda Retirement Living because they couldn't find a suitable house among the many for sale in the area, and because they immediately fell in love with the proximity of their unit to the large open area adjacent to Aughey Street. So, after

three garage sales and the usual tough decisions that need to be made, here they are!

Kevin was born in Balaklava in 1939 into a farming family. He was an only child. At a very early age his parents moved to the family farming property near Maitland, Yorke Peninsula. Kevin went to Maitland Area School for 8 years - a time which he says he did not enjoy; he just wanted to be a farmer! He worked with his grandfather and father on the 1100 acre mixed farming property. Kevin had many varied tasks on the farm, which included butchering two sheep each week to feed his extended family.

Kevin left the farm and moved to Rostrevor in Adelaide, where operated his trucking business Illman Transport, consisting of five trucks based at Linden Park. When his involvement with that business finished, he purchased 800 acres of farming land at Kulpura, north of Port Wakefield, land which he still owns but now leases to another farmer.

Ruth was born in Tanunda in 1937 and lived at Bethany for the first 17 years of her life, when the Keil family moved to Langmeil Road, Tanunda. Ruth's father was a butcher, working for Lindner's Butchers in Tanunda. She is the second eldest in a family of five children. Ruth attended the Bethany School for seven years, and Nuriootpa High School for one year. Like Kevin, Ruth did not find school a memorable experience; she remembers Teacher Obst who was her only teacher at Bethany teaching all 40 children at the school in a single classroom! After finishing school Ruth got a job in the drapery section of the Eudunda Farmers store in Tanunda. She remembers working there with people like Rita Kalleske, Des Altus, Terry Fiedler, Elma Schrapel and Herb Zadow. Ruth used to ride her bicycle to work each day, using the renowned "Chateau Track" which ran along the railway line between Bethany and Tanunda-a popular shortcut. She worked at Eudunda Farmers until her first marriage. Ruth later on owned and operated the Brooklyn Park Post Office for 10 years.

Kevin and Ruth married in 1985 - second marriage for each of them. They both have children from their first marriages, Kevin has 1 son and a daughter and Ruth 2 daughters. They met at Magill Lutheran Church in 1984 and married about a year later. They lived in Rostrevor for 15 years then sold and purchased land and built a house at Walkley Heights. 17 years later they moved to Tanunda.

When asked what they hoped for here at Independent Retirement Living at Tanunda, their answers were: find a place for their furniture, stay healthy, meet people, look at gardens in the area and do some short bus tours. Ruth has worked in the Lutheran Community Care Opportunity Shop in Blair Athol for 15 years, and would be interested in doing something like that in the Barossa.

There is more that could be written about Kevin and Ruth. Look them up and have a chat, they would enjoy that.

Welcome Kevin and Ruth!



Kevin, in 1975, pictured on board his brand new forklift, with one of his five trucks in the background



The TLH Singers Make History !

Ruth, Ferne, Glenis, Annette, Joyce, Margaret, Jenny, Elizabeth and Max, were brave enough to appear in public for the first time. On Thursday evening, 22nd. Nov. there was an event happening in the main St of Tanunda.



Annette and her daughter came up with the idea that we singers might like to come and perform. So we sang a few of our favourite songs as well as Christmas carols. People were very

friendly and many pics were taken and waves given, and thumbs up. We found ourselves on FaceBook too!

This performance was made so much better as Management supplied us with a great speaker. We are very grateful for that. This speaker can be used anywhere as it has re-chargeable batteries. After singing at three different locations, we went and had light food at the pub. Just before leaving we sang, "We wish you a merry Christmas and a happy New Year." That was received with smiles and applause.

As it was quite a cold evening we headed to Wohlers for some very hot coffee, But someone in the group decided she had to have her favourite ice-cream! She perhaps didn't feel the cold! Once again when It was time to leave, we sang "We wish you a merry Christmas" one more time. That was well received. We were SO encouraged with the way things turned out. I want to especially thank Ferne for the music, and of course the Management for the very fine speaker. And while I am at it, many thanks for the times Glenis provides the music. "Of course where would we be without the singers"

Thanks to all and well done ... Ruth Rathjen



ANGASTON CAROLS 2018

Angaston Town Hall

Sunday, 9th December

7.00pm



Featuring: Valley Voices Choir, Marananga Band, Supporting Artists

Offering for Local Charities

Melbourne Cup Luncheon

Tuesday 6th November 2018



Rachel, Lee Martin CEO, Carolyn



Daphne Gower
Margaret Jasper
Alison Redden



Doug Ramsey



Betty Kohlhagen



Kevin Illman



Ruth Rathjen

Well the Race that stops a nation is once again over. No doubt some people are celebrating over their win and others shedding tears.
On the other hand, we the IRL residents of TLH had a great time on the day.

- 25 guests arrived with an array of colours, outfits and head pieces, male and female. Well done. Just look at the pics on facebook. Many of us wore a fascinator or a hat that Carolyn had given us on loan from a big black bag! Thanks Carolyn
- We were greeted with a very festive look with special table decorations letting us know that it was CUP Day. Well done.
- Ray Giersch welcomed everyone and kept things moving. We had a sample of his jokes and riddles. Thanks Ray.
- We were given a delicious luncheon from the TLH kitchen, well served by the staff! We residents were made to feel very special indeed. Thank you.
- It was fun getting a sweep or two, just to see if we could pick the horses that would come first, second or third. Some had that luck and received a gift.
- We were entertained once again by Betty Kohlhagen with one of her special stories. Thanks Betty.
- * Ferne Fyfe read a poem entitled *The Melbourne Cup* that her husband Ken had written for this event. Well done Ken, and thanks Ferne.
- * To finish the day of course there was a parade to find the prize winners as follows:

Sweeps

Sweep 1 – 1st Prize (Wine & 2 Glasses) Margaret Jasper
2nd (Hand made Cards) Claire Altus
3rd (Journal & Cards) Alison Redden

Sweep 2 – 1st Prize (Wine & 2 Glasses) Betty Kohlhagen
2nd (Hand made Cards) Ruth Illman

Best Dressed Lady & Hat:

1st Prize Silver Purse–Necklace Ruth Rathjen
2nd 2 Coffee Mugs Pat Maddock
3rd 3 Candles Daphne Gower

Best Dressed Man - Hat & Tie:

1st Prize Pocket Radio Andrew Pearce
2nd Wine Oscar Joppich

Lucky Door Prize:

Nuts, Truffles, Chocolate Andrew Pearce

Thank you to Reporters Ruth Rathjen and Irene Joppich



Zazilia May, Ruth Illman



Andrew Pearce Ray Giersch



Pat Maddock, Dorcas Kernich, Oscar Joppich



TRAVEL TALK

Happy holidays

CHRISTMAS CRUISING

Christmas cruise is many things to many people - all fabulous, relaxing and memorable. Departing before the holiday so you can spend the 25th of December at sea or in some faraway port. A complete lack of commitments and an escape from the holiday madness will really get you into the spirit!

There are generally two types of Christmas cruisers: those who have brought their usual family celebrations on board, continuing as normal with a wonderful change of venue. There are also those who want to get away from it all - coming on board with just their partner or even solo, giving up the pressures of the season for one year and just enjoying a relaxing holiday. Both are equally fun and valid ways to enjoy a Christmas cruise.

Whatever the reason for your festive holiday at sea, a cruise ship will provide what you need. Number one is no chores or slaving over a stove - meals are cooked for you, dishes are done and there is an entire crew ready to help you with anything you need. Most ships are decorated for the season, so there is plenty of festiveness for those looking to get into the Christmas mood, but anyone who is trying to leave it all behind has no obligation to engage - the pool loungers are notably lacking tinsel!

The perfect cruise to suit your yuletide plans really depends on where you want to go, and who you want to bring with you! If you're sailing solo or with just a partner, the world can be your oyster. Take advantage of your time off and sail off to some new and interesting places to see how the world celebrates Christmas. For those wanting a family holiday, the South Pacific is always a classic choice, along with some great domestic itineraries and trips across the ditch to New Zealand. Princess Cruise 20 December 2019 Departing from Melbourne 13 days around New Zealand from \$2750 per person. Many other cruise offers. Give Carolyn a call 8563 0988 if you would like details on any of the Christmas cruises.

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

Many other Rail and Sail packages available.



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.



WALKER

*With
Seat and Brakes*
\$30

**Contact
Pauline Murray**

Ph 8525 2794





Strawberry Fete 9th November.

About 300 people attended the TLH Strawberry Fete. The event was held in the areas around the Social Centre which gave the 24 stall holders plenty of room to display their wares.

It was a fun day, which helps to raise money for the development of lifestyle activities at TLH. There was lots of interaction between residents, their families and the local community.

Tania Miller did a great job of organizing the event. There was a great team spirit between the TLH staff and the many volunteers who assisted to make this such a successful day.

These pictures tell some of the story of the day . . .



Dorcas 'investing' in the Raffle



Garry and Beyond "C" entertaining the crowd



A perfect day in the Courtyard



Stalls in the Social Centre

Bargain hunting
at the TLH
Auxiliary Stall



Strawberries for Neville



Doug Venning

TANUNDA LUTHERAN HOME
9 NOVEMBER 2018



Strawberry Fete 9th November.



Elaine passing on biscuit making



Colourful Cushions



Strawberry Stall



Hardworking grilling team



Frank buying plants



Strawberry Fete 9th November



Wonderful Day

Well Done to all Volunteers



Strawberry Fete 9th November.



Amazing Atmosphere



HUGE Effort by ALL ...



Strawberry Fete 9th November.



Well what a great **Strawberry Fete** @ TLH for 2018...how blessed we were with splendid weather!

As Barossa Club was closed on the Strawberry Fete day in its usual format...I thought, I would showcase how the Barossa Club area was well utilised.

There was a buzz of activity, lots to see and buy...and the delicious aroma of biscuit making enticing our taste buds to consume!

Some of our Barossa Club Volunteers were kept busy manning our two stalls with all donations gratefully received.

Thank you for supporting our stalls as it gives us the opportunity to purchase items for Barossa Club.

Our Volunteers have requested donations for next year's Strawberry Fete...so if you are sorting through any household items, we would appreciate items especially crockery, glassware and toys,(excluding electrical).

May we take this opportunity to wish you all a very Merry Christmas and a safe, healthy and happy 2019

From the Barossa Club Staff Team, Lea, Debbie and Pam



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**

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



Some enthusiasts in the TLH Better Balance group
Tuesdays and Thursdays 9.00-10.00am
IN THE TLH GYM - LED BY PHYSIOTHERAPISTS

\$6.00 per session

B E N E F I T S



- * Reduces chance of a fall
- * Resistance Exercises
- * Balance Exercise
- * Body Awareness Activities
- * Core Exercises



- * Agility Exercises
- * Cardiovascular Exercise
- * Machine Weights
- * Home Exercise Advice/Education

ENQUIRIES: Phone Physios at TLH Wellness & Lifestyles 8563 7739

Better Balance

Seniors' Exercise Class
Open to Men, Women, IRL Residents and Friends



Volunteer News



Tania Miller



The Lifestyle Team would like to Thank each and everyone of the Volunteers who helped with the Strawberry Fete and each and every other day.

The support is amazing and is invaluable ...



Volunteer Morning Tea

Feb Morning Tea

Tuesday 5th FEB 2018

10.00am

Hope to see you there!



Happy Birthday

To all of our wonderful Volunteers
for the month of December..

Saturday 1st

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 2nd

10.30 Worship Service

Chapel

Monday 3rd

10.00 Individual Visits

TLH

10.15 Hymn Singing

Chapel

11.00 Worship Service

Acacia Lounge

1.15 St Jakobi Lutheran Primary School
Combined with a Coffee and Chat.

Social Centre

2.30 Social Bingo

ABG

3.30 Walking group

ABG

Tuesday 4th

10.00 Individual Visits

TLH

10.00 Knitting Group

Protea

10.30 Moovers and Groovers

Chapel

10.45 Individual Visits

ABG

1.15 Men's Group

The Shed

1.15 Valley Voices Choir

Chapel

3.30 Walking Group

ABG

Wednesday 5th

10.00 Individual Visits

TLH

10.30 Bible Insights

Chapel

10.30 Individual Visits

ABG

1.15 Sing along with Garry

Social Centre

2.00 Tai Chi with Pam

ABG

2.30 Sing along with Garry

ABG

3.30 Walking Group

ABG

Thursday 6th

10.00 Individual Visits

TLH

10.30 Moovers and Groovers

Chapel

10.45 Individual Visits

ABG

1.15 Carpet Bowls/Happy Hour

Chapel

2.00 Performance with Doug

ABG

3.30 Walking group

ABG

Friday 7th

10.00 Individual Visits

TLH

10.00 Exercise Group

ABG

10.30 Wisdom of the Elders

Chapel

1.30 Redeemer Lutheran Primary School

Chapel

2.30 Art Therapy with Helen & Happy Hour

ABG

3.30 Walking group

ABG

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

Saturday 8th

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 9th

10.30 Worship Service Chapel

Monday 10th

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 11th

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

Wednesday 12th

10.00 Individual Visits TLH
 10.00 Honey Biscuits icing and decorating,
 as gifts for family or friends. Protea
 10.30 Bible Insights Chapel
 10.30 Individual Visits ABG
 1.15 Balloon Tennis Chapel
 2.00 TLH singers performing ABG
 3.00 sing along with Sean ABG
 3.30 Walking Group ABG

Thursday 13th

10.00 Individual Visits TLH
 10.30 Moovers and Groovers Chapel
 10.45 Individual Visits ABG
 1.15 Light Pass Combined Singers Chapel
 1.15 George Davies Piano Accordion ABG
 3.30 Walking group ABG

Friday 14th

10.00 Individual Visits TLH
 10.00 Exercise Group ABG
 10.30 Wisdom of the Elders Chapel
 1.15 Social Bingo Chapel
 2.30 Christmas tree trimming ABG
 3.30 Walking group ABG

Saturday 15th

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

Carols by Candlelight—Adelaide—Channel 7

(Refer to a TV guide or ask a Carer for telecast time).

Sunday 16th

10.30 Worship Service Chapel

Monday 17th

10.00 Individual Visits TLH
 10.15 Hymn Singing Chapel
 11.00 Worship Service Acacia Lounge
 1.15 Monthly Birthday Chapel
 Christmas 2018 Celebrations.
 2.30 Social Bingo ABG
 3.30 Walking group ABG

Tuesday 18th

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

Wednesday 19th

10.00 Individual Visits TLH
 10.30 Bible Insights Chapel
 10.30 Individual Visits ABG
 1.15 Tai Chi with Pam followed by
 Sing along with Garry Chapel
 2.00 Tai Chi with Pam ABG
 2.30 Sing along with Gary ABG
 3.30 Walking Group ABG

Thursday 20th

10.00 Individual Visits TLH
 10.30 Moovers and 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
 6.30 Resident's Christmas Ball Chapel

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

Friday 21st

10.00 Individual Visits	TLH
10.00 Exercise Group	ABG
10.30 Wisdom of the Elders	Chapel
1.15 Social Bingo	Chapel
2.00 Christmas Party, with Doug and Gary performing Christmas games, Happy hour, Afternoon tea	ABG

Saturday 22nd

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

Carols in the Domain—Sydney—Channel 7
(Refer to a TV guide or ask a Carer for telecast time).

Sunday 23rd

10.30 Worship Service	Chapel
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Monday 24th Christmas Eve

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

Carols by Candlelight — Melbourne—Channel 9
(Refer to a TV guide or ask a Carer for telecast time).

Tuesday 25th Christmas Day Public Holiday

10.30 Worship Service	Chapel
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Merry Christmas

Wednesday 26th Proclamation Day Public HolidayThursday 27th

10.00 Individual Visits	TLH
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Arm Chair Travel	Waratah
2.30 Reminiscing about Christmas	ABG
3.30 Walking group	ABG

Friday 28th

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

Saturday 29th

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 30th

10.30 Worship Service	Chapel
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Monday 31st New Years EVE

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





CHRISTMAS STORY



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

ANGEL
ASS
BALTHASAR
BETHLEHEM
CAMELS
CASPAR

DONKEY
FRANKINCENSE
GOLD
HAY
INN
JESUS



JOSEPH
KING HEROD
MANGER
MARY
MELCHIOR
MYRRH

NAZARETH
OXEN
SHEEP
SHEPHERDS
STABLE
STAR
WISE MEN

