



TIT TAT

MONTHLY
NEWSLETTER
TANUNDA
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

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- ★ Facebook: Tanunda Lutheran Home

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

**FEBRUARY
2019**

*Lutheran
Church
of Australia*



Chaplain's Reflection

Chaplain Ian Lutze



We will have celebrated Australia Day by the time you receive this Tit Tat. I'm not sure how you celebrate Australia Day, if at all, apart from being aware of it being a public holiday. Australia Day year after year seems to have two main themes:

Firstly, it is a celebration of the organisation of a nation which, through good government, fine people, and natural assets, delivers wealth that allows us to live comfortably into old age, in places like TLH. I'll wave a flag at that! We've got so much to be thankful for. And it is appropriate to welcome new citizens to this delightful country on this day.

Australia Day also seems to have become a painful day for some, and probably has always been. It's "Invasion Day" as some of our aboriginal brothers and sisters call it. I can understand that. The celebration of events that bring so much joy to some and suffering to others, will always evoke ambiguous responses. Compulsory happiness is only expected in totalitarian regimes. We can be big enough to accept the whole variety of responses to a national day.

People with a German heritage can be sensitive to Australia Day too: remembering how German people were excluded and vilified during the world wars, even while some German Australians provided exemplary war service, for our side!

But hey, exclusion is an element of life for all people in one form or another and at various stages of life. Many older people, including in our Home, are very much at risk of social isolation or exclusion. And we work hard to recognise and alleviate the pain that goes with it. The Church also, at its best, will put its finest energy into including vulnerable people, in the name of the One who "though he was rich, yet for your sake he became poor, so that you, through his poverty, might become rich" (2 Corinthians 8:9).

A Church, and a good country, and a great aged care facility which operates in the name of both, will admit its mistakes, avoid triumphalism, listen to its critics, and welcome the outsider.

Happy Australia Day!

PS Join with me in welcoming our new **Assistant Chaplain – Helen McNicol**. More about her next time.

Chaplain Ian Lutze



February



- 2 Doug Ramsey
- 5 Margaret Kaesler
- 6 Betty Kohlhagen
- 7 Joan Young
- 14 Erna Auricht
- 18 Charlotte Bretschneider
- 19 Elsie Weeks
- 19 Chris Pfeiffer
- 22 Ray Giersch
- 23 Errol Weiss
- 23 Audrey Steventon
- 23 Ian Hausler
- 24 James Miller
- 25 Josie Heinrich
- 26 Val Fechner
- 28 Lance Grocke
- 29 Joy Schultz



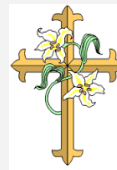
Welcome

Permanent

Mrs Betty Ible
Mr Donald (Don) Ible

Respite

Fransien Haan



DEATHS

*Our deepest sympathy
to the family of*

Reta Henschke 24th January

May she rest in peace ...



TLH SHOPPING BUS

Departing approx
9.30am
Return 11.30am



Wednesday	6th February	Tanunda
Wednesday	13th February	Nuriootpa
Wednesday	20th February	Tanunda
Wednesday	27th February	Nurioopta

**Please be at Reception by 9.15am
Thank you**



Congratulations and God's blessings to Selina Schiller who celebrated her **95th** birthday with family and friends In the Social Centre on

Sunday
14th January 2019.

Selina was a former Matron and the first Tit Tat Editor back in the 1970s.

Happy 95th Birthday



The DEADLINE for all:
News / Information / Stories - March edition is
Monday 18th Feb 2019

Email: rachel.strudwick@tlhhome.com.au

TIT TAT TEAM consists of many who put in the hard yards to make this amazing edition happen.

Lee Martin & Rachel Strudwick - TLH
Dorcas Kernich & Geoff Munzberg - IRL

And all who help deliver the Tit Tat throughout the Home, IRL & beyond.



From the CEO

Lee Martin
CEO



Hope you all enjoyed your Christmas and New Year. I look forward to hearing all the holiday stories.

It's been Hot, Hot, so HOT and there is more to come. Hope you are enjoying the summer weather and keeping cool any way you can. Remember to keep up your fluid intake and use your air-conditioners when at home or travelling in your cars.

The Aged Care Royal Commission has commenced. There is ongoing printed and televised media coverage. If you are interested in watching the actual Commission hearings you can watch them via the Aged Care Royal Commission web site: webcast page.

The first hearing occurred on 18th January 2019 – the Commissioners outlined the scope of the Royal Commission – aged care providers and the general public have all now been invited to submit their stories regarding aged care. I invite any one who would like to discuss any particular future outcomes of the Royal Commission to come and meet with me. The direct access to the web-site is: <https://agedcare.royalcommission.gov.au>

As I mentioned in my last Tit Tat article we were very fortunate to employ some well qualified clinical staff. I am very excited to write that over the past couple of weeks we have employed 17 staff in to our permanent rosters. It is also very pleasing to see that over 50 percent of the new staff are from within the Barossa Region. The new staff have completed their orientation and are now working their various shifts. As a result of the extra staff on the permanent roster the use of agency staff will now be reduced even further.

Just a couple of reminders for the family members who visit the Home: if you would like further information regarding the care of your relative please speak to the registered nurse on duty. Please remember – if you are suffering from a cold or flu-like symptoms or have a gastric bug it is best not to visit as these illnesses are very easily spread and can cause a lot of residents serious illnesses. Staff are always happy to take messages and pass them on to residents. If you are taking your relative out for the day please ensure you ask if any medication or other items are required to ensure the trip is comfortable.

As I am sure you have been informed – there have been residents elected as representatives to discuss various issues around the Home. The notes of the meetings are then discussed at the TLH Customer & Promotions Committee – a sub-committee of the TLH Board. Reports are provided to the Board Members to keep them informed of the daily type of resident issues that have been dealt with on an ongoing basis.

It has become apparent we are receiving "Share Your Experience" forms without a name provided. We encourage everyone who completes a form to provide a name and contact number so we can follow up any of the issues raised.

The project in Schaedel Street, Nuriootpa is in the construction phase - seven foundation slabs have been completed. The house frames are going up very quickly. It really is amazing how the builder put the framework together. Expressions of interest in purchasing a new property continues – if you know anyone interested in joining the retirement village family please refer them to Carolyn Redden.

The project on Langmeil Road is at the stage where we are calling for interested builders to make an Expression of Interest to Tender for the construction of the planned 15 Units. Work is expected to commence later in the year.

Welcome to all new residents and their families in the facility and the Independent Living units – if there is anything we can do to make things better please let us know by completing a Feedback form readily available.

Life is like riding a bicycle. To keep your balance, you must keep moving - Albert Einstein



Tanunda
Lutheran Home Inc

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

INDUSTRY UPDATES:

Royal Commission into Aged Care Quality & Safety:

In November 2018 Tanunda Lutheran Home was invited to provide a written submission to the Commission along with all other Residential Care Facilities. This submission is due by 8th February 2019. Currently, it is voluntary to participate in the Royal Commission. Tanunda Lutheran Home has provided the Royal Commission with our response to actively engage in the Royal Commission process because we are hopeful that Royal Commission recommendations will strengthen the aged care sector and lead to improved outcomes for older Australians.

We welcome the Royal Commission. This is an opportunity for all of the stakeholders to be transparent and we can do better and be better. We also see this as an opportunity to highlight the value of our work and our work force and the respect that should be awarded to our Residents.

Aged Care Quality & Safety Commission:

On 24th October Australia's first Aged Care Quality and Safety Commissioner, Janet Anderson, was appointed to lead the new and independent Aged Care Quality and Safety Commission. She will oversee establishment of the Commission to intensify compliance monitoring from 1st January 2019. The Commission will oversee the approval, accreditation, assessment, complaints resolution, monitoring and compliance of Commonwealth-funded aged care providers. The new Commission will absorb the roles of the current Aged Care Complaints Commissioner and the Australian Aged Care Quality Agency and from January 2020, also take over the Department of Health's aged care compliance responsibilities.

Aged Care Single Quality Standards:

The new Aged Care Quality Standard, a single framework that will apply to all aged care service providers will commence on 1st July 2019. The Aged Care (Single Quality Framework) Reform Bill 2018 replaces four existing sets of standards. The new standards deliver a single approach to indicating quality expectations across all aged care settings. The new standards are:

1. Consumer Dignity and Choice
2. Ongoing Assessment and Planning with consumers
3. Personal Care and Clinical Care
4. Services and Supports for Daily Living
5. Organisation's Service Environment
6. Feedback and Complaints
7. Human Resources
8. Organisational Governance



Continued.....

HOME UPDATES:

- We have appointed 17 new staff members that includes RNs, ENs and PCWs. All staff have received comprehensive induction accompanied with “Supernumerary Buddy Shifts” to ensure each staff member is comfortable and familiar with the processes of the Home prior to working in their new Personal Centred Care roster.
- Agency staff during the month of December 2018 decreased with an expectation that a further decrease will occur in January 2019. We have enlisted one nursing agency - Belmore as our preferred provider to ensure consistent agency staff when needed. We have a process in place to notify Agency if staff do not adhere to TLH values or Resident satisfaction. We suggest notifying us ASAP if you experience any dissatisfaction with Agency staff so that we can ensure the issue is addressed.
- We have a Continuous Training schedule for all staff. Staff training is provided continuously to ensure staff have the required knowledge and skills to provide high quality care.
- We developed and successfully implemented new Comments, Complaints and Compliments procedure. All staff were provided with training, placing the Residents and their satisfaction at the forefront of our processes.
- We have an Induction Competency booklet for all Clinical staff to complete within the first month of employment and then on an annual basis.
- We have a Maintenance Program for all equipment and replace them on a scheduled basis.
- The Resident Representative Committee titled The Collaboration Committee is well under way and together we have implemented Continuous Improvement ideas. The Collaboration Committee continues to assist and be consulted in the review of TLH policies, procedures and work practices.
- ABG – our Dementia Specific area continues to be upgraded. With the help of Residents the garden area was revamped with new pot plants. A new visitors’ sign in/out book shelf was installed. Signage and art work have been put up on the walls to provide a vibrant, warm and homely feel.
- We continue to conduct ongoing Residents’ and Relatives’ Surveys to capture feedback and benchmark the service to ensure best possible services are provided to Residents.
- The Lifestyle team continues to undertake monthly Coffee & Chat meetings with Residents to discuss new ideas for Lifestyle activities.
- Special days eg Mother’s Day, Father’s Day, Australia Day, Valentine’s Day and special activities eg Animal visits, Pancake afternoons etc have been introduced and continue to be held.
- Lifestyle team has successfully secured State Library membership to provide enhanced reading resources for linguistically diverse Residents, such as German speaking background.
- Computer and Internet corner has been established for Residents to stay connected with their families and friends or to entertain themselves by watching videos, playing games etc.
- Games / puzzles / jigsaw sets are available in Protea, Waratah and the hallway leading to ABG for Residents to enjoy at any time of the day. Quizzes are to be added soon!

We wish you all a Fantastic February. Stay cool and hydrated. Please feel welcome to contact us if you feel we may be able to help you or you have any comments to make.

Kim & Rachana

YOU MAY KNOW THE CARE YOU WANT – but do others?

An Advance Care Directive empowers you to:

- make clear legal arrangements for your future medical & health care decisions
- write down your wishes, preferences and instructions for your future health decisions, end of life, living arrangements, personal matters and/or
- appoint one or more Substitute Decision-Makers to make these decisions on your behalf if you are unable to do so in the future.



Advance Care Directives

Your wishes for future care.



At some point in your life, there may come a time when you are unable to make decisions due to:

- an accident resulting in you being unconscious or in a coma
- dementia or similar condition
- a serious stroke or heart attack
- a mental illness episode

If this happens, how would you want decisions to be made for you about your health care, living arrangements and other personal matters?

For a **FREE CONFIDENTIAL CONSULTATION** to assist you to put your Advance Care Directive together, contact
The Barossa Council Home Assist ph: 8563 8411
to make an appointment to be held at the Nuri Library
in the morning on the following Saturdays in 2019:

FEBRUARY 2, 9, 16, 23

MARCH 9, 23

APRIL 6

More dates in 2019 will be advertised as they become available.
If these times don't suit you, please call Libby on 0419 810 892.

For cancellations or rescheduled appointments please call Home Assist ph: 8563 8411 during business hours only.

If you need to cancel your appointment on the day, please call the Library ph: 8563 8440.

This service is offered to our community by the Barossa Gawler & Light Advance Care Planning Group. All counsellors have completed Advance Care Directives training and have police clearance checks.

For more information on Advance Care Directives visit
www.advancecaredirectives.sa.gov.au

supported by





Tanunda
Lutheran Home Inc

Tanunda Lutheran Home

RESIDENT MEETING MINUTES

Please see an insert for a full copy of the Resident Meeting Minutes. If you have any concerns, please complete a Share your Experience form and your concerns will be discussed with the appropriate area managers.



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

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



You may have noticed when visiting
the **Courtyard Café** a slight
\$ increase in pricing

Prices have increased slightly from
29th January 2019

Great Food - Great Service
Great Atmosphere



In **Extreme Heat**, please remember:

- a) Stay Hydrated with small amounts of fluids frequently.
- b) Stay indoors during peak heat 11am to 6pm.
- c) Go out early in the morning if you need to go.
- d) Avoid caffeinated or alcoholic beverages.
- e) Ensure your cooling system is working effectively.
- f) Dress appropriately for the warm weather.

Stay Cool



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.
- ♦ We value open and timely communication. It benefits our ongoing relationship with you. We will work with you to address concerns and resolve issues.

You can also contact The Aged Care Quality & Safety Commissioner on 1800 951 822 or National Aged care Advocacy line on 1800 700 600, if you don't want to raise your concern with management.



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:

Customer Service -

Kim Hahn – Exe. People, Culture & Customer Service Manager

(Including Catering, Food Service, WHS, Maintenance) Kim.hahn@tlhome.com.au or Ph: 8563 7752

Clinical and Care -

Bev Galway -

Exe Wellbeing Care & Health Manager

(including Allied Health & Lifestyle) bev.galway@tlhome.com.au or Ph: 8563 7757

Financial -

Cherie Cheyne –

Exe. Chief Finance Officer

(Accommodation & Cherie.cheyne@tlhome.co.au or Ph: 8563 7768

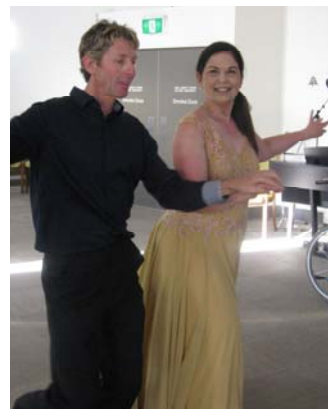


2018 Christmas Ball
King and Queen
Mr Alex Rodgers
Mrs Elaine Leditschke

Christmas Ball



Organised by
Tania Miller Lifestyle and Volunteer Coordinator
and her amazing team



Dej and Sharryn
Dancers for the evening

King and Queen of the night drum roll please

Mr Alex Rodgers and Mrs Elaine Leditschke were escorted by Dej and Sharryn our Dancers for the evening, to receive their respective 'crowns' and trophies. The King and Queen of the evening also honoured us with the last dance of the evening.

All residents and IRL residents thoroughly enjoyed the evening. The Christmas Ball was filled with plenty of Christmas joy, laughter, dancing and chitter chatter all night.

Tania Miller
Lifestyle & Volunteer Coordinator



Sharryn and Alex
Enjoying a dance



Janet and Jan
Having fun



Sharryn and Lee
Showing us how it's done



Verna and Lee
Lee loves to dance



Kelly and Kristie
Celebrating Christmas



Hollie, Britany and Kim
Enjoying the evening



Cherie and Carolyn
Getting into the Christmas Spirit

**Independent Retirement Living
Tony and Annette Ognjanovic
Alf Pellegrini Drive, Tanunda**

Many of us will have wondered about the surname Ognjanovic. Tony Ognjanovic was born in Croatia in 1945 and lived there for 22 years. He is an only child. He never knew his father who failed to return from the Second World War—his fate is unknown to the family.

When Tony finished his education he soon realized that work for a young person in Croatia was virtually impossible to get. He had qualifications as a carpenter- and says he was good at

his trade, but soon realised that he would not find work in Croatia. Before he could look for work in another country he needed to meet his National Service obligations to Croatia. After he had done that he moved to Austria for a short period before migrating to Australia, being the recipient of the Australian Government free passage program available at that time. After arriving in Australia he lived in the Bonegilla Migrant Centre in Victoria.

He was hoping to get work as a carpenter, but there was nothing available, so he took whatever work he could find. He found various jobs in Sydney and then in Whyalla. Then he moved to Gladstone, SA and worked as a ganger who helped construct the new railway line from Sydney to Perth. Tony had various jobs with the railways, including assessing track conditions which determined the speeds at which locomotives were permitted to travel, and as a linesman maintaining the signals and communications systems. It was while he was located in Gladstone that he met Annette Winter.

Annette was born in the small town of Yandiah, a siding between Wirrabara and Booleroo Centre - she has one sister and two brothers. She attended school in Yandiah and then Gladstone, and finally a year at Port Pirie High School to gain

her Leaving Honours. After she left school she worked in Gladstone in the office of the Anglican Diocese of Willochra, in the telephone exchange, and then as a SSO at the Gladstone High School for 38 years. Annette enjoyed the jobs that she had.

Tony and Annette met at the Gladstone Swimming Pool in 1968 and they married two and a half years later in 1970. They have two children-Matthew and Lisa, and five grandsons. They lived for the whole of their married life in Gladstone, until they moved to their IRL unit at Alf Pellegrini Drive four years ago.

Tony says that his early life in Australia was very disrupted. He found moving to a new country, having to learn new languages, finding new friends and needing to work in a variety of jobs, very challenging. But he became an involved member of the Gladstone community, something which he greatly appreciates.

Prior to moving to Tanunda, Tony and Annette worshipped at the Lutheran congregation at Crystal Brook. They were married by Pastor Ern Heyne, who served at Port Pirie and Crystal Brook for a long period. Now they worship at Bethany Lutheran Church.

Tony and Annette have many interests. Tony enjoys fishing, soccer, walking the dog, and is a Carlton supporter. Annette has a long list of interests: reading, quilting, patchwork, photography, painting and singing with the TLH Singers.

Continues →



Tony returned to his birthplace Zupanja, Croatia for the first time in 2015. Here Tony and Annette are visiting the grave of his mother, Ruza.



The Ognjanovic family :

From left at back: Tony, Annette, Tracey, Lisa, Finn, Matthew.

At front: Lucas, Maxi, Ethan, Phoenix.

Annette's activities are a bit limited at the moment as she recovers from surgery for an ankle reconstruction.

Tony and Annette both share a keen interest in gardening - including growing tomatoes. There is friendly competition among the residents at Alf Pellegrini Drive as to who will have tomatoes ripen first - and this year the Ognjanovics beat the opposition!

Tony and Annette love living at Alf Pellegrini Drive! They are closer to their families - Lisa (Tanunda) and Matthew (Noarlunga) - it is the reason that they chose Tanunda. They think that Tanunda is an ideal-sized town in which to live with great facilities, including TLH.

Tony and Annette are great people to chat with!

GM

LOBETHAL LIGHTS TRIP

In December a group of Independent Retirement Living Residents journeyed on the Barossa Community bus to see the Lobethal Christmas Lights. We were warmly welcomed at the Lutheran Valley of Praise Retirement Village, where we were served our evening meal. This comprised cold meats with an assortment of salads, followed by individual fruit tarts served with cream and ice cream. A most enjoyable meal beautifully presented.

We were all very impressed with their almost new facility. Stalls around the community centre were stocked with various goods, including hand crafts & cooking made by the residents. This was an opportunity for most of us to do some serious Christmas shopping. While the Lobethal Lights are on, the centre is being opened as a café for the public to come in for a meal and a chance to buy from the stalls.

We then relocated to the main street to see the open air Living Nativity performance. During the Lights of Lobethal, The Living Nativity is a re-enactment of the first Christmas, put on by volunteers from churches in the local area, taking the roles with a real baby Jesus and various animals.

Despite it being a cold evening with threatening rain the performance was well received by the audience.

Before the trip home Bruce, the Chairman of the Retirement Village Board, hopped on our bus and directed the driver around the streets of Lobethal to see some spectacular Christmas Lights.

Our sincere thanks go to Irene and Oscar Joppich for co-ordinating this most enjoyable outing – a trip worth repeating.

Elizabeth Nance



BAROSSA BRANCH TRY OUR MEALS *Wednesday (Pension Days) from 9.30am-11.00am*



Here's a convenient alternative to our regular Meals on Wheels service designed to suit your lifestyle!

Frozen meals are stored at Tanunda Lutheran Home and can be collected from Falkenberg Wing every second Wednesday (Pension Days) from 9.30am-11.00am
Enter via Fourth Street Car Park area

To try our meals, or to refer a friend, call

Barossa Meals on Wheels Client Services on 0455 872 267 or Freecall 1800 854 453
You have a choice from a wide selection of delicious, nourishing three course meals that are ready to heat and eat at your convenience.



Dorcas Kernich was pleased to be in the right place at the right time when asked to test the MOW products at home. The typical three course dinner consisted of yummy Pumpkin Soup (gluten free), Braised Lamb Casserole with mashed potato plus carrots, broccoli and cauliflower mix. It wasn't difficult to finish off the tasty Peach Cake and Custard (also gluten free). Dorcas thoroughly enjoyed the delicious flavours, tender lamb and says it was sufficient to feed a hungry person for the whole day! Sincere thanks to the very special volunteer cooks/deliverers for their amazing effort.



TRY OUR MEALS - SOME MORE DETAILS...

The meals represent excellent value from a wide choice of varieties. Meals on Wheels provides nourishing, balanced, nutritious meals for people with a wide variety of support needs to remain independently in their own home, enhancing quality of life. No doctor's referral is required, no means test, no waiting lists, carers can access the service, and all meals are diabetic friendly. We cater for special meals including for those with chewing or swallowing problems, gluten free, low lactose, easy chew and others. Meals are professionally prepared at our own MOW kitchen by chefs using latest techniques to lock in freshness. Detailed instructions for cooking/storage are supplied.

Give yourself a break - give it a try!!

DK



TRAVEL TALK

HOW TO SURVIVE LONG HAUL FLIGHTS

CLARKE & TURNER
TRAVEL
ASSOCIATES

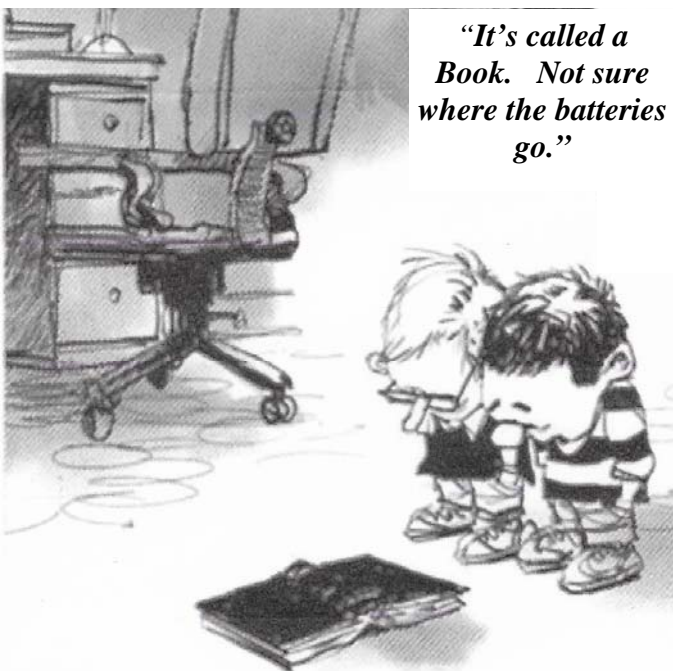
Ph 08 8563 0988
39 Murray Street, Tanunda
travel-associates.com.au/clarke

Whether you're off on a Euro-trip of a lifetime or reuniting with family overseas, if you want to arrive at your destination feeling fresh, preparation is key.

Here are some tips to help you:

1. Put the world clock on your phone or buy a dual time watch so you can prepare your mind and body for the time at your destination.
2. Drink plenty of water to stay hydrated. Ask the flight attendants for more during the flight before you start to feel parched.
3. Don't overdo it on the alcohol if you do want to have a tipple. You will become dehydrated and feel sluggish rather than relaxed. Just stick to one or two, and balance it out with water.
4. Enjoy blissing out to films. Airlines these days usually have great entertainment packages to keep you occupied over long stretches. Catch up on new releases or watch a classic. If you're a couple, why not watch the same movie at the same time and pretend you're on a date.
5. If you're someone who is more partial to a book than a film, make sure you bring one along that you've been looking forward to reading. It'll make the time spent in the air more enjoyable.
6. Sleep as much as you can. I know, it's easier said than done but it helps when you reach your destination.
7. Walk around the cabin at regular intervals when the seatbelt sign is off. It will help with blood circulation and cure your restlessness as well.
8. A decent eye mask will ensure you block out enough light to drift off during the flight, and brushing your teeth after main meals will help you feel fresh. Bring some face wipes as well to freshen up.
9. Try to get a better seat by checking into the flight early or even pre purchasing your seats with your travel agent.
10. Wear comfortable and functional clothes, and bring a change of clothes in your carry-on luggage so you can hit the ground running upon arrival.

Enquiries: Clarke & Turner Travel Associates - 39 Murray Street, Tanunda
Phone 08 8563 0988 - travel-associates.com.au/clarke



watch
this
space

From Annette O



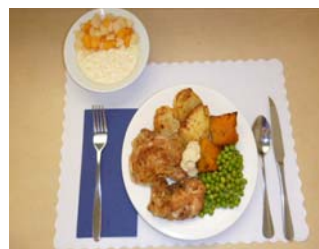


BAROSSA CLUB

"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



Above: Garry and his crew with the Clubbies participating in the singing and shaking hand held musical instruments.

Above: Lea Schmid Coordinator

As I'm writing this, the weather is 42 degrees and we are experiencing a heat wave...so as we have one more month (officially) of Summer, please take care, hydrate, and keep cool in your homes...as this weather plays havoc with our bodies.

As mentioned in the January Tit Tat, February issue showcases what fun we had at our Barossa Club Christmas luncheon. It was a special fun filled day which the Clubbies enjoyed immensely, finishing off the afternoon with social time over Happy Hour....and so for this month...just a short greeting and hence less chatter ... we'll let the photos tell the festive 'story'...

Happy times for 2019...from the Barossa- Club Staff Team Lea, Debbie and Pam



Clubbies' Photo Booth time
Jim and Neville displaying
Christmas cheer at its best!



Another Photo Booth moment
captured with Raelene (centre)
and staff Debbie and Pam



Christmas 'Pass the Parcel'
fun activity with Ivy
wearing oven mitts



Heads down! This is 'serious' business
folks...some Clubbies enjoying the
scrumptious Christmas lunch prepared
by the awesome TLH catering team



Santa dropped in to help with the
giving of gifts...and naturally a
festive hug with Clubbie Wendy



Dear Alfie visiting Clubbie
Jan in Barossa Booth

Wellness & Lifestyles

Tuesdays and Thursdays 9.00-10.00am

**IN THE TLH GYM - LED BY
 PHYSIOTHERAPISTS**

\$6.00 per session

ENQUIRIES: Phone Physios at TLH Wellness & Lifestyles

8563 7739



Although I've given it a lot of thought, I can't make up my mind,
 Should I holiday in England; with all the changes there I'd find?
 I have family there I'd love to see; it's their weather I can't face,
 Especially with that nasty smog; that's like being lost in space,
 Now here in South Australia, where our climate's mostly good,
 I remember, pretty clearly; how their weather chilled my blood.
 Clothes too could be a problem; ours here are summer-weight,
 So I'm sure they wouldn't look right and its crazy tempting fate.
 I'd need sweaters, scarf, an overcoat, and thermal underwear,
 In fact, a complete change of rig-out; to suit the weather there,
 With wet-weather gear like raincoats and galoshes for the rain,
 And, if I did recall droughts as it rained; I could end up, insane.
 I think that almost covers summer; rather bleak as I remember,
 Imagine what I'd need in winter; it's like the Arctic in December.
 So, if I go it won't be winter; I couldn't face the snow and sleet,
 As I recall their winter weather and my blocks of ice called feet.
 I'd dress up like an Eskimo; fur lined clothes, and big Ug boots,
 With Greenpeace after me for sure; in my illegal, fur lined suits.
 There are icy roads with pile-ups; they cause injury and stress,
 And frozen pipes that burst then thaw; they also, leave a mess,
 Hacking coughs, infectious sneezes, chilblains, running noses,
 Pain of toes and fingers thawing; cod liver oil in massive doses.
 So winter time is really out; White Christmas doesn't tempt me,
 And although New Year is coaxing, a cold allergy exempts me.
 That brings us back to summer; with its fog, and wind and rain,
 So with normal British weather, dare I face those things again?
 Most years there are a few weeks, when the weather isn't bad,
 But this can come at any time; missing out could drive me mad.
 I know I do exaggerate; I'm quite sure that's how this sounded,
 But, forecasting British weather will make anyone confounded.
 Still, since I've got some favorite memories; mostly family kind,
 Perhaps a holiday in Iceland first, could even change my mind.
 Of course, deciding isn't easy, recalling how their weather was,
 I hope they all come to their senses; just come over here to Oz.

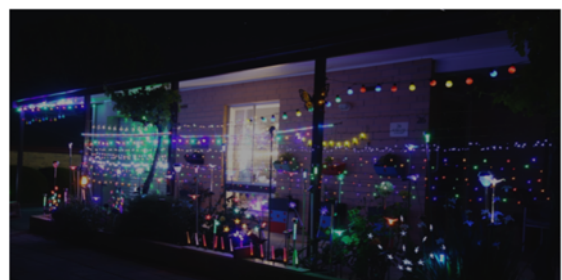
COLD AND CONFOUNDED

• By Ken Fyfe - IRL



Lighting Up The Town This Christmas!

Residents in Schiller Court, 31 Langmeil Road,
 Alf Pellegrini Drive and Hilda Schulz Drive
 joined in the Tanunda community's
 Christmas lighting displays



Volunteer News



The Lifestyle Team would like to put a call out to anyone who would like to volunteer their time who speaks German. If you can spare 30 mins to 1hr a week or fortnight to chat over a cuppa with our

beautiful German speaking residents, we would love to hear from you.

We have a full calendar of exciting activities all throughout the year and look forward to putting them together for all to enjoy.

Keep cool and well hydrated in this extreme heat we are experiencing.



The support is amazing and is invaluable

Tania & Team



Volunteer Morning Tea

March Morning Tea

Tuesday 5th March 2019

10.00am

Hope to see you there!



Happy Birthday

**To all of our wonderful Volunteers
for the month of FEBRUARY**

Friday 1st

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

Saturday 2nd

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 3rd

10.30 Worship Service	Chapel
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Monday 4th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Worship Service	ABG
1.15 Social Bingo	Chapel
2.00 Social Bingo	ABG
3.30 Walking group	ABG

Tuesday 5th

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 6th

10.00 Individual Visits	TLH
10.00 Craft / Hand Wax Therapy	Protea Lounge
10.30 Individual Visits	ABG
10.30 Bible Insights	Chapel
1.15 Garry Singalong	Chapel
1.30 Gemuetlichkeit with Chaplain Ian Lutze	ABG
3.30 Walking Group	ABG

Thursday 7th

10.00 Art Therapy with Helen	ABG
10.00 Card Making with Irene	Protea Lounge
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.30 Shoes on Wheels	Chapel
2.00 Sing along with Doug	ABG
3.30 Walking group	ABG

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

Friday 8th

10.00 Individual Visits	TLH
10.00 Exercise Group	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo	Chapel
2.30 Games afternoon and Happy Hour	ABG
3.30 Walking group	ABG

Saturday 9th

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 10th

10.30 Worship Service	Chapel
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Monday 11th

10.00 Individual Visits	TLH
10.00 Helpers needed wash to bingo tops	Protea
10.15 Hymn Singing	Chapel
11.00 Worship Service	ABG
1.15 Social Bingo	Chapel
2.00 Social Bingo	ABG
3.30 Walking group	ABG

Tuesday 12th

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 13th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.30 Individual Visits	ABG
1.15 Entertainment (The Accords)	Chapel
1.30 Gemütlichkeit with Chaplain Ian Lutze	ABG
3.30 Walking Group	ABG

Thursday 14th

10.00 Individual Visits	TLH
10.00 Art Therapy with Helen	ABG
10.30 Moovers and Groovers	Chapel
1.15 Coffee & Chat	Protea
2.30 Sing along with Sean	ABG

Friday 15th

10.00 Individual Visits	TLH
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo	Chapel
2.00 Games afternoon and Happy Hour	ABG
3.30 Walking group	ABG

Saturday 16th

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 17th

10.30 Worship Service	Chapel
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Monday 18th

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

Tuesday 19th

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 20th

10.00 Individual Visits	TLH
10.00 Craft—Hand wax therapy	Protea Lounge
10.30 Bible Insights	Chapel
10.30 Individual Visits	ABG
1.15 Arm Chair Travel	Waratah
1.30 Gemütlichkeit with Chaplain Ian Lutze	ABG
2.15 Sing along with Gary	ABG
3.30 Walking Group	ABG

Thursday 21st

10.00 Individual Visits	TLH
10.00 Art Therapy with Helen	ABG
10.30 Moovers and Groovers	Chapel
1.15 Coffee & Chat	Protea
2.00 Sing along with Doug	ABG

Friday 22nd

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

REMEMBER Afternoon Lifestyle Programs commence at 1.15pm unless stated otherwise.
Kind Regards, The lifestyle Team.

Saturday 23rd

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 24th

10.30 Worship Service Chapel

Monday 25th

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

Tuesday 26th

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 27th

10.00 Individual Visits TLH
 10.30 Bible Insights Chapel
 10.30 Individual Visits ABG
 1.15 Trivia Waratah
 1.30 **Gemütlichkeit** with Chaplain Ian Lutze ABG
 3.30 Walking Group ABG

Thursday 28th

10.00 Individual Visits TLH
 10.00 Art Therapy with Helen ABG
 10.30 Moovers and Groovers Chapel
 1.15 Wheel of Fortune Chapel
 1.30 Sing along with Sean ABG
 3.30 Walking group ABG

There are puzzles in
 Trinity Court, Waratah and Protea
 for your
 enjoyment!



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

**Residents' Bus Trip**

Thursday 21st February

Scenic tour through Bethany
 Mengler's Hill and around
 Tanunda.

Details are: 21/02/2019

Meet: Protea Lounge

Departure Time: 12.50pm

Arrive back: 2.30pm

Please note: We will not be getting off the bus

To avoid missing out, please see Lifestyle to put
 your name down

**SCARECROW CRAFT ACTIVITY**

Come along . . .

Help create a Scarecrow for the
Barossa Vintage Festival

When: **Every** Wednesday fortnight.

Where: Protea Lounge 10.00 a.m.





ABSENT MINDED



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

ABSORBED

ABSTRACTED

BROODING

COMTEMPLATIVE

DAYDREAMING

FORGETFUL

MEDITATING

MOONSTRUCK

MUSING

OBLIVIOUS

PENSIVE

PONDERING

PREOCCUPIED

THOUGHTFUL

WANDERING

Answer to last month's puzzle question of
THE FIRST DIRECTOR OF THE AMERICAN FBI WAS BORN ON NEW YEAR'S EVE
1985..... WHAT WAS HIS NAME ?

ANSWER : JOHN EDGAR HOOVER

