



TIT TAT

MONTHLY NEWSLETTER
TANUNDA
LUTHERAN HOME INC

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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

JUNE 2019

Lutheran
Church
of Australia



Chaplain's Reflection

Chaplain Ian Lutze



Helen and I went to a seminar on Conflict recently, presented by Padraig O'Tuama, a most impressive Irish poet/peace-maker who has been heavily involved with the peace movement in Northern Ireland. Padraig said some highly stimulating comments like: "I'd rather work with IRA terrorists who eat violence for breakfast than with Christians who are bristling with conflict while pretending that all is sweetness and light". There's something to be said for open honesty. There's also value in pretending for awhile to let the heart catch up.

Churches, or a 'Christian Home' like TLH [more so, a 'loving' Christian home], can be places where conflicts are swept under the carpet, never brought to light, because we hang our reputation, our public image, on the words of Jesus, like "May they be One", and "Love one another as I have loved you." So we fear that if our conflicts get too untidy we will lose our respect in the community.

There must be a healthy middle ground between Irish terrorists and our local churches and church projects like TLH. It often comes down to the individual, personal responses to conflicts, and whether there is room to adjust your usual habits. What is your habit though? And be honest!

- Do you always need to win?
- Are you the appeaser who always tries to smooth things over?
- Is being the victim the place you prefer to go?
- Do you enjoy creating the conflict to see what happens next?
- Are you afraid of conflict and avoid it at all costs?
- Have you lost too often and want to win for once?

We all want to be assertive enough, to make ourselves heard. And most of us will make compromises once our point is made.

Christians, I think, have that special reason to work a little harder here, because 'Being One' is a task as well as a gift.

- So what is your style?
- What have you learnt about conflict in your life?
- What do you want to do next?

Chaplain Ian Lutze



JUNE



- 3 Rita Kernick
- 3 Daphne Nobes
- 5 Reta Nitschke
- 6 Beatrice Hueppauff
- 7 Enid Graetz
- 7 Margaret Mattiske
- 9 Dorcas Kernick
- 11 Ken Fyfe
- 16 Allen Loffler
- 17 Wilf Fechner
- 17 Laurel Zanker
- 19 Alex Muir
- 22 Teresa O'Brien
- 22 Ruth Rathjen
- 24 Joan Haese
- 25 Trevor Frost
- 25 Gwen Smith
- 26 Jan Schupelius
- 27 Thelma Ziersch
- 30 Barbara White



FREE TLH LIBRARY

Situated on lower level
near Trinity Court entrance
Open 9.00-12 noon
Wednesdays and Fridays

Great assortment of books, magazines,
DVDs for your pleasure

Welcome

Respite

Joyce Byles
Betty Holness
Darrell Norley

Permanent

Glenis Dohnt
Margaret Mattiske
Trevor and Margaret Frost



DEATHS

*Our deepest sympathy
to the family of*

Donald Beare	6th May
Gorden Seago	8th May
Charlotte Bretschneider	21st May
Irene Boehm	24th May
Frank Graetz	24th May

*May they rest in
peace ...*



STAMPS FOR MISSIONS



Keep those stamps coming in!
Just cut around the used stamp
and help support mission work.

Thank you to all donors.

The **DEADLINE** for all:
News / Information / Stories - JULY edition is
Monday 17th JUNE 2019

Email: rachel.strudwick@tlhome.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 Kernick & Geoff Munzberg - IRL

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

TLH SHOPPING BUS



Departing approx. 9.30am - Return 11.30am

Wednesday	05th June	Tanunda
Wednesday	12th June	Nuriootpa
Wednesday	19th June	Tanunda
Wednesday	26th June	Nuriootpa

Please be at Reception by 9.15am For a cost of
\$5.00



From the CEO

Lee Martin



Go the Crows - we're in the top four..

Hoping all Mothers enjoyed Mother's Day – a special day for recognising all the work and love our Mothers do for us.

The Home enjoyed celebrating International Nurses' Day on 5th May19 a great way to acknowledge the dedication and professional efforts put in by all nursing staff. Staff had all sorts of goodies to share / eat on the day.

The work all care staff do is becoming more demanding as the residents' care needs increase and some behaviours become more challenging. It takes a greater level of resilience for the staff to meet the daily workload. There are systems in place to support staff that may be struggling – courses are available to staff to provide education on how to deal with behaviours and other clinical tasks. To all staff – the newly released result of the review of the TLH Clinical Services model is to encourage a greater day to day reporting, supportive role of the registered nurses and coordination of the care needed by our residents. With the new communication lines, I request all initial discussions occur with the registered nurses—if there is then a need I'm happy for people to make an appointment to come and see me.

Calling for volunteers – we need people who are willing to spend a little of their time to talk to our residents or take them for walks around the facility or out in the wonderful gardens. Please contact Tania Miller for more information.

I'm writing this article just before the day of the elections on 18th May 2019. Hope you all managed to vote. I would like to thank all those who assisted our residents to attend the mobile voting booth that occurred in the chapel. The outcome of the election will be interesting. At this stage there seems to be little action from any of the political parties towards improving the aged care industry. Tanunda Lutheran Home already has registered nurses rostered over the 24 hours – seven days a week so there's little hope for more funding. Please remember if you want to be removed from the Electoral Roll there is documentation that needs to be completed. Your GP can also assist by signing the document.

I have the pleasure of walking around the Home every day – it is with pleasure that every week there is a change in the many flower arrangements on display. On just about every window sill there is a nice little vase of flowers or a plant. To the number of volunteers who provide the flowers and other greenery we thank you for your dedication and loving work – it really does add a nice feel to the Home's environment.

The Aged Care Royal Commission continues from Sydney – a number of case studies have been explored and numerous staff from within the aged industry have been cross examined by the legal teams. It is interesting that for every negative issue there are many positive points and it still all points to lack of financial support and outdated systems from governments. There's certainly more to come.

Warning, Warning – the flu season is very much upon us. Please ensure you have your flu shot now. We are very lucky that at present we have no active flu cases in the Home unlike many aged care facilities throughout Adelaide. Anyone with cold or flu symptoms is strongly encouraged to refrain from coming into the Home.

The project at 20 Schaedel Street, Nuriootpa: Seven houses are at lockup stage. The new community centre will commence soon. 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 Langmeil Road, Tanunda project is at the stage where Tenders are expected to return their information of interest by mid-May. If you are interested in living in these special units please make contact with Carolyn Redden.

“Strength and growth come only through continuous effort and struggle.” —Napoleon



News from Kim & Britany

(People, Culture, & Customer Service Manager
and the Quality Coordinator)

ROYAL COMMISSION

Across the second week of the Royal Commission into Aged Care Quality and Safety's Sydney hearing (13-17 May), the Commission heard from a wide range of witnesses.

Senior Counsel Assisting, Peter Gray QC, summed up this afternoon by providing an outline of the past two weeks of hearings and a selection of themes that emerged across eight days of testimony.

Evidence focused on the care of people living with dementia in residential aged care, and included:

- Accounts of residents living in residential aged care, or accounts by their families;
- Four case studies of claims of substandard care by close relatives. Counsel Assisting indicated no closing remarks would be made about the case studies, instead that those findings would be set out in written submissions to the Commission by 29 May;
- Three expert panel sessions - with professionals speaking on innovative models of care, clinicians expert at caring for people with dementia, and a panel of nurse practitioners;
- Other expert witnesses and representatives of government departments; and
- Accounts of two individuals living with dementia.

He told the Commission the body of evidence heard in the Sydney hearings has been 'vast and complex', and across the coming weeks the staff of the Royal Commission would analyse the material closely.

From all the evidence heard, he said:

"The constant theme is to respect the enduring humanity of the people in care, no matter how far their cognitive function might have declined and no matter how challenging their care. Older Australians in residential care do not leave their human rights at the door of the residential care facility. They have the right to live their life as much as a person with any other disease. Dementia leaves people in a position of extreme vulnerability – all the more reason to provide the care and support they need."

FROM THE AGED CARE QUALITY & SAFETY COMMISSION

What the new Aged Care Quality Standards mean for our Residents.

The Australian Government has set some new Aged Care Quality Standards that clearly define what good care should look like. These new Standards have been published, and will be used from 1 July 2019.

The new Standards make it easier to check that people receive good care. Good care is not about the provider 'ticking boxes'. It's about them caring for the Resident and their individual needs.

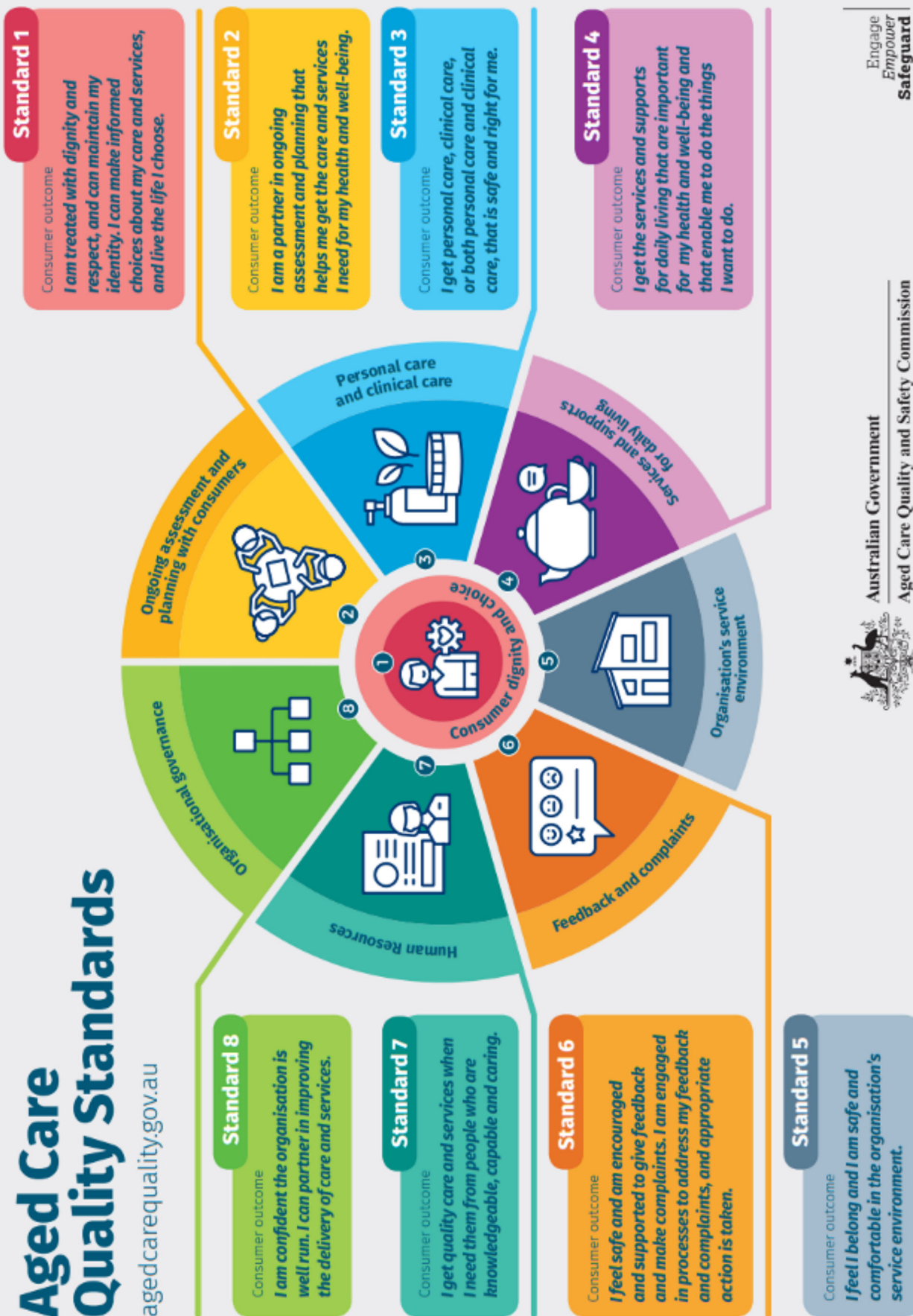
Follow the link below to a video to see what the new Standards mean in practise for our Residents. More new Standard details on the next page.

<https://www.agedcarequality.gov.au/consumers/standards/new-standards-resources>



Aged Care Quality Standards

agedcarequality.gov.au



Australian Government
Aged Care Quality and Safety Commission

Engage
Empower
Safeguard

FROM THE AGED & COMMUNITY SERVICES AUSTRALIA

“Aged care sadly absent from national political discussion” - Patricia Sparrow, ACSA CEO

“While there have been a number of individual policy announcements, these fall short of addressing fundamental and urgent needs in the aged care sector. It is hypocritical for our leaders to agree aged care needed a Royal Commission but then put urgent reforms in the too hard basket. ‘After the Royal Commission’ is not an excuse that older Australians who are in need right now want to hear.

We are disappointed to say the least that the parties are using the Royal Commission into Aged Care Quality and Safety as an excuse to delay implementing practical solutions. The incoming government, whichever it will be, needs to relieve the significant pressures on services for older Australians right now.

ACSA is preparing an incoming government brief to quickly engage after polling day. We won’t be waiting for the Royal Commission to push for urgent reforms.”

Major parties respond to 'Five Urgent Priorities for Aged Care'

In the lead up to the election ACSA wrote to all major parties seeking a formal response to the five urgent priorities for aged care that need to be addressed before the Royal Commission into Aged Care Quality and Safety delivers its recommendations.

They heard back from the Coalition, the Australian Labor Party and the Australian Greens however they have not specifically responded to ACSA's immediate priorities. While they have not responded to the priorities, there were a number of individual announcements - but these fall short of addressing the fundamental issues we face.

HOME CONTINUOUS IMPROVEMENT UPDATE

- May saw us welcome in 6 new staff across the Clinical & Hospitality Departments.
- Our Catering team has been working on our new Winter Menu. The team has been collaborating with our Residents to collect their feedback on current menu items and gather ideas for the new menu.
- In preparation for July 1st, we are continuing to develop new policies to reflect the new standards. Residents of TLH are providing guidance within all of the new policies (8 in total).
- On Wednesday the 15th of May, resident Colin Henschke, joined TLH staff members, Tammy Wastell, Hollie Moar and Kim Hahn on a visit to Fullarton Nursing Home to investigate the way they manage noise throughout the home and the way they manage Resident choices with food. Colin was very proud of the amount of choice TLH offers to our Residents. The catering team are now working on implementing some improvements we've noticed and look forward to discussing our findings with the Collaboration Committee at their next meeting.
- On Thursday the 16th of May Residents and Retirement Living residents were given the opportunity to pretend to be staff for the morning and were shown our new TLH Customer Service video. This video will be used to train our staff to help determine what good and bad customer service looks like.
- During late May we released a Developing & Promoting TLH 2019 Competition to our staff. This will encourage staff to increase their knowledge, skills and ability to provide high quality services to our Residents and promote Tanunda Lutheran Home Inc. Details of the competition can be found on the following page.

Wishing you a June that is filled with happiness and love. Please let either of us know if there is any way we can help you. Take care.

Kim and Brit





DEVELOPING & PROMOTING TLH 2019 COMPETITION

Increase your knowledge, skills and ability to provide high quality services to our Residents and promote Tanunda Lutheran Home Inc.



OPEN TO: ALL TLH EMPLOYEES

OPEN DATE: MONDAY 27th MAY 2019

CLOSING DATE: SUNDAY 30th SEPTEMBER 2019

DETAILS: THE EMPLOYEE MUST;

1. Undertake and complete the following course;
University of Tasmania, Understanding Dementia 7-week online course
<http://www.utas.edu.au/wicking/understanding-dementia>
Register now!

2. The dementia Training online course, Bedtime to Breakfast, caring at night for people with Dementia
<https://www.dta.com.au/online-dementia-courses/bedtime-to-breakfast-caring-at-night-for-people-with-dementia/>
Register now!

And;

3. Undertake one free online learning course of your choice
4. Like our Facebook page
5. Make a positive comment on 5 of our Facebook posts
6. Share 5 of our Facebook posts
7. Add a positive review of TLH to our Facebook Recommendations and Reviews section
8. Add a positive review to the SEEK employer review about Tanunda Lutheran Home
9. Join LinkedIn and link Tanunda Lutheran Home as your employer

Please forward any questions to Britany Mikan on 08 8563 7777

PRIZES: EMPLOYEES WHO HAVE COMPLETED ALL REQUIREMENTS WILL GO INTO A DRAW TO WIN ONE OF 8

\$250.00 PRE-PAID CREDIT CARDS

PRIZES DRAWN: TUESDAY 1st OCTOBER 2019

Competition evidence must be provided to Britany Mikan, Quality and Training Coordinator by Monday 30th September 2019

Tanunda Lutheran Home supports 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.



Share Your Experience



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 are deaf or have a hearing or speech impairment: call 1800 555 677 (National Relay Service) and ask for 1800 951 822.

If you need an interpreter: call 131450 (Translation and interpreting service) and ask for 1800 951 822; 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

Executive People, Culture & Customer Service Manager

(Including Catering, kim.hahn@tlhome.com.au or Ph: 8563 7752

Food Service

WHS, Maintenance)

Clinical and Care - Lee Martin

Chief Executive Officer

(including Allied Health lee.martin@tlhome.com.au or Ph: 8563 7733

& Lifestyle)

Financial - Cherie Cheyne

Executive Chief Finance Officer

(Accommodation & cherie.cheyne@tlhome.com.au or Ph: 8563 7768

Fees/Bonds)

OFFICE USE ONLY

Date Received by Dept Manager / Delegate: _____ Verbal Feedback? ☐

Initial action by Department Manager: _____ Date: _____

Staff Name: _____ Sign: _____

(Return to Quality & Training Coordinator for further action)

Action taken by Manager / Delegate:

Follow up action if any:

All parties involved informed of results? YES / NO *(Result must be informed in writing as well as phone call / in person)*

☐ Phone call ☐ letter ☐ In Person

Manager / Delegate Sign: _____ Date: _____

Added to Trends Data? ☐



Tanunda
Lutheran Home Inc.

TANUNDA
RETIREMENT LIVING

Share Your Experience



Resident **Relative** **Staff** **Other** (*Please circle one*)

Compliment **Complaint** **Suggestion** *(Please circle one)*

Comments / Details:

Name: _____

(Optional)

(Optional)

(Optional)

[illegible]

JUNE 2019

Ann Shipley, Information Office from the Catalyst Foundation spoke to a large group of TRL Residents at the May Get-together, held in the Social Centre on Thursday 16 May, about the assistance that is available through the Australian Government My Aged Care program.



The Catalyst Foundation is an inclusive, independent and charitable organisation which seeks to improve the lives of South Australians in the areas of Ageing and Disability, etc. If you want to know more about the organisation that Ann Shipley represents go to www.catalystfoundation.com.au

What follows is Tit Tat's attempt at presenting something of what Ann told the group.

My Aged Care is the Australian Government's main entry point to the aged care system in Australia. It can be accessed by telephone on 1800 200 422 or on the website www.myagedcare.gov.au - Tit Tat tested both of these access points. Our telephone enquiry was answered by a real person in under 30 seconds. The website, for those who are computer savvy, looks reasonably easy to navigate.

When should we contact My Aged Care?

When a person over the age of 65 years feels they need (or their family or carer feels they need) **help at home** with personal care, transport, modifications to their home (rails, ramps, etc.), nursing or physiotherapy, meals or cooking, household jobs like cleaning or gardening, equipment (walking frames) or with social activities, they should get in touch with My Aged Care and discuss their needs to find out what help is available.

Or, if a person needs **short-term help** because they have had a setback and want to get their independence back, or if they need help to recover from an accident or illness, including after a hospital stay when they or their carer needs a break (respite care), contact My Aged Care to find out what help is available.

The way to **determine eligibility for the above services** is to make a telephone call to My Aged Care (1800 200 422) to register by having a client record created. Then someone from the Regional Assessment Service will make arrangements for a face-to-face in-home assessment to be made. It is better that these two steps (the telephone call and the face-to-face assessment) are taken before the need for assistance becomes critical. 'Better late than never' is **not as good** as a 'stitch in time!'

When the need for care in **residential aged care** becomes necessary, then an Aged Care Assessment Team (ACAT) will make a comprehensive assessment to determine the urgency of the need.



Part of the large group listening to Anne Shipley

There are other steps involved to determine eligibility and the costs of the various services. If you are over 65 and think that you could use some assistance get in touch with My Aged Care on 1800 200 422 or on the website listed above - or if you are not sure what to do, ask Carolyn Redden for some help. There is lots of assistance available and it's not as complicated as it sounds! Better to start sooner rather than later!

MEET
Jeff and Ineke Garnaut
Hoffmann Avenue



Jeff and Ineke moved into their Tanunda Retirement Living unit on Hoffmann Avenue at the beginning of 2019 after having lived in a retirement village in Goolwa for thirteen years. The Garnaut's have diverse family ancestry - they have found out that they both have French ancestry going back a bit. Jeff says he has ancestors who fought in the Napoleonic wars!

Ineke was born in Holland. She is the middle child in a family of three boys and two girls. Her parents, Gerry and Marie moved to Australia in 1963 when Ineke was thirteen years old. They came to Australia under the assisted immigration program of that time. Ineke's parents lived in the Finsbury Migrant Hostel in suburban Adelaide, before moving to Paradise. Ineke's father was supposed to go to work in the forestry industry in Nangwarry, but the family was overwhelmed by the smallness of the city of Adelaide at that time, and the prospect of living in the very small town of Nangwarry was something they did not think they could cope with. So, Ineke's father took a job as an MTT bus conductor.

Ineke did not learn to speak English in Holland and had to do that when she started school in Australia. She says that she and her siblings proudly told their father about the new English words that they had learned in the migrant hostel – often they were English swear words! Ineke loved school in Holland—she “played” school in the holidays with her friends and siblings. At school she had excellent grades in Arithmetic and Spelling.

After leaving school Ineke applied to become a nurse, and passed her entrance exam with flying colours, but was refused entrance to the course due to not having a Leaving Certificate. So then Ineke had a job as a “check-out chick” in a Woolworth's supermarket, where she was voted as the best check-out operator in the State – and this was at the time when Australia had just converted to decimal currency, which made the job more difficult. She also worked as a sales assistant for a mixed business in the eastern suburbs of Adelaide. Later she worked for FAI insurance for eight years.

Jeff's parents, George and Thelma, were both born in Australia. Jeff was born in Wudinna in 1946 while his father was working in the bakery there, and his mother was nursing. Jeff did correspondence school for the first 2 or 3 years of his school life. Jeff's father and mother and his two brothers and sister moved around as Jeff's father took various jobs as station roustabout and welder on EWS pipeline projects. After living in Wudinna, they moved to Bon Bon Station (central Eyre Peninsula), Port Lincoln and then Adelaide.

Jeff left school before he finished Year 7 – he says that he was not interested in school - he just wanted to play sport! He played football for the Norwood Redleg's 3rds and played District Cricket for East Torrens for 5 years as an allrounder. He coached cricket teams for 17 years - some of that time he was captain/coach. He was Adelaide Turf Cricket Association Cricketer of the Year twice.

While following his sporting ambitions, Jeff worked in a timber yard, made pallets and drove a forklift, then went to WA as a steel erector on building sites, worked in a mushroom farm,

(continued)

in Michell's wool scouring plant and finally for Patrick's transport business. Jeff and Ineke both had first marriages that ended. Jeff has two adult daughters from his first marriage and has four grandchildren. Ineke had a short first marriage and has a son from that marriage. She lived by herself in Angaston and Nuriootpa for six years whilst raising her son.

Jeff and Ineke met on a blind date on Valentine's Day in 1981 when they went together to a 21st birthday party. Ineke says that Jeff did not dance with her at the party—she recalls that she spent most of the evening talking to Jeff's Dad—but he did take her home afterwards! The story of Jeff's marriage proposal is a bit unique. Ineke says that Jeff asked if '2nd July would be alright' she wondered about the choice of that date. Jeff replied, "Well, the football season will be over, and cricket will not have started yet by then!" After a courtship which lasted for two and a half years, they married in 1983. Jeff and Ineke had one child, which was stillborn. Their little girl had serious health issues, and Ineke had a difficult and quite dangerous pregnancy.

The Garnaut's have moved around a great deal. They started out living at Paradise, Salisbury Downs, Hillier, Williamstown, Evanston, Thornbury Park Retirement Estate Goolwa Beach and now finally in Tanunda. When asked why they decided to move to Tanunda, Ineke says that she has for a long time regarded the Barossa as "home" – for two reasons her son and his family live nearby and her parents lived in Tanunda in the 1970's. Ineke's father, Gerry Theunens, worked as a Real Estate Agent for Robert Homburg, and was also President of the Tanunda Bowls Club in 1978/79. Jeff feels good about now playing bowls in the same club that his father-in-law did. So here they are!



Wedding photo 1983

Do they have hobbies? Jeff likes woodwork and pottering around. The garage at their unit bear evidence of his "pottering" – it is amazingly well fitted out and well organised. An impressive feature of the garage is a display of Jeff's many sporting trophies, some of which are displayed in the cabinet pictured. Jeff enjoys following sport, including the Crows, and is now playing pennant bowls at Tanunda.

Ineke says she is a bookworm. She is in the process of handwriting her life story - she likes writing. She used to go roller skating and ice skating – but not anymore! They have a caravan and have travelled to many places in Australia, they enjoy meeting people in the places they have stayed at they have made some life-long friends. Jeff and Ineke like quizzes and crosswords – and they were very generous and active volunteers while they lived in Goolwa.



Jeff and Ineke: Thank you for sharing your story and welcome to retirement living at Tanunda Lutheran Home!



TRAVEL TALK TASMANIA

There are so many different ways to experience Tasmania that sometimes the best way is to let a local guide you. Tasmania's tour operators offer tours, from city walks and sea journeys to wilderness treks and sky-high adventure flights.



Coach tours are a great option for large groups and the scenic on-road and off-road network offers guided journeys by bus, motorbike, bicycle or four wheel drive.

Step back in time and discover stories from the past or explore World Heritage wilderness and Tassie's most beautiful places on foot, horse, or kayak.

Make friends on a tour group or take a more personalised tour away from the crowds.

Tasmania really has it all, with nature, culture, history and charm, plus plenty of passionate tour guides with local knowledge and great stories to share, gaining a reputation for wonderful food and wine enhanced by great chefs and restaurants.

Freycinet is a spectacular national park on Tasmania's east coast. It features clean white sands, rocky headlands and granite peaks. There are many walking tracks through the park, with one of the most popular being the track to the Wineglass Bay lookout.

There are many tour operators to choose from, from budget to luxury, all offering wonderful itineraries. Direct flights from Adelaide to Hobart are now possible to enjoy more time in this beautiful state of Australia. If you would like to know more pop in and see me or give me a call.

Call 08 8563 0988 or visit 39 Murray Street, Tanunda



Your Living Legacy

*A will passes on your possessions
yet neglects the priceless*

Imagine...

... being able to leave a gift for your family, to learn more about the memorable moments that make up your life

... providing your loved ones with cherished memories forever, and being able to hand them down to future generations

... a legacy of stories, memories, photos and messages, all professionally filmed. A unique footprint to leave from our time on earth

... capturing the life experiences which moulded you to become who you are today

What is 'Your Living Legacy'?

'Your Living Legacy' is the story of your life, your memories and encounters, tales of times gone by, captured on video and professionally filmed at a location of your choice, to create a lasting memory to pass on to those you hold dear.

A precious gift for your family and future generations to maintain your heritage.



There is never a better time to start than right now, give us a call or drop us a line and we'll guide you through how enjoyable and easy this can be.



Stream Financial

For more information
Contact Janis:
legacy@streamfinancial.com.au
P: 1300 983 942 M: 0448 511 866
streamfinancial.com.au

A Most Atrocious Pair



I've heard of creatures that are mythical; although I never seen one yet,
So, while I'm told, they're not too friendly, I wouldn't want one as a pet.
Like the monster swimming in Loch Ness, or the others; not well known,
They all sound rather viscious, so; their myths may chill you to the bone.
But, regarding Bunyips I knew nothing; despite my long life, in Australia,
I hope that lack of Aussie folklore; won't make me look like I'm a failure.
But, just recently I was reading, that they're really gruesome creatures,
Not the type to call your Aussie mate, with those unAustralian features.
Then, I read a poem about a Bunyip; that ate and swallowed a musician,
He'd just been entertaining wild-life here; his special, musical rendition.
The poem showed humour and ferocity, in the style that it was written,
But it revived some hidden memories, of that giant Worm, from Britain.
More precisely, North-East England, was the 'Lambton Worm's' abode,
It was a creature, bad, or maybe worse, than any Bunyip I've been told.
It would eat anything and everything; especially cows, and little babies,
It's said, that people who discuss it; the giant Worm inflicts with rabies.
But, I hope no Government brings it here; to destroy our Bunyip beast,
Even though it eats musicians raw; food should be 'barbecued' at least.
Still, I don't think M.P.'s would do that now; that has been tried before,
They once brought foxes here then cane toads, and probably lots more.
Then they also damaged native land; with crop eating, breeding rabbits,
Perhaps M.P.'s saw them as myths; they've kept those same bad habits.
Still, we should watch out for Bunyips; and any Worms from over there,
Cos' if by chance, they coupled up, they'd make the most atrocious pair.
With offspring, helped by infrastructure; I can imagine what they'd get,
But the myths we have, seem bad enough; we can't face a new one yet.



by Ken Fyfe

FOR LEXOPHILES - (Lovers of Words)

- **People don't care how much you know until they know how much you care.**
- *Try not to become a person of success —rather become a person of value.*
- **Middle age is when your knees buckle and your belt won't.**
- *Give the devil an inch and he will be your ruler.*
- **A bicycle can't stand alone—it is two tired.**
- *A backward poet writes inverse.*
- **A will is a dead giveaway.**
- *When a clock is hungry it goes back four seconds.*





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



← Clubbie Wilf getting into the spirit of happiness and love whilst playing bowls during Harmony month

Celebrating the women in our world with a special afternoon tea for the month of May →



← Clubbie Ivy proudly showing her card made with love...all the Clubbie ladies attending Club for afternoon tea received a 'teapot card'

A new game introduced in Barossa Club : Match-up-Phrases... get those 'thinking caps on!' →



Clubbie Norma in action...a new active game introduced in Club called Game On! →



Cheers to the Happy couple...
Clubbies Joyce and Vic celebrating their 65th Wedding Anniversary





**Veteran Volunteer
Ray Giersch cut the cake**



**Monarto Zoo enthusiasts
Robert and Maureen Wake**



**Margaret Seeliger
Helen McNicol
Margaret Jasper**



Max Schubert and Ray Giersch

VOLUNTEERS' MORNING TEA

Celebrating National Volunteer Week

THEME: You are Worth your Weight in Gold



Thirty happy Volunteers enjoyed the fun and camaraderie in the Social Centre on Tuesday 21st May for yet another treat - with several surprises in store. Tania Miller and her team decorated tables with pretty flowers - and chocolate 'coins' scattered throughout representing the theme

Excellent Guest speaker Maureen Wake, supported by husband Robert with his lap top, described many amazing animals at Monarto Zoo, Australia's largest open range zoo. Enjoyed were exciting behind-the-scenes encounters and this couple's strong and determined support for conservation projects.

Held spellbound, the group heard of baby zebras able to recognise their mothers by the pattern of stripes on her rump; habits of animals like Barbary Sheep from Africa; Addax from the Sahara Desert who have a rosette of fur on their forehead to catch the early morning dew and it trickles down into their mouth to quench their thirst; Oryx that are extinct in the wild - and the necessity to build, on a donated vehicle, a lion proof enclosure that cost \$42,000. (see pic below)

Other animals featured were cute meerkats, porcupines, white magpies, deer, rhinos weighing 1200 kgs, giraffes, monkeys that are trained to work to find their hidden food, sometimes using flash cards; and apes whose genetics must remain 'pure'.

Many animals were described, with their various breeding habits and the ruses used by staff to maintain the animals in a healthy, fit and contented environment.

Very many thanks to Maureen and Robert for their fascinating presentation.



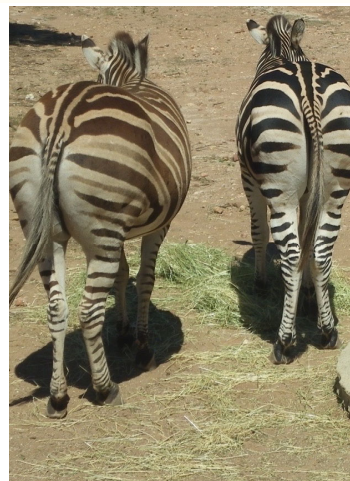
Andrew Pearce



Len Gerschwitz



Colin Ladd



Max Schubert

Further to the article about Monarto Zoo, the following fascinating information appeared in the Sunday Mail on 26th May:



“ Whose poo is it anyway? ”

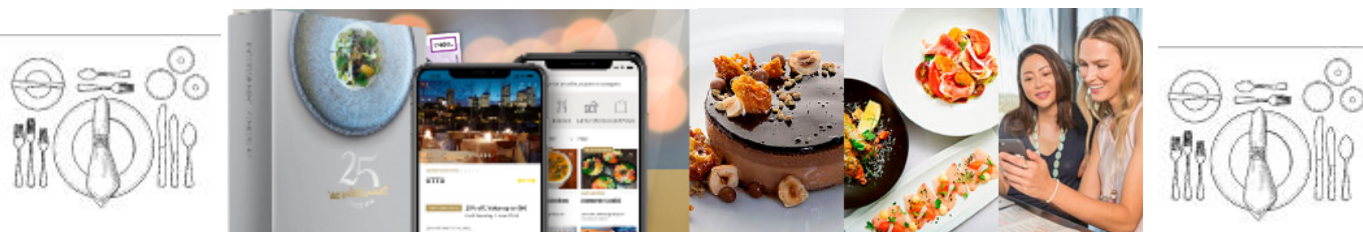


Monarto Zoo ungulates keeper says they have been known to feed their rhinos different coloured glitter. In this way they can identify whose poo is whose - and it's safe for the animals. Craft glitter is used by hiding it in their food. Animals are assigned their own colour - at Monarto, they use red, blue and green. A quick visual check of the animals' poo tells the keepers what they're eating and if they've got an upset stomach, or whether the animal is stressed, or pregnant—and so on. The method was successfully used on Uhura – a southern white rhino - by hand feeding her balls of hay filled with a small amount of blue glitter. It was necessary to identify her poo so that samples could be sent off to track her breeding cycles and to understand how long food takes to travel through her gut. So the life as keepers revolves around a lot of poo! Clever people and devoted keepers.



Fantastic opportunity to save some \$'s and help a charity..

See Reception to take advantage of this great opportunity or if you have any questions, please see Cherie!



Common Questions that are asked:

Q: Can I share my Entertainment Book ?

A: You can share your Entertainment Card or Vouchers with immediate family, however the offers become void if they are transferred outside of your immediate household. Only one member of your family needs to register and sign the back of the Gold Card.

Q: Do I need to let the restaurant know I am an Entertainment Member when I make my booking or arrive at the restaurant?

A: No. You just need to present your Card, Voucher or Digital Membership on your smartphone, when you request your bill.

**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



“My social life has really picked up lately, with all these Health Clinic visits.”

LEADING THE FOOTY TIPS - 2019

Round 10

Lee Martin on 57 Not for much longer

Trinity Court

Elsie Weeks 55 pts

Protea

Esther Flinn 55 pts

Waratah

Wendy Shemmeld 51 pts

ABG

Venus Bessell 55 pts



Volunteer News



Tania Miller

A **HUGE** Thank you to all who came along to the Celebrate National Volunteers Week in May.

It is always a pleasure to have the opportunity to acknowledge just how wonderful our volunteers are and how crucial you all are to help with the running of our TL Home.

This month our morning tea will be back to normal taking place on Tuesday 4th June, 10am in the social centre.

We hope to see you all there



Tanya and the Team



Volunteer Morning Tea ..

4th JUNE 2019

10.00am

Hope to see you there!

Happy Birthday

To all of our wonderful Volunteers

for the month of

June



Janet Thompson has a very talented daughter Heather Thompson - Who kindly donated her work of art to the Home..



Thank You



Reminder: there are puzzles in Trinity Court, Waratah and Protea for your enjoyment!



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 Wax Bath Protea Lounge
 11.00 Worship Service Acacia Lounge
 1.15 Social Bingo Chapel
 2.15 Social Bingo Grevillea Lounge
 3.30 Walking group Leaving from Acacia

Tuesday 4th

10.00 Individual Visits TLH
 10.00 Knitting Group Protea
 10.30 Moovers and Groovers Chapel
 10.45 Individual Visits ABG
 1.30 Carpet Bowls & Happy Hour Chapel
 1.30 Men's Group Men's Shed
 3.30 Walking Group Leaving from Acacia

Wednesday 5th

10.00 Individual Visits TLH
 10.30 Footy Tips Acacia Lounge
 10.30 Bible Insights Chapel
 10.45 Individual Visits ABG
 1.15 Arm Chair Travel Waratah
 2.00 Blessing for the month with Chaplain Ian Lutze Acacia Lounge
 3.30 Walking Group Leaving from Acacia

Thursday 6th

10.00 Individual Visits TLH
 10.30 Art and Craft with Helen Grevillea Lounge
 10.30 Moovers and Groovers Chapel
 10.45 Individual Visits ABG
 1.15 Queens High Tea Chapel
 2.00 Sing Along with Lifestyle Acacia Lounge
 3.30 Walking Group Leaving from Acacia

Friday 7th

10.00 Individual Visits TLH
 10.00 Exercise Group Acacia Lounge
 10.30 Wisdom of The Elders Chapel
 1.15 Social Bingo Chapel
 1.30 Happy Hour ABG
 2.00 Memory Games with Lifestyle Acacia Lounge
 2.00 Wax Bath Protea Lounge

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 Public Holiday Queen's Birthday

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 Carpet Bowls/Happy Hour Chapel
 1.30 Men's Group Men's Shed
 3.30 Walking Group Leaving from Acacia

Wednesday 12th

10.00 Individual Visits TLH
 10.30 Footy Tips Acacia Lounge
 1.15 Sing Along with Garry Wharton Chapel
 2.00 Presentation on England Acacia Lounge
 3.30 Walking Group Leaving from Acacia

Thursday 13th

10.00 Individual Visits TLH
 10.00 Art and Craft with Helen Grevillea
 10.30 Moovers and Groovers Chapel
 10.45 Individual Visits ABG
 1.30 Shoes on Wheels Chapel
 2.00 Sing along with Doug Acacia Lounge
 3.30 Walking Group Leaving from Acacia

Friday 14th

10.00 Individual Visits TLH
 10.00 Exercise Group Acacia Lounge
 10.30 Wisdom of The Elders Chapel
 1.15 Wheel of Fortune England Trivia Chapel
 1.30 Happy Hour ABG
 2.00 Memory game with Lifestyle Acacia Lounge
 2.00 Wax Bath Protea Lounge

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.

Sunday 16th

10.30 Worship Service Chapel

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

Monday 17th— England Cultural Day

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Wax Bath	Protea Lounge
11.00 Worship Service	Acacia Lounge
1.15 Social Bingo	Chapel
2.15 Social Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

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 Carpet Bowls & Happy Hour	Chapel
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 19th

10.00 Individual Visits	TLH
10.30 Footy Tips	ABG
10.30 Bible Insights	Chapel
10.45 Individual Visits	ABG
1.30 Lyndoch Dancers	Chapel
2.00 Sing a long with Lifestyle	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 20th

10.00 Individual Visits	TLH
10.00 Art and Craft with Helen	Grevillea Lounge
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 George Davies Piano Accordion	Chapel
2.00 Memory Games	Acacia Lounge
3.30 Walking group	Leaving from Acacia

Friday 21st

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Coffee n Chat/Pancake afternoon Tea	Chapel
1.30 Happy Hour	ABG
2.00 Arm chair travel—England	Acacia Lounge
2.00 Wax Bath	Protea Lounge

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.

Sunday 23rd

10.30 Worship Service	Chapel
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Monday 24th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Wax Bath	Protea Lounge
11.00 Worship Service	Acacia Lounge
1.15 Social Bingo	Chapel
2.15 Social Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

Tuesday 25th

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

Wednesday 26th

10.00 Individual Visits	TLH
10.30 Garden reflections with Lifestyle	ABG
10.30 Bible Insights	Chapel
10.45 Individual Visits	ABG
1.15 Connect 4	Chapel
2.30 Sing along with Garry	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 27th

10.00 Individual Visits	TLH
10.00 Art and Craft with Helen	Grevillea
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Social Bingo	Chapel
2.00 Sing along with Doug	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Friday 28th

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Monthly Birthday Celebrations with Elvis	Chapel
1.30 Happy Hour	ABG
2.00 Memory Games	Acacia Lounge
2.00 Wax Bath	Protea Lounge

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.

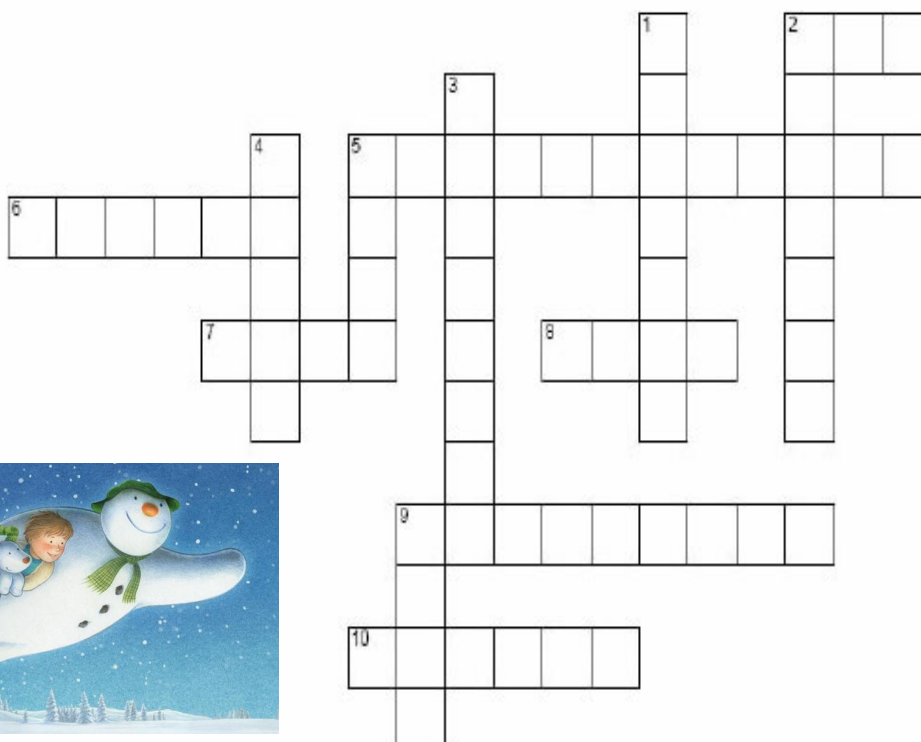
Sunday 30th

10.30 Worship Service	Chapel
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Winter Wonderland Puzzle



ACROSS

2. Frozen water.
5. Sport - going down the mountain on a board.
6. Sport - going down the mountain on skis.
7. Opposite of HOT.
8. Where you skate.
9. Shoes to walk on top of snow.
10. Popular winter sport.

DOWN

1. Sliding on ice.
2. These are formed by dripping water that freezes.
3. Downhill fun on this simple type of sled.
4. Winter house.
5. Pulled over snow by horses or dogs.
9. White flakes from the clouds.

Q: Why did the Cookie go to the Hospital ?

A: Because he felt Crummy