



**Tanunda**  
Lutheran Home Inc.

# TIT

# TAT

MONTHLY NEWSLETTER  
TANUNDA  
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

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- ★ Website: [www.tlhome.com.au](http://www.tlhome.com.au)
- ★ 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*

## SEPTEMBER 2019

Lutheran  
Church  
of Australia



## Chaplain's Reflection

Chaplain Ian Lutze



Using these two words 'meeting God', in the context of aging or end of life or even any time in life sounds, depending on one's perspective, too good to be true, ridiculous, weird, wonderful, scary, exciting, or just a little too bald-faced and mysterious to mention. The Jewish people BC went through a stage of not even verbalising God's name because merely the mention of 'it' or 'YHWH' risked dampening the mystery, bringing the sacred into the profane space. I understand that thinking. But I also think we can approach the mystery with respect, uttering those words 'God' or 'Our Father', or whatever you do when you approach the 'Great Unknown' in the very human impulse called prayer.

I'm raising this subject of 'Meeting God' because it's probably a subject close to all of us even if we wish to push it away, and I'm convinced it's a subject everybody can approach, and approach safely because God, at the end of the day, is Love.

I'm also raising it because I'm more mindful of it personally after a close family member 'met God' just the other day. Yes, he prayed for a job, a job for his partner, a house to live in and a good school for his children, all in a town he hasn't moved to yet. And he experienced every answer to his prayers as Yes. And now he's scared! Feels much safer when God just ignores prayers like he usually seems to do. But to have one's prayers answered? Suddenly God feels close, too close for comfort perhaps, the liminal space, the line between heaven and earth, suddenly very thin.

And now *I'm* daring to see God a little more clearly too. I see God reflected in the faces of the ABG residents as I say the Words of Institution at Monday worship. Eyes more widely open, heads held high, like a dear old friend has just entered the room. And many more places too of course.

Where do *you* meet God? Do you meet God? Do you expect to meet God? Let's pick it up again next time.

And wishing you a great September. Springtime. Celebration of creation. Beautiful!

Chaplain Ian.



## September



- 3 Joyleen Lienert
- 4 Mollie Le Page
- 5 Ralph Kernich
- 13 David Moss
- 13 Darrell Kupke
- 13 Hazel Graue
- 14 Jack May
- 16 Elizabeth Thomson
- 17 Hilda Randall
- 18 Katherine Maas
- 24 Annette Ognjanovic
- 26 Les Kohlhagen
- 27 Verna Graetz
- 27 Trevor Blenkiron



# Welcome

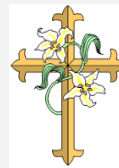
## Respite

Kevin and Elizabeth LINKE

Betty Holness

## Permanent

Lionel Folland



## DEATHS

*Our deepest sympathy  
to the family of*

Stella Krieg 4th August

Valda Filsell 23rd August

*May they rest in  
peace ...*



## 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  
If necessary, books can be delivered to  
residents' rooms.



Sunday the 1st is time  
to celebrate and show  
appreciation to all the  
dads of the world !!

The DEADLINE for all:  
News / Information / Stories - October edition is  
**Monday 23rd September 2019**

Email: [rachel.strudwick@tlhome.com.au](mailto: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 Kernich & 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

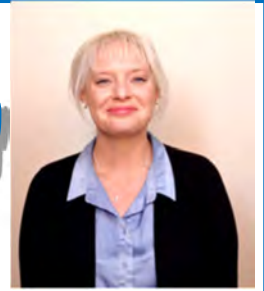


Wednesday	4th September Nuriootpa
Wednesday	11th September Tanunda
Wednesday	18th September Nuriootpa
Wednesday	25th September Tanunda

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



## From the People, Culture and Customer Service Manager



**Kim Hahn**

### **POSITIVE AND PROUD TO WORK IN AGED CARE**

With the Aged Care industry being such a focus in the media following Oakden and with the Royal Commission, the new Aged Care Quality and Safety Commission and the New Aged Care Standards it is only natural that there is heightened attention from the Australia-wide community concentrating on the terrible and unacceptable stories of poor service provision and the horrific cases of abuse.

As workers within the industry our hearts break with every example of what should not be occurring that the media shares with us. We also understand that it would have been a natural human reaction for our internal and greater community to hear these examples of what is wrong with aged care and then feel insecure and untrusting towards us. Instead, our community, our staff and our beautiful Residents have become closer, we have had open discussions about the industry, keeping up-to-date with what is occurring but remained positive about our workplace, and our Resident's home.

How do we stay positive? How do we stay committed to an industry that is under immense scrutiny and pressure?

Because to us the work we do is not about industry, politics or media attention, it's about the people we are fortunate to meet and have the opportunity of providing care and services to, at a time in their lives when they are at their most vulnerable.

It's about being lucky and having a job that requires technical skills and qualifications but gives us a chance to do our work with kindness, compassion and love.

It's about working in people's homes, a home that provides us with a community to belong to, a diverse family from our Residential and Independent Living Residents, to our co-workers and our Volunteers being blessed in having community support.

It's about working in a home that gives far more back to each of our lives than just an income. We get to see and experience the very best of the human spirit. Moments that I have witnessed as part of my day to day experiences at TLH are far too long to list but some of them have included;

- Staff volunteer their time for a day to help get Residents "glammed" up and feel special on the photo shoot day
- Seeing Residents knit, sew and donate animals for our Beyond Blue fundraiser day
- Staff regularly donating a day of their own time to spend with our Residents with Dementia
- The CEO volunteers his time, each week to take Residents on weekly social outings
- Nurses bringing Residents who are unable to walk on their own to their workstation so that they can complete documentation whilst singing songs with the Resident.
- Maintenance staff hosting an occasional beer with a Resident in their workshop.
- Staff shopping in their own time for Resident items that they have not been able to get
- Staff hearing that a Resident has a craving for a particular food we don't have at the time and running up to the shop to purchase some
- Seeing a Nurse celebrate her 40 years of employment with TLH, with the Matron who employed her
- Staff and Resident coming together to host our Be Loud, Beyond Blue fundraiser
- Staff clowning around with one another in competition to see who can get the biggest giggle or smile from a Resident.
- Staff attending a knitting group with the Residents in their break time to learn from the experts

It's about all of those little things and yes, the times of sadness, loneliness, confusion or grief in which we are blessed to be able to provide comfort, those times are precious and an honor for each of us. Those moments go straight to our hearts.

We have a battle of sorts at the moment, as has every other home for the ageing, but when I remind myself of the things I have shared with you, I know that together we can achieve the greatest of things, by continuing to grow together as a family and continuing to make things better for our Residents.

As an employee, you can't help but walk around and see the things I have shared with you, the things that make your heart feel full and feel truly grateful to be here. On behalf of our Staff, thank you so much for your support,

**KIM**



**Tanunda**  
Lutheran Home Inc.



## News from Kim & Lynn

*People, Culture, & Customer Service Manager and the Quality Coordinator*

### ROYAL COMMISSION

The Royal Commission held public hearings in Brisbane a couple of Weeks ago.

The ninth public hearing so far, the Department of Health and the Aged Care Quality and Safety Commission were in the Royal Commission's sights as it focused its inquiries into the regulation of aged care.

Through a series of recent case studies, the hearings painted a stark picture of a regulatory framework that is failing to protect older Australians receiving Commonwealth-subsidised aged care.

Expert witnesses testified to the need for a responsive regulatory approach where a system of monitoring can detect and ameliorate risks before crises occur, and where poorly-performing providers can be managed out of the system rather than simply managed back to compliance.

Aged care recipients and their families gave evidence around their frustrations with the complaints system, which seems focussed on achieving low-level, mediated resolutions rather than addressing the substance of the complaint and ensuring systemic issues are addressed.

Counsel Assisting summarised the Hearings by stating that there were serious defects at both operational and design level within the regulatory framework.

He criticised the Government for its lack of urgency in implementing the recommendations of the Carnell-Paterson Review, handed down two years ago, which canvassed many of the same issues covered through the hearing.

He lamented the Department and Commission's focus on policy and procedures, and stated that "a spirit of inquisitiveness and curiosity appears to be sadly lacking". He foreshadowed significant reform recommendations, stating that a piecemeal approach is unlikely to fix the current issues and implement the desired person-centred approach to regulation.

### ***'You are valued' - our dedicated aged care workforce***

The peak body for non-profit aged care providers Aged and Community Services (ACSA) says Aged Care Employee Day which occurred on the 7th August is an opportunity for the entire community to acknowledge the enormous contribution of workers in this uniquely human industry, and the following message was sent to all of the Aged Care Workers on this day.

"To all the volunteers, carers, cleaners, nurses, admin, hospitality and other staff and the many others who work in aged care – thank you.

"It's been a turbulent year for you and our sector, but your hard work is not unnoticed. You are valued," ACSA CEO Patricia Sparrow said.

"Our aged care workforce and providers want the same things as older Australians and their families want, to have safe, quality care and services.

TLH employees were sent surprise balloons, lollies and cards to say thank you !



- August saw us welcome in 5 new staff across the Clinical & Hospitality Departments
- The Laundry team suggested the purchase of “Anti-fatigue “ rubber mats for the laundry to help alleviate fatigue when on their feet for lengthy periods of time. The items were implemented and all feedback from this process has been extremely positive.
- Residents of TLH suggested purchasing bright coloured jugs to encourage Residents who have visual impairment to keep drinking fluids. Residents viewed and approved trial models of the jugs, the jugs have now been purchased and implemented. Feedback has been positive to date.
- Our “Developing & Promoting TLH 2019 Competition” that was released at the end of May is now well under way. This competition is encouraging staff to further increase their knowledge, skills and ability to provide high quality services to our Residents and promote Tanunda Lutheran Home Inc. I am pleased to announce that we have had our first competitor come forward with their completed course - well done, lets continue this trend and see lots more completed courses. Remember there are some great prizes to win.



# BE LOUD

11<sup>th</sup> October 2019 2pm  
 Tanunda Lutheran Home Inc. Chapel, 27 Bridge Street, Tanunda

Afternoon Tea • Fundraising Items for Sale at Reception prior to the Day • Blue Dress Up

Items for Sale on the Day;  
 Face painting  
 Planting and painting blue of tribute tree  
 Cup Cakes

**A TLH Fundraising Event in Honour of People Lost to Suicide**  
**Raising Funds for the Beyond Blue Foundation**

To donate online please visit <https://workplace-fundraiser.everydayhero.com/au/be-loud>

## TRAINING:

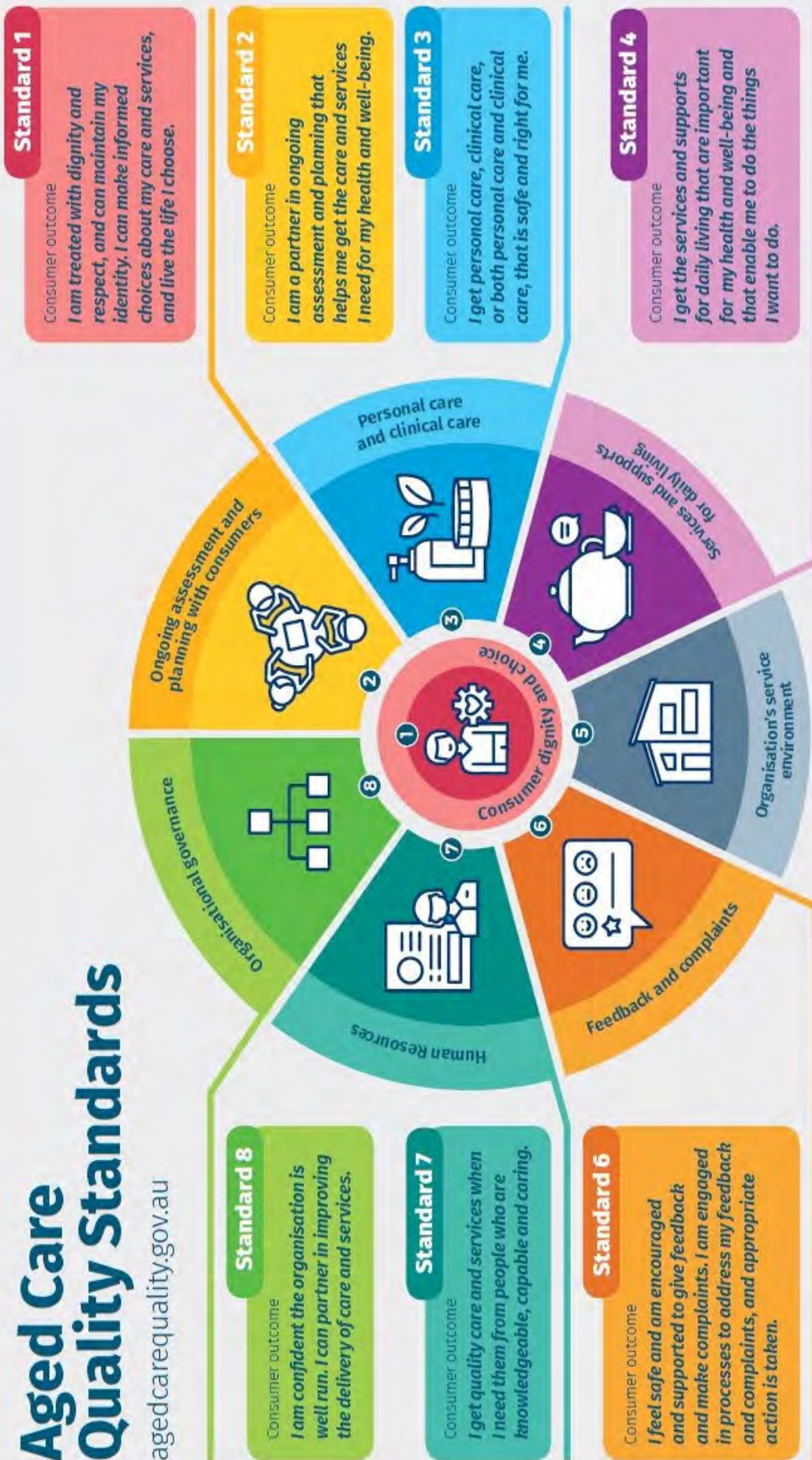
- Fire Training is under way and will be continuing through until the beginning of October, this compulsory training ensures that all our staff are up to date with the procedures that they must follow in the event of a fire.
- Manual Handling training commences in October.

We wish you good health and happiness during September and look forward to hearing your suggestions, compliments and complaints so we can continue to improve your services and care.

Kim and Lynn

# Aged Care Quality Standards

[agedcarequality.gov.au](http://agedcarequality.gov.au)



Australian Government  
Aged Care Quality and Safety Commission

Engage  
Empower  
**Safeguard**





# Do you have a concern?

You can do something about it.  
If you have a concern or feedback  
about the aged care you or someone  
else is receiving, you can talk to us.

1800 951 822  
[agedcarequality.gov.au](http://agedcarequality.gov.au)

We encourage you to raise concerns with your service provider first. Your local contact within this service is:

Kim Hahn - People, Culture & Customer Service Manager  
08 8563 7752 or [kim.hahn@tlhome.com.au](mailto:kim.hahn@tlhome.com.au)

Cherie Cheyne - Chief Finance Officer  
08 8563 7768 or [cherie.cheyne@tlhome.com.au](mailto:cherie.cheyne@tlhome.com.au)

Lee Martin - Chief Executive Officer  
08 8563 7733 or [lee.martin@tlhome.com.au](mailto:lee.martin@tlhome.com.au)

If you can't resolve your concern with your service provider, you can contact the Aged Care Quality and Safety Commission

- Anyone can lodge a concern
- It is free
- You can be anonymous or confidential
- You can also give us feedback about the care you or someone else is receiving to help us when we check a service against quality standards
- Call us on 1800 951 822 or visit [agedcarequality.gov.au](http://agedcarequality.gov.au) for more information



Phone  
1800 951 822



Web  
[agedcarequality.gov.au](http://agedcarequality.gov.au)



Write  
Aged Care Quality and Safety Commission  
GPO Box 9819, In Your Capital City

## 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](mailto: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](mailto:lee.martin@tlhome.com.au) or Ph: 8563 7733

& Lifestyle)

### **Financial** - Cherie Cheyne

Executive Chief Finance Officer

(Accommodation & [cherie.cheyne@tlhome.com.au](mailto: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

☐ Phone call ☐ letter ☐ In Person

Manager / Delegate Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Added to Trends Data? ☐



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

# Share Your Experience



Resident	Relative	Staff	Other	(Please circle one)
Compliment	Complaint	Suggestion		(Please circle one)

### Comments / Details:

[illegible]

**Do you have any suggestions of how we can improve the services provided?**

**Do you have any suggestions of how we can improve the services provided?**

(Optional)

(Optional)

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(Optional)





# Volunteers' Morning Tea



## *Lions Club of Barossa Valley Recycle for Sight Project*

At the August gathering, following a chat and morning tea, Lifestyle Coordinator Paula surprised the forty Volunteers present with an interesting insight into the wonderful project undertaken by local Lions International Club members. Any obsolete used eyewear / glasses sitting at home in drawers—no matter their condition - can be forwarded to the Lions Eyeglass Recycling/ Refurbishing Centre in Brisbane. Then quality spectacles are sent to countries all around the world to benefit men, women and children in need and without the financial capacity to purchase even the cheapest pair.

***So check out the old specs you have at home - no cases thanks - only glasses - and be part of this worthwhile venture. Glasses can be dropped off at Protea Nurses' desk***



Clair Altus, Anne Tscharke, Lois Lablack,  
Margaret Seeliger



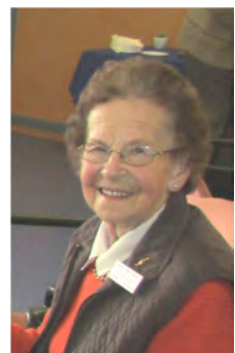
Ken & Eunice Schuster, Glenis Kupke,  
Dorcas Kernich



Melva Ratsch, Ray Giersch



Margaret Jasper, Irene Joppich, Jo Freckelton



Ira Zeunert



## MEET Neil and Marg Slater Arrawarra Place



**TIT TAT meets lots of people who have been to a variety of places. Meeting Neil and Marg Slater was a unique experience. There do not seem to be many places in Australia that this couple have not lived in, worked in or visited—a case of “I’ve been everywhere, man!”? Here’s their story!**

Neil was born in Port Pirie - the youngest of three boys - his parents were Noel and Doreen Slater. Neil’s father was a Primary School teacher - mostly in rural areas. Noel Slater was moved quite frequently, which meant that Neil attended eight different schools. Neil was taught by his father in Years 4 - 7. Neil says he was OK with that - he knew where the boundaries were! His last four years of schooling were spent at Riverton and Minlaton High Schools. Neil’s Dad was a pianist and a singer, which probably explains Neil’s interest in playing music and performing.

Neil left high school and began work at Elders GM in Minlaton as a storeman. He worked for a number of employers in Yorketown, Gladstone and Laura. While in Laura he married his first wife and they subsequently had a son and daughter. The family moved to Whyalla where Neil worked for a time in the BHP steel mill. While in Whyalla he purchased a trucking business and operated that for some years. He sold that business and moved to Naracoorte where he was employed in a rural merchandising business. His first marriage ended while he was in Naracoorte.

Marg’s parents were Cecil and Jean Cook. Marg is the eldest in her family and has three younger brothers. Cecil Cook was a volunteer in the defence force - he trained in Darwin and served in New Guinea and Borneo until the Second World War ended. Marg was born while her father was away and she was five years old when he first came home and saw her. After the war Marg lived with her mother in Prospect and attended Blair Athol Primary School and later Nailsworth Girls Technical School. Marg says that she grew up in a very poor circumstances. When she was seven years old she contracted Poliomyelitis. She was in a plaster cast for three years and was taken by ambulance every week to a hospital for physiotherapy.

Marg graduated from Technical High school with very good typing skills - 140 words per minute! Having left her family home when she was eighteen, her first job was with ETSA and then with an insurance company in the Adelaide CBD. Her typing skills led to a position at the ABC as a news typist. At this time she met her first husband, left the ABC and had four daughters. After her first marriage ended she had a struggle to get custody of her daughters so she was pleased to get her old job back at the ABC, as a TV news typist.



**Neil and Marg are a rich source of information for those planning caravan trips**

Neil and Marg met as members of a singing group at the Old Mill Musicians Club in Naracoorte in 1980. They moved to Ballarat where Neil worked for a veterinary supply company and later ran a cleaning supply business. Marg was secretary to the Principal of the Wendouree Technical School in Ballarat. Neil and Marg married in 1983 while in Ballarat.

During this time Neil and Marg were rearing six children - Marg's four girls and Neil's son and daughter. After their time in Ballarat, the family moved back to Adelaide, into a house that they purchased at Salisbury East. Neil had a job at Bridgestone making truck tyres and then worked for TNT in their refrigeration division. This led him to working for Sergeant Transport where he became State Manager for the company.

The Slaters moved again because they wanted to live in the country. So they purchased the no longer used Methodist Church manse at Mallala. Doing that meant a commute into Adelaide for work. By this time all of their children had been educated and each had a job - so they now have a council engineer, a real estate agent, a lawyer, a dental technician, a teacher and an artist in their family.

As the result of a lucky win in a lottery, Neil retired at 55 years of age. This marked the start of their love of caravanning. They have made many trips to very diverse places in Australia, estimating that they have probably travelled 300,000km in their caravan. They recount the 7 months that they spent travelling right around Australia - as well as other longer trips. Because of an association with another caravan couple, they feel privileged to have visited lands occupied by indigenous Australians which are not accessible to most people.

They had a frightening experience in 2001 when they took their van to Lake Eyre. Neil had a heart attack, which necessitated a night evacuation from the distant airfield at Marree. Neil and Marg are grateful to the medical staff of the Royal Flying Doctor Service for saving Neil's life. Marg has also had a more recent heart attack.

Not all of the Slater's time in retirement has been spent in travelling around. Neil has been a Lion's Club member for 15 years, and Marg is also a Lion. Neil has also been an active member of the Mallala Ratepayers Association and has helped champion local causes with Marg as his secretary.

When asked about hobbies, Neil says that he enjoys volunteering, travel, timberwork, French polishing, singing and bowls. For Marg it's art, wood-burning, music (has played piano accordion, guitar and now ukulele), learning piano, singing, scrabble and bowls. Neil and Marg live full lives!



**Neil and Lions Club friends, in Mallala, on the seat they had assembled - the Lion artwork is Marg's work**



**This stunning tripartite painting is an example of Marg's artwork**

They moved to Arrawarra Place in May 2019. So why did they come to Tanunda Retirement Living? Both have had positive experiences with Lutheran aged care and retirement living. Marg really appreciated working as Personal Assistant for the late Mr. Theo Koch at Glynde Lutheran homes and Neil had parents who were well cared for at Lutheran Homes at Hope Valley. They love the unit that they live in at Arrawarra Place and really appreciate their Arrawarra Place neighbours. It's great to have Neil and Marg as part of our community!

*Contributed by Neil and Marg Slater, as told to Geoff Munzberg*





**Tanunda**  
Lutheran Home Inc

## Laundry News



### To Residents, Families and Friends

To help us return items of clothing to their correct owner, can you please make sure all items are tagged with the resident's name before they are worn. This includes stockings, hankies, underwear and all outerwear.

We have a fabulous labelling machine in the laundry and can tag any item of clothing you want. Please feel free to ask as many questions as you need regarding labelling.

Each month the clothing rack goes to each neighbourhood for one week (including the weekend) to give residents, resident's family and staff a chance to have a good look through the lost clothing display.

**WEEK 1 - PROTEA - WEEK 2 - WARATAH - WEEK 3 - TRINITY COURT - WEEK 4 - ABG**

Any items claimed will need to be returned to laundry for naming before returning to resident.

Any unclaimed clothing is stored for a total of six months. If clothing hasn't been collected within the six month period, we will discard appropriately in a manner which highly respects our resident's dignity and privacy through donating to a charity. We would like to thank you in advance for your cooperation and understanding.

***Thank you** from Tammy & Laundry Team*



Our amazing Enrolled Nurse, **Raylene Schrapel** celebrating her 40 years of service to Tanunda Lutheran Home today with Selina Schiller, current Resident of TLH who also is the former Matron of TLH who employed Raylene 40 years ago today !!



TANUNDA RETIREMENT LIVING

## LADIES' GET TOGETHER

*First Saturday 7th September*

**1.30pm in the Café**

**Please bring small plate of food  
for afternoon tea**



**ENQ: Margaret Spike 0481 255 041**



## *Eye Clinic*

On site @ TLH

Wednesday 20th November

Please see Sharryn or Lisa for a  
consent form and to have your  
name on the list .

Covered by Medicare for TLH  
residents only.

# stamps for Missions

## Keep saving those used stamps



Just look at all these stamps - a large carton full!

Sincere thanks to Residents Iris and Bert Wandel  
and their family who have saved this  
massive quantity over many years



Iris

***Stamps for Mission* project of the Lutheran Church of Australia  
has raised hundreds and thousands of dollars for International Mission programs**

***Please leave any used stamps at either Reception or the Protea Nurses' Desk***

They are collected by Dorcas Kernich and forwarded to Adelaide





**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 the club on 8563 7729 if you would like to know more or would like to make a time to have a chat.**

*Barossa Club - Fun, Games, Food & Friends*



**BAROSSA CLUB**

"Enjoying life with fun & friends"



## GOD'S CARE REACHING ALL AGES Barossa Zone Lutheran Women's 2019 Fellowship Day



With Guest Speaker Tim Kroehn from John's Farm!

Fellowship Day will include tours of

Tanunda Lutheran Home

and speakers;

Chief Executive Officer, Lee Martin

Devotion given by Chaplain, Ian Lutze

Carolyn Redden, Independent Living Coordinator

Eileen Bartel, Albert Park Lutheran Sewing Group

\$5 per person cost for lunch

Please RSVP by Friday 13th September

and provide any dietary requirements to;

Stephanie Vickers, Receptionist

08 8563 7777 or [stephanie.vickers@tlhome.com.au](mailto:stephanie.vickers@tlhome.com.au)

Residents of TLH are more than welcome to join us!



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

✠ **Friday 20th September 2019 9:00am** ✠  
**27 Bridge Street, Tanunda Lutheran Home**



**Tanunda**  
Lutheran Home Inc

**All TLH  
Residents  
Welcome**



**Strawberry Fete  
Friday  
15th November  
10am to 3pm**



### PHYSIO FUN Get-Together

They say that a picture is worth a thousand words - we'll let the pictures tell the story! At left, the group from left; Elizabeth Nance, Ruth Schmidt, Dorcas Kernich, Alison Redden, Ena and Brian Holthouse, Clair Altus and Natalie Schilling start out with some gentle hand exercises.



The intensity stepped up a bit - Norma Robinson, Margaret Jasper, Elizabeth Nance, Ruth Schmidt, Dorcas Kernich and Alison Redden - doing arm stretches.

Natalie put the group through a variety of stretching and balancing enhancing movements, none of which were just too taxing!



Many of the exercises were done sitting in chairs - here Natalie is showing Ruth Rathjen, Annette Ognjanovic, Pat Maddox, Don Nance, Betty Kohlhausen and Margaret Spike another version of stretching.

Things did get a bit challenging when asked to touch their toes - Norma Robinson, Margaret Jasper, Elizabeth Nance, Ruth Schmidt, Dorcas Kernich, Alison Redden, Ena and Brian Holthouse showing how to do that.



Natalie encouraged the group to try these exercises at home to maintain fitness.

Not everything was done sitting down! There was walking and movement involved as well - when asked to do a lap around the room, it all got a bit too exhausting for Oscar Joppich, who had to stop en route for some respite on Len Gerschwitz's lap!







Auction • Fresh Strawberries  
Market Stalls • BBQ & Refreshments

**Donation of your valuable time.**

If any staff or volunteers can spare time on the day,  
please come and see lifestyle staff or  
email [tania.miller@tlhome.com.au](mailto:tania.miller@tlhome.com.au) or [paula.koch@tlhome.com.au](mailto:paula.koch@tlhome.com.au)

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

*Every little bit makes such a big difference!*

**Friday November 15th - 10am to 3pm**

# RECYCLING FOR A CAUSE..

The wonderful team at Grow Love Community Garden in Tanunda have been collecting plastic drink lids and milk bottle tops. The bottle tops are shredded into granules and turned into prosthetic limbs using 3D printer technology. These limbs are distributed to children in third world countries.



There is also an additional program which collects plastic bread tags and the funds are used to buy wheelchairs.

We have set up a collection point in Protea for both bottle tops and bread tags. Alternatively you can pass your lids to any of the Lifestyle Team Members.



**PLEASE DO NOT PUT RUBBISH IN THESE BINS.**

To further help, we have arranged to have many of the bottle tops collected by Grow Love Community Garden to be delivered to TLH and the residents and volunteers will be sorting them into categories. If any staff, volunteers, residents or visitors have any lids or tags that they can contribute, please bring them in and put them in the Collection bins in Protea.

**BREADTAGS**  
for wheelchairs



Kind thanks

*Tania Miller*

*Lifestyle and Volunteer Co-ordinator*

## TANUNDA RETIREMENT LIVING RAFFLE



The TRL Raffle is on again—great prizes—and tickets are just \$2! Tickets on sale at TLH Reception, or at the Meet and Greet on Thursday, 19th September. Raffle proceeds are for TRL projects which provide facilities for TRL RESIDENTS





Helga Jaunzarin's at her 90th birthday celebration in the Social Centre on Monday 26th August.

A highlight was the beautiful rendition by guests of Helga's favourite Latvian songs..



## Strawberry Fete

**Friday  
15th November  
10am to 3pm**

Donations needed for the Strawberry Wheel - Looking for prizes for the baskets - jackpot prize and table prizes. Thank you in advance

## Wellness & Lifestyles

**Tuesdays and Thursdays  
9.00 - 10.00am**

TLH GYM - LED BY  
PHYSIOTHERAPISTS  
\$6.00 per session



**W&L**  
WELLNESS & LIFESTYLES  
**AGED CARE  
services**

Allied Health Department  
Tanunda Lutheran Home  
27 Bridge St  
Tanunda SA 5352  
Ph: 8563 7739  
Fax: 0885633744



**Eyeware / Glasses  
ONLY  
(NO Cases Please)  
Donation Points  
Administration &  
Lifestyle**

Tanunda Lutheran Home Inc.  
actively supports  
Lions Club of Barossa Valley Inc.,  
Lions Recycle for Sight.  
Forwarding used spectacles to the  
Lions Eyeglass Recycling/Refurbishing  
Centre in Brisbane.

Refurbished quality spectacles are sent  
to countries all around the world. To  
men, women and children in need and  
without the financial capacity to  
purchase even the cheapest pair.





# Volunteer News



Tania Miller



I feel I don't say this enough : I am truly appreciative of all the things large and small that all volunteers do for the Home and the residents. Nothing goes unseen or unheard.

With the Strawberry fete just around the corner, it is full steam ahead with preparation - if you have an idea or can lend a hand or have an area you would like to assist in - Please let us know as soon as possible..

The sun is starting to peer out though it is still very chilly, enjoy the sunshine..



Tania and the amazing Lifestyle team



## Volunteer Morning Tea ..

3rd September 2019

10.00am

Hope to see you there!

## Happy Birthday

To all of our wonderful Volunteers

for the month of

## September

Sunday 1st Special Gentlemen's/Father's Day  
10.30 Worship Service Chapel



Monday 2nd

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

Tuesday 3rd

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea/Grevillea
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

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



**Wednesday 4th**

10.00 Individual Visits	TLH
10.30 Hand Wax Therapy	Protea
10.45 Bible Insights	Chapel
1.15 Sing Along with Garry Wharton	Chapel
2.00 First blessing of the month	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**Thursday 5th**

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 Connect 4	Chapel
1.30 Armchair exercise with physio	Grevillea
2.00 George play the piano accordion	ABG
3.30 Walking Group	Leaving from Acacia

**Friday 6th**

10.00 Individual Visits	TLH
10.00 One on One walking group	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 Memory game with lifestyle	Acacia Lounge

**Saturday 7th**

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 8th**

10.30 Worship Service	Chapel
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**Monday 9th**

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
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 10th**

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

**Wednesday 11th**

10.00 Individual Visits	TLH
10.30 Hand Wax Therapy	Protea
10.30 Garden reflections	ABG
10.45 Bible Insights	Chapel
10.45 Individual Visits	ABG
1.15 Rap Ball	Chapel
2.00 Memory game	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**Thursday 12th**

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 Bingo Bottle top drying and sorting	Protea
1.30 Armchair exercise with physio	Grevillea
2.00 Magic memories	Acacia Lounge
3.30 Walking group	Leaving from Acacia

**Friday 13th**

10.00 Individual Visits	TLH
10.00 One on One walking group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Trivia/Quiz	Chapel
1.30 Happy Hour	ABG
2.00 Arm chair travel—Italy	Acacia Lounge

**Saturday 14th**

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 15th**

10.30 Worship Service	Chapel
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**Monday 16th**

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
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 17th**

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea/Grevillea
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

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



Wednesday 18th

10.00 Individual Visits	TLH
10.30 Hand Wax Therapy	Protea
10.30 Garden reflections with Lifestyle	ABG
10.45 Bible Insights	Chapel
10.45 Individual Visits	ABG
1.15 Arm Chair Travel—Italy	Chapel
2.30 Sing along with Garry	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 19th

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 Owl display/presentation with Liz Henderson	Protea Lounge
1.30 Armchair exercise with physio	Grevillea
2.00 Memory Quiz	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Friday 20th

9.00 Barossa Zone Lutheran Women's Fellowship Day	Chapel
10.00 Individual Visits	TLH
10.00 One on One walking group	Acacia Lounge
1.15 Yoga with Alana	Protea Lounge
1.30 Happy Hour	ABG
2.00 Sing along with Doug	ABG

Saturday 21st

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 22nd

10.30 Worship Service	Chapel
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Monday 23rd

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

**REMEMBER** Afternoon Lifestyle Programs commence at 1.15pm unless stated otherwise.

Kind Regards, The lifestyle Team.

Tuesday 24th

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea/Grevillea
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 25th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
10.30 Garden reflections	ABG
10.30 Hand Wax Therapy	Protea Lounge
11.00 Worship Service	Acacia Lounge
1.15 Coffee N Chat	Protea Dining
2.00 Memory game	Acacia Lounge
3.30 Walking group	Leaving from Acacia

Thursday 26th

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 Monthly Birthday Celebrations with Musician's The Accords	Chapel
1.30 Armchair exercise with physio	ABG
2.00 Reminiscing with Lifestyle	Acacia Lounge
3.30 Walking group	Leaving from Acacia

Friday 27th

10.00 Individual Visits	TLH
10.00 One on One walking group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Piano Accordion with George Davies	Chapel
1.30 Happy Hour	ABG
2.00 Arm chair travel	Acacia Lounge

Saturday 28th

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 29th

10.30 Worship Service	Chapel
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Monday 30th

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



blossom

puddle

tulips

melting

sunshine

growth

seeds

green

raindrops

daffodil

rainbow

umbrella

