



Tanunda
Lutheran Home Inc.

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

OCTOBER 2019

*Lutheran
Church
of Australia*



Chaplain's Reflection



As I was writing this contribution to Tit Tat I was parked next to the dismantled railway line in Tanunda watching lovingly restored old cars go past (part of some rally), interspersed with modern cars which seemed so big, monochrome and boring by comparison (but probably vastly better to drive!). Dark green and dark blue Morris Minors, lemon-yellow Hillmans, a beige Austin 1800 ute, even one of those cool Zephyrs with the back wheels half covered. On and on they went, reminding me that we all have our best years, and they are often in the past. But reminding me too that we've all lived in a time when technology has markedly improved year after year after year. We've lived through rare and remarkable times surely.

Cars and people can have a bit in common. So how are you feeling? Like a lovingly restored old model with a new lease on life? Or a shiny little unit which feels it will go on forever? Or a bit battered about in need of a makeover, but with a fair bit of kick still in the old thing? Or have you given up and the next step is the wreckers? Depends on the day perhaps. We all have days like that.

Can I speak for all staff here that we all see a beautiful spark in each of you who might be reading this, which you perhaps don't see in yourselves all the time. Maybe we are partly looking at you with the eyes of God. Although I'm sure God does this better than any of us can do. We might feel a bit ashamed of the old body God made such a long time ago which does not seem to be all it was ever cracked up to be. But God's always got the new creation in mind, which will be just as lovable as the old, but also wonderful beyond our imagination.

... and that old bottle and olive green Triumph with a matching holiday trailer looked pretty impressive too! Go well (in all ways)



Chaplain Ian.



- 1 Margaret Meyer
- 3 Shirley Schutz
- 4 Jayne Pfeiffer
- 7 Richard Winter
- 8 Lil Kernich
- 9 Mary Brown
- 12 Kathy Kohlhagen
- 15 Beth Hage
- 15 Frank Schapel
- 17 Patricia Hatch
- 18 Raelene Rosenzweig
- 18 Gary Jones
- 19 Kathleen Rohde
- 26 Dudley Graetz
- 29 Gladys Saegenschnitter
- 31 Sarah Krollig
- 31 Geoff Munzberg



FREE TLH LIBRARY



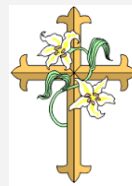
Situated on lower level near Trinity Court entrance Open 9.00-12 noon
Wednesdays and Fridays

Great assortment of books,
magazines, DVDs for your pleasure.
If necessary, books can be delivered to
residents' rooms.

Welcome

Permanent

Hugh Bower
Betty Holness
Gladys Modistach



DEATHS

*Our deepest sympathy
to the family of*

Mary Baylis	11th September
Roma Murrin	16th September
Myra Kluczko	16th September
Vera Mader	25th September
Hazel Graue	25th September

*May they rest in
peace ...*



The DEADLINE for all:
News / Information / Stories - November edition is
Monday 22 October 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 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	2nd October	Nuriootpa
Wednesday	09th October	Tanunda
<u>Wednesday</u>	<u>16th No Bus</u>	<u>Nuriootpa</u>
Wednesday	23rd October	Tanunda
Wednesday	30th October	Nuriootpa

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



From the People, Culture and Customer Service Manager



Kim Hahn

Thank You to Everyone in our TLH Family!

As many of you would be aware, Lee has had to take some unexpected leave as a result his GP's strong recommendation regarding an ongoing neck and back injury and the associated chronic pain. Lee commenced his leave on Tuesday afternoon and has an expected return date of Wednesday 30th October.

Cherie Cheyne, CFO and myself will oversee the Management of TLH with the assistance from our amazing Leadership Team. Lee is staying in close contact with Cherie and I. Please do not hesitate to contact either of us should we be able to assist you in Lee's absence. The support that has been extended to Lee, has set me on a bit of a gratitude journey.....

Everyday there are examples of reasons to be grateful for being able to experience life at TLH, each in our own individual ways. One of the stand out things that I am particularly grateful for in September is the positive feedback that we are being provided by members from our TLH family.

We recently hosted the Barossa Zone Fellowship Day for 2019, for us this was an opportunity to give back to the Ladies Auxiliary who do so much for us through their fundraising, sewing and mending and purchasing items to improve our Residents care. We receive far more than we give. The beautiful comments, compliments and gratitude extended to us was wonderful. We also have the comfort of knowing we work in partnership with the Ladies Auxiliary and appreciate the support they give us.

I attended the funeral of one of our loved Residents recently, the gratitude the family expressed to everyone at TLH who cared for their loved one was so genuine and the tribute provided by one of staff again showed how lucky we are to be able to build real relationships with our Residents

I attended my son's confirmation during the weekend and was so pleased to have people from the church approach me to say what a wonderful place TLH is and how we are all doing such a great job.

I am constantly stopped in the corridor to be told about positive experience, or an opinion by family members, Residents, staff and Volunteers. And of course the many share your experience forms and personal letters and emails.

I am absolutely not saying we don't want to hear complaints, we do, this is how we can improve what we do and how we can start to solve problems, but that you feel so strongly about the positive things you see occurring at TLH and communicate these to us means so much. That you share your positive experiences with the community helps us to continue to be proud in choosing to dedicate ourselves to our Residents.

Thank you for your support, thank you for letting us know what you think and most of all thank you for the difference you make to our working lives and our Residents lives, each time you come to TLH.

You brighten our day - Have a wonderful October



Tanunda
Lutheran Home Inc.



News from Kim & Lynn

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

From Senator the Hon Richard Collbeck, Minister for Aged Care and Senior Australians, Minister for Youth and Sport :

The Morrison Government has agreed to the Royal Commission into Aged Care Quality and Safety's request for an extension of six months to continue to hear evidence from Australians and conduct its deliberations.

This Government has Aged Care front and centre of its agenda as one of our key priorities. We have committed to invest over \$90 billion into the sector over the next four years to enable senior Australians to remain in their homes for longer, support their choices, have their needs better understood and improve their quality of life.

It is important that our aged care sector continues to provide high quality care and that we understand where we can make improvements. The Government has continued to implement reforms while the Commission progresses, as we said we would, including the commencement of new Aged Care Quality Standards and Charter of Aged Care Rights and strengthened provisions around the use of restraints.

I welcome the appointment of an additional commissioner, the Hon Gaetano (Tony) Pagone QC. I look forward to receiving the comprehensive analysis of the Royal Commission and their recommendations.

We want the Royal Commission to make sensible recommendations about longer term change but in the interim though we need urgent action to ensure viability. ACSA is continuing its engagement with Government, and all politicians, to press for that immediate action now is needed:

1. Extend the short-term 9.5% funding injection into residential care, tied to investing in staffing, training and other workforce matters based on local and organisational needs, until the Royal Commission's broader recommendations can be implemented.
2. Urgent boost of 40,000 level 3 and 4 Home Care Packages (in 2019-20) that is the main cause of the backlog in waiting lists and is forcing people into hospital or residential care prematurely.
3. Keep rural and regional Australians in their communities by increasing the rural and remote supplement by \$10 per day.
4. Address the oral health crisis in aged care with MBS provider numbers for dental hygienists or oral health therapists to prevent dental issues progressing into more serious medical issues.
5. Increase the homeless supplement by \$10 per day.

ACSA have also provided letter templates to their members encouraging them to send these letters to the media, council and politicians, of which Lee has, we hope you have enjoyed reading the letters that clearly advocate for TLH and what we need to continue to improve our Residents quality care and services.



BE LOUD

11th 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>



BE LOUD - Items for Sale

All profits raised will be donated to Beyond Blue



Be Loud Pack \$40

Includes 1x Blue Wig (choice of straight or curly hair), 1x Be Loud Mug, 1x Be Loud Stubby Holder, & 1x Be Loud Wristband



or



Teddy Bears made by TLH Resident Pat Hunter
\$5 - \$8 each

Free blue jelly cups for the kids and blue lollies on the day!!

Other items For Sale on the day!

11th of October

- Cupcakes
- Shortbread Biscuits
- Face Painting

Available now at Reception



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

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

Cherie Cheyne - Chief Finance Officer
08 8563 7768 or cherie.cheyne@tlhome.com.au

Lee Martin - Chief Executive Officer
08 8563 7733 or 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 for more information



Phone
1800 951 822



Web
agedcarequality.gov.au



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

Tanunda Lutheran Home Board

September 2019

Tanunda Lutheran Home (TLH) has a nine member volunteer board that meet each month on-site in the Cinema Room. The skills the Board Members bring are building, legal, nursing, medical, business, Lutheran Church and computer technology. The CEO / DOC and the CFO also attend the meeting. On average the board meeting last 2 hours.

Over the past months the board has adopted Governance and Clinical Governance Models to demonstrate how our systems work. A revised set of Board policies have also been adopted that are in-line with the new aged care standards.

At the August Board meeting the following topics were discussed:

- Board Members have now been given access to on-line training and have a number of relevant topics to complete in their own time.
- Board members are working through a process of updating the TLH Constitution with assistance from the staff of the Lutheran Church.
- A risk management report is discussed at each board meeting – the report is provided by the CEO / DOC and ensures the board members are informed of any major risk/s occurring in the facility.
- As the aged care industry is changing more information is required by the board members to keep informed – currently this is done by a board member's folder being updated with paper based material. In the future it is hoped that a board member's portal will be available for all the information to be electronically uplifted to.
- There is currently a process occurring to fill a vacancy on the Board. A nominated volunteer from the community has been interviewed and is now considering their options.
- A number of reports are discussed during the board meeting:
 - ♦ TLH Building Project Report indicates that our projects at Nuriootpa and on Langmeil Road are on track and within budget.
 - ♦ Land has been purchased in Angaston for future development of a retirement village. One more block of land will be settled soon.
 - ♦ The development application and tendering documentation is ongoing to construct 3 extra bedrooms – one in ABG and the other in Trinity Court. This project will take our total number of beds to 120 and return extra funding.
 - ♦ The Finance Committee recommendations were discussed and agreed to; recommendation of GC&J Construction as the builder for the units on Langmeil Road, adoption of the "Liquidity Management Strategy" and "Governance Standard Policy" occurred and the TLH Financial Statements were discussed.
 - ♦ The CEO / DOC's report was discussed and a number of points were clarified.
 - ♦ The Report from the Customer Service & Promotions Committee was discussed. A board member has volunteered to attend a future meeting.
- Incoming and outgoing mail was discussed – a nice letter was received from a member of the community advising us they have considered TLH for a bequest. A letter from the Aged Care & Quality Commission was received and discussed.
- Board members were given copies of the newly released "Tattler" the 3 monthly TLH newsletter to keep the community informed. The Tattler can be viewed electronically on the TLH web site.
- Board members were given copies of the Charter of Rights to keep them informed of the changes made to resident entitlements.
- The Board members were supplied with dates for the staff Christmas party - 13 December 2019 and the TLH Strawberry Fete for this year is being held on the 15 November 2019.
- It was agreed that all Board members would have a group photo taken for the next issue of the "Tattler" and to display in the Facility.

From the Chairperson Chris Pfeiffer

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

☐ 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



We Value Your Feedback

This form gives you the opportunity to “share your experience” about the service Tanunda Lutheran Home provides. We value all your feedback (positive or negative) as it assists us, as we strive for best practice.

This form may be filled in by anyone: residents, relatives, friends or staff. Please feel free to ask staff to assist you to complete the form. There will be no reprisal in connection with comments.

The Manager will acknowledge receipt of this form and after any necessary investigations and consultation you will be informed of the results either in person or by letter.

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 prefer not to raise your concerns with management.

Thank you for completing this form, as all comments are appreciated.

Name: _____

(Optional)

Contact Number: _____

(Optional)

Email: _____

(Optional)

Ad- _____

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

Comments / Details:

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



*TRL residents met on Thursday,
19th September in the Social Centre
for a happy "Meet and Greet"*



The fun began with Annette Ognjanovic getting the group involved in a mixing activity - at the end of which Annette showed off her significant whistling prowess!



A group of about 40 TRL residents attended - here are some of them as they listened to Assistant Chaplain Helen McNicoll tell them about what she does. Helen would love to meet residents and encouraged them to make themselves known to her.



These residents listening to CEO Lee Martin - he described the progress being made at the Nuriootpa Retirement Living project, telling residents that when the Social Centre at there is operational, Tanunda residents will be able to use it. The site of the new units at Langmeil Road has been pegged, and construction will begin soon.



A list-minute rush to buy tickets before Pat Maddock, Irene Joppich, Neil Slater and Ruth Rathjen drew tickets.



Len, Kym and Carolyn cooking lunch and Iris Ellis, Daphne Gower, Pat Maddock and Verna Graetz enjoying the food.



MEET **Jim Miller** **Schiller Court**



Jim Miller has lived at Schiller Court for about five years. Jim is a retiring, quietly spoken man. But, when you sit down and take some time to talk to him, it's not long before the conversation uncovers some interesting things.

When Jim is asked about what we should know about him, there is often a contemplative period of silence, accompanied by a twinkle in his eye - and then out comes a softly spoken account of something about himself and what he has done!

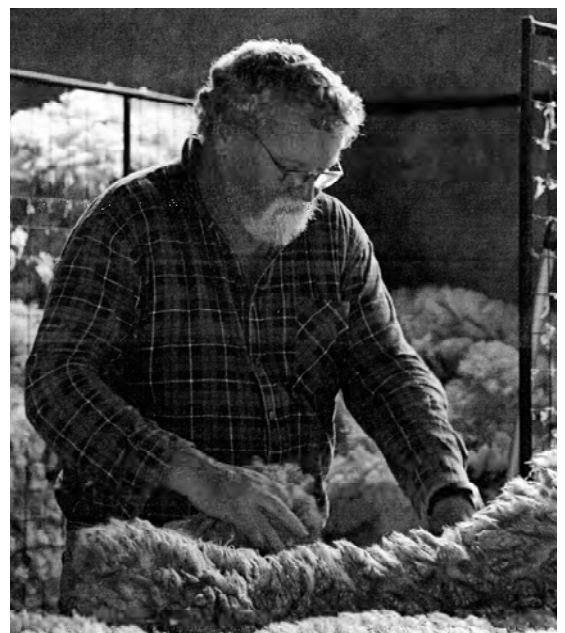
Jim Miller's ancestry is Scottish. His great-grandfather came to Australia from the Orkney Islands in Scotland.

Jim was born in 1949 - he is the eldest son of Dave and Mary Miller. The Millers lived in the Adelaide suburb of Hazelwood Park. Jim is the eldest of four children - two boys and two girls. Jim's Dad was an airline pilot, flying for Australian National Airlines (ANA) and Ansett. His mother was a teacher until Jim arrived, but later in life she worked as a Relief Teacher.

Jim's primary schooling was at Burnside Primary School, and he then attended Urrbrae Agricultural High School for four years. He enjoyed his time at Urrbrae, doing reasonably well in most subjects - except English, which he failed in the Leaving Certificate examinations - which at that time meant that he did not get his Leaving Certificate.

He went to Urrbrae Agricultural College because he wanted to work on a farm. He worked on several rural properties in South Australia for four years after leaving High School. What he really wanted to do was to go and farm the family property near Springton which his great-grandfather settled when he came to Australia. Jim became the first person for thirty years to actually live on the property at Springton. After Jim's great-grandfather left the farm, and before Jim took up residence, it had been cared for Jim's father's brother-in-law.

Jim was twenty years old when he went to live on the Springton property, where he lived by himself for over forty years. He bought some adjoining property. The farm has been mostly used as a grazing property, with a little bit of cropping. For quite some time Jim ran up to 1000 sheep, but then changed over to running about 100 head of cattle to make life a little bit easier. Jim and his father built a shearing shed on the property from materials from the wool stores that were being demolished at Port Adelaide.



Jim Miller at work in the shearing shed on his property

MEET Jim Miller Schiller Court

Because Jim's father was an airline pilot, the family was able to experience an extensive overseas flying holiday trip. They travelled to the west coast of USA, via Hawaii, then on to Western Europe. They then returned to Australia, retracing the same route through USA.

Even though Jim just wanted to be a farmer, there was a little bit of flying in his blood. He went gliding for a number of years, doing that until he decided that he could no longer afford it. He flew from the airstrip near Murray Bridge. He did not quite achieve solo flying status, but went on some flights of up to three hours. Jim's brother is an airline pilot in Japan.



Jim has been a member of Rural Youth Clubs at Saddleworth and Angaston. He needed to cease his membership at age 25 years. He then moved on to Rotary - first as a member of Rotaract, which is an arm of Rotary for younger people, and then as a member of the Barossa Valley Rotary Club. Jim gets much joy and satisfaction from his membership of Rotary - he has been a member of the Barossa Valley Rotary Club for 40 years. He has been active in various fund-raising activities and has served as a committee chair person. In 1997 Jim was made a Paul Harris Fellow of Rotary

International for his long and dedicated service to Rotary. Jim has attended Rotary Conferences in various places in Australia, including Sydney. On one occasion he had as his guest at Springton a Rotarian from NZ. Jim subsequently visited his Rotary guest in his home country of NZ - and he used that opportunity to visit both islands of NZ. Jim attends Rotary meetings each Thursday evening, being picked up from his TRL unit by a fellow Rotarian.

About five years ago Jim was found to have diabetes - a disease which he did not know he had. Unfortunately it was discovered too late, and Jim lost the toes on his right foot. It was at this time that he moved to TRL - choosing to live in this community so that he had access to the nursing care that he needs. When asked whether, with the benefit of hindsight, he should have recognised his diabetes sooner, his comment was, "Probably, I should have seen a doctor sooner!"

His issues with diabetes make it difficult for him to walk. He is contemplating purchasing a mobility scooter. He attends the TLH Barossa Club on Thursday each week - he thinks that if he gets a mobility scooter that he might do that more often.

Jim has regular assistance to enable him to stay in his unit. He has a cleaner who comes in to help with household chores and has a District Nurse come in and attend to the dressings on his legs. He is very appreciative of the assistance that he gets and is pleased that he has requested the assistance that he needs. Jim catches the shopping bus each week, and prepares his own meals - something that he has been used to doing because he has lived alone for about 50 years. Currently, Jim is reading the diary kept by his great-grandfather, written in the early days of his life on the property at Springton. Jim spends a lot of time reading - he reads just about anything. When asked if he gets lonely, his reply was, "I am used to being on my own." A visit with Jim, and a chat, is a satisfying experience! Thanks for sharing, Jim!

Jim's story 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

60th Wedding Anniversary



*Colin & Janet (Jan)
married at Rowland
Flat
Lutheran church on
October 3rd 1959.*

*Janet's maiden name
was Janet Koch of
Rowland Flat, the
youngest of eight
children daughter of
Otto & Martha Koch*

*Colin was the 6th of 12
children and son of
Ardie & Antonia
Bachmann of Greenock*



*Colin & Janet (Jan) Bachmann
October 3rd 1959*



You are invited to attend
Tanunda Lutheran Home

Memorial Service

Gramp Chapel

27th October 2019, 2.00PM

*To remember and give thanks for all residents of TLH
(Independent Living and Care Facility)
who have passed away in the past 12 months*



Theme

“The Song is Ended, but the Melody Lingers On”

Guest Speaker – Helen McNicol, Chaplain

Service runs for about 40 minutes, and there is a light afternoon tea to follow





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 Tania Miller 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 & Memories....





September Activities in Barossa Club



We would like to Welcome Tania to the Barossa Club.





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

Or

belinda.treloar@tlhome.com.au

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

Proud & Positive to be working in Care Aged !

In the September edition of TIT TAT we featured a great contribution from Kim Hahn, People, Culture and Customer Service Manager at TLH, where she wrote about the joys, contributions and challenges of being a staff member-but the article was mostly about the joys and good experiences of working at TLH.



In this issue we would like to introduce to you a wonderful staff member, Suphaluck Ongchareon - but we know her as "JJ" - who works in TLH residential care and in the Barossa Club. To spend time with JJ is inspirational - she is very definitely proud and positive about working in aged care here at TLH!

Everyone that TIT TAT has spoken to about "JJ" comments about her enthusiasm and the obvious love that she has for what she does at TLH. She brightens up the day of the people that she cares for. People love to see her!

"JJ" was born in Thailand. She came to Sydney in 2012 and moved to South Australia in 2016. "JJ" gained a Master of

Business Administration degree in Thailand, and for a time worked in business administration - latterly in the yoga studio owned by her Australian husband - but business administration is not her great love!

"JJ" was amazed when she came to Australia that people cooked in ovens - in Thailand food was generally steamed. "JJ" cooked with her Dad in Thailand. The first time that she baked in an oven was when she made muffins from a packet mix - and what she produced amazed and inspired her to learn more about cooking. So she set about learning through the You Tube and Google sites.

In the space of seven years - since she arrived in Australia - she has developed her cooking skills to the point where she was the most successful exhibitor in the open cooking class at the Royal Adelaide Show this year! This is a remarkable achievement because her first experience as a show cook was as recent as the Gawler Show in 2018. When she entered her baking in the Royal Adelaide Show this year, she was warned that she was up against pretty stiff opposition. But she was not deterred - even if she was not successful she just wanted people to see what she could do and to taste what she baked.

"JJ" says that she "cooks from the heart." She loves making things for other people - it makes her happy when people enjoy what she makes for them. She gets a great deal of pleasure from making birthday cakes for friends and neighbours. "JJ" reads before she goes to bed, and if she sees a recipe that interests her she gets up and tries it out straightaway. She says that baking for her is like meditating. "JJ" is one of the great team of people who work at TLH!

G.M

PRIZE WINNERS IN THE TRL RAFFLE

Winners (in order 1st to 18th): Margaret Jasper, Sebastian Bitter, Joy Schultz, Beth Hage, Lois Lablack, Margaret Seeliger, Ross Whiteford, Max Schubert, Melva Ratsch, Verna Graetz, Heather Braure, Dorcas Kernich, Jenny Layland, Selina Schiller, Raelene Rosenzweig, Elizabeth Nance, Iris Ellis, Wilf Fechner.
Congratulations to the prize winners and thank you to all who purchased tickets!



Friday afternoon, 13th September saw TLH adorned with many beautiful flower arrangements featuring red roses and blue gum which had been donated by Chelsea Honner from Barossa Styling and Events. These arrangements had decorated tables at the Barossa Wine Show held the previous evening at Peter Lehmann Wines. One of our TLH Volunteers, Elaine Leditschke assisted in placing the flowers strategically around the Home, giving Residents in every area the chance to enjoy them. It was a very generous donation bringing much joy to our TLH Community.

Photo: Chelsea Honner, Barossa Styling and Events with Elaine Leditschke with one load of the arrangements.



On site @ TLH

Wednesday 20th November

Please see Sharryn or Lisa for a consent form and to have your name

on the list by the **1st NOV**

Covered by Medicare for TLH residents only.

TANUNDA RETIREMENT LIVING LADIES' GET TOGETHER

First Saturday 5th October

1.30pm in the Café

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



Margaret Spike 0481 255 041

Wellness & Lifestyles



**Tuesdays and Thursdays
9.00 - 10.00am**

TLH GYM - LED BY
PHYSIOTHERAPISTS
\$6.00 per session



Hello Everyone! I would like to introduce myself to you all.

My name is Belinda Treloar and I have just commenced my role as Lifestyle and Volunteer Coordinator. I would like to take this opportunity to thank everyone for making me feel extremely

welcome. Please come and say hello if you haven't already.

A little bit about me; I have had 18 years of experience in aged care with many different roles. I feel that lifestyle are the luckiest people as we get to spend time with individuals getting to know them and having fun while promoting positive emotional health and wellbeing. I have also spent time lecturing in aged care with a focus on person centred care from a holistic approach.

I have been married for nearly 14 years and have two beautiful boys and a Rhodesian Ridgeback (dog). We have some land at Blanchetown which we enjoy spending time at when we can.

I look forward to spending time with you all focusing on a positive and bright future. I would like to thank Tania for all her support over the last week and wish her all the best at the Barossa Club.

Princess Chair for sale

Please call Matt Alexander
on 0439 881 823 - for more
information.



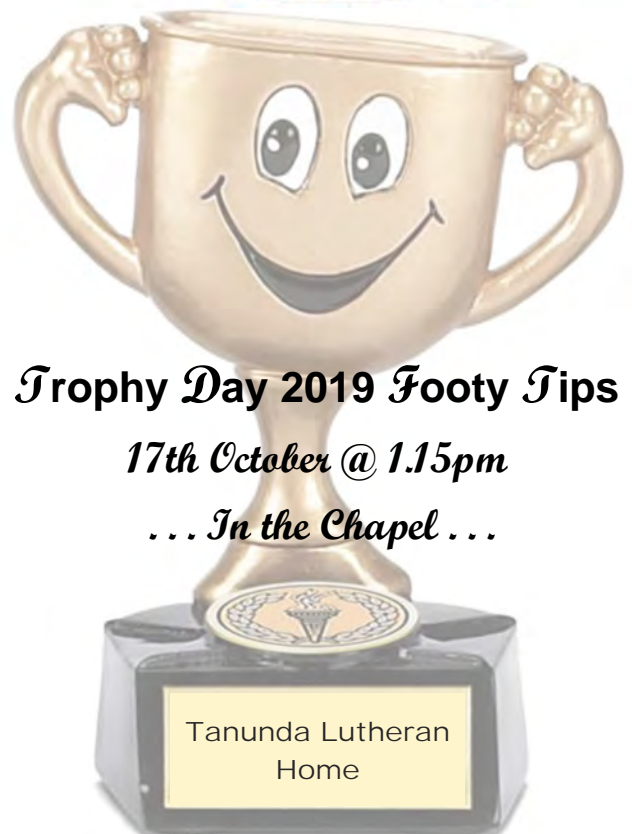
Note: Picture is not
actual chair illustration
purposes only



Donations needed for the
Strawberry Wheel - Looking
for prizes for the baskets -
jackpot prize and table prizes.

If you feel you can donate,
please see Sean for the
Strawberry Wheel

Thank you in advance



Trophy Day 2019 Footy Tips

17th October @ 1.15pm

... In the Chapel ...

Tanunda Lutheran
Home

Volunteer News



We would like to give a big welcome to Belinda who is joining the Lifestyle and Volunteer family.



It has been a pleasure leading the Lifestyle and Volunteer family, I am now moving across the hall to the Barossa Club. I know you will make Belinda feel welcomed as you did for me. I will certainly miss you all but remembering I am not too far away.

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 Belinda know as soon as possible..

Thank you



Volunteer Morning Tea ..

1st October 2019

10.00am

Hope to see you there!

Happy Birthday

To all of our wonderful Volunteers

for the month of

October

Tuesday 1st

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 2nd

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 3rd

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 Residents Meeting	Waratah
1.30 Armchair exercise with physio	Grevillea
2.00 Golden memories	ABG
3.30 Walking Group	Leaving from Acacia

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



Friday 4th

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 5th

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 6th

10.30 Worship Service	Chapel
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Monday 7th**Public Holiday****Tuesday 8th**

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 9th

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 Shalom singers (St Petri Choir)	Chapel
2.00 Sing along	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 10th

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 Bottle top drying & sorting	Protea Lounge
1.30 Armchair exercise with physio	Grevillea
2.00 Memory game	Acacia Lounge
3.30 Walking group	Leaving from Acacia

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

Friday 11th

10.00 Individual Visits	TLH
10.00 One on One walking group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.30 Happy Hour	ABG
2.00 Arm chair travel—India	Acacia Lounge
2.00 BE LOUD	Chapel

Saturday 12th

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 13th

10.30 Worship Service	Chapel
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Monday 14th

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 15th

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 16th

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 - India	Chapel
2.30 Sing along with Garry	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 17th

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 Trophy Presentation (footy)	Chapel
1.30 Armchair exercise with physio	Grevillea
2.00 Sing along with Doug	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

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

Friday 18th

10.00 Individual Visits	TLH
10.00 One on One walking group	Acacia Lounge
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 Memory game	ABG

Saturday 19th

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 20th

10.30 Worship Service	Chapel
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Monday 21st

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 22nd

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 23rd

10.00 Individual Visits	TLH
10.15 Bible insights	Chapel
10.30 Garden reflections	ABG
10.30 Hand Wax Therapy	Protea Lounge
11.00 Worship Service	Acacia Lounge
1.15 Wheel of Fortune	Chapel
2.00 Memory game	Acacia Lounge
3.30 Walking group	Leaving from Acacia

Thursday 24th

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
1.30 Armchair exercise with physio	Grevillea
2.00 Reminiscing with Lifestyle	Acacia Lounge
3.30 Walking group	Leaving from Acacia

Friday 25th

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

Saturday 26th

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 27th

10.30 Residents Remembrance Service	Chapel
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Monday 28th

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 29th

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 30th

10.00 Individual Visits	TLH
10.15 Bible insights	Chapel
10.30 Garden reflections	ABG
10.30 Hand Wax Therapy	Protea Lounge
11.00 Worship Service	Acacia Lounge
1.15 Melbourne Cup craft	Protea Dining
2.00 Memory game	Acacia Lounge
3.30 Walking group	Leaving from Acacia

Thursday 31st

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 Elvis	Chapel
1.30 Armchair exercise with physio	Grevillea
2.00 Reminiscing with Lifestyle	Acacia Lounge
3.30 Walking group	Leaving from Acacia

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

Kind Regards, The Lifestyle Team.



D I C U L T U R E I R H U J D W F G V P D S A
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BEANS
 CHEESE
 CULTURE
 EGGS
 FISH
 FRUIT

HERBIVORE
 MEATLESS
 MUSHROOM
 NUTS
 PASTA
 RICE

SOY
 TOFU
 VEGATABLE
 VEGETARIAN
 WHEAT
 YOGURT

