



Tanunda
Lutheran Home Inc.

TIT

TAT

**MONTHLY NEWSLETTER
TANUNDA
LUTHERAN HOME INC**

27 Bridge St Tanunda SA 5352

- ★ Phone : (08) 8563 7777
- ★ Fax: (08) 8563 3744
- ★ Email: info@tlhome.com.au
- ★ Website: www.tlhome.com.au
- ★ 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

NOVEMBER 2019

*Lutheran
Church
of Australia*



Chaplain's Reflection



"Everything happens for a Riesling"

There's no end of inspiration to be gained for this column from walking down the main street of Tanunda. Last month it was old British cars. Today it was a sign outside a cellar door: EVERYTHING HAPPENS FOR A RIESLING.

You know that old cliché which, thankfully, rarely comes out when somebody has died: "Everything happens for a reason." We don't like hearing this, not because the 'reason' isn't there necessarily, but because who is this person to judge that the reason is good when it feels so terribly bad for us? Try saying "everything happens for a reason" to a poor renter suddenly made homeless. Try saying these words to anybody who has lost a loved one through a car accident or other tragedy. You'll probably come away from the encounter with some foul words ringing in your ears. And rightly so.

But I like "Everything happens for a Riesling" because I like Riesling, especially nicely aged ones. A good Riesling takes time. And a good reason for a disastrous event takes time to see as well.

Everybody in this community has come here, tipping their hat so to speak, to the reality of aging. We search for the good reason behind being here, and often it is very obvious, because this is a nice place. Sometimes we find reason in being here eventually, and give thanks to God that God brought us here. Sometimes it takes a long time to see, and for some of us we'll never see it. Sometimes it may take 10 years, like a nice Riesling.

Wishing you really well as you grapple with the meaning behind things. It's an endless task, but never forget to celebrate those wonderful moments of clarity and insight – with a nice bottle of wine if required, whatever your taste.

Go well,

Chaplain Ian.



NOVEMBER



- 1 Ivy Winton
- 3 Lena Rogers
- 5 Elizabeth Ruediger
- 5 Mavis Schubert
- 6 Erika Aubrey
- 9 Alison Redden
- 10 Heather Beare
- 12 Glenda Armstrong
- 14 Iris Kleinig
- 18 Clair Altus
- 18 Eileen Roche
- 25 Ruth Tainish
- 28 Jeanette Muir
- 28 Lois Mattner



11th hour - 11th day - 11th Month
We Will Remember Them



The **DEADLINE** for all:

News / Information / Stories - December edition is
Monday 25 November 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

Geoff Munzberg & Dorcas Kernich - IRL

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

Welcome

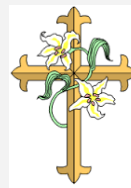
Respite

Ella Larwood

Irma (Joy) Myers

Maxwell Ham

John Hitchin



DEATHS

*Our deepest sympathy
to the family of*

Arthur Blair 02th October

Donald Ible 04th October

Margaret Mattiske 23rd October

Laurel Zanker 01st November

May they rest in

peace ...



TLH SHOPPING BUS

Departing approx. 9.30am -
Return 11.30am



Wednesday	06th	November Tanunda
Wednesday	13th	November Nurioopta
Wednesday	20th	November Tanunda
Wednesday	27th	November Nurioopta
Wednesday	04th	December Tanunda

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



*"To Care for those that have once cared for us
is one of the Highest Honours"* Tia Walker

*From Kim Hahn,
People, Culture and Customer Service Manager*

As all of us in our TLH family know, each with our own contribution that we are super busy, leading to the end of the year and all our festivities and events that go along with that, including our Annual Strawberry Fete.

Our fundraiser dedicated to raising funds for the Beyond Blue foundation was truly LOUD and a credit to the wonderful community we are blessed to be a part of here at TLH.

Thank you to all of our amazing Residents, Staff, Volunteers and Community Members who helped make the day so very special.

I wanted to share with all of you a snippet of the beautiful email we received from the Beyond Blue foundation's Fundraising Coordinator, Melissa Gillespie:

'We saw your article in the Barossa Valley Leader, and wanted to get in touch to say a HUGE congratulations on an amazing piece! The day sounds like it was a blast and I'm sure it would have encouraged some really important conversations. It may have had a bigger impact than you will ever truly know. I am also so heartened to see how invested your organisation is in the mental health of its community. You should all be so proud of what you are doing '

We are well on our way to raising our \$2000 but keeping it open for another week or so for people who wish to still donate and we will be donating our profits from our Drinks stall fundraiser at the Day in the Paddock event for supporting Mental Health in the Barossa Valley.

Wishing everyone a November filled with love and blessings,
Kim





Tanunda
Lutheran Home Inc.



News from Kim & Lynn

Kim Hahn, People, Culture and Customer Service Manager
Lynn Keogh, Quality and Training Coordinator

ROYAL COMMISSION UPDATE

The Royal Commission was in session in Melbourne last week, focussing its enquiries into diversity in aged care.

Key Themes of focus included;

1. **The centrality of cultural safety for people of diverse backgrounds within the framework of person-centred care.**
2. **The need for aged care providers to deliver trauma-informed care.**
3. **The need for strong leadership and the importance of workforce culture to delivering culturally safe care for people of diverse backgrounds.**
4. **Co-design is a vital element in delivering culturally safe care.**
5. **The current My Aged Care system's deficiencies in facilitating access to services for people of diverse backgrounds.**
6. **The limitations of the Department of Health's Diversity Framework.**
7. **The lack of progress toward achieving adequate data collection and aggregation on the use of aged care services by people of diverse backgrounds**
8. **The lack of accountability of Approved Providers in relation to outcomes for people of diverse backgrounds.**
9. **Potential drawbacks of consumer-directed care in the Home Care Packages program on people of diverse backgrounds.**

The Commissioners are required to provide an interim report by 31 October 2019, and a final report by 12 November 2020.



AGED AND COMMUNITY SERVICES AUSTRALIA UPDATE

Extract from Media release 1st October 2019: All Australians need to plan for our ageing nation.

"Currently the aged care system isn't funded to deliver the kind of health care and support people expect and deserve. Unless we all get involved in planning for our ageing nation – improving this will be impossible.

"ACSA will continue to work closely with governments and stakeholders at all levels to help implement programs and protections for older Australians.

"The first step to planning for our ageing population is to plan for our own and families' ageing. The more people get involved in the national conversation the easier it will be to strengthen the system and drive change.

"Today, and every day, aged care providers around Australia celebrate older people because we care and we acknowledge the critical role older people play in our modern society. We'd like the entire community to join us."

ACSA is the peak body for Australia's not-for-profit Church, Charitable and Community-based Aged Care providers

QUALITY IMPROVEMENTS

BUFFET BREAKFAST

We are delighted to let everyone know that as featured in “The Leader” lift out , the Board of Directors has approved our submission to implement a Buffet Breakfast for our Residents. The Buffet Breakfast idea has been driven by our Residents within the Collaboration Committee. The Breakfast will be a major change that increases our Residents ability to choose . Planning is in early stages with the environment of each kitchenette being redesigned, from there we will enter into a consultation process, with all of our Residents being invited for their suggestions.

We would like to thank the Resident Representatives for initiating this project and change and look forward to being able to keep you all updated.

STAFFING NEWS

Agency hours again declined in September, we also employed a further 3 staff , bringing our total staff employed to 198.

We have employed Belinda Treloar as the new Lifestyle and Volunteer Coordinator with Tania Miller joining Barossa Club as the Barossa Club Coordinator. Belinda joins us with a wealth of knowledge and is really enthusiastic about working with you all on our 2020 Lifestyle program. If there is anything you would like to see on the program, please let Belinda know.

We are also thrilled to announce that Shu Eguchi will be returning to TLH as our new Café Coordinator. Shu is looking forward to coming back to TLH and has some exciting ideas for the Café. Shu will commence a 2 week training period on Monday 28th October , working alongside Jane, who has kindly filled in for us. If you have any suggestions for the café, please let Shu know.

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS:

During September we received complaints about Residents Environment (6) Food (5) Laundry (1) Staff (1) and have worked with the comment maker in resolving the issues to the comment makers satisfaction.

Also during September we received compliments about Staff (19) General (4) Maintenance (1) Customer Service (1) Wellbeing (1) Environment (3) Food(4) and a total of 10 suggestions.

We really value this feedback and thank you for taking the time to communicate your thoughts, opinions and experiences.



Wishing you a lovely November,
Kim and Lynn



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 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

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)



Christmas Day Lunch

Advice for families of Residents dining in.

Menu

Roast Turkey
Leg Ham
Roast Potatoes
Roast Carrots
Baby Beans
Cauliflower Au Gratin
Seasoning
Cranberry Sauce & Gravy

Christmas Pudding with
Brandy Custard
Sweets & Mints

Alternative:

Fruit Salad and Icecream

Fruit Cup, Tea & Coffee
Beer, Wine and Soft Drink

Social Centre

12:00 noon

\$45 per Adult

\$25 per Child

(under 12 years)

(charges not applicable for
Residents)

**Bookings & Payment by
Friday 29th November**

Payment to reception at
Tanunda Lutheran
Home.

For further details
contact 8563 7777

Unfortunately, after Friday the 29th of November there can be strictly no
numbers added or alterations made to the bookings.

The office will be closed from Monday 23rd
December 2019 to Friday 3rd January 2020.

The office will re-open Monday 6th January
2020.

We apologise for any inconvenience



Office Closed

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:

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.

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



AUSTRALIAN LIONS HEARING DOGS

Headquarters & Training Centre

October TRL
GROUP OUTING

Story written by:
Geoff Munzberg



Eighteen Tanunda Retirement Living residents travelled by coach on Tuesday 8 October to Hahndorf Old Mill Hotel for lunch and then to the Australian Lions Hearing Dogs Training Centre at Verdun. Coach Captain Kym Huxtable got the group to the Restaurant in plenty of time for lunch.



The group enjoyed the very impressive buffet lunch provided by the restaurant, with an amazingly extensive range of food. The photos, clockwise from above left: Part of the group at lunch (from left Kym Huxtable, Ruth Rathjen, Katie Obst, Jenny Leyland, Pat Maddock, Ferne Fyfe); Frank Schapel explaining to Ruth Schmidt how the calamari rings that she was enjoying had been made; Kym Huxtable contemplating the dessert that Helen Bartholomaeus had chosen, and thinking "I think I should have some of that as well!"



Then it was on to the Australian Lions Hearing Dogs Headquarters and Training Centre at Verdun where the group listened to a presentation about what the Centre does, and had a chance to walk around and have a look at the facilities.

The group learned that the work of the Training Centre is important because:

- One in six Australians have some form of hearing loss.
- Hearing loss can be dangerous and socially isolating and hearing dogs protect people from dangerous situations and enable people to again engage with their communities.
- Hearing dogs are trained to recognise nine different sounds e.g. smoke alarm, door knock, telephone, etc.
- It takes six to eight months to train a hearing dog. The cost of training each dog is more than \$35,000. Lions Clubs in Australia are the major financial sponsors of the program.
- The current program at the centre makes it possible for about 25 dogs per year to be made available to people with hearing loss. Hearing dogs are made available free of charge. There is a waiting list of up to two years for dogs.
- The centre at Verdun is the only accredited hearing dog centre in Australia - the photos above show the manager of the centre and one of the trainers, and Nala, one of the dogs in training.



My name is NALA

MEET
Jenny Leyland
Hoffmann Avenue

Jenny Leyland has lived at Hoffmann Avenue since August, 2019 - so she is a very new Tanunda Retirement Living resident. A conversation with Jenny reveals a warm and generous person, who has some interesting gifts. But what is immediately noticeable is her delightful accent! When listening to her speak, one thinks English?? But when asked, Jenny says that the experts hear Yorkshire and Lancashire. She says that is because she was born in Lancashire and lived with her grandparents who were from Yorkshire. She grew up in Morecambe, Lancashire, as the only child of Jack and Iris Hamilton.



Jenny left school when she was fifteen years old - she especially liked cooking, sewing and art while at school - but didn't much care for anything else at school. Jenny's father was a truck driver, and she and her mother would sometimes go with him as he drove around the United Kingdom, so Jenny says that she has been to lots of places in the UK.

Her first job was at the toffee factory where her mother had also worked. Two years later she moved on to a job as an invisible mender - she carefully inspected large rolls of woven cotton and mended any minor imperfections in the fabric. After two years in that job she married Bill Leyland in 1968. Jenny and Bill had two children - a daughter and a son while living in the UK. Bill's mother bought a terrace house for them to live in, and gave it to Bill as a present when he was twenty-one.

Bill had a brother who had moved to Australia, and he kept telling Bill and Jenny that Australia was a great place to live. So in July 1974 Bill and Jenny arrived in Australia with their two children and lived in a house at Elizabeth West. Bill worked as an electrician in various places, including James Hardie, Schweppes and the West End Brewery. Just under 12 months after they arrived in Australia, their third child, another daughter was born.



Jenny and her late husband, Bill Leyland

Bill and Jenny purchased a small property at Mt. Crawford where they kept a few sheep and four alpacas. Jenny says that she loved living at Mt. Crawford - it was a very picturesque property. But sadly, in 2008 Bill died very suddenly from a heart attack - two weeks before his 60th birthday and two weeks before their 40th wedding anniversary. This was a very sad time for Jenny. She really wanted to keep living at Mt. Crawford, but four years after Bill's death she moved to Fiedler Street, Tanunda.

Jenny was sad to move away from Mt. Crawford, but she says that she has always loved the Barossa and Tanunda - so that is why she chose to live in Fiedler Street, Tanunda. Jenny's family are now grown up. Her eldest daughter and her family live in Brisbane, her son and his



family live in Craigmore, and her younger daughter lives in Melrose Park. She has six grandchildren, three boys and three girls - the eldest is twenty three years old and the youngest, twin boys, are fifteen years old.

Following Bill's death in 2008, Jenny's children encouraged her to find some friends. One day she was paging through the Barossa Directory and she noticed that there were regular old-time dances at Williamstown. Jenny enjoyed dancing so she plucked up the courage to go along by herself one night. That was where she first met Jeff Rosenzweig. It led to a very precious friendship that has lasted for more than eight years. Jenny and Jeff attended dances



Good friends, Jenny and Jeff

regularly until a health condition that Jenny has, has made that no longer possible. But their friendship continues and they enjoy shared outings and activities. Jeff has been a resident of Tanunda Retirement Living since 2017.

The Seeds of Love

***In times so long past,
Seeds of Love, had been sown
nurtured, and cared for,
By Ancestors of old***

***From those precious seeds
came strong new growth,
with roots, reaching deep,
far, and wide in the earth.***

***This new Family Tree
Is bursting with pride
With its branches out
stretched,
Just like arms opened wide.***

***This incredible journey,
that I took back in time,
all the tears and emotions,
that I feel inside.***

***I am proud, like my Tree,
and I'm filled, with a pride.***

***To all of the people,
Who helped with my tree,
You know who you are,
And you're special to me.***



Jenny has a long list of hobbies which include poetry, painting, lead lighting, folk art, music, dining out and getting about the country-side enjoying the scenery. Following Bill's death, she gained considerable comfort from expressing her feelings in poetry, and in diaries and journals. She has many works of poetry that she has written - the example to the left on this page is a short poem that she wrote after she had done some work on a family tree - this poem was published on the "Ancestry" website. For a girl who didn't include writing among the things that she liked doing at school, Jenny is quite a poet!

Jenny did mention art as something she enjoyed at school - so not surprisingly she has many paintings which she has done they are colourful and display an eye for detail. The example at below left is a painting that she did in 2001, entitled "Forget-Me-Nots".

Jenny has also enjoyed lead lighting - but she says that as the result of "down-sizing" she no longer has the equipment to follow this hobby. The cabinet, shown below right is part of her dining-room furniture, and is an example of her work.

Jenny and Jeff have travelled widely locally - they often bid on TV "Travel Auctions" and this has taken them to a variety of places and experiences.

Jenny says that she had a wonderful house property in Fiedler Street, but she has absolutely no regrets at making the move to Hoffmann Avenue and Tanunda Retirement Living in 2019. She loves her neighbourhood and gets on really well with her neighbours - she is very happy!



**Welcome Jenny to Tanunda Retirement Living
and thanks for sharing your story!**

Jenny's story as told to Geoff Munzberg



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



Thank you

Loris
for making and
donating 6 amazing
coat hangers for the
.. Strawberry Fete ..



mobilitysa
supporting independence
SALES & SERVICE
NDIS SUPPLIERS

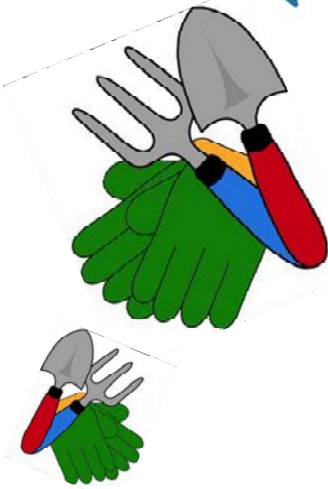
- SALES AND SERVICE
- SCOOTERS & BATTERIES
- 4 WHEEL WALKERS
- CANES & CRUTCHES
- DAILY LIVING AIDS
- BATHROOM & BEDROOM
- WHEELCHAIRS
- ELECTRIC BEDS
- LIFT RECLINE CHAIRS...and more



PH 0490 705 966

37 Kalimna Rd, Nuriootpa
E: sales@mobilitysa.com.au www.mobilitysa.com.au
OPEN 9-5 Monday-Friday

Thank You



TLH along with Pat, Reta and Loris would like to express their sincere appreciation, to Chris and Geoff Hunter

Chris and Geoff kindly delivered and neatly spread a heap of grey gravel outside the rooms of Pat, Reta and Loris. This has covered up some bare ground and weeds for which all three are very grateful.

A beautiful quote collected from our oldest resident: Gwen Smith recently ...

"What is most important is that we all get along well with each other. If you don't support each other It's all going to disintegrate"

- wise advice indeed -

Regards Helen McNicole



For Sale
Wheelchair
\$280 ONO

**Please Contact Reception on
8563 7777**



The office will be closed Friday
29th November from **1.15pm**
for :

TLH Staff General Meeting

The office will re-open Monday
2nd December and back to business as usual.

We apologise for any inconvenience



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 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....



BAROSSA CLUB

"Enjoying life with fun & friends"



BAROSSA CLUB

"Enjoying life with fun & friends"

**Looks like a fantastic
and busy September
month in the Barossa
Club . . .**



Gorgeous Classic Car



Enjoying Sunshine and Cars





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

Wellness & Lifestyles



Tuesdays and Thursdays
9.00 - 10.00am

TLH GYM - LED BY

PHYSIOTHERAPISTS

\$6.00 per session



TANUNDA RETIREMENT LIVING LADIES' GET TOGETHER

First Saturday 2nd November

1.30pm in the Café

Please bring small plate of food
for afternoon tea



Margaret Spike 0481 255 041



FOR SALE - Exercise Bike - \$50 ONO

Ph 8563 3145



Welcome to
Tanunda Lutheran Homes
Annual
Strawberry Fete
Friday 15th November 2019

PROGRAM OF EVENTS
From 10am

-The Barossa Valley Historical Vehicle Club-

11am Garry
Café Courtyard

11am Doug Venning
BBQ Courtyard

1.00pm Auction
Social Centre

2.00pm TLH Singers

2.30pm Raffle Drawer
Social Centre

-

Thank you for joining us
on this very special occasion
for our residents, their families
and our staff.



CLARKE & TURNER
TRAVEL
ASSOCIATES

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

TRAVEL TALK

RIVER CRUISING

Confused about River Cruising and the many deals that are around? Fly free, partner fly free, all inclusive, 60% off. Think they are too expensive am I too old, am I too young? Think again. I have had the wonderful personal experience of many river cruises with many different suppliers. With a number of years of experience in the Travel Industry I can find the best deal for you. From relaxing, all inclusive to included bike riding and hikes, there is a River Cruise for everyone, it's just finding the right one. If you would like to find out further information please give me a call or make an appointment at our Tanunda store and I am happy to chat to you.

When you embark on a river cruise, you set sail on a luxurious floating hotel. Each day offers the chance to explore and sightsee in a different destination – but you only need to unpack your suitcase the once. Whether you're interested in river cruises in many different countries, cruising holidays are unforgettable, life-enriching experiences. You'll see the world from a whole new perspective.

Why take a river cruise? If you love engaging and informative excursions, you'll be pleased to know that cultural tours are typically included in your river cruise price. Whether it's a city walk, a village stroll or a guided tour around a famous gallery, iconic landmark, castle or vineyard, English-speaking experts with insider local knowledge will bring destinations and history to life. Although escorted excursions are a significant part of river cruises, guided tours are at a leisurely pace. You also have the option to sightsee on your own or stay on the ship. Few river cruise ships accommodate more than 160 guests so the on board atmosphere is relaxed and informal. The dress code on a river cruise is relaxed. Sharing experiences with others who are equally as excited about exploring a new destination or ticking off a bucket-list landmark is much of the appeal of river cruises. And as you make memories to last a lifetime, you can also make lifelong friends. Choosing river cruising is also a great idea if you're travelling alone, as some companies don't add that dreaded single supplement. You're going to be spoilt for choice when you start looking at destinations and itineraries. From spring river cruises to see the Dutch bulb fields and June trips to Provence's lavender fields to autumnal breaks in wine-making regions and merry Christmas market cruises, many wonderful holidays await.



Volunteers Morning Tea

Please note that there is **No** Volunteers Morning Tea in November.



The December Morning Tea will be held on Tuesday the **3rd of December** and will include our Christmas Celebration.



Thank you
Belinda & The Lifestyle
Team



TLH SUPPORTING THE COMMUNITY AND BEYOND

Tanunda Lutheran Home actively supports
The Lions Club of Barossa Valley inc.
Lions Recycle for Sight
Eyeware / Glasses ONLY
(NO Cases Please)



Donation Drop Off

TLH Reception, Protea & Lifestyle Dept.

Refurbished quality spectacles are sent to countries all around the world, for people in need and without financial capacity.



Plastic Bread Tags for Wheelchairs and
Plastic Milk and Drink

Bottle tops for
Prosthetic Limbs
(Envision Hands)

Donation Drop Off

TLH Protea &
Lifestyle Dept.



Stamps for Mission

Used Stamps can be left at TLH
Reception, Protea & Lifestyle Dept.

Did you know that Lutheran Community
Care provide up to 300 Hampers for
people in our community at
Christmas Time?

TLH Donations for Christmas Hampers
2019 are
**SWEET OR SAVOURY SEALED PACKETS
OF BISCUITS**

Donation Drop Off:
TLH Reception or TLH Lifestyle Dept.
by MONDAY 25th NOVEMBER 2019

LUTHERAN
community care

Volunteer News



Hello you all our wonderful volunteers at TLH. Thank you to so many of you who have come and said hello and introduced yourselves.

It will be an honour to get to know you all and work along side you.

November is going to be a busy month with Melbourne Cup, Remembrance day, Strawberry Fete and our Christmas celebrations kicking off.

Thank you to everyone who has already expressed an interest in volunteering at the Strawberry Fete, we will need all hands on deck. If you would like to help out on the day, it's not too late to let me know.

Thank you - Belinda

Hello everyone and welcome to November!

This month will be jammed packed with special events, please make sure you check the calendar and the weekly programs so you don't miss out.

Melbourne Cup events will take place on Tuesday the 5th of November in the Chapel. Make sure you dress up as we will be awarding prizes for the best hat and the best dressed.

The Strawberry Fete is fast approaching and you may have seen the Strawberries starting to pop up. If you would like to make any purchases on the day please see the reception to ensure you have some change and don't miss out. We have many exciting stalls visiting us, so stay tuned for more information in the coming days.

The Christmas Season will be upon us very soon and we look forward to sharing this festive time with you all. We have some very special events planned.

We trust that you will all have a fabulous month and we hope to see you all at the activities.

Happy Birthday

To all of our wonderful Volunteers

for the month of

November

Friday 1st

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 2nd

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

Sunday 3rd

10.30 Worship Service	Chapel
-----------------------	--------

Monday 4th

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 5th

10.00 Individual Visits	TLH
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Melbourne Cup	Chapel
3.30 Walking Group	Leaving from Acacia

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



Wednesday 6th

10.00 Individual Visits
 10.30 Garden reflections
 10.30 Hand Wax Therapy
 10.45 Bible Insights
 1.15 Bingo Bottle top sort/dry
 Coffee and Chat
 1.30 Arm chair exercises
 2.00 1st Blessing of the month

TLH
 Grevillea
 Protea
 Chapel
 Protea

Grevillea
 Grevillea

Thursday 7th

10.00 Individual Visits
 10.00 Art and Craft with Helen
 10.30 Moovers and Groovers
 10.45 Individual Visits
 1.15 Hoy Card Game
 2.00 Golden memories
 3.30 Walking Group

TLH
 Grevillea
 Chapel
 ABG
 Protea Dining
 ABG
 Leaving from Acacia

Friday 8th

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

TLH
 Acacia Lounge
 Chapel
 Chapel
 ABG
 Acacia Lounge

Saturday 9th

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

Sunday 10th

10.30 Worship Service

Chapel

Monday 11th - Remembrance Day

10.00 Individual Visits
 10.30 Remembrance Service

TLH
 Chapel



1.15 Social Bingo
 2.15 Social Bingo
 3.30 Walking group

Chapel
 Grevillea Lounge
 Leaving from Acacia

Tuesday 12th

10.00 Individual Visits
 10.00 Strawberry Fete Preparations
 10.30 Moovers and Groovers
 10.45 Individual Visits
 1.15 Strawberry Fete Preparations
 1.30 Men's Group
 3.30 Walking Group

TLH
 TLH
 Chapel
 ABG
 TLH
 Men's Shed
 Leaving from Acacia

Wednesday 13th

10.00 Individual Visits
 10.30 Hand Wax Therapy
 10.45 Bible Insights
 10.45 Individual Visits
 1.15 Movie afternoon
 1.15 Strawberry Fete Preparations
 3.30 Walking Group

TLH
 Protea
 Chapel
 ABG
 Protea & Waratah
 TLH
 Leaving from Acacia

Thursday 14th

10.00 Individual Visits
 10.00 Art and Craft with Helen
 10.30 Moovers and Groovers
 10.45 Individual Visits
 1.15 Movie afternoon
 1.15 Strawberry Fete Preparations
 2.00 Sing along with Doug
 3.30 Walking Group

TLH
 Grevillea
 Chapel
 ABG
 Protea & Waratah
 TLH
 Acacia Lounge
 Leaving from Acacia

Friday 15th

**** Strawberry Fete ****
10am - 3pm

**Saturday 16th**

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

Sunday 17th

10.30 Worship Service

Chapel

Monday 18th

10.00 Individual Visits
 10.15 Hymn Singing
 11.00 Worship Service
 1.15 Social Bingo
 2.15 Social Bingo
 3.30 Walking group

TLH
 Chapel
 Acacia Lounge
 Chapel
 Grevillea Lounge
 Leaving from Acacia

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

Tuesday 19th

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 20th

10.00 Individual Visits	TLH
10.30 Hand Wax Therapy	Protea
10.30 Garden reflections with Lifestyle	ABG
10.45 Bible Insights	Chapel
1.15 Whiteboard Trivia (Thailand)	Waratah
1.30 Armchair exercise with physio	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 21st

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 Piano Accordion	Chapel
2.00 Memory game	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Friday 22nd

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 Arm chair travel Thailand	Acacia Lounge

Saturday 23rd

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

Sunday 24th

10.30 Worship Service	Chapel
-----------------------	--------

Monday 25th

10.00 Individual Visits	TLH
10.00 Christmas Decorating in Protea	Protea
10.15 Hymn Singing	Chapel
11.00 Worship Service	Acacia Lounge
1.15 Light Pass Choir	Chapel
2.15 Social Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

Tuesday 26th

10.00 Individual Visits	TLH
10.00 Christmas Decorating in Trinity	Trinity
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Christmas Decorating in Trinity	Trinity
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 27th

10.00 Individual Visits	TLH
10.00 Christmas Decorating in Waratah	Waratah
10.30 Hand Wax Therapy	Protea
10.30 Garden reflections with Lifestyle	ABG
10.45 Bible Insights	Chapel
1.15 Christmas Decorating in Waratah	Waratah
2.00 Sing along with Garry	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 28th

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 Monthly Birthday Celebrations with The Molly Dockers	Chapel
2.00 Sing along with Doug	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Friday 29th

10.00 Individual Visits	TLH
10.00 One on One walking group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Movie Afternoon	Protea/ & Waratah
1.30 Staff Annual AGM & Years of Service	Chapel

Saturday 30th

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



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



Remembrance Day



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

**BATTLE
CANADA
DAY
DEFEND**

**GUN
HEROES
MEDAL
MEMORY**

**PARADE
REMEMBER
UNIFORM
WREATH**

