



**Tanunda**  
Lutheran Home Inc.

# TIT TAT

MONTHLY NEWSLETTER  
TANUNDA  
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

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- ★ Email: [info@tlhome.com.au](mailto:info@tlhome.com.au)
- ★ 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*

**MARCH 2020**

Lutheran  
Church  
of Australia



## Chaplain's Reflection



### "Autumn"

"There is a harmony in Autumn, and a luster in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been!" Percy Byssche Shelley.

So we're all strapped in and on our way into another year. They talk about Mad March, and indeed it is a crazy month for some people, with grape harvesting, endless entertainment options and whatever else makes March busy for people.

The quote above, and the many quotes about Autumn, tend to remind us of the quieter side of March, and indeed Autumn. Certainly this year March coincides with the heart of the Lenten Season, when some Christian folk choose to de-clutter their lives, give some things up, and focus on the journey one great man was making on the other side of the world 2000 years ago, toward a cross and ultimately resurrection. Not all Christians feel the need to focus for so long (40 days). And we don't all have the leisure or the mindful abilities to stay focused. And then there are the other delights of Autumn, like gardening, for example,

But the change of season into Autumn helps us along as the days get shorter, leaves start to change colour, the mornings are cooler, the colours richer. Autumn is so .... Autumnal – evoking mellowness, reflection, even sadness, the disasters and even the adrenalin of summer a fading memory. A cosy, safe month still warm enough to do a 'mad March' if that is your thing.

There are few better places to be in Autumn than the Barossa. And all those churches draw us to thoughts of Lent, and incidentally the needs of all who suffer, at this time. A very rich time. May you grow in faith, in wisdom, in compassion, and in peacefulness in this Autumn.



Chaplain Ian.



## MARCH



- 1 Helen Bartholomaeus
- 3 Lita Schirmer
- 3 Wendy Rochow
- 8 Kym Huxtable
- 11 Emma Siegler
- 13 Alexander Rodgers
- 16 John Schultz
- 18 Irene Joppich
- 20 Helen Munzberg
- 23 Daphne Gower
- 23 Nancy Rodgers
- 27 Don Ralston
- 31 Oscar Joppich



Dear Valued Residents / Clients

As of April 1st 2020 - A new price list will come into effect with some slight price increases due to growing business costs.

Copies of our new price list will be available from March 10th 2020.

Thankyou for your ongoing support and loyalty.

Roxy - Cutting Edge Tanunda / TLH

# welcome

## Respite

Hedley Mates

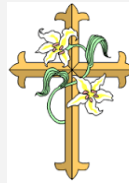
Austin Ashley

## TRL

Rob & Gill King

## DEATHS

*Our deepest sympathy  
to the families of*



Betty Ible 22nd February

Elsie Weeks 23rd February

*May they rest in  
peace ...*



The **DEADLINE** for all:  
News / Information / Stories - April 2020 edition is  
**Monday 23rd March 2020**

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

Geoff Munzberg - TRL

And all who help deliver the Tit Tat throughout

## TLH SHOPPING BUS

Departing approx. 9.30am -  
Return 11.30am



|           |      |       |           |
|-----------|------|-------|-----------|
| Wednesday | 04th | March | Tanunda   |
| Wednesday | 11th | March | Nurioopta |
| Wednesday | 18th | March | Tanunda   |
| Wednesday | 25th | March | Nurioopta |

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



*"Being unique is better than being perfect"*

*unknown*

*Kim Hahn,*

*People, Culture and Customer Service Manager*

As some of you may be aware, we finally had our first unannounced assessment, checking for compliance against the new Aged Care Standards from the Australian Aged Care Quality and Safety Commission on Wednesday 19th February. 4 Auditors arrived at 10am to announce they would be assessing us against 2 requirements under standards 3 and 7.

The requirements assessed were;

3 (3)(b) Effective Management of high impact or high prevalence risks associated with the care of each consumer.

7(3) (a) The workforce is planned to enable, and the number and mix of members of the workforce deployed enables, the delivery and management of safe and quality care and services.

In line with the new standards is some changed processes in which the Auditors conduct the assessment,. One of these is that we are no longer provided with an outcome of compliance at the end of the unannounced visit. A decision on compliance will be issued to us through email, once the decision maker has reached a determination.

We were however thrilled to be provided with regular feedback from the assessors that highlighted nil concerns throughout the day and I have the pleasure of sharing some of this with you . The assessors told us 13 Residents, Representatives and Staff were interviewed. Interviewees said;

- They love our Neighbourhood Person Centred Care model, love having the same staff care for them
- Staff love working in their Neighbourhood because they get to know the Residents on a personal level, and are better able to provide care and services that meet the Residents individual preferences and needs. Staff feel they have enough time to do their jobs in a high quality manner.
- Agency has declined a lot.
- No negative comments were received from Residents or Representatives, they were all happy with their home and said the staff were wonderful.
- Comments about agency staff wanting to work here, staff returning after leaving and our long term employees were all mentioned.

We wait to receive the formal report with great anticipation but feel the assessment was a success from receiving such beautiful feedback.

On behalf of the Management team, we would like to extend our sincere thanks, we are very proud of our staff and Residents and what we are able to achieve together. It is an honour to represent everyone at TLH on an assessment day. As a workforce we know we are not perfect, but we do commit 100% to seeking feedback, including complaints and doing our very best to improve the complaint, action the suggestion and pass on your compliments, to continue to develop a home that is truly yours.

We are clearly unique, because we have your support.

Happy March Everyone, Take Care,

Kim



## News from Kim & Lynn

Kim Hahn, People, Culture and Customer Service Manager

Lynn Keogh, Quality and Training Coordinator



### STAFFING NEWS

Agency staffing hours decreased in January which is due to TLH staff returning from taking leave over the Christmas break, 2 new clinical staff and 3 new housekeeping staff were employed and our total number of staff employed is 194.

On a happy note we are pleased to announce the appointment of Stephanie Vickers, to the role of Quality & Training Officer. Lynn Keogh who has been filling the role over the last seven months will be retiring to spend time with her husband and they will be doing some travelling together. Stephanie's training into the role will commence on the 26th February.

### HOME CONTINUOUS IMPROVEMENT UPDATE

#### Buffet Breakfast:

Measurements have been taken in Protea and Waratah last week and the builders are now working on a time frame for the works to be completed. TLH is aiming for the end of March. Members of the staff leadership team will then need to look at how services occur now, what changes will need to be made and how staff and residents can be educated. It was clarified that staff will still be present to assist residents with their meals. The buffet breakfast will give residents more choice, and an option to collect their own breakfast whilst providing a longer time for breakfast to be available.

#### Carols, Christmas Display and Christmas Tree:

Instead of a Christmas Ball this year we are looking at having a carols night and Christmas light display. This will be open to Residents, Staff and families alike with more details to follow in the future.

#### Christmas Float:

TLH are now seeking ideas for the theme for this year's Christmas float. If you can help in anyway please contact Belinda in Lifestyle.

### COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During January we received complaints about Residents Cleaning (1) Environment (1) Food (3) Other (1) totalling (6) and have worked with the comment maker in resolving the concern to the comment makers satisfaction

Also during January we received compliments about Care (2) Environment (2) Staff (10) Other (1) Lifestyle (2) Food (5) Customer Service (2) totalling (24) and a total of 8 suggestions.

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

“The Royal Commission held a one-day hearing in Adelaide on the 21st February 2020 and during this hearing they heard from two expert international witnesses about solutions to the aged care workforce crisis.

Counsel Assisting Peter Rozen then spent the rest of the hearing providing an overview of a series of ‘submissions’ the Counsel Assisting team will make to the Commissioners for their consideration.

These submissions act as a preview of the recommendations the Commissioners are likely to make in their final report to Government at the end of the year. Interested parties have been invited to make submissions on the proposal by 13 March 2020. ACSA will do so but has issued the following media release as an initial response by Patricia Sparrow: ACSA understands the Royal Commission is looking to the long-term future of aged care and knows this will require major structural and funding reform.

“On the issue of today’s comments at the Commission, we believe greater transparency is important, but even more important is having enough staff to begin with.

“We know that more staff are needed to deliver the quality of care we want to deliver and that the community expects.

“ACSA supports a star rating system in principle, provided it doesn’t create a two-tiered system.

“The proposed system includes a range of staff and occupations and acknowledges that residents have different needs which require different levels of support and skill combinations, which will also better reflect and support the increasing acuity of residents.”

To raise the standard so that all residents receive at least a 4-star level, which the special counsel suggested, will mean an overall increase of 37.2% in total care staffing.

“ACSA strongly supports comments that additional resourcing is required to achieve this increase in staffing. “We will be looking closely at all the proposals from today and what this could mean to the sector with a clear focus on ensuring quality of care for older Australians.

“What we know now is that aged care simply isn’t funded to provide the level of care people expect and deserve. A new direction like this could be exactly what we need to force a rethink and set up Australia for our ageing population and the decades to come,”

We wish both Lynn with her retirement and Stephanie with her new role the very best of luck.  
Thank you for your feedback, we welcome hearing from you. Have a fantastic month.

Kim and Stephanie



# 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](https://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](https://agedcarequality.gov.au) for more information



Phone  
1800 951 822



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

# Staff News

Please give a warm welcome to our new staff.



**Madison Taylor**  
Enrolled Nurse



**Sam Yoon**  
Registered Nurse

## Congratulations Employee of the Month

December 2019

January 2020



**Paula Koch**  
Lifestyle



**Neville Parham**  
Maintenance



**Janet Treloar**  
Hospitality



## OFFICE USE ONLY

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

Initial action by Department Manager: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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: \_\_\_\_\_

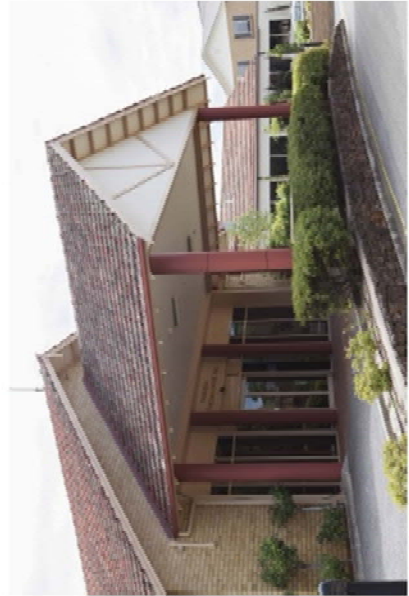
Added to Trends Data? ☐



**Tanunda**  
Lutheran Home Inc.

27 Bridge Street  
TANUNDA SA 5352

# Share Your Experience



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

**Other** *(Please circle one)*

### Comments / Details:

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Do

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

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On Friday 14<sup>th</sup> February our first piece of art work was submitted into a fringe exhibition in Greenock. It was the result of two weeks work by the residents of ABG under the tutelage of volunteers Alison Cockram and Helen McNicol. It was a very exciting undertaking, with the finished product ( a 900 x 1800mm timber board) being roundly admired by staff and residents alike. It is a very bright and colourful piece with the subject being "Circles". Every artists idea of the theme afforded a different interpretation however, which made for a lot of visual interest over the lime green base.

These artists commented, with Hilde Koczberski declaring that "it looks beautiful"; Mary Brown said "Lovely; I'd like to sit and look at it", Lily Kernick; "Good"; Cheryl Frost; "I think it's very colourful and amazing!"; Marie Bryant: "Pretty good"; (Christine Wilksch was also one of the participating artists but was unavailable for comment) and other residents who stopped to admire the work and watched some of it's progress said; "great job Guys!; That's amazing!; That's astonishing! (Liz Mahoney), and Joan Haese remarked that the work was "beautiful – a lot of nice work".

The work will hang with the work of 45 other local artists in the main street of Greenock for one to two weeks. In the towns other businesses artists have put up exhibitions of their own work, so essentially, the whole town of Greenock has become an art gallery space for two weeks. Local artist and daughter of Betty Ible in ABG, Vicki Rachow, was one of the artists who initiated the whole Fringe project. So, keep a look out soon for the walls to become a lot more interesting down ABG way!

Helen McNicol

## TRAVEL TALK - RIVER CRUISING AROUND THE WORLD

If the idea of staying in a luxury hotel for your whole holiday, all the while travelling through beautifully changing landscapes and exploring new European destinations appeals to you, we may have found your ideal holiday. Yes, we're talking about river cruising.

### Big Cruise Ships Not For You? No Problem

River cruising is vastly different to the mega ocean liners you may be imagining. In fact the river cruises that go through Europe cater to no more than 200 guests on each ship. Aside from a more intimate cruise experience, river cruises also tour through the heart of Europe, meaning you stop in a new port each day. This means there are no days at sea, and more time exploring new destinations. Think cycling from one vineyard to the next in Portugal, a walking tour of Amsterdam, or a long lunch aboard the Grand Empress train from Budapest.

### Your Luxury Hotel Moves With You

Yes you only have to unpack once! This doesn't mean you need to compromise on luxury and style however. Cruise liners are designed for comfort and convenience, with spacious staterooms, balconies to take in the ever changing views, and multiple different areas to relax.

### Make Memorable Moments And Lifelong Friends

Travelling with an intimate group of people from different countries and cultures can make for some interesting and special experiences.

### Experience Cities Like The Locals Do

Travelling on a river cruise you are accompanied the entire journey by an experienced cruise director and a crew of dedicated staff. This means that along the way you're receiving information about the places you're travelling through, and learning about the history and people of the cities you're heading toward.

**Theme River Cruises** are increasingly popular, with more lines offering a host of diverse sailings that revolve around a single theme. Often, these are based around Europe's fabled **Christmas Markets**. Other themes can include **wine, beer, cycling**, and even **family-friendly sailings** or voyages that revolve around topical subjects like **World War I & II** and **Jewish Heritage**. Some theme river cruises can be very specifically-themed; in the past few years, there have been voyages based around **big band jazz, gluten-free eating, knitting**, and more.

Europe is not the only destination for River Cruising India, Burma, Egypt, Cambodia, Vietnam, Amazon, Africa and the USA are just a few more that offer the same wonderful experience. Always thought River Cruising was expensive, no it's not, Just have the pick the right cruise and destination. Think you are too young, no your not, there are cruises for everyone.

**Carolyn Travel Associates Tanunda**



**MEET**  
**Rob and Gill King**  
**Schiller Court**

Rob and Gill King are putting the finishing touches to moving into their already much loved unit at Schiller Court - they only arrived at the beginning of January! Visiting them is an exhilarating experience - but for a TIT TAT reporter it is also somewhat challenging. This couple have done so much in their lives and they have so many amazing stories to tell.

But what is overwhelmingly obvious after even just a short time with them is that they value the life experiences they have had, that they enjoy reflecting on them, that they are now excited about what the future at TRL will bring - that they treasure their shared lives and the support that they have been to each other - and that God has been such an obvious and wonderful presence in their lives.



Rob was born in 1946 in Somerset, England and went to a number of schools, before joining the RAF College in 1962. He completed his training at Nottingham University, following his father's career in the RAF. At university he became involved in the very early days of computers. On graduation he was posted to No. 19 Fighter Squadron and served in Cyprus, Libya, Tunisia, Malta and Germany. He subsequently served in Luxemburg (USAF Base Bitburg), Italy, Greece, England, Scotland and Wales visiting, Denmark, Norway, Holland, Belgium, Bahrain, Singapore and Malaysia along the way - a lot of different places in the 12 years he was in the RAF! Rob describes travelling at Mach 2.2 in an RAF fighter as one of the most exciting experiences of his life!

Rob says that it was somewhat ironic that he had no sooner joined the RAF than his mother left UK to come to Australia - perhaps that is why after being discharged from the RAF he came to Australia in 1977. Somewhat surprisingly he got a job with the Co-op. Building Society where he stayed for 11 years, then moving on to work for the Karidis Corporation as a Property Manager and later with the Elders Lensworth Commercial Division, and then with REI as a commercial lending manager. When asked how come he got jobs like these after his RAF background, he says that he thinks people recognised him as a leader and team builder. This takes Rob's life up to 1996, when he decided to have a 'tree change'!

It's now time to bring Gill into the picture - she was born in Sydney in 1954 and has two sisters who live in Sydney. Gill was interested in art from a very young age. After she left school she went to live in London and Europe for a couple of years. She says that in the 1970's London was alive and vibrant and it introduced her to the wonders of coloured TV and computers - her exposure to computers was put to good use when she returned to Australia. While in Europe she experienced the Bohemian lifestyle of Paris, where she enjoyed exploring art galleries and museums. This has made Gill a keen history buff and she enjoys music and learning about other cultures.



**Gill, the artist**

Back in Adelaide, Gill who got into computers early, took a job with the Email electrical appliance company as a financial stock controller and computer trainer. Gill says that throughout her life she has always been involved in creative pursuits like copper beating, photography, pottery, quilting and recently painting in acrylics. Experimenting in and focussing on details and colour is what she enjoys, and she is inspired by the light and colours of the Impressionists.

How did Rob and Gill meet? In 1983 Rob went to a Dick Frankel jazz concert at the Sussex Hotel in Adelaide - and he met Gill and they married a few years later, celebrating a milestone wedding anniversary on Christmas Day 2019.

Let's now get back to the "tree change" in 1996. Rob and Gill decided to turn their backs on the kinds of jobs that Rob had been in, to leave the Adelaide metropolitan area, and move to Balaklava to take up a business venture - they established a menswear store. They developed this into a very successful business diversifying into workwear, school uniforms, sports wear, trophy engraving, etc. They even had a room at the back of the shop reserved as an outreach room - this reflected their strong involvement in local church and community activities. Rob's church involvement included being a lay preacher in the smaller faith communities around Balaklava.



While in Balaklava Rob joined the SA Ambulance Service he did a 12 month training course and then served as an ambulance officer for 11 years. This involvement gave him and Gill the opportunity to attend the 2000 Olympic Games in Sydney where Rob was part of the Games Medical Team for two weeks - one week with the boxers (quite busy!) and the second week with the yachting (mostly involved sun-baking!).

Rob and Gill sold the Balaklava business and Rob decided to take his interests in medical science to the next level. After studying for three and a half years he qualified as a nurse - he says that is one of the best things he has ever done and thinks that is what he always wanted to do! He worked in the Clare, Gawler and Lyell McEwin Hospitals and then in a medical super centre which saw 300-500 patients per day and where he was Treatment Room Manager. He held that position for just over 7 years, finally retiring at the age of 69.



**Ambulance Officer, Rob**

Rob and Gill moved to Tanunda in 2008, then moved to Nuriootpa in 2014 and now to TRL in 2020. This couple have travelled to many locations - UK, Europe, USA, Tahiti, Hawaii, NZ and many places in Australia - usually as solo travellers. They have relatives in many places - UK, Spain, USA, NSW and WA and use modern technology to keep in touch.

Now they look forward to having time to engage in their interests. For Gill it's art, word games, gardening and travel. For Rob it's music - playing guitar, composing, writing lyrics, as well as his involvement in a number of choirs, golf (with Gill as caddy), cycling and travel.

We welcome Rob and Gill - we are glad to have you as part of our TRL community!



**Rob and Gill in Rome - now hoping for more opportunities to travel**

*Rob's and Gill's story as told to Geoff Munzberg*



## ***DOWN MEMORY LANE ...!***

**Can you recognise these handsome couples?  
All of them are current Tanunda Retirement Living  
Residents!**



To find out who they are, please go to Page 20

**Would you share a photo from your early life with TIT TAT readers?  
Just drop it in to TLH Reception and you might just see yourself in a future TIT TAT!**



### **TANUNDA RETIREMENT LIVING**

***March 2020***

#### **COMING EVENTS**

**Here are some dates for you to note:**

**COMING UP IN  
MARCH**

The Social Committee plans to continue Friday Coffee and Chat.

**Friday Coffee and Chat Group meets in the Social Centre, 10.30am**

Come along for a chat with other residents - bring a friend!



**Dates are: 6th March 13th March 20th March 27th March**

Guest Speaker from "KEORIDE" attending on the 6th March

**There will be a Get Together on Thursday 19th March at 11.00am**

Guest Speaker will be Natalie Allan from Barossa Council who will help us better understand how recycling works and to help us know what to put in the correct bin.

**Stay for lunch afterwards - details to follow.**



#### **Advance Notice**

**April 16th - TRL "Meet and Greet"**

Come along and meet our newest residents and make them feel welcome. Details to follow.





Residents, Representatives and Family members  
are invited to attend a talk by the

## **Aged Rights Advocacy Service (ARAS)**

**When: 1.30pm  
Tuesday, 31<sup>st</sup> March 2020**

**Where:  
Tanunda Lutheran Home  
Chapel**

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The talk will cover:

- ☒ **Role of ARAS**
- ☒ **Rights and responsibilities of people receiving aged care services**
- ☒ **Advocacy**
- ☒ **How ARAS can assist you to uphold your rights**
- ☒ **Any questions you may have**

**aras**  
aged rights advocacy service inc.



"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.



Wheel of Fortune



Connect Four



Playing Cards



Tai Chi



**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....*





"Enjoying life with fun & friends"

Love the new  
games that have  
been introduced ...



Afternoon with R & B  
Legend Melvin Brown  
Sum this afternoon up in one  
word

... FANTASTIC ...



Ivy Cooking up a storm of pancakes for  
Shrove Tuesday

Wheel of Fortune  
in Action with  
Norma...



Always time for a cuppa and a catch up



Doug playing the famous  
Bagatelle



# Wellness & Lifestyles

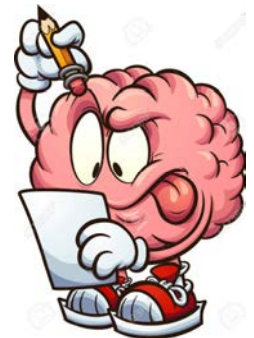


**Tuesdays and Thursdays  
9.00 - 10.00am**

Resuming 7th January 2020

**TLH GYM - LED BY  
PHYSIOTHERAPISTS**

**\$6.00 per session**



- Are you looking for a different way to spend your afternoon?
- Do you like to challenge your thinking?
- Do you think you have all the answers?
- Would you like to be around like-minded people?
- Are you bored of the same old, same old?

If this sounds like you; we are looking at running a quiz / trivia group regularly during the afternoon.

*Please see lifestyle with an expression of interest.*



**Kathleen Ballinger- every Wednesday**

For the past 20+ years I have worked in many areas of Mental Health Social work practice, including non-government organisations like the Salvation Army, Centacare and Mission Australia, hospital Social work in Horsham VIC, rural health, and private counselling practice before relocating back to Adelaide in February 2019 to be closer to our adult children. My husband and I are enjoying rediscovering Adelaide, and love the beach and Central Market on weekends.

Kathleen and Karyn from Sonder are available to speak to if you are needing some support, whether you are a new resident, recovering from an illness or injury, or feeling a little down or anxious.

We are more than happy to come and visit you.

**Karyn Hodson- every Tuesday**

I am a Mental Health Social Worker who enjoys working with people across the lifespan. Life can be challenging and we all have a story to tell. We are all unique but have common threads whether they be experiences, beliefs or values. I am a great listener and I like to share stories to help make sense of the world and the place we have in it. Travel is a passion of mine, and now my children have grown up and left the nest I am making the most opportunities I can to explore countries and cultures. I look forward to working with you and hearing your story.

If you would like to be involved in the Sonder Residential Wellbeing Program please see one of the staff.



Thank you to all for your prayers, kindness and condolences on the passing of Darrell.

Thank you to the amazing staff of Tanunda Lutheran Home for your love and care of Darrell and me over the six years.

Also to the Tanunda Retirement Living family who have also been a great support to me in particular.

Glenis Kupke.

thankful  
— & —  
grateful

Tanunda Lutheran Home is looking for your help and ideas.



**What theme do you think  
TLH's Christmas Float in  
the 2020 Barossa Christmas  
Parade could be?**



Please submit your ideas to reception, in person  
or via email at [belinda.treloar@tlhome.com.au](mailto:belinda.treloar@tlhome.com.au)  
by Tuesday the 31st of March 2020 -

This is a wonderful event enjoyed by our residents and staff.



**Rose Petals Wanted**

Fresh or dried

Please see Steph at Reception

**mobilitysa**  
supporting independence

**SALES & SERVICE**  
NDIS SUPPLIERS



Pulls Apart

**SCOOTERS! SCOOTERS! SCOOTERS!**



**PH 0490 705 966**

37 Kalimna Rd, Nuriootpa  
E: [sales@mobilitysa.com.au](mailto:sales@mobilitysa.com.au) [www.mobilitysa.com.au](http://www.mobilitysa.com.au)  
OPEN 9-5 Monday-Friday

**DOWN MEMORY LANE ...! - the answers**

From left to right:

Our Diamond Wedding couple Wilf and Jan Fechner (1960)

Jeff and Ineke Garnaut taken when they first met (1981)

Geoff and Helen Munzberg taken at Geoff's 21st Birthday Party (1960)

## **VOLUNTEER NEWS**

### **Volunteers Morning Tea**

Volunteer appreciation morning teas will be held in the social centre from 10am - 11am on the;

Tuesday 14th April

Tuesday 2nd June

Tuesday 4th August

Tuesday 6th October

Tuesday 1st December



**Please RSVP 1 week prior to the date.**

Please note the change of April date.

## *Happy Birthday*

To all of our wonderful Volunteers

for the month of

*March*

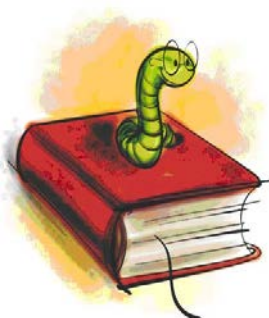
### **FREE TLH LIBRARY**

Situated on the lower level near Trinity Court entrance

Open 9.00-12 noon

Wednesdays and Fridays

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



### **Sunday 1st** **World day of Prayer**

10.30 Worship Service

Chapel

### **Monday 2nd**

10.15 Hymn Singing

Chapel

11.00 Worship Service

ABG

1.15 Social Bingo

Chapel

1.30 Social Bingo

Grevillea Lounge

3.30 Walking group

Leaving from Acacia

### **Tuesday 3rd**

10.00 Knit and Natter

Protea/Grevillea

10.30 Moovers and Groovers

Chapel

1.15 Carpet Bowls/Happy Hour

Chapel

1.30 Men's Group

Men's Shed

3.30 Walking Group

Leaving from Acacia

### **Wednesday 4th**

9.00 - 12noon TLH Library Open

Trinity

9.30 Bingo Bottle Top Dry/Sort

Protea Lounge

10.30 Art Therapy

ABG

10.30 Hand Wax Therapy

Protea

10.30 Lenten Service

Gramp Chapel

1.15 Sing along with Garry

Chapel

1.30 Arm Chair Exercises

Acacia Lounge

2.00 1st Blessing of the Month

Acacia Lounge

3.30 Reminiscing

ABG

### **Thursday 5th**

10.00 Card Making with Irene

Protea Lounge

10.30 Moovers and Groovers

Chapel

10.30 Wonders of Nature

Grevillea

1.30 Tanunda Show Work

Protea Lounge

1.30 Balloon Tennis

ABG

3.30 Walking Group

Leaving from Acacia

### **Friday 6th**

9.00 - 12noon TLH Library Open

Trinity

From 9.15am - Canteen Trolley

TLH

10.00 Memory Game

ABG

10.30 Christian Faith & Life

Gramp Chapel

1.15 Social Bingo

Chapel

1.30 Basketball

ABG

2.00 Happy Hour

ABG

### **Saturday 7th**

There are a variety of different activities available, please ask a staff member for assistance.

### **Sunday 8th**

10.30 Worship Service

Chapel

### **Monday 9th** **PUBLIC HOLIDAY**

**Adelaide Cup**

There are a variety of different activities available, please ask a staff member for assistance.



**Tuesday 10th**

|                              |                  |
|------------------------------|------------------|
| 10.00 Knit and Natter        | Protea/Grevillea |
| 10.30 Moovers and Groovers   | Chapel           |
| 1.15 Carpet Bowls/Happy Hour | Chapel           |
| 1.30 Men's Group             | Men's Shed       |
| 3.30 Whiteboard Games        | Acacia           |

**Wednesday 11th**

|                                |               |
|--------------------------------|---------------|
| 9.00 - 12noon TLH Library Open | Trinity       |
| 9.30 Bottle Top Sorting        | Protea Lounge |
| 10.30 Art with Helen           | ABG           |
| 10.30 Hand Wax Therapy         | Protea        |
| 10.30 Lenten Service           | Gramp Chapel  |
| 1.15 Volleyball                | Chapel        |
| 1.30 Arm Chair Exercises       | Acacia Lounge |
| 3.30 Current Affairs           | ABG           |

**Thursday 12th**

|                            |                     |
|----------------------------|---------------------|
| 10.30 Wonders of Nature    | Grevillea           |
| 10.30 Moovers and Groovers | Chapel              |
| 1.15 Sing along with Doug  | Chapel              |
| 1.30 Bean Bag Toss         | Grevillea           |
| 3.30 Walking Group         | Leaving from Acacia |

**Friday 13th**

|                                |               |
|--------------------------------|---------------|
| 9.00 - 12noon TLH Library Open | Trinity       |
| From 915am—Canteen Trolley     | TLH           |
| 10.30 Christian Faith & Life   | Gramp Chapel  |
| 10.00 Memory Game              | Acacia Lounge |
| 1.15 Social Bingo              | Chapel        |
| 1.30 Parachute Ball Game       | Grevillea     |
| 2.00 Happy Hour                | ABG           |

**Saturday 14th TANUNDA SHOW**

There are a variety of different activities available, please ask a staff member for assistance.

**Sunday 15th**

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

**Monday 16th**

|                       |                     |
|-----------------------|---------------------|
| 10.15 Hymn Singing    | Chapel              |
| 11.00 Worship Service | Acacia Lounge       |
| 1.15 Social Bingo     | Chapel              |
| 2.00 Bingo            | Grevillea Lounge    |
| 3.30 Walking group    | Leaving from Acacia |

**Tuesday 17th ST PATRICK'S DAY**

|                                    |                  |
|------------------------------------|------------------|
| 10.00 Knit & Natter                | Protea/Grevillea |
| 10.30 Moovers and Groovers         | Chapel           |
| 1.15 Irish Carpet Bowls/Happy Hour | Chapel           |
| 1.30 Men's Group                   | Men's Shed       |
| 3.30 Walking Group                 | ABG              |

**Wednesday 18th**

|                                |               |
|--------------------------------|---------------|
| 9.00 - 12noon TLH Library Open | Trinity       |
| 9.30 Bottle Top Sorting        | Protea Lounge |
| 10.30 Art Therapy              | ABG           |
| 10.30 Hand Wax Therapy         | Protea        |
| 10.30 Lenten Service           | Gramp Chapel  |
| 1.15 Water Ping Pong           | Protea Lounge |
| 1.30 Armchair exercises        | Acacia Lounge |
| 3.30 Reminiscing               | ABG           |

**Thursday 19th****AFL STARTS**

|                            |                     |
|----------------------------|---------------------|
| 10.30 Wonders of Nature    | Grevillea           |
| 10.30 Moovers and Groovers | Chapel              |
| 1.15 BUS TRIP              | Leaving from Protea |
| 1.30 Movie Afternoon       | Waratah Lounge      |
| 1.30 Balloon Tennis        | ABG                 |
| 3.30 Walking Group         | Leaving from Acacia |

**Friday 20th**

|                                |               |
|--------------------------------|---------------|
| 9.00 - 12noon TLH Library Open | Trinity       |
| From 915am - Canteen Trolley   | TLH           |
| 10.00 Memory game              | Acacia Lounge |
| 10.30 Christian Faith & Life   | Gramp Chapel  |
| 1.15 Social Bingo              | Chapel        |
| 1.30 Basket Ball               | ABG           |
| 2.00 Happy Hour                | Grevillea     |

**Saturday 21st****HARMONY DAY**

There are a variety of different activities available, please ask a staff member for assistance.

**Sunday 22nd**

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

**Monday 23rd**

|                       |                     |
|-----------------------|---------------------|
| 10.15 Hymn Singing    | Chapel              |
| 11.00 Worship Service | Acacia Lounge       |
| 1.15 Wheel of Fortune | Chapel              |
| 1.30 Ball Games       | Grevillea           |
| 3.30 Walking Group    | Leaving from Acacia |

**Tuesday 24th**

|                              |                  |
|------------------------------|------------------|
| 10.00 Knit and Natter        | Protea/Grevillea |
| 10.30 Moovers and Groovers   | Chapel           |
| 1.15 Carpet Bowls/Happy Hour | Chapel           |
| 1.30 Men's Group             | Men's Shed       |
| 3.30 Whiteboard Games        | Acacia           |

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

**Wednesday 25th**

|               |                       |               |
|---------------|-----------------------|---------------|
| 9.00 - 12noon | TLH Library Open      | Trinity       |
| 9.30          | Bottle Top Sorting    | Protea Lounge |
| 10.30         | Art Therapy           | ABG           |
| 10.30         | Hand Wax Therapy      | Protea        |
| 10.30         | <b>Lenten Service</b> | Gramp Chapel  |
| 1.15          | Placemat Craft        | Protea Lounge |
| 1.30          | Armchair exercise     | Acacia Lounge |
| 3.30          | Current Affairs       | ABG           |

**Thursday 26th**

|       |                       |                     |
|-------|-----------------------|---------------------|
| 10.30 | Wonders of Nature     | Grevillea           |
| 10.30 | Moovers and Groovers  | Chapel              |
| 1.15  | Birthday Celebrations | Chapel              |
|       | <b>George Davis</b>   |                     |
| 3.30  | Walking Group         | Leaving from Acacia |

**Friday 27th**

|               |                              |               |
|---------------|------------------------------|---------------|
| 9.00 - 12noon | TLH Library Open             | Trinity       |
|               | From 915am - Canteen Trolley | TLH           |
| 10.30         | Christian Faith & Life       | Chapel        |
| 10.00         | Memory Game                  | Acacia Lounge |
| 1.15          | Social Bingo                 | Gramp Chapel  |
| 1.30          | Parachute Game               | ABG           |
| 2.00          | Happy Hour                   | Grevillea     |

**Saturday 28th**

There are a variety of different activities available, please ask a staff member for assistance.

**Sunday 29th**

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

**Monday 30th**

|       |                 |                     |
|-------|-----------------|---------------------|
| 10.15 | Hymn Singing    | Chapel              |
| 11.00 | Worship Service | Acacia Lounge       |
| 1.15  | Bingo           | Chapel              |
| 1.30  | Ball Games      | Acacia Lounge       |
| 3.30  | Walking Group   | Leaving from Acacia |

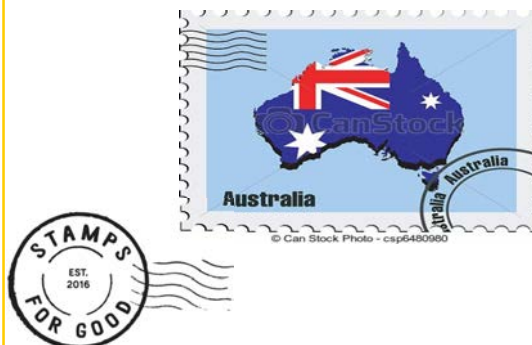
**Tuesday 31st**

|       |                      |                     |
|-------|----------------------|---------------------|
| 10.00 | Knit and Natter      | Protea/Grevillea    |
| 10.30 | Moovers and Groovers | Chapel              |
| 1.30  | ARAS                 | 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!

**Stamps for Mission**

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

**Christian Faith and Life**

An activity replacing Bible insights and Wisdom of the Elders. We will look at one news item from the week from a Christian perspective, look at the Gospel reading for the coming Sunday, sing a couple of songs and pray together.

Each Friday in the Chapel 10.30

IRL residents most welcome..

Chaplain Ian Lutze

**TANUNDA RETIREMENT LIVING****LADIES' GET TOGETHER**

Saturday 7th March 1.30pm in the  
Café - Please bring small plate of food  
for afternoon tea



Call: Margaret Spike  
0481 255 041

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

Kind Regards, The Lifestyle Team.



# Horse Breeds



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

PASO FINO  
 SHETLAND PONY  
 QUARTER HORSE  
 MORGAN  
 CLYDESDALE  
 FALABELLA  
 AKHAL-TEKE

THOROUGHBRED  
 MISSOURI FOX TROTTER  
 FRESIAN  
 HAFLINGER  
 LIPIZZANER  
 SHIRE  
 TENNESSEE WALKING HORSE



ARABIAN  
 CHINCOTEAGUE PONY  
 MUSTANG  
 PINTO  
 APPALOOSA

