



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
- ★ 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 2020

*Lutheran
Church
of Australia*



Chaplain's Reflection



Church at TLH

Since COVID -19 the way we've offered church services at TLH has changed. Most dramatically the Sunday Service did not happen for some months, and when we attempted a re-start it was immediately evident that the old model of everyone worshipping together was still too risky.

So now we provide a service on Sundays for the Independent Living community, plus for some others from the wider community who like to worship with us. This service is every Sunday at 10.30 in the chapel. You are very welcome to join us at any time, even as a once-off if you would like to check out how we do things. Entry to the service is via the chapel doors.

Our Sunday services, and the services within the care facility, attempt to be honest to what Lutherans hope is our contribution to the wider church: to proclaim grace, received by faith in Christ, as our number 1 value. So Lutheran worship is done in a spirit of grace, rather than rigidly sticking to a particular formula. This gives us a lot of flexibility to include people of different church backgrounds in our worship (worship with an 'ecumenical twist' as I sometimes describe it).

In a similar vein of thought, other retirement villages often invite different churches to provide worship, so that more people feel included. We are always open to do this too, although the numbers would tend to be small. So we feel obliged to make our Lutheran worship as open as possible, and always welcome suggestions on how to do this better.

That's us then. Engage as you wish. And of course if your current church connections are working well, we celebrate with you too.

Have a blessed November!



HAPPY BIRTHDAY

November



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



Q: What do you call a horse that lives next door?

A: A neighhh - bour ! !!

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

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 - TRL

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

Welcome

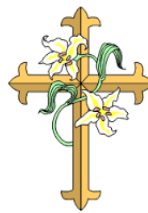
Respite

Ron Letch

Lorna Russack

Carol Baverstock

Arnold (LIN) Kowald



DEATHS

*Our deepest sympathy
to the families of*

Gladys Lane 16th Oct

Trevor Blenkiron 27th Oct

May they rest in peace ..



TLH SHOPPING BUS



Please remember to book - They will only be travelling to Tanunda until further notice
Thank you

Wednesday	4th November	Tanunda
Wednesday	11th November	Tanunda
Wednesday	18th November	Tanunda
Wednesday	25th November	Tanunda

The Bus will pick you up from your home - ONLY if you have booked



From the CEO



Mr Lee Martin

When reading this Tit Tat, I would like you all to acknowledge the Veterans and all survivors of the Second World War—on Remembrance Day the 11th November 2020 at 11.00am.

Here we are heading rapidly towards Christmas - where are we with the COVID-19 pandemic!!

Tanunda Lutheran Home prides itself in meeting the care and aged care Standards as they continually change. COVID-19 has certainly tested the resolve of all residents, their families and staff. We do appreciate your patience in accepting the numerous changes occurring to ensure everyone's safety. The visitation rules remain in place and will do so for some time to come. Please remember to make appointments to visit the Home and ensure the visitation process goes smoothly.

It is becoming well known that dementia is a growing issue in the ageing population of Australians and other countries around the world. Dementia can be categorised and diagnosed in many ways. Loss of memory is one of the most common issues suffered with complications of confusion and aggression due to frustration or lack of understanding. To ensure the safety of those who suffer dementia, secure appropriate environments are at times preferred. A quiet, organised daily routine is suggested. Activities that are non-threatening and easy to do are also suggested. It is usually something that the resident likes to do that can be easily made available.

The current themes of our training at TLH is centred on the development of staff knowledge in supporting residents with various levels of behaviours due to dementia. There are times where the behaviour of a resident may affect their daily care needs. Refusal to take regular their medications or have personal hygiene needs met is common. There are also the occasional resident that has an aggressive trait – some of our staff and other residents do receive physical and verbal abuse without warning. The ABG environment is designed to assist in care of those suffering from dementia. Our staffing in the area is greater than other areas of the Home.

Over the coming weeks all staff will be receiving specific training from an external qualified trainer on how to better deal with the more aggressive behaviour of residents with dementia. The outcomes we are expecting from the training are related to ensuring residents are well supported during the day and night, that staff physical & verbal abuse is reduced by staff knowing how to more aware of the residents traits and ensuring other residents feel safe living in the same environment.

Other areas of clinical training is being enhanced by the establishment of a mentoring system for the more experienced staff to assist our junior staff learn. Learning a nursing craft is not easy. Having supportive experienced staff guiding other through the trials and tribulations of a shift in an aged care facility ensures staff cope with the changing clinical tasks and cope with everyday stresses of the job. With the assistance of our newly appointed Clinical Educator the process has been made easier.

The Home has a very good reputation with the assistance provided to providing on the job education and experience for all types of students. We receive requests from schools, TAFE and universities. The period of training can be from one or two days to a number of weeks. If you know of anyone who would like to attend our Home for training please refer them – call on 8563 7777.

As mentioned in previous Tit Tat articles – Our retirement village units are ready for sale and waiting for their new owners. There are variety of units on offer, if you know of anyone who is looking to retire in the Barossa send them our way. It's time to start living.

Please remember to stay safe everyone and please wash & sanitize your hands

“Times and conditions change so rapidly that we must keep our aim constantly focused on the future.” - Walt Disney



Tanunda
Lutheran Home Inc.



News from Kim & Steph

(People, Culture & Customer Service Manager
& the Quality & Training Officer)

DEPARTMENT OF HEALTH

As at **3pm on 21 October 2020**, a total of 27,444 cases of COVID-19 have been reported in Australia, including 905 deaths and 24,995 have been reported as recovered from COVID-19.

- Over the past week, there has been an average of 16 new cases reported each day. Of the newly reported cases, the majority have been from NSW.
- To date, over 8,378,000 tests have been conducted nationally. Of those tests conducted 0.3% have been positive.

The 'cases in aged care services' table presents the number of cases that have been reported among care recipients in Australian Government subsidised Residential and In Home Care settings in each state and territory.

Source: health.gov.au ~ 22/10/2020

CASES IN AGED CARE SERVICES

Confirmed Cases	Australia	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Residential Care Recipients	2049 [1365] (683)	0	61 [33] (28)	0	1 (1)	0	1 (1)	1986 [1332] (653)	0
In Home Care Recipients	82 [74] (8)	0	13 [13]	0	8 [8]	1 [1]	5 [3] (2)	54 [49] (5)	1 (1)

Cases in care recipients [recovered] (deaths)

DEPARTMENT OF HEALTH

Mental health support for aged care workers

While the pandemic has changed so much about the way we live and work, maintaining good mental health is very important, particularly so for workers in aged care. There are a range of resources available to support the aged care workforce.

Resources include the Department's '[Head to Health](#)' site, which can help you find digital mental health services from some of Australia's most trusted organisations. It brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

Digital and phone support for mental health during COVID-19 has been strengthened with a number of [digital and telehealth support services](#), including for vulnerable people and those with severe and complex needs.

Beyond Blue has produced a flyer detailing the support they can offer during COVID-19 which can be printed and displayed on notice boards for the residents and staff, and emailed to the families and friends of residents.

Source: DOH Email ~ 22/10/2020

HOME CONTINUOUS IMPROVEMENT UPDATE

- Reminder: Visitors can request reoccurring appointment times to visit their loved ones without having to call every time they wish to visit. To set up a continuously visitation time, please speak with Reception on 8563 7777 or the Registered Nurse 8563 7712.
- Mandatory Fire Training sessions have been completed.
- All staff who did not completed the Mandatory "Understanding COVID19 for Aged Care Workers" issued by SA Health by the 1st October, have been removed from Roster.
- Sheree Wills, Work Health & Safety Officer, in collaboration with Steph are arranging Manual handling training specific to staff positions.
- Residents attended a voluntary information session on Dysphagia on Tuesday 27th October. To help provide information on swallowing difficulties and why residents receive modified diets.
- The garden beds outside ABG have been filled and it wont be long until lifestyle activities commence utilising this amazing area.
- Residents will now be able to schedule physio appointments in to better suit when they are available.
- Staff & Residents are encouraged to dress up on the 13th November as farmers.

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During September we received complaints about Cleaning (1) Environment (2) Food (2) Missing items (2) Resident (1) Customer Service (1) and we are working with the comment maker(s) in resolving the concern to the comment makers satisfaction.

Also during September we received compliments about Food (8) Staff (12) Lifestyle (3) Customer Service (2) Maintenance (2) Wellbeing (1) and a total of nine (9) suggestions. We really value this feedback and thank you for taking the time to communicate your thoughts, opinions and experiences with us.

Please feel encouraged to provide us with any feedback, either via email or Share your Experience forms, including any dissatisfaction you may be experiencing

Kim & Steph

22nd October 2020





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)

Staff News



Please give a warm welcome to our new staff.



Bridie Potter
Hospitality



Hilary Williamson
Carer



**Dress Up Like a
Farmer
13th November**

Employee of the Month

September

Congratulations

Meriam Lapan

**Well done and thank you to all the staff who
received compliments for May**

Tammy Wastell, Charlie Sapio, Sharryn Hueppauff,
Neville Parham, Sherril Fechner, Julie David,
Pauline Andala, Kelly Templer, Tracy Dowler,
Rubily Dusan, Sandra Van Nierop, Elvie Van
Gastel, Michael Hentschke, Mike Schultz, & All TLH
Staff



All compliments Submitted are also reviewed annually for our Value based awards.

To book an appointment with Kim Hahn you can contact the Executive Assistant by

Email: britany.mickan@tlhome.com.au

Ph: 8563 7733

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.

We Love Receiving Feedback

This form gives you the opportunity to "Share Your Experience" about the service Tanunda Lutheran Home provides. We value all your feedback (both positive and 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.

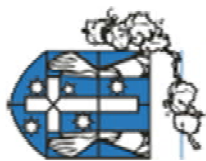
The Manager will acknowledge receipt of this form and after any necessary investigations and consultation you will be informed of the results either in person or by letter.

All the comments are forwarded to Stephanie Vickers (Quality & Training Officer) who coordinates the comment process and will ensure the correct person is notified of your comment.

You can also contact Stephanie directly via email at stephanie.vickers@tlhome.com.au or ask a staff member to direct you to speak with Stephanie.

You are also welcome to talk to People, Culture & Customer Service Manager – Kim Hahn if you are not satisfied with the way your complaint/suggestion is being handled.

Please return this form to the Quality & Training Officer at Tanunda Lutheran Home via drop of at reception or by posting to
Tanunda Lutheran Home
Attn: Quality & Training Officer
27 Bridge Street TANUNDA SA 5352



Tanunda

Lutheran Home Inc.

Enriching the lives of our older people

NURIOOTPA
RETIREMENT LIVING

TANUNDA
RETIREMENT LIVING

Share Your Experience



Comment Makers Information (Optional)

By providing your details it ensures that we are able to contact you and inform you of any and all outcomes from your comment.

Name: _____

Contact Number: _____

Email: _____

Address: _____

On Behalf of: _____

If you have provided your details but wish to remain anonymous please tick the box ☐

OFFICE USE ONLY

Date Received: _____ CCS Log No: # _____

Comment Maker Acknowledged:

☐ Phone Call ☐ Letter ☐ In Person

Comment forwarded to Department Leader: ☐

CI Required? Yes/No _____

Was the outcome satisfactory: Yes/No _____

Closure Date: _____

Follow Up: 3 Months ☐ 6 Months ☐ 9 Months ☐ N/A ☐

Other: _____

☐ Resident ☐ Relative ☐ Staff ☐ IRL Resident ☐ Other: _____

☐ Compliment ☐ Complaint ☐ Suggestion

Comments / Details:

☐ Would you like to discuss this issue with the relevant leadership team member?

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

Thank you for being apart of our TLH family, our people are our greatest strength,
we appreciate your comment.





Christmas Season Notification

Dear Residents, Family Members and our Greater TLH Community,

Unfortunately, due to our responsibilities within the Emergency Management (Residential Aged Care facilities No. 11) (COVID-19) Direction 2020, we are unable to host a Christmas Day Luncheon as previously traditioned at TLH.

We would like to encourage our Residents and family members who are able to, to celebrate the day by celebrating the day away from TLH. Options may be available by booking early through Restaurants and Hotels or at Home Gatherings.

We would like to ask that should you intend to take your loved one out for Christmas that you let us know prior to the day or alternatively, if you are wishing to have a visit at TLH with your loved one that you book the visit within plenty of time to avoid disappointment. The Emergency Management plan, at this stage, still requires Residents to have only one short visit, per day of up to two people. Evidence of influenza vaccination 2020 must be provided prior to entry to TLH as per the Direction. This visit must be held in the Residents room, not in an area where contact with other Residents could occur.

We would also like to let you know that the Café will be closed from Friday December 25th and reopening on Monday 4th January. Reception will be closed for all public holidays only.

In advance, we hope you all have a very precious Christmas season.



Tanunda
Lutheran Home Inc.



Q: What disease was the horse scared of getting?

A: Hay fever !



Fun Fact: Horses can sleep both lying down and standing up



*ABG Artist
of the Month*

**Congratulations
Jean Hudson**

NOW'S THE TIME TO GET ONLINE

Wednesday, 21 October 2020 was the day the Annette Ognjanovic's long-held vision of running an all-day program to help retirement living people become familiar with and more competent with the technology on their computers, tablets and 'phone's.



Nuriootpa Retirement Living Social Centre

We thank Annette for her vision and persistence organising and running the day for the group of more than twenty Tanunda and Nuriootpa Retirement Living residents. Participants enjoyed meeting in the splendid facilities provided at the Social Centre at Nuriootpa Retirement Living.

The first session of the day was "Internet Safety." Participants were shown the government sites www.essaftey.gov.au www.scamwatch.gov.au and www.beconnected.esafety.gov.au to help people recognise the scams and frauds that exist online, and how they can report them.

The next session was more fun – participants learned how they can search for different subjects on their devices and how they can look at subjects on YouTube. Following this session lunch consisting of Chicken/Ham/Beef and salads followed by strawberries and various slices, served from the Social Centre kitchen was enjoyed.



Annette in conversation with Mayor Lange via ZOOM

The whole of the afternoon session was devoted to helping participants use ZOOM. Even the early technical problems that were experienced were a learning experience for everyone. Eventually Annette was able to have a conversation with Mayor Lange in his Barossa Council Office, in which we heard about Barossa Council's use of technology to deliver services and connect with people. Annette then showed participants how to set up a ZOOM meeting, and she was able to show

how a number of the people at the session could see each other and talk to each other via their devices.



Solving problems was sometimes a shared task. Here Annette, Elaine, Joan, Kym, Verna, Jan and Margaret, are busy helping each other.

Annette acknowledges that the grant that we received from the **GOOD THINGS FOUNDATION** enabled us to host this event. She is also grateful for the people who helped make the day happen: Carolyn Redden, Cherie Cheyne, Kym Huxtable, David Armstrong, Graham Thetford (NRL) and Elaine Leditschke, Irene Joppich and Margaret Spike who helped with the catering. This was a successful day, where people learned – and shared their knowledge – about technology.

WHERE TO NEXT WITH GETTING ONLINE?

TRL and NRL residents have received information on how they can register for the online lessons held through the BE CONNECTED website. Anyone wanting to take part and up-skill in the technology that you own can attend meetings at the Social Centre, Nuriootpa Retirement Living on 3rd and 6th November. Registration for these sessions can occur on either day. The classes commencing later in November will consist of 4 – 6 people (hopefully 4) so that participants can receive personal help.

Annette has put on the board outside the TLH Social Centre information about what courses are available online from the BE CONNECTED website once you are registered. You will also find copies there of a booklet giving details about BE CONNECTED PLEASE TAKE ONE.

If you have any questions about getting more involved in these classes – or general questions about your technology issues, get in touch with Annette Ognjanovic (0499 208 778).



The NRL Social Centre will be the venue for the sessions to be held on 3rd and 6th November will help get participants started on the next stage of their technology journey

Remember – there is no such thing as a silly question about computers!



SOCIALISING AT TRL IS BACK - but a little differently!

Pictures of the 40 TRL residents who enjoyed lunch at The Clubhouse on 14 October.



COMING UP FOR TRL RESIDENTS: Coffee and Chat, Fridays 15 and 19 November, 10.30am Christmas Lunch, Friday 11 December - Details and invitations coming soon.



*Barossa Club
Fun,
Games,
Food, Friends
& Memories....*



CARD MAKING GROUP

The group will meet on Thursdays in Protea from 10am...

For details contact

Irene Joppich.



Courtyard Cafe is back ..

- Wash your hands before & after.
- You MUST book for inside dining.
- We have a courtyard available.
- Social distancing at all times.

Q: Why did the pony have to gargle?

A: Because it was a little horse!



Barossa Valley Christmas Light Trail



The Staff Social Committee in collaboration with the Lifestyle Team would like your help in creating the 2020 TLH Christmas Light Display.

Our vision is to light up the Bridge Street fence line with a "Christmas Gift Theme"

If you can assist, we are seeking donations in the form of Outside Christmas lights or Christmas decorations.

Help us end 2020 on a positive note, by bringing the Spirit of Christmas to TLH

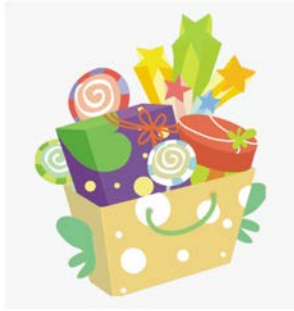


TRL Raffle



*The Retirement Living Raffle was drawn at the AGM
27/10/20 - Money raised from Raffle \$562.00*

Winners



- | | |
|------|----------------------|
| 1st | Doug Ramsey |
| 2nd | Kevin Jones |
| 3rd | Raelene Rosenzweig |
| 4th | Margaret Seeliger |
| 5th | The Randall Family |
| 6th | Bradley Burgemeister |
| 7th | Mary Farrington |
| 8th | Lee Martin |
| 9th | Ian Lutze |
| 10th | Glenis Kupke |
| 11th | Heather Beare |
| 12th | Clair Altus |
| 13th | Daphne Nobes |
| 14th | Elaine Leditschke |



Thank
so
much



Thank you to the ILR's who
have made Poppies for
remembrance day.



\$3 *pkt*

**Available from the
5th of Nov @ Reception .**





"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



Tia 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....*





Bus Trip to the Lavender Farm on beautiful Lyndoch.



Rhonda - Ivy - Daphne - Norma



Happy Birthday Margaret



Doug - Wes



Barossa Clubbies enjoying their afternoon



Barossa Clubbies enjoying their afternoon



Joan



Happy Birthday Raelene

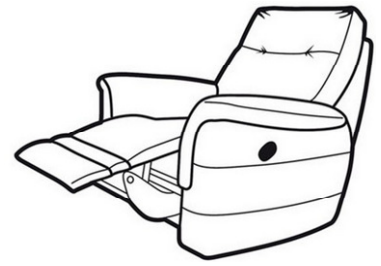


*Colour in your master piece ..
Be creative and colourful*

Rental Opportunities

Recliners - Fridges - Carparks

Recliners - If you don't have a recliner or your waiting on a delivery, we can offer recliners for your comfort.

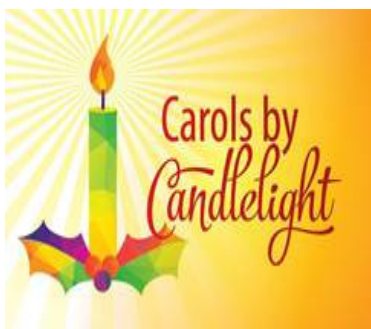


Fridges - If you would like a small fridge or a larger fridge, we can offer what suits your needs.

Carparking - Residents with a car , we can offer you a reserved park .

Chairs (normal chair) - Each room is supplied with one normal chair, if you are wanting more chairs for visitors or family, you will need to supply them, (folding is a good option, so not to take up room in residents rooms). With COVID-19, families are not to go into communal areas to visit they must stay within the residents rooms.

All rentals prices and agreements - Pls see Sharryn Hueppauff.



Save the Date

TLH Carols By Candlelight
Wednesday the 9th of December
from 6 - 7.30pm in the
Chapel



Strawberry Fete with a twist.



This year due to COVID-19, we are unable to hold our traditional strawberry fete.

"The Strawberry Fete is one of the major fundraisers for the years that goes towards Wellness and Lifestyle activities for our residents".



This year we will be holding raffles and selling the items that the residents would have sold at the Strawberry Fete. These items will be available to purchase from reception or the lifestyle department. Some of these items include the much anticipated Mincer Biscuits, Hand Decorated Christmas decorations, Christmas gift tags and much more. New items will be added to the display each week until Christmas.

We would encourage everyone to dig deep with their support.



Thank you and we look forward to hopefully holding our traditional Strawberry Fete again next year.



World Space Week OCTOBER 4-10

The residents of TLH enjoyed going to space in October. We visited the international space station for armchair travel and make space ships and aliens in art and craft.



Beat Hueppauff



Elvie and Colin Bachmann with their dress up mask



Bev Kernich and Wendy Shemmeld

Knit & Natter



Betty Holness with her gorgeous poppy



Edna Pfitzner with her knitted animals



Racing Simulator



A big **Thank you** to *Roger* our gardener for bringing in his racing simulator for the residents to enjoy.



VOLUNTEER NEWS

Volunteers Morning Tea

Volunteers Christmas Morning Tea will be held on Tuesday the 8th December from 10am - 11am.

Please **RSVP** to reception if you are available to come **by** the 1st Of December



Volunteering

If you would like to sign up to be a volunteer and make a difference in the lives around you, please arrange a time to come and see Belinda the Volunteer Coordinator.

We would love to have you as part of the TLH family.



Happy Birthday

To all of our wonderful Volunteers
for the month of

November

Q: How long should a horse's legs be?

A: Long enough to reach the ground



LIFESTYLE PROGRAM

Christmas Hampers

TLH are helping LCC again this year with their Christmas Hampers. This year we have been asked to collect Jam donations. Drop off points are at reception and the Protea Nurses Station. – Thank you for your support.



Sunday 1st

2.00 TLH - Memorial Service

Chapel

Monday 2nd

10.15 Singing in the Chapel

Chapel

11.00 Worship Service

Acacia Lounge

1.30 Social Bingo

Chapel

1.30 Walking Group

Leaving from Acacia

2.00 Bingo

Grevillea Lounge



Tuesday 3rd - MELBOURNE CUP

From 10am Knit & Natter

Protea /ABG

10.30 Moovers & Groovers Protea / TC1

Chapel

From 1.30 Melbourne Cup Activities

Chapel

From 1.30 Melbourne Cup Activities

ABG

Wednesday 4th

9.00 - 12noon TLH Library Open

Trinity

10.00 Bottle Top Sorting

Protea

10.30 Art and Craft

ABG

1.30 Wheel Of Fortune

Chapel

1.30 Quiz / Game

Acacia

2.00 1st Blessing of the Month

ABG

Thursday 5th

From 10am Card Making with Irene

Protea

10.30 Wonders of Nature

Grevillea

10.30 Moovers & Groovers Waratah / TC2&3

Chapel

1.30 Christmas Choir

Chapel

2.00 Arm Chair Exercises

Acacia

Friday 6th

9.00 - 12noon TLH Library Open Trinity
 10.00 Walking Group Acacia Lounge
 11.00 Church Service Protea & Trinity Only Chapel
 1.30 Social Bingo Chapel
 1.30 Memory Game ABG
 2.00 Happy Hour Grevillea

Saturday 7th

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

Sunday 8th

10am - Church Service Chapel
 Independent living only

Monday 9th

10.15 Singing in the Chapel Chapel
 11.00 Worship Service Acacia Lounge
 1.30 Social Bingo Chapel
 1.30 Walking Group Leaving from Acacia
 2.00 Bingo Grevillea Lounge

Tuesday 10th

From 10am Knit & Natter TLH /ABG
 10.30 Moovers & Groovers Protea / TC1 Chapel
 1.30 Carpet Bowls Chapel
 1.30 Men's Group Men's Shed
 3.30 Quiz Game Acacia

Wednesday 11th - REMEMBRANCE DAY

10.30 Remembrance Service Chapel
 11.00 Church Service Waratah Only Waratah lounge
 1.30 Remembrance Day activities Protea
 1.30 Arm Chair Exercises Acacia Lounge
 3.30 Remembrance Day activities ABG

Thursday 12th

10.30 Wonders of Nature Grevillea
 10.30 Moovers & Groovers Chapel
 Waratah / TC2&3
 1.30 Christmas Choir Chapel
 1.30 Balloon Tennis Grevillea
 3.30 Individual Walks Leaving from Acacia

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

Friday 13th

9.00 - 12noon TLH Library Open Trinity
 10.00 Walking Group Acacia Lounge
 11.00 Church Service Protea & Trinity Only Chapel
 1.30 Social Bingo Chapel
 1.30 Memory Game ABG
 2.00 Spider Drinks Grevillea

**Saturday 14th - Adelaide Christmas Pageant**

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

Sunday 15th

Please see your TV guide for services available

Monday 16th

10.15 Singing in the Chapel Chapel
 11.00 Worship Service Acacia Lounge
 1.30 Social Bingo Chapel
 1.30 Walking Group Leaving from Acacia
 2.00 Bingo Grevillea Lounge

Tuesday 17th

From 10am Knit & Natter TLH /ABG
 10.30 Moovers & Groovers Protea / TC1 Chapel
 1.30 Christmas Decorating TLH
 1.30 Men's Group Men's Shed
 3.30 Quiz Game Acacia

Wednesday 18th

9.00 - 12noon TLH Library Open Trinity
 10.00 Bottle Top Sorting Protea
 10.30 Art and Craft ABG
 11.00 Church Service - Waratah Only Waratah lounge
 1.30 Christmas Decorating TLH
 1.30 Armchair exercises Acacia Lounge
 2.15 Sing Along with Doug ABG

Thursday 19th

10.30 Wonders of Nature Grevillea
 10.30 Moovers & Groovers Waratah / TC2&3 Chapel
 1.30 Bean Bag Toss ABG
 1.30 Christmas Choir Chapel
 1.30 Christmas Decorating TLH
 2.30 Current Affairs ABG

Friday 20th

9.00 - 12noon TLH Library Open	Trinity
9.30 Walking Group	Acacia Lounge
10.30 Memory Game	Acacia Lounge
11.00 Church Service	Chapel
Protea & Trinity Only	
1.30 Social Bingo	Chapel
1.30 Christmas Decorating	ABG
2.00 Happy Hour	Grevillea

Saturday 21st

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

Sunday 22nd

10am - Church Service	Chapel
Independent living only	

Monday 23rd

10.15 Singing in the Chapel	Chapel
11.00 Worship Service	Acacia Lounge
1.30 Social Bingo	Chapel
1.30 Walking Group	Leaving from Acacia
2.00 Bingo	Grevillea Lounge

Tuesday 24th

From 10am Knit & Natter	TLH /ABG
10.30 Moovers & Groovers Protea / TC1	Chapel
1.30 Water Ping Pong	Chapel
1.30 Men's Group	ABG
3.30 Quiz Game	Acacia

Wednesday 25th

9.00 - 12noon TLH Library Open	Trinity
10.00 Bottle Top Sorting	Protea
10.30 Art and Craft	ABG
1.30 Wheel of Fortune	Chapel
1.30 Arm Chair Exercises	Acacia Lounge
3.30 Current Affairs	ABG

Thursday 26th

10.30 Wonders of Nature	Grevillea
10.30 Moovers & Groovers Waratah / TC2&3	Chapel
1.30 Bean Bag Toss	Grevillea
1.30 Christmas Choir	Chapel
3.30 Individual Walks	Leaving from Acacia

Friday 27th

9.00 - 12noon TLH Library Open	Trinity
9.30 Walking Group	Acacia Lounge
10.30 Memory Game	Acacia Lounge
11.00 Church Service	Protea & Trinity Only
1.30 Social Bingo	Chapel
1.30 Christmas Activities	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

10am - Church Service	Chapel
Independent living only	

Monday 30th

10.15 Singing in the Chapel	Chapel
11.00 Worship Service	Acacia Lounge
1.30 Social Bingo	Chapel
1.30 Walking Group	Leaving from Acacia
2.00 Bingo	Grevillea Lounge



Residents

Christmas

Choir

The lifestyle team are looking for residents who would like to be involved in a Choir group to sing Christmas Carols.

The group will perform at the Christmas Carol Celebration in December.

If you would like to join us please share your expression of interest to the lifestyle team.



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



Melbourne Cup



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



Tuesday
Hats
Winner
Toobanna

November
Lunch
Colours
Jockey

Gallop
Races
Horses
Melbourne



Handbags
Fun
Flemington