



Tanunda
Lutheran Home Inc.

TIT

TAT

MONTHLY NEWSLETTER
TANUNDA
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

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- ★ Fax: (08) 8563 7799
- ★ 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

MARCH 2021

*Lutheran
Church
of Australia*



Chaplain's Reflection



So it's March again. Mad March some will say, though not as mad as some years as Covid curtails some activities like the V8s for example. Does time go faster when we're busier though? I can't deny any longer that this is true. I went for two walks past Daphne's grapevine. On the first walk the grapes weren't quite ripe. On the second not a grape was left. Every berry had been picked or pecked. Where did the time in between go? Even my quinces seemed to ripen quicker: even though it was a cool summer. I've resisted saying it, but time is speeding up!

Against this backdrop Christians have begun the solemn season of Lent: a study in time itself: "At the right time God sent his Son ..." (Galatians 4:4) We search for and cherish a sense of 'right time' – right time to plant a crop, right time to make a purchase, right time to retire, right time to consider aged care. We do so much better in life when the timing is right, and we celebrate a God who chose the right time, for us.

For us to sense the right time often involves a community gathering, a lot of listening, slowing down, making space for different thinking, being open to surprises, even prayer.

Speaking of which, my prayer is that you'll find the right time to do something or see something this March: that Mad March will become Memorable March, Meditative March or even Magnificent March marking the beginning of a new honouring of older people. Because the Royal Commission is reporting as I type, and we all know what they will say. We also know that magnificent leaders do things to benefit their most vulnerable people no matter what the cost. Enjoy the ride, and hope to talk to you in April, which will come too soon of course.

Chaplain Ian.

HAPPY BIRTHDAY

March



3 Wendy Rochow



11 Dudley Koch

16 John Schultz



18 Elizabeth (liz) Mahoney



The red-haired, green-clothed Leprechaun is commonly associated with St. Patrick's Day. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns likely stems from Celtic belief in fairies, tiny men & women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies ..(7 Surprising Facts About St. Patrick's Day - Leprechauns Are Likely Based on Celtic Fairies, 2021)

What do you give a sick lemon ?

.. Lemon Aid ..



The **DEADLINE** for all:
News / Information / Stories - April 2021 edition is

Monday 22nd March

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

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

Welcome



Respite

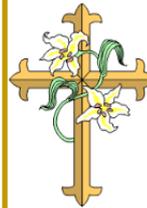
Ute (Margaret) Bayha

Charles La Nauze

Permanent

Ralph Kernich

Margaret Meyer



DEATHS

*Our deepest sympathy
to the families of*

Rhonda Peltz 13th February

Dudley Graetz 16th February

Cynthia Ellis 21st February

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	3rd March	Tanunda
Wednesday	10th March	Tanunda
Wednesday	17th March	Tanunda
Wednesday	24th March	Tanunda
Wednesday	31st March	Tanunda

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



From the CEO

Lee Martin - CEO



As I sit here in my office having just read an email stating that the Royal Commission into the Aged care Quality and Safety has been handed to the Governor General of Australia I ponder about the future of the aged care industry. The Final Report is the culmination of 28 months of work, including 23 public hearings involving 641 witnesses. Over 10,500 public submissions were received. Tanunda Lutheran Home was one of those submissions.

The main things I believe that will come from the royal commission are: changes to the Aged Care Act is to bring in a Human Rights element, there will be more administrative burden on facilities to ensure all residents and their families are provided with resident centred care and services and more will be directed to support people waiting for home care and services.

Tanunda Lutheran Home is prepared to accept any changes being suggested in the very near future. Our application to become an approved home care provider will enable us to provide services to residents of the retirement villages and other in the Barossa Region. Our residents already receive care and services within the resident centred care model and we have systems in place to ensure the quality of care and safety of our residents are monitored.

At a small celebration to recognise the completion of some of the new retirement units held Thursday 25th February 2021 both the Mayor – Bim Lange OAM and Bishop David Altus spoke very passionately about the services Tanunda Lutheran home has provided over the last 70 plus years. They also have noted the increased vision of the services to be provided into the future. Chris Pfeiffer also spoke about the great staff we have the pleasure of working with. Everyone puts in a lot of effort to meet the needs of the residents and the organisation in times when change has occurred very rapidly. The new units and other projects planned will see Tanunda Lutheran Home increase its profile with the Barossa Region. It is great to see the sales of retirement units increasing – welcome to all of our new residents, we hope you settle in quickly.

To provide a general update on the COVID-19 situation we are at the stage of now waiting for our vaccinations. The Home has been notified vaccinations for the residents in the Home will occur during the week commencing 1 March 2021. Please remember accepting to have the vaccinations is Voluntary. I encourage everyone to do their own research, talk to your GPs, be careful with what is reported in the media – especially within social media. We remain free of any flu and COVID-19 issues throughout the Home. Staff training in infection control continues.

The result of our Announced visit by the Regulators of the Aged Care Quality and Safety Commission has been received – Tanunda Lutheran Home is now fully compliant with all standards and outcomes. There has been a lot of team work to meet this outcome special mention to Kim Hahn, Sharon Berridge and Lisa Morrison for their outstanding efforts to make this all happen. We are now working very tirelessly to ensure our self-assessment is completed on time to commence our three yearly accreditation survey late in the year.

A big shout out to everyone – Tanunda Lutheran Home has plenty of employment opportunities. If you are aware of anyone looking for work please refer them to our website and complete an application. Having the correct qualifications and clearances are necessary to work in an aged care facility. The more staff we have the workloads can be shared. We would love to have more volunteers as well – again clearances are necessary but we can help with those. To all the new staff who have joined the team in the last month – welcome and thank you for choosing to work with us and our residents.

As I mentioned last month Robots are coming into the Home to assist staff with day to day tasks so as to free staff to do more care related care and resident activities. At this stage we are hoping to commence very soon altering some doors around the Home to assist the movement of the Robots about the facility. Also, just to confirm – this Robot Project is totally funded by a successful Grant received from the federal government. Tanunda Lutheran Home will be the first aged care facility to have Robots assisting staff. Something to be proud of.

Please remember, wash your hands and use sanitizer.

[John 14:16](#) - And I will ask the Father, and he will give you another Helper, to be with you forever



Tanunda
Lutheran Home Inc.



News from Kim & Steph

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

LASA

NEW Vaccination

LASA acknowledges the [National Cabinet's announcement today](#) that there are no current plans to make COVID-19 vaccination mandatory for aged care workers or residents. National Cabinet agreed the interim AHPPC advice on COVID vaccination and aged care facilities.



The Australian Health Protection Principal Committee (AHPPC) has provided advice that state and territory public health orders should not be utilised to require the COVID-19 vaccine for aged care workers at this point.

There is currently a lack of evidence regarding effectiveness at preventing transmission and there is not yet a clear date by which all residents, staff, visitors and carers will have had an opportunity to be vaccinated.

Mandatory vaccinations are not new to aged care as we have had these in place for influenza vaccinations at times. So the AHPPC will continue to monitor the situation and will reconsider this matter and provide advice once further evidence becomes available.

Currently, AHPPC believes that Commonwealth and jurisdictional efforts should focus on communications to strongly encourage community uptake, which is expected to be high.

The Australian Technical Advisory Group on Immunisation (ATAGI) has published [advice on the relative timing of administering influenza and COVID-19 vaccines](#).

The Department of Health has also published information from the TGA about the [process for assessing and approving COVID-19 vaccines](#).

Source: LASA Email ~ 22/01/2020

DEPARTMENT OF HEALTH

New sign language interpreting service

From November 2020, older Australians who are deaf, deafblind, or hard of hearing, and who do not have access to interpreting services through aged care programs or the National Disability Insurance Scheme (NDIS), can access free sign language interpreting services for daily activities such as: Family/social events, banking, moving/selling house, dealing with agencies/advisors etc.

These services are available face-to-face and by video remote.

Sign language services for deaf consumers or consumers who are hard of hearing are available in:

- Auslan
- American Sign Language
- International Sign Language
- Signed English
-

Tactile signing and hand over hand interpreting is available for deafblind consumers.

Access these services

Clients will need to contact Auslan Connections in advance. Once registered you will receive a Department of Health booking code which can be used each time they book an interpreting service. Bookings can be made via the Auslan Connections [website](#) or by calling 1300 010 877. Bookings should be made in advance when possible to ensure the availability of an interpreter.

Further information

Each client can access an average of 40 hours of interpreting services per year. Over the next six months usage will be monitored. A cap may be applied in the 2021-22 financial year.

Deaf or hard of hearing clients who are over 65 won't be required to receive an aged care assessment if they are seeking to access interpreting services.

This new arrangement is in addition to the sign language interpreting services for older Australians who are receiving or want to access aged care services, as [announced](#) by the Minister on 17 June 2020.

Source: DOH Email ~ 26/11/2020

HOME CONTINUOUS IMPROVEMENT UPDATE

- Manual Handling Training has finished for 2020-2021.
- All staff are required to recomplete the "Refresher COVID19 for Aged Care Workers".
- Reminder education provided for Harmony in the Bush, the Basic Principles
- Blinds have been purchased for the new TC dining room and will be delivered and installed mid January 2021
- Training for "Understanding Dementia & Responding to Behavioral Challenges" occurred from 12th January to 20th January

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During December we received complaints about Care (6) Food (6) Other (1) and we are working with the comment maker(s) in resolving the concern to the comment makers satisfaction.

Also during December we received compliments about Care (1) Environment (2) Food (10) Other (3) Staff (15) Lifestyle (2) Maintenance (1) Management & Communication (1) and a total of five suggestions.

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

Reminder: it doesn't matter how long we've been living in this pandemic, please don't feel like you should be "used to it by now", being isolated, away from our loved ones and the little things that make our days enjoyable isn't something we get used to, **your doing a great job, be proud of yourself.**

~@wearefeelgoodclub~

Watch this Space Kim & Steph

"Understanding Dementia & Responding to Behavioral Challenges"
information session for
Residents, Representatives, Family Members and GP's





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



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.



Georgette Kilonzi
Care Planner - RN



Jack Balasubramaniyan
Registered Nurse



Vivienne Gray
Lifestyle



Susan Martin
Carer

welcome
TO THE TEAM



Krystal Hill
Enrolled Nurse

Employee of the Month

January 2021

Congratulations

Rebecca T'Anson

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

Olivia Wilson, Jinse John, Chloe Tzirizos, Sean Hyland, Allyson Nicolai, Kelly Templer, Robyn Perry, Angelique Broster, Tania Miller, Ashleigh Chomik, Mae Rice, Jay Jay, Steve Bennink, Bridie Potter, Anish, Joyce Lovell, Melissa Cardinal, Michael & Neville, Lauren Schwartz, Sharryn Hueppauff, Barossa Club, Staff Social Committee, All 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



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 N/A

6 Months

9 Months

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.



*Aidacare Healthcare
Equipment*

**Aspire Altitude
Vertical Lift Chair**



You may have seen our amazing new respite rooms with the Altitude Vertical lift Chair:

- Fully lie down mode
- Fully rises to get you out of chair
- Able to have lifters underneath chair
- Handles at back to transport a resident around

\$1946.25 *GST Free* (not including freight)

Please Note: purchase subject to assessment

by Physio OT (*Pls contact Sharryn to arrange*) (retail price over \$2500.00)



*You too can have a
Altitude Vertical Lift Chair in your
own room*

Contact: Sharryn Hueppauff
Placement Coordinator on 8563 7713

Welcome

Reminder on visiting your loved
ones during Covid-19 ...



All visitors to the home must pre-book their visit. It is paramount that arrangements are made prior to arriving at the Home due to the current COVID-19 and Influenza checks that must be conducted on anyone entering TLH.

Appointments can be arranged by contacting the booking line on 8563 7730 from 10.30am to 3.30pm Monday to Friday and 8563 7712 for weekends to the registered nurse.

Please Note:

- Reception is the only door to enter during office hours – 8:30am to 4:00pm. – Monday to Friday.
- For afterhours and weekends, please enter through the Protea doors, located near the Chapel.



family



Tanunda
Lutheran Home Inc.

Enriching the lives of our older people



Residents, Representatives, Volunteers,
Family Members & GP's

TLH invites you to attend an information session on

Dementia, Mental Health in the Older Person & Risks for the Older Person

Thursday, 15th April 2021, 2pm to 4pm

Hosted by Kasha Weincierz from KB facilitators
This session aims at increasing participants
understanding about why people with Dementia tend to
behave in a certain ways and what we can do to
minimise occurrence of unwanted behaviours.

It will also to raise awareness of Mental Health issues
and provide guidance and equip participants with the
information to better identify and provide proper

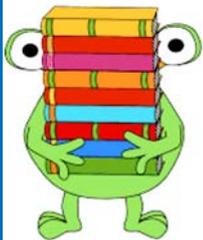


Merits Maverick 14

\$2,350.00 ono

- Very good condition (\$5,000 New)
- 5 years old
- 204kg weight capacity
- Adjustable suspension
- RH swing away joystick mount
- Puncture free tires
- With batteries & charger
- Manoeuvrable mid wheel drive design

Please call Oscar & Irene on
0407 106 066



Library open Friday
mornings From
9.00 to 12.00



If you unwell please don't visit until
you're better, our staff and residents will
thank you for being thoughtful x



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.

Car parking - 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 resi-
dents rooms). With COVID-19, families
are not to go into communal areas to visit
they must stay within the residents
rooms.

For all rentals prices and
agreements, please see
Sharryn Hueppauff.



*ABG Artist of
the Month*

Ken Hueppauff





FOOTY'S BACK!



See the Lifestyle team if you would like to be involved in the 2021 Footy Tipping Competition

TLH are working with the Grow Love community Gardens and sorting bottle tops for recycling.

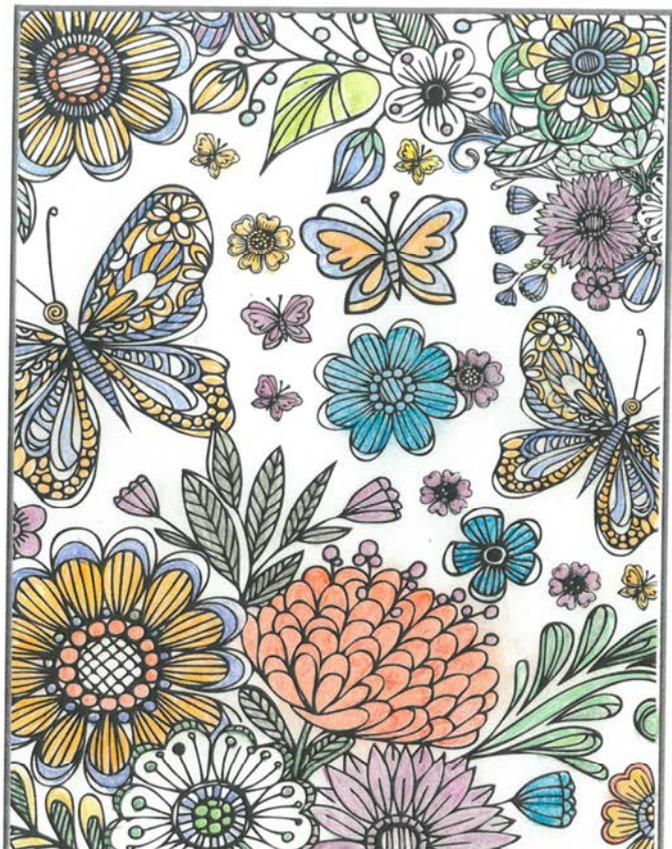
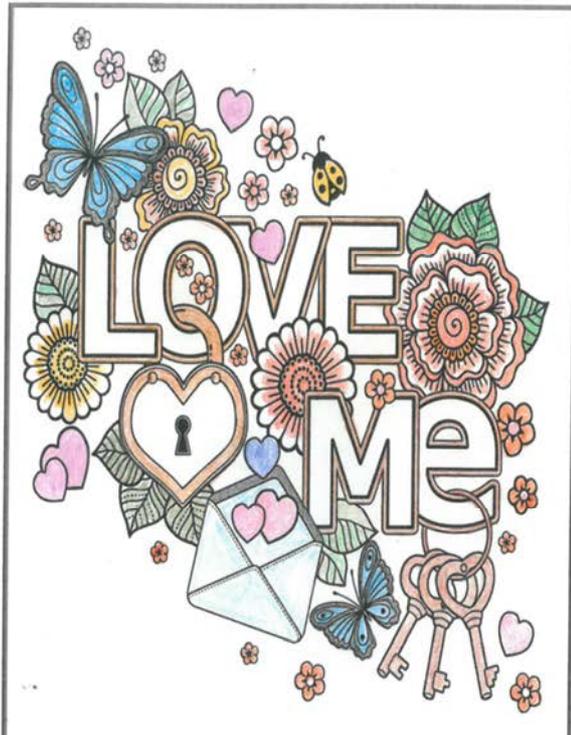
We have been really pleased to see staff, visitors and Independent living residents support this initiative and have also donated their bottle tops.

A few important points — Please ensure that all bottle tops are clean and are not soiled

- ✗ Metal lids (wine lids) are not part of this initiative and can not be accepted
- ✗ Lids off of jars and other items are also not appropriate such as vegemite lids and chemical tops.
- ✗ Small lids from soft drink bottles are also not accepted

- 3lt milk bottle tops
- Large Juice bottle tops
- Large flavour milk tops





So lovely to see the
 "Colour in your master piece "
 page being utilised by our very
 creative residents :



These master pieces have been created
 by: Jean Hueppauff

It always seems
 impossible until
 its done



Smile
 it is
free



Why do fish live in salt water ?

Because Pepper makes them sneeze



STAYING CONNECTED USING TECHNOLOGY

Did you know there are many ways you
 can stay connected to your family ?

Writing a letter or making a phone call are both
 fantastic options. We also have Facetime, Skype and
 Zoom available - these are programs that can be used to see the person you are talking to.
 If you would like to utilize these technologies we ask that you arrange an appointment
 time with the staff. By contacting lifestyle team.





"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



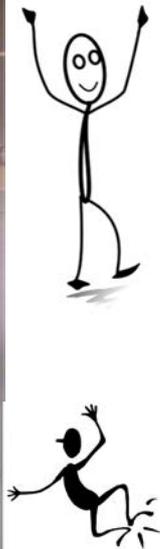
Tia Chi



**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....*





What did one blueberry say to the other on Valentines Day ?



“ I love you berry much “



There is always something exciting happening at the club



Colour in your master piece .. Be creative and colourful

Name: _____



TLH are looking at being part of the iconic scarecrow trail again this year for the vintage festival. We are wanting to build a display with approximately 20 scarecrows all representing farmers and the farm life that our residents grew up with.

We are looking for donations of items to help us with this huge challenge. items we are looking for are;

- Wide brim floppy hats
- Check shirts
- Gardening Gloves or similar
- Long pants or overalls
- Gumboots
- Jackets
- Pillows for the Face
- Accessories such as scarves & sunglasses



We are hoping for around 20 of each item. All donations are welcome and can be dropped off at reception or Lifestyle.



STAFF, RESIDENTS, VOLUNTEERS AND ILR'S

WE WILL ALSO BE CONDUCTING A SCARECROW BUILDING COMPETITION ON FRIDAY THE 5TH OF MARCH HELD IN THE CHAPEL.

DETAILS WILL FOLLOW SHORTLY. THERE WILL BE A PRIZE AWARDED FOR THE BEST FARMER LIKE SCARECROW.

START THINKING ABOUT MAKING TEAMS OF 4.

Two Irishmen walk out of a bar .
No, really !! It could happen



“What is the quickest way to Cork?”
I asked the Irish farmer

“Are you walking or driving”
he asked

“Driving”
I replied

“Yes that would be the quickest”



Happy St Patricks Day to someone who finally has a reasonable explanation for being drunk at work on a Tuesday ??



Make sure your kilt is short enough to do a Jig **BUT** long enough to hide your lucky charms !

SHROVE TUESDAY

Residents, Volunteers, Staff and Independent Living Residents enjoyed a day filled with Pancakes and remembrance. We raised just over \$200 on the day that will go towards our cultural project. Thank you to everyone who came and supported the day.



THANK YOU



VOLUNTEER NEWS

Volunteers Morning Tea

Individual Volunteer Group catch ups

Please note that people who have shown an interest in wanting to catch up in small groups should by now be aware of dates. If you are still waiting to hear from me please either give me a call or pop in and see me for more information.

Volunteering

A big THANK YOU to the lovely effort the gardening group are doing with the Trinity Court Courtyards. They are starting to look fantastic.

If you would like to become a volunteer at TLH please either send me and email at Belinda.Treloar@tlhome.com.au or call Reception.



Volunteers

Happy Birthday

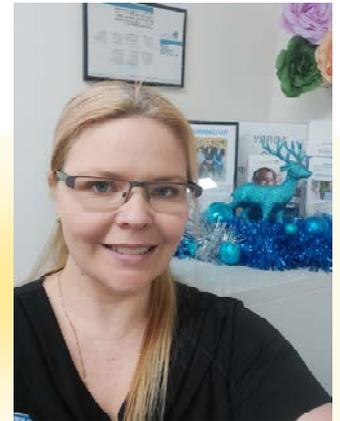
To all of our wonderful Volunteers

for the month of

March



Message from Belinda Lifestyle / Volunteer Coordinator



We are currently looking for some extra special people to help out once a week in the laundry with some Ironing. If this is you please either come and see me or give me a call.

We are also looking for someone to help drive the shopping bus on a Wednesday for the ILR's and the STV, if you have a current drivers license and have some free time come and see me.

We also need a couple of people to help on a Monday mornings with Singing in the Chapel to collect and return residents to their rooms.

TLH is very lucky to have such an army of volunteers to help assist in many ways.

GOD BLESS YOU ALL

ACTIVITY PROGRAM

Monday 1st

10.15 Singing in the Chapel	Chapel
11.00 Worship Service	Acacia Lounge
1.30 Social Bingo	Chapel
1.30 Picture / Bingo	Grevillea
2.30 Art and Craft	Grevillea

Tuesday 2nd

10am Knit & Natter	Protea Lounge
10.30 Share and Tell	Acacia
10.30 Moovers & Groovers Protea / TC1	Chapel
1.30 Water Ping Pong	Chapel
1.30 Carpet Bowls	Chapel
1.30 Men's Group	Men's Shed
3.30 Quiz Game	Acacia

Wednesday 3rd

9.00 - 12noon TLH Library Open	Trinity
10.00 Bottle Top Sorting	Protea
10.30 Art Therapy	ABG
11.00 Lenten Service	Chapel
1.30 Arm Chair Exercises	Acacia Lounge
1.30 Wheel of Fortune	Protea Lounge
2.00 1st Blessing of the Month	ABG
3.30 A Current Affairs	ABG

Thursday 4th— Covid Vaccines

From 10am CAFÉ SHOP TROLLEY

From 10am Card Making with Irene

10.30 Wonders of Nature

1.30 Bean Bag Toss

Protea
Grevillea
Grevillea

Friday 5th

9.00 - 12noon TLH Library Open

10.30 Walking Group

1.30 **Scarecrow Building**

1.30 Memory Games

2.00 Happy Hour

Trinity
Leaving from Acacia
Chapel
Acacia Lounge
Grevillea



Saturday 6th

1.30 Wrap Ball

3.30 Bottle Top Sorting

Grevillea
Grevillea

Sunday 7th

10.00 Church Service

1.30 Water Ping Pong

3.30 Foot Spas

Chapel
Grevillea
Grevillea

Monday 8th - Public Holiday - Adelaide Cup



Tuesday 9th

From 10am Knit & Natter

10.30 Moovers & Groovers Protea / TC1

1.30 Carpet Bowls

1.30 Men's Group

3.30 Quiz Game

TLH
Chapel
Chapel
Men's Shed
Acacia

Wednesday 10th

9.00 - 12noon TLH Library Open

10.00 Bottle top Sorting

10.30 Art Therapy

11.00 Lenten Service

1.30 Balloon Tennis

1.30 Arm Chair Exercises

3.30 A Current Affairs



Trinity
Protea
ABG
Chapel
Chapel
Acacia Lounge
ABG

Thursday 11th

From 10am CAFÉ SHOP TROLLEY



10.30 Wonders of Nature

10.30 Moovers & Groovers Waratah / TC2&3

1.30 Art and Craft—**Saint Patrick's Day**

1.30 Quiz / Trivia

1.30 Balloon Tennis

Grevillea
Chapel
Protea
Chapel
Grevillea

Friday 12th

9.00 - 12noon TLH Library Open

10.30 Walking Group

11.00 Church Service

1.30 Social Bingo

1.30 Memory Games

2.00 Happy Hour

Trinity
Leaving from Acacia
Chapel
Chapel
Acacia Lounge
Grevillea

Saturday 13th—Tanunda Show

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

Sunday 14th

10.00 Church Service

Chapel

Monday 15th

10.15 Singing in the Chapel

11.00 Worship Service

1.30 Social Bingo

1.30 Cooking with Bec

2.30 Picture / Bingo

Chapel
Acacia Lounge
Chapel
Grevillea
Grevillea

Tuesday 16th

From 10am Knit & Natter

10.30 Moovers & Groovers Protea / TC1

1.30 Carpet Bowls

1.30 Men's Group

3.30 Quiz Game—Irish Themed

TLH
Chapel
Chapel
Men's Shed
Acacia



Wednesday 17th—Saint Patricks Day

9.00 - 12noon TLH Library Open

10.00 Bottle top Sorting

10.30 Art Therapy

11.00 Lenten Service

1.30 Wheel OF Fortune

1.30 Arm Chair Exercises

3.30 A Current Affairs

Trinity
Protea
ABG
Chapel
Chapel
Acacia Lounge
ABG

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

Thursday 18th—Football Starts

From 10am CAFÉ SHOP TROLLEY

10.30 Wonders of Nature Grevillea
 10.30 Moovers & Groovers Waratah / TC2&3 Chapel
 1.30 Water Ping Pong Chapel
 1.30 Ball Games Grevillea

Friday 19th

9.00 - 12noon TLH Library Open Trinity
 10.30 Walking Group Leaving from Acacia
 11.00 Church Service Chapel
 1.30 Social Bingo Waratah / Protea
 1.30 Memory Games Acacia Lounge
 2.00 Happy Hour Grevillea

Saturday 20th

1.30 Wrap Ball Grevillea
 3.30 Bottle Top Sorting Grevillea

Sunday 21st

10.00 Church Service Chapel
 1.30 Water Ping Pong Grevillea
 3.30 Foot Spas Grevillea

Monday 22nd

10.15 Singing in the Chapel Chapel
 11.00 Worship Service Acacia Lounge
 1.30 Social Bingo Chapel
 1.30 Card / Bingo Grevillea
 2.30 Art and Craft Grevillea

Tuesday 23rd

From 10am Knit & Natter TLH
 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 24th

9.00 - 12noon TLH Library Open Trinity
 10.00 Bottle top Sorting Protea
 10.30 Art Therapy ABG
 11.00 Lenten Service Chapel
 1.30 Balloon Tennis Chapel
 1.30 Arm Chair Exercises Acacia Lounge
 2.00 Doug—Sing Along ABG
 3.30 A Current Affairs ABG

Thursday 25th

From 10am CAFÉ SHOP TROLLEY

10.30 Wonders of Nature Grevillea
 10.30 Moovers & Groovers Waratah / TC2&3 Chapel
 1.30 Wrap Ball Grevillea
 1.30 Doug—Sing Along Chapel

**Friday 26th**

9.00 - 12noon TLH Library Open Trinity
 10.30 Walking Group Leaving from Acacia
 11.00 Church Service Chapel
 1.30 Social Bingo Waratah / Protea
 1.30 Memory Games Acacia Lounge
 2.00 Happy Hour Grevillea

Saturday 27th

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

Sunday 28th

10.00 - Church Service Chapel

Monday 29th

10.15 Singing in the Chapel Chapel
 11.00 Worship Service Acacia Lounge
 1.30 Social Bingo Chapel
 1.30 Cooking with Bec Grevillea
 2.30 Picture Bingo Grevillea

Tuesday 30th

10am Knit & Natter Protea Lounge
 10.30 *Share and Tell* Acacia
 10.30 Moovers & Groovers Protea / TC1 Chapel
 1.30 Water Ping Pong Chapel
 1.30 Carpet Bowls Chapel
 1.30 Men's Group Men's Shed
 3.30 Quiz Game Acacia

Wednesday 31st

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

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



AUTUMN



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

PUMPKIN

YELLOW

SCARECROW

AUTUMN

LEAVES

SUNFLOWER

ACORNS

CORN

HARVEST

APPLES

HAYRIDE

RED

THANKSGIVING

FOOTBALL

ORANGE

