



TIT TAT

MONTHLY NEWSLETTER
TANUNDA
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

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- ★ Facebook: Tanunda Lutheran Home

The Home is a Christian Community where, in a family environment, Residents and Staff provide mutual care.

Jesus Christ said:
"Love one another as I have loved you"
John 13:34

JULY 2021

*Lutheran
Church
of Australia*



Chaplain's Reflection



BELIEVING PEOPLE'S STORIES

Somebody told me the other day that a severe frost hit the Barossa a couple weeks ago. Rooves were white, the ground looked like it had snowed. This surprised me because I don't remember any frosts on my way to work. Perhaps frosts, like hot air balloons, are all put away by the time I get to work. But I believed the guy because he is a reliable bloke, though not beyond pulling one's leg on occasions.

History is like that though isn't it. We are never entirely sure, except with really major events, of what is fact and what is fiction. Family history leaves plenty of room for different angles, and for delicious speculation on what has been left out and why. I love the way the story of Jesus in the Bible is told in 4 Gospels: 4 different perspectives, even though each writer is a true believer. One observer alone can rarely take in everything that is going on even before their very eyes. Four accounts from 4 reporters allows us into the story, to bring our own curiosity and conclusions about what really happened.

We at TLH tend a community of people who have experienced as much history as any collective gathering of people. We who work or volunteer here get to hear many stories, and suspect most of them are true, even if sometimes the facts are exaggerated or given the 'rose-coloured glasses' treatment.

How we listen to people's stories goes a long way toward people feeling welcome and included in any community, including ours. It's usually OK to believe a story, especially if the telling of it is life-giving for the person. I still have my doubts about that frost though

...

Chaplain Ian Lutze



HAPPY BIRTHDAY



- 4 Glenys Selwood
- 6 Joan Minge
- 6 Jillian Chapman
- 14 Evelyn Schottelius
- 20 Jean Hueppauff



- 27 Joan McAuley
- 30 Ros Whiteford
- 31 Kathleen Rochford



Welcome



Respite

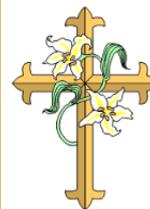
- Brenda Button
- Ian Young

Permanent

- Fereleth Booth
- Stanley (Stan) Rosenzweig
- Anna Stroh
- Lynnette Letch
- Thelma Ziersch
- Kevin Illman

A very big Thank you to everyone who donated scarves to the lifestyle team.

We received more than expected and what we don't need will be passed on to the trading table near the Barossa Club.



DEATHS

Our deepest sympathy to the families of

- | | |
|----------------|-----------|
| Jack May | 10th June |
| Lorna Russack | 12th June |
| Edna Kohlhagen | 20th June |

May they rest in peace ..



SHOPPING BUS



Please remember to book -

They will only be travelling to Tanunda until further notice. Thank you

- | | | |
|-----------|-----------|---------|
| Wednesday | 07th July | Tanunda |
| Wednesday | 14th July | Tanunda |
| Wednesday | 21st July | Tanunda |
| Wednesday | 28th July | Tanunda |

The Bus will pick **IL Residents** up from their home - **ONLY** if you have booked - TLH (in home) Residents must be at reception by 9am and must book.

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

Monday 19th July

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.

From the CEO

Lee Martin



Happy end of the financial year & welcome to another new budget 2021 – 2022.

As I see it a lot happens in a month nowadays. I have no idea how we all cope with how the time flies and all the changes happening around us. What I do know is that as an organisation we are good at supporting everyone and we a great team. Change is necessary so we just get on with making the new way work for us all.

The BIG question – have you had your COVID-19 vaccination. For those who – well done. If you have not as yet, please do make time to get vaccinated. Being vaccinated will ensure your future health – do not delay it any longer.

It's great to see that most of our residents have had both the COVID-19 and annual flu vaccines. All our staff have also had the flu vaccine and now that the COVID-19 vaccine is mandatory for aged care staff we expect they will be vaccinated by end of September 2021.

I'm sure you have heard that there has been another key resignation – Kim Hahn has after many years decided to take on the challenger of managing a facility. Her last day at TLH will be the 23 July 2021. It is good to see that my previous executive team have professionally grown in confidence and ability to take on a senior executive position at a time of rapid change. To both Cherie and Kim, I said the same thing – go spread your wings and fly – they both go with my blessing and I'm still here if they need any advice. I do hope we remain friends into the future.

The robots are coming – fingers cross they will arrive here on the 1st September 2021. Projects are about to commence to adjust some doors, upgrade the computer systems and purchase some equipment. This will be an exciting time as many people are wanting to come to TLH to see the robots in action. As part of the introduction process of the robot we do need to name them – please let me know your suggestions. There are three robots in total.

To assist in the infection control process at TLH one of the robots will be travelling around the large common areas and the corridors with an Ultra-Violet light. It has been shown that using UV light can reduce the surface virus and bacteria. By having the three robots we a reducing the touch points (where fingers touch buttons or door handles) by 25,000 times. To gain further understanding of the use of the UV light TLH has partnered with the SAMRI research people to complete a project to confirm the effectiveness of the use of UV light to assist with infection control measures using robotics. Very exciting for TLH to be involved at this level.

Change is inevitable – as you listen to the news you see that the COVID-19 pandemic is far from over. I urge you all to follow the rules where-ever you go. If entering TLH please ensure you check in – if you have any problems the reception staff are there to help. All staff and visitors must wear a mask – we have them at reception. If you would like to purchase some ask the reception staff.

The resulting resignations has allowed me to review who does what around the facility. We have been able to appoint a new finance controller – they will commence duties on the 2 August 2021. Other changes to roles will also be implemented on the 2 August 2021.

It is Census time. During August there will be Regional Census Officers coming around to issue you the Census Questionnaire. Resident in TLH will have assistance to complete the form. Those residents in the retirement villages will have some door knocking to issue the form. If you need assistance to complete the form please tell the Census Officer.

Finally, it is winter, and I remind you all to stay warm and dry. Please use your air conditioners to keep your units warm. Keep hydrated and eat well. If you are unwell let someone know – please do not enter the home if you have cold or flu symptoms. The Olympics are happening this year, commencing in August, held in Japan. Enjoy the competition and good luck to all our athletes – bring back Gold, Silver or Bronze.



Quality Information

from Kim & Steph

People, Culture & Customer Service Manager &
Quality & Training Officer

10 QUESTIONS TO ASK ABOUT RESIDENTIAL AGED CARE

[10 questions to ask](#) is a series of brochures and posters empowering consumers to ask questions about aged care, to assist with selecting a provider that is right for them, and to make the transition to aged care easier.

Written by nurses, doctors and experts with experience in aged care, the brochures address common questions about aspects of aged care such as costs, staffing, palliative care and health services. They are endorsed by a number of advocacy organisations, supporting people with a variety of backgrounds, lived experiences and needs, and include:

[Your cultural needs in residential aged care](#)

[LGBTI needs in residential aged care](#)

[Questions for Aboriginal and Torres Strait Islanders when seeking residential aged care](#)

[Rural and remote residential aged care](#)

Consumers may find these brochures useful when searching for an aged care home, reviewing a home or deciding between two similar homes. It is important for aged care staff to be familiar with the questions in this brochure, as they may need to answer these questions in the future.

Seeking out tools and information to support respectful and inclusive care, is a recommended action in Outcome 4 of the [Action plan to support all diverse people – a guide for aged care providers](#).

Effective use of these brochures may also help you demonstrate [Standard 2 of the Aged Care Quality Standards](#) '*consumers partner in their ongoing assessment and planning to help them get the care they need.*' They could be made available to a person during your initial and ongoing assessment processes. Providers are also encouraged to consider making the brochures and [posters](#) visible and accessible to new and potential clients.

Source: DOH — Email, 27 May 2021

OLDER PERSONS ADVOCACY NETWORK (OPAN)

The Older Persons Advocacy Network (OPAN) is an independent, free service to support older people and their family members during COVID-19. Families can call OPAN on **1800 700 600** if they would like to talk with someone about the COVID-19 situation and its impact, or if worried about a loved one and need to talk to someone. Elder Rights Advocacy (ERA) is the Victorian OPAN member who will be providing direct individual support to older people and their families and can be contacted through **1800 700 600**.

Source: DOH - Email, 31 May 2021

INCREASED FUNDING FOR NUTRITION IN RESIDENTIAL AGED CARE

From July this year, the Australian Government is providing significant investment to address concerns around the adequacy of food and nutrition in residential care. This additional funding is included as a key part of the new Basic Daily Fee supplement for residential aged care providers of \$10 per resident per day.

To receive the supplementary funding, providers will be required to:

- enter into a formal undertaking that they will deliver good quality and quantities of goods and services to meet the living needs of residents, with a focus on food and nutrition
- report quarterly to the department on the quality and quantity of daily living services with a focus on food and nutrition.

Reporting will apply to the 2021-22 financial year. More details on reporting expectations and timing will be released shortly.

Please send any enquiries to nutritioninagedcare@health.gov.au.

Source: DOH - Email, 10 June 2021

WEEKLY REPORTING REQUIREMENTS ON AGED CARE WORKFORCE COVID-19 VACCINATION

It is now mandatory for providers of residential aged care services to provide weekly updates every Tuesday on the COVID-19 vaccination status of their aged care workforce.

Mandatory reporting began for residential aged care providers on 15 June 2021.

Providers of in-home and community aged care services are strongly encouraged to consider and put in place now the systems and processes required for collecting and reporting the required data, and to commence reporting voluntarily.

Further guidance will be provided to in-home and community aged care providers shortly, including expected start dates for mandatory reporting.

The new reporting for providers is to record de-identified data at a service level on the:

- total number of workers at each aged care service, and of those,
- the number of workers at each service who have received a single dose of a COVID-19 vaccine
- the number of workers at each service who have received all required doses of a COVID-19 vaccine.

[Guidance and further information is available via Health.gov.au](#). This page will be updated with FAQs to support providers in meeting their reporting requirements.

Source: DOH - Email, 18 June 2021

CONTINUOUS IMPROVEMENT

- TLH have received a grant to purchase robots to assist with manual handling tasks, we expect to see these onsite in October/November. Renovations around the home will occur to accommodate the use of the robots.
- Meaningful Australia are set to visit TLH in July 2021, providing an introduction to Spirituality & Spiritual Care information to Residents, representatives, staff, volunteers and IRL residents
- Resident Collaboration Committee Photos will be put up around the home within the next month, helping resident to identify their neighbourhood representatives.
- New Zipline system has been implemented at TLH. This new system will help to streamline the check-in and out process at TLH, in line with COVID-19 restrictions. Please see the brochure for more information.
- New look Winter menu! The TLH winter menu now helps identify which dishes are lactose free (LF), Gluten Free (GF) and Vegetarian (V).

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During May we received complaints about Care (1), Environment (3), Food & Beverages (4), Laundry (1), Safety (2), and Staff (2) and we are working with the comment maker/s in resolving the concern to the comment makers satisfaction.

Also during May we received compliments about Customer Service (1), Food & Beverages (9), Maintenance (3), Other (1), and Staff (27) and a total of twelve suggestions.

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

We would like to thank you for continuing to work with us to increase & improve your satisfaction within your TLH journey.

Take care during July!

Kim & Steph
23rd June 2021



...to name our Robots

Rewards for the 3 best Robot Names!

Please send in your suggestions to reception by returning this slip or by emailing Stephanie Timmis at stephanie.timmis@tlhome.com.au
By 30th August 2021



Name: _____ Contact Number: _____

Robot Name/s: _____

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 Timmis (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.timmis@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 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.



Staff News

welcome
TO THE TEAM



Tara Bhandari
Carer



Anett Nuttall
Hospitality



Charmaine Rasmus
Carer

Employees of the Month

April 2021

Rostering Warriors

Lucilia Abiado, Quinnie Ahrn, Leah Bartel, Jill Brinkes, Melissa Cardinal, Herrah Chawa, Tricia Cummings, Shona Day, Tiff Day, Tracy Dowler, Kelly Down, Chris Fitzgerald, Lilly Fletcher, Krystal Hill, Rebecca I'Anson, Jane Jokudu, Kaylah Jones, Rita Joshi, Jane Long, Joyce Lovell, Deb Milton, Lisa Morgan, Allyson Nicolai, Giovanna Pfeiffer, Ajay Randawal, Raylene Schrapel, Lynda Szymzch, Kelly Templer, Jess Thompson, Chloe Tsirizos, Amanda Watkins, Carol Winter

May 2021

Rebecca Hudson



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. Please be advised from the 1st of June all visitors must provide evidence of receiving their 2021 flu vaccination to be allowed entry into TLH.

All visitors are encouraged to schedule their visits in advance to prevent overcrowding of each site and area. To schedule a visit please fill in the details following this link thome.zipline.app

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.

**Please note: No visitors are to be in the communal areas
this includes watching or participating with group
activities — All visits to loved ones must stay within their
rooms. Thank you for understanding**

family





TLH FARM BARN

Have you seen the latest animals to join the chickens?

We have recently had a lamb and it's mother join us at TLH and we are hoping to add some more sheep to their flock.



The lifestyle team are asking for monetary donations to help build the cultural project.



We never thought it would happen and now here it is. The Tokyo Olympics 2021. Join us over the coming weeks in celebrating Australians and sport. We will be theming our activities in the home and will have the Olympics Streaming in the Protea Lounge. Join us to cheer on our Aussies in an Olympic games like none other.



"EVEN ANIMALS GET COLD"



One of our special volunteers have knitted scarves for our farm animals to keep them warm on these cold winter nights- Thank you Audrey Leske



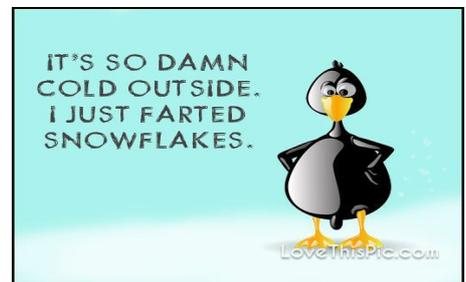
Celebrating 104 years of Gwen Smith.

On the 25th of June 1917 the world was graced with Gwen Smith. Tanunda Lutheran Home have had the privilege of welcoming her into our family since the 7th of March 2013. When Gwen was asked what she would like for her birthday she stated "For everyone to be friends and to get along."
Happy Birthday Gwen



LIBRARY OPEN

Wednesday and Friday mornings
From 9am



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 residents 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 Trevor Frost





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TANUNDA

RETIREMENT LIVING

.....



OSCAR JOPPICH OAM

Oscar was born in country Australia on 31st of March 1932 during the great depression at Boolaroo near Clare in South Australia. He attended university and teachers college in Adelaide and began his teaching career in 1954. He is married to his wife of 63 years Irene and they have 3 children.

Throughout his career he has moved to several country schools in South Australia and spent five years in New Guinea. He has always been a supporter and often initiator of new developments and volunteered to assist in developing them. He is an active church member and served as Pastoral assistant, secretary, Sunday school teacher and developed Friday night "Kids Club", he was active in many community events. By all accounts a very active generous and willing volunteer wherever he lived.

This is a sketchy introduction of Oscar before he retired and at the age of 73 moved into the Tanunda Lutheran Home, Independent Living House on the 8th of August 2005. Since then his contribution to the Tanunda Lutheran Home and the Barossa people has been outstanding for a person in the age range of 74 to 88 years

The Tanunda Lutheran Home is a large Aged care facility in the Barossa Valley S.A. The home provides a high care facility with separate palliative care and a dedicated dementia wing for permanent residents. The Home also offers 96 independent 2 to 3 bedrooms units for healthy retired people who wish to live independently in a village atmosphere. The units are in 12 groups of an average of 9 units per group.

Eight of the groups are close to the main home the other four are located up to two or three kilometres from the home but located within Tanunda. They are all maintained by the TLH Staff and use the Home's facilities. They are run by a committee composed of a representative from each area that meet on a monthly basis.

Oscar became Chair person of this committee in 2005 until 2014 and then stepped down to vice chair person until 2020. And has now retired due to physical problems in his legs restricting his activity.

Unfortunately, due to death of partners, several independent residents were living on their own and were left without a vehicle or could not drive. Oscar personally volunteered to arrange the Home's bus each Wednesday and drove these people into the Tanunda or Nuriootpa shopping centre on alternate weeks. Then returned all the people back home after shopping, He provided this service giving his time and expertise for 14 consecutive years 2005 to 2020.

There is an average turnover of 9 years occupancy for each independent living unit. As new residents moved in Oscar as chairperson would greet all the new arrivals and arrange a social introduction to the particular group they were joining.

Oscar was on the sub-committee representing the Independent Living units at meetings with the management on significant changes to the units and any negotiations on financial charges and fees.

The committee is involved in organising events such as Christmas parties, and other seasonal activities, fund raising and general functions in their areas. Oscar is always an enthusiastic participant and enjoyed being the cook at the regular barbecues. He has never been paid for any of this work.

Oscar was always looking for interesting events for the residents and personally organised many outings for them. Examples are he arranged to take bus trips to the Lobethal Christmas lights on three consecutive years. Lobethal is a town in the Adelaide Hills, the community arrange to light up their town each Christmas the event is an impressive display, pamphlet enclosed. He also arranged bus trips to Loxton, approximately 150Km from Tanunda, to visit the St Peters church to see the Christmas play "Little Town" written by John Gladigau with a different theme each year. Oscar arranged the trip on three occasions, including a meal.

Since joining the Independent Living residents committee 15 years ago Oscar has given very generously of his knowledge and time without any fiscal reward.

Outside of the Tanunda Lutheran Home Oscar has been volunteering for other community groups that help unfortunate people.

The Barossa Council have a Community Cars arrangement that provides cars to take people who are sick and need to travel to Adelaide to consult with specialists or for medical treatment but have no means of transport, cannot drive themselves and/or are financially unable to pay. They are charged a nominal fee and the Council used unpaid volunteers to drive the cars to Adelaide and return, a round trip of 162 kilometres.

Oscar volunteered to drive and has an impressive record. Over a period of 14 years 2005 until 2019 he made 221 trips to Adelaide, 35721 kilometres, 1232 hours. (Figures provided by Barossa Council)

Often there were more than one passenger in the vehicle. So the trips involved visiting more than one clinic and collecting the passenger after each visit in order to bring them all back to the Barossa. Again showing a dedication to help unfortunate people.

Oscar also volunteered to assist the Barossa Enterprises who provides meaningful employment for over 100 people with disability. It is necessary to provide suitable transport for several of these people so that they can attend their place of employment.

Oscar Joppich volunteered to drive them on one day per week. This involved him driving from Tanunda to Nuriootpa to pick up the modified bus. He then drove it back to Tanunda to collect the disabled people and their equipment, and others from Nuriootpa, on route back to Barossa Enterprises to have them ready for work at 8.00am.

Then he returned to Barossa Enterprises at 3.45 pm when they finished work, to take them home again bringing the bus back to Nuriootpa at 4.30pm. Oscar did this using his own vehicle to get to and from Barossa Enterprises a 21 Kilometre trip twice per day at his own expense. For a 5 year period between 2013 and 2018.



Oscar is a very modest and sincere person, and has been wonderfully supported by his wife Irene throughout his life. One of the referees describes him as the most Christian Christian she has ever met.

Oscar is a modest and inspiring person for his age. He considers growing old presents opportunities and is a wonderful example to all volunteers. He has put the **care** into "Aged Care" I feel he deserves recognition for his unselfish service to less fortunate people.

— David Armstrong



"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 \$6.10 (Concession Rate is \$3.05)
- ◆ 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....*





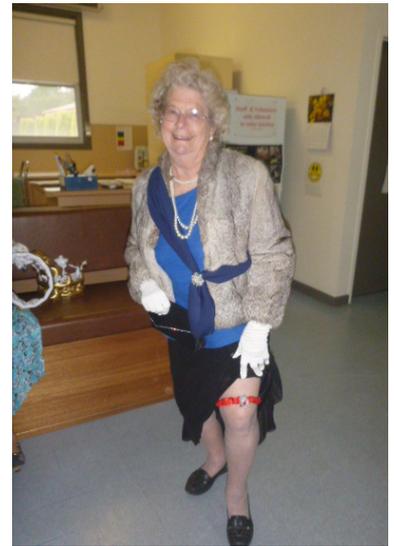
"Enjoying life with fun & friends"

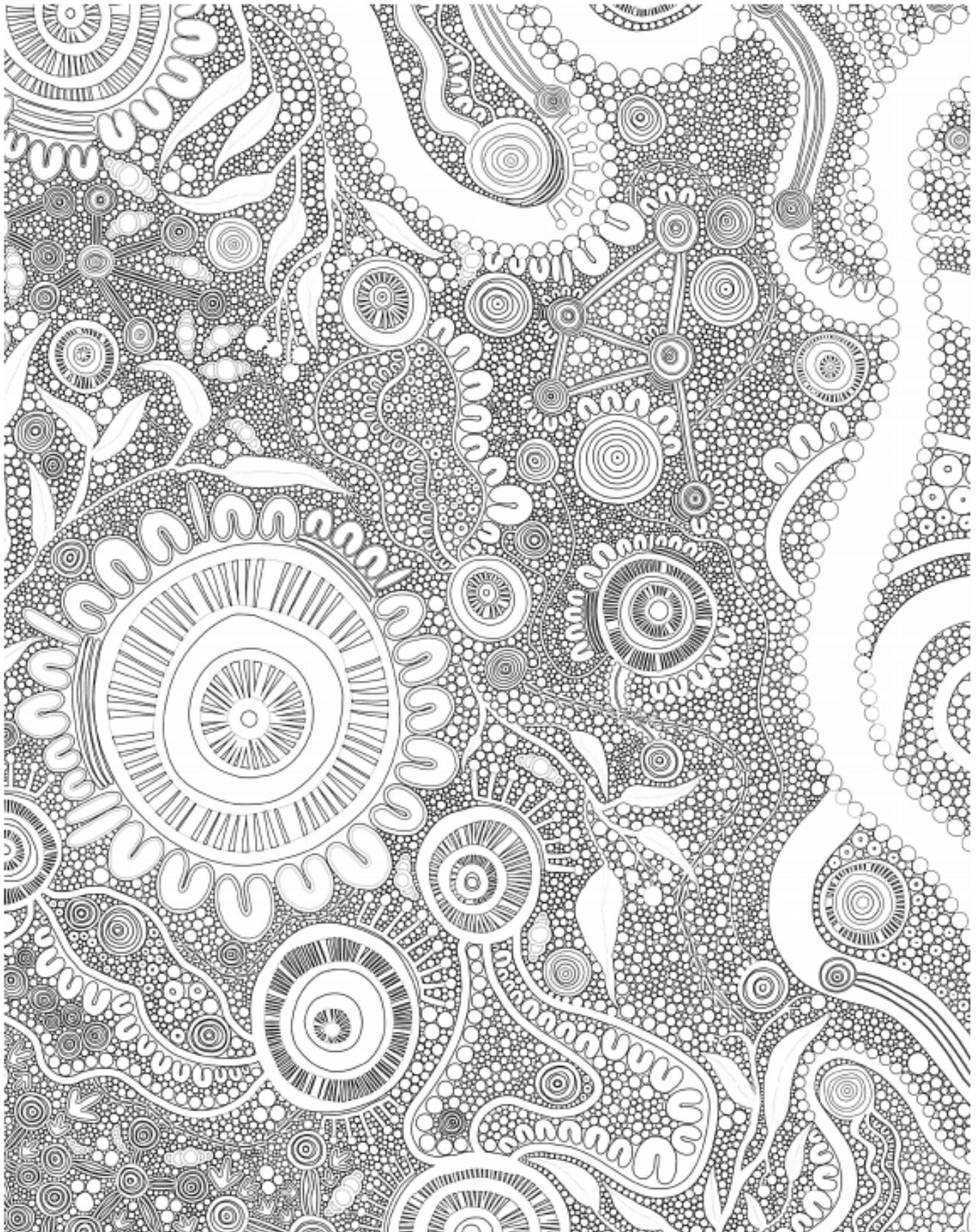
Always something happening in the .. Barossa Club ..



The Club enjoyed a special Queen's Birthday High Tea

Thank you to Dorcas for sharing all her Queen Memorabilia





Artwork: Care For Country by Maggie-Jean Douglas/Bebbi Gubbi

When creating 'Care for Country' I kept in mind that this meant spiritually, physically, emotionally, socially and culturally – I chose to create a bright and vibrant artwork that included the different colours of the land but showed how they come together in our beautiful country and to make people feel hopeful for the future. I've included communities/people, animals and bush medicines spread over different landscapes of red dirt, green grass, bush land and coastal areas to tell the story of the many ways country can and has healed us throughout our lives and journeys.



Facebook.com/NAIDOC @naidocweek #naidocweek

NAIDOC Week

4-11 JULY 2021

#NAIDOC2021 #HealCountry

Colour in your master piece .. Be creative and colourful

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

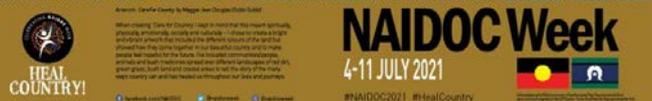
- 3lt milk bottle tops
- Large Juice bottle tops
- Large flavour milk tops



NEIGHBOURHOOD LEADERS

ABG	Trevor Frost	77
TRINITY COURT	Pat Hunter	82
PROTEA	Barb White	82
WARATAH	Dudley Koch	65
	& Janet Thompson	65

Tally's are placed in the neighbourhood dining rooms on the pinboards each Tuesday with Results.



VOLUNTEER NEWS



**Message from
Belinda
Lifestyle / Volunteer
Coordinator**

Our Knitting Group Volunteers along with some of our residents; donated a surplus of blankets that we had in the home to the Lutheran Care Elcies Op shop in Tanunda. After a recent call out they had for more winter items. Thank you to the many people Who have made and donated blankets Throughout the year.



Volunteering

If you would like to become a volunteer at TLH please either send me an email at belinda.treloar@tlhome.com.au or you can call reception.

Happy Birthday

To all of our wonderful Volunteers

for the month of

JULY

Volunteers Information

**THANK YOU
FOR VOLUNTEERING**

**"VOLUNTEERS DO NOT NECESSARILY HAVE
THE TIME; THEY JUST HAVE THE HEART."
- ELIZABETH ANDREW**

We are still looking for some extra special people to help us with the STV; driving residents to and from appointments and some CAFE helpers. If you think you have some extra free time and would be able to assist please give me a call or send me an email.

ACTIVITY PROGRAM

Thursday 1st

10.15 <u>Card Making with Irene</u>	Protea
10.30 Wonders of Nature	Grevillea
10.30 Moovers & Groovers	Chapel
1.30 Bean Bag Toss	Grevillea
1.30 <u>An introduction into Spirituality and Spiritual Care</u>	Social Centre

Friday 2nd

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

Saturday 3rd

1.30 Rapp Ball	Grevillea
3.30 Bottle Top Sorting	Grevillea

Sunday 4th- NAIDOC Week

10.00 Church Service	Chapel
1.15 Balloon Tennis	Grevillea
2.30 Cards	Grevillea
4.00 1x1	ABG



**HEAL
COUNTRY!**
4-11 JULY 2021

Monday 5th

11.00 Worship Service
 1.30 Social Bingo
 1.30 Card / Bingo
 2.30 Art and Craft

Acacia Lounge
 Chapel
 Grevillea
 Grevillea

Tuesday 6th

From 10am Knit & Natter
 10.30 Moovers & Groovers
 1.30 Carpet Bowls / Happy Hour
 1.30 Men's Group
 3.30 Quiz / Reminiscing

TLH
 Chapel
 Chapel
 Men's Shed
 Grevillea



Wednesday 7th— World Chocolate Day

9.00 - 12noon TLH Library Open
 10.00 Bottle Top Sorting
 10.30 Art Therapy
 11.00 Waratah Service
 1.30 Arm Chair Exercises
 2.00 1st Blessing of the Month
 1.30 Wheel Of Fortune
 3.30 Current Affairs—NAIDOC Theme



Trinity
 Protea
 ABG
 Waratah
 Acacia Lounge
 Acacia
 Chapel
 Grevillea

Thursday 8th

From 10am CAFÉ SHOP TROLLEY
 10.30 Wonders of Nature
 10.30 Moovers & Groovers
 1.30 Rapp Ball
 1.30 Art and Craft—NAIDOC Theme

Grevillea
 Chapel
 Grevillea
 Protea

Friday 9th

9.00 - 12noon TLH Library Open
 10.30 Walking Group
 11.00 Church Service Protea / TC
 1.30 Social Bingo
 1.30 Memory Games
 3.30 Movie Time

Trinity
 Leaving from Acacia
 Chapel
 Waratah / Protea
 Acacia Lounge
 ABG

Saturday 10th

1.30 Keep Moving
 3.30 Tunnel Ball



Grevillea
 Grevillea

Sunday 11th

10.00 Church Service
 1.15 Sing Along
 2.30 Reminiscing
 4.00 1x1

Chapel
 Grevillea
 Grevillea
 ABG

Monday 12th

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

Chapel
 Acacia Lounge
 Chapel
 Grevillea
 Grevillea

Tuesday 13th

From 10am Knit & Natter
 10.30 Moovers & Groovers
 1.30 Water Ping Pong
 1.30 Men's Group
 3.30 Quiz / Reminiscing

TLH
 Chapel
 Chapel
 Men's Shed
 Grevillea

Wednesday 14th

9.00 - 12noon TLH Library Open
 10.00 Bottle Top Sorting
 10.30 Art Therapy
 11.00 Waratah Service
 1.30 Arm Chair Exercises
 1.30 Ten Pin Bowling
 3.30 Cooking



Trinity
 Protea
 ABG
 Waratah
 Acacia Lounge
 Chapel
 Grevillea

Thursday 15th

From 10am CAFÉ SHOP TROLLEY
 10.30 Wonders of Nature
 10.30 Moovers & Groovers
 1.30 Balloon Tennis
 1.30 Armchair Travel—Olympic Village

Grevillea
 Chapel
 Grevillea
 Protea

Friday 16th

9.00 - 12noon TLH Library Open
 10.30 Walking Group
 11.00 Church Service Protea / TC
 1.30 Social Bingo
 1.30 Memory Games
 3.30 Movie Time

Trinity
 Leaving from Acacia
 Chapel
 Waratah / Protea
 Acacia Lounge
 ABG

Saturday 17th

1.30 Rapp Ball
 3.30 Bottle Top Sorting

Grevillea
 Grevillea

Sunday 18th

10.00 Church Service
 1.15 Balloon Tennis
 2.30 Cards
 4.00 1x1

Chapel
 Grevillea
 Grevillea
 ABG

Monday 19th

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



Chapel
 Acacia Lounge
 Chapel
 Grevillea
 Grevillea

Tuesday 20th

From 10am Knit & Natter
 10.30 Moovers & Groovers
 1.30 Billiard Bowls / Happy Hour
 1.30 Men's Group
 3.30 Quiz / Reminiscing

TLH
 Chapel
 Chapel
 Men's Shed
 Grevillea

Wednesday 21st

9.00 - 12noon TLH Library Open
 10.00 Bottle Top Sorting
 10.30 Art Therapy
 11.00 Waratah Service
 1.30 TLH Singers
 1.30 Balloon Tennis
 3.00 Arm Chair Exercises

Trinity
 Protea
 ABG
 Waratah
 ABG
 Chapel
 Acacia Lounge

Thursday 22nd

From 10am CAFÉ SHOP TROLLEY
 10.30 Wonders of Nature
 10.30 Moovers & Groovers
 1.30 Ball Games—Parachute
 1.30 Olympic Bean Bag Toss

Grevillea
 Chapel
 Grevillea
 Chapel

Friday 23rd—Olympic Dress Up Opening Ceremony

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
 3.30 Movie Time



Trinity
 Leaving from Acacia
 Chapel
 Waratah / Protea
 Acacia Lounge
 Grevillea
 ABG

Saturday 24th

1.30 Keep Moving
 3.30 Tunnel Ball

Grevillea
 Grevillea

Sunday 25th

10.00 Church Service
 1.15 Water Ping Pong
 2.30 Reminiscing
 4.00 1x1

Chapel
 Grevillea
 Grevillea
 ABG

Monday 26th

10.15 Singing in the Chapel
 11.00 Worship Service
 1.30 HOY
 1.30 Card / Bingo
 2.30 Art and Craft

Chapel
 Acacia Lounge
 Chapel
 Grevillea
 Grevillea

Tuesday 27th

From 10am Knit & Natter
 10.30 Moovers & Groovers
 1.30 Olympics Water Ping Pong
 1.30 Men's Group
 3.30 Share and Tell—Olympics

TLH
 Chapel
 Chapel
 Men's Shed
 Grevillea



Wednesday 28th

9.00 - 12noon TLH Library Open
 10.00 Bottle Top Sorting
 10.30 Art Therapy
 11.00 Waratah Service
 1.30 Arm Chair Exercises
 1.30 Wheel Of Fortune—Olympics
 3.30 Current Affairs

Trinity
 Protea
 ABG
 Waratah
 Acacia Lounge
 Chapel
 Grevillea

Thursday 29th

From 10am CAFÉ SHOP TROLLEY
 10.30 Wonders of Nature
 10.30 Moovers & Groovers
 1.30 Bean Bag Toss
 1.30 Olympic Quiz

Grevillea
 Chapel
 Grevillea
 Chapel

Friday 30th

9.00 - 12noon TLH Library Open
 10.30 Walking Group
 11.00 Church Service
 1.30 Social Bingo
 1.30 Memory Games
 3.30 Movie Time

Trinity
 Leaving from Acacia
 Chapel
 Waratah / Protea
 Acacia Lounge
 ABG

Saturday 31st

1.30 Rapp Ball
 3.30 Bottle Top Sorting

Grevillea
 Grevillea

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

Word Search

SWIMMING



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

Aerobic

Kick

Short-course

Tumble-turn

Butterfly

Meet

Sprint

Turn

Diving

Personal-best

Stroke

Turnaround

Intensity

Set

Team

Underwater