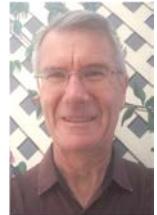




# Chaplain's Reflection



# TIT TAT

MONTHLY NEWSLETTER  
TANUNDA  
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

- ★ Phone : (08) 8563 7777
- ★ Fax: (08) 8563 7799
- ★ Email: [info@tlhome.com.au](mailto:info@tlhome.com.au)
- ★ Website: [www.tlhome.com.au](http://www.tlhome.com.au)
- ★ Facebook: Tanunda Lutheran Home

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

Jesus Christ said:  
“Love one another as I have loved you”  
*John 13:34*

**JUNE 2021**

*Lutheran  
Church  
of Australia*



Visitors to TLH may have noticed the ‘Barnyard’ near the Gramp Chapel. A couple of weeks ago a comedian from an un-named department (!) got in there and arranged the hens to be in a circle looking at a magazine together. The wind was blowing the pages of the magazine. Then there was a shower of rain and the pages settled on the one featured in the photo: a young woman who’d obviously gone through interesting times, boldly asserting: “I have no regrets and no apologies!”

Not sure if it’s easy to get through life with no regrets or apologies. Those hens may have thought: “I wish I hadn’t let that gorgeous rooster get away!” Or “I regret that I didn’t have an extra clutch of chicks when I had the chance. And I really should apologise to my neighbour for pecking her the other day.”

We all have regrets, and have missed apologies we should have made. And now it seems to be too late. Not that we need to apologise for everything. In fact, sometimes we need to stand up for ourselves and not apologise. Regrets, though, can settle in for the long haul, like an unwanted guest in the spare room. It’s always a disappointing experience to go there.

So who forgives us when we have regrets? Ourselves, ultimately, boosted by having heard that God has forgiven us, or the people concerned have forgiven us. God more-so, because we can sometimes wait forever for people to forgive us and it never comes.

A task of aging is to put to rest old regrets. At the end of the day there is a time to regret, and a time to forgive, ourselves.





- 3 Daphne Nobes  
 5 Reta Nitschke  
 6 Beatrice Hueppauff  
 16 Allen Loffler  
 22 Teresa O'Brien  
 24 Joan Haese  
 25 Trevor Frost  
 25 Gwen Smith  
 27 Ella Larwood  
 27 Brian Selwood  
 30 Barbara White



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

**Monday 21st June**

**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

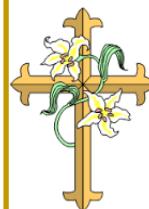


## Respite

Raymond (Ray) Haulser  
 Ian Young

## Permanent

Beverley Hoffmann



## DEATHS

*Our deepest sympathy  
to the families of*

Colin Henschke	23rd May
Gordon Fechner	25th May
Rita Kernick	26th May
Alison Redden (IL)	27th May
Iris Wandel	28th May
Neil Hurst	29th May

*May they rest in peace ..*



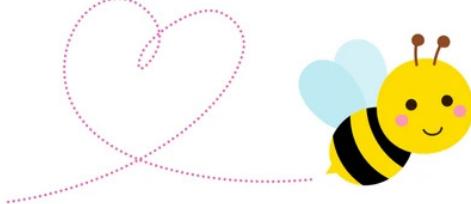
## SHOPPING BUS



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

Wednesday	02nd June	Tanunda
Wednesday	09th June	Tanunda
Wednesday	16th June	Tanunda
Wednesday	23rd June	Tanunda
Wednesday	30th June	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.



Kim Hahn, People, Culture and Customer Service Manager

I hope you have had a lovely month. I have so much I want to share with you all about things that happened here during May.

Please join with me in Congratulating Lee, on being appointed as a confirmed member of the SA LASA Member Advisory Committee (MAC), following a nomination. It is really exciting to know that Lee can advocate concerns that we have within our aged care experiences, directly with our Industry Representative. What a wonderful opportunity and representation for TLH!

As many of you would now be aware, on the 28<sup>th</sup> May, we farewelled Cherie Cheyne, CFO and wished her the very best with her new career advancement of CEO of Aminya Village & Hostel in Mannum. Cherie will be keenly missed, she was always highly thought of and respected for her expert, professional and above and beyond contributions to TLH during her 15 years of service.

During the next 12 months, we, as a staffing group will embark on a period of hard work, that will include re-accreditation, 3 year triannual certification, food safety audit, our established responsibilities and major project implementation.

These implementations are part of our commitment to continuous improvement for our Residents and positive change. Projects, in addition to what we are doing now will include the implementation of Robots to decrease the amount of physical strain on our workforce, Home Care Packages for community members to ensure we are offering services that support individuals to stay at home as long as they wish, sourcing the required increase of staff, following the difficulties imposed on the industry during COVID-19 and the Royal Commission.

We are so excited to have Lee organising to have Robots and their accessories onsite for viewing and consultation with our Residents and Staff, we will communicate dates and organise meetings as soon as the information becomes available to us. We completely understand that with such a big change comes a feeling of nervousness, and excitement and will be offering opportunity to express this during the meetings and to answer any questions that you may have.

I was lucky enough to have dinner with the Residents in Trinity Court last week and was thrilled to see the people who walk past the Dining room with their Children, Babies and Pets. Our Residents faces all light up with joy when all of these members of the community stop to wave to them, even helping their dogs to wave! What a beautiful demonstration of community fellowship with our Residents and their neighbours!

I wanted to close by making special mention of our Volunteers of whom we celebrated and showed our appreciation to during National Volunteers week 17<sup>th</sup>-21<sup>st</sup> May (Our Busy Bee's!).

I was blessed to attend the Years of Service Morning Tea for several our Volunteers who have worked for TLH in excess of 25 years each. Belinda had organised a beautiful event, a truly heartfelt expression of gratitude to the amazing people who have dedicated so many years of their time to helping to enrich our Residents moments. Thank you so much.

As I discussed with one of our Volunteers - we really do what we say, provide mutual care for one another. I hope your June is filled with comfort, peace and happiness.



Shortly after this article being submitted, we were all deeply saddened with the news of Pastor (Retired) Dave Preuss' passing. Dave was a loved member of our TLH family and an active supporter of TLH through his participation as a Board member and attendance at many of our functions and trainings. On behalf of everyone at TLH, we extend our deepest sympathy to Jan and their family and hold them in our thoughts, prayers and hearts.

Personally, Dave was one of the loveliest people, I have had the privilege of knowing and I am sure I join with many of you in remembering and thanking him for his friendliness, generosity, humour, faith and teachings.

Kim



Tanunda

Lutheran Home Inc.

# Quality Information

from Kim & Steph

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



## ONCE IN A GENERATION CHANGE FOR AGED CARE IN AUSTRALIA

This week, as part of the 2021-22 Budget, the Australian Government announced a 17.7 billion package of support for aged care in response to the final report of the Royal Commission into Aged Care Quality and Safety.

The reforms will deliver respect, care and dignity for senior Australians, and place a critical focus on the quality and safety of care.

The reforms will be centred around 5 pillars to be delivered over 5 years:

- Home care – supporting senior Australians who choose to remain in their home
- Residential aged care services and sustainability – improving and simplifying residential aged care services and access
- Residential aged care quality and safety – improving residential aged care quality and safety
- Workforce – supporting a growing and better-skilled care workforce
- Governance – new legislation and stronger governance

Source: DOH — Email, 13 May 2021

## NEW REQUIREMENTS TO INCREASE TRANSPARENCY OF RESIDENTIAL CARE PROVIDERS' FINANCIAL PERFORMANCE

The Government has announced that it will implement the Royal Commission's recommendations to introduce more stringent reporting requirements and strengthen prudential requirements of providers. These recommendations will be implemented through a new Financial and Prudential Monitoring, Compliance and Intervention Framework, phased in over three years, to improve accountability and transparency of the sector.

Phase 1 will introduce new mandatory reporting requirements and an expansion of the information collected in the 2020-21 Aged Care Financial Report (ACFR).

Major changes to the ACFR include:

- detailed residential segment income and expense statement at the facility level
- enhanced approved provider reporting
- consolidated parent level segment report
- permitted uses reconciliation.

Source: DOH - Email, 19 May 2021

## STAYING CONNECTED FOR VETERANS IN RESIDENTIAL AGED CARE

Veterans often value a strong emotional and social connection with their particular ex-service organisation (ESO) and/or association. Many veterans have been connected to their organisation for a long time, helping them maintain good mental health and well-being.

The department would like to remind providers that in the aged care setting, this support can continue. ESOs and associations can provide information, support, visits and referrals to veterans, war widow(er)s, or members of the veteran community who are living in residential aged care.

ESOs can help your residents, and they can help you help your residents, by:

- spending time with them, continuing to provide the peer support they are familiar with
- providing information and supporting them to access their DVA entitlements

- connecting the resident with other veteran specific support services if needed
- helping staff understand the veteran's background and specific support needs.

There are many [ESO organisations](#), including the [TPI Federation Australia](#), and [RSL](#) groups across Australia. These groups do reach out to aged care homes directly to arrange a visit, so please welcome them. Otherwise, you can help your residents make a request, or make contact on their behalf to request a visit. The [Community Visitors Scheme](#) also has volunteers who visit lonely or socially isolated people in aged care.

Supporting veterans in this way is also linked to the diversity action plans and Quality Standards:

Connecting with other services is a 'Moving Forward' action to providing safe, accessible care in the [Shared actions to support older diverse older people: a guide for aged care providers](#).

Creating a culture of inclusion and respect, where residents can maintain their identity is central to

[Quality Standard 1](#). Partnering with residents in their in care is in [Quality Standard 2](#). Connecting with other organisations that are important for residents' well-being is in [Quality Standard 4](#). For questions or more information, contact [ageing.and.diversity@health.gov.au](mailto:ageing.and.diversity@health.gov.au)

## CONTINUOUS IMPROVEMENT

- TLH have received a grant to purchase robots to assist with manual handling tasks, we expect to see these onsite in September/October. Renovations around the home will occur to accommodate the use of the robots.
- Thanks to the Ladies Auxiliary committee residents are now sporting beautiful new clothing protectors.
- 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
- 8 additional care hours have been added to ABG daily
- 2 residents have accepted an invitation to join the Customer Service Committee

## COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During April we received complaints about Care (2), Environment (2), Food & Beverages (7), Other (1), and Wellbeing (2) and we are working with the comment maker(s) in resolving the concern to the comment makers satisfaction.

Also during April we received compliments about Care (2), Cleaning (1), Food & Beverages (14), Lifestyle (3), Management & Communication (1), and Staff (31) and a total of nine suggestions.

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

A friendly reminder that the South Australian government has directed that all staff and visitors to a residential aged care facility must be vaccinated against 2021 seasonal influenza by 1 June 2021.

Kim & Steph  
19th May 2021





**Tanunda  
Lutheran Home Inc.**

Enriching the lives of our older people



Residents, Representatives, Staff,  
IRL Residents & Volunteers

TLH invites you to attend an information session on

## *An introduction into Spirituality, and Spiritual Care*

**Thursday, 1st July 2021, 1.30pm to 3.30pm**

Hosted by Kim Thoday from



**Meaningful Ageing  
AUSTRALIA**

This session aims at increasing understanding of spirituality processes, together with the value of both specialist pastoral care and general spiritual care in supporting people as they age and approach the end of their life span.

If you are interested in attending please RSVP with Reception (8563 7777) by Monday 28th June 2021.



**Tanunda**

Lutheran Home Inc.

Enriching the lives of our older people  
TANUNDA  
RETIREMENT LIVING  
NURIOOTPA  
RETIREMENT LIVING

# We Love Receiving Feedback

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

Email: [britany.mickan@tthome.com.au](mailto:britany.mickan@tthome.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.

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@tthome.com.au](mailto:stephanie.timmis@tthome.com.au) or ask a staff member to direct you to speak with Stephanie.

Please return this form to the Quality & Training Officer

at Tanunda Lutheran Home  
via drop off at reception or by posting to  
Tanunda Lutheran Home  
Attn: Quality & Training Officer  
27 Bridge Street TANUNDA SA 5352



*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: \_\_\_\_\_

- Resident     Relative     Staff     IRL Resident     Other: \_\_\_\_\_
- Compliment     Complaint     Suggestion

### **Comments / Details:**

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:

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?**

CI Required?    Yes/No

Was the outcome satisfactory?    Yes/No

Closure Date: \_\_\_\_\_

Follow Up:    3 Months     N/A

6 Months

9 Months

Other: \_\_\_\_\_

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





Aged Care Quality and Safety Commission

Engage  
Empower  
Safeguard



# 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](http://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@thome.com.au](mailto:kim.hahn@thome.com.au)

Lee Martin - Chief Executive Officer  
08 8563 7733 or [lee.martin@thome.com.au](mailto:lee.martin@thome.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's 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](http://agedcarequality.gov.au) for more information



Tanunda Lutheran Home supports your right to share compliments, suggestions, concerns or make a complaint.



**Tanunda**  
Lutheran Home Inc.

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Improving the lives of our older people



- 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.

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,  
Food Service  
WHS, Maintenance)

**Clinical and Care** - Lee Martin  
Chief Executive Officer  
(Including Allied Health  
& Lifestyle)

# Staff News



welcome  
TO THE TEAM



**Amity Speyer**  
Hospitality



**Haidee Randall**  
Lifestyle Coordinator



**Pratigya Panta**  
Carer

## Employee of the Month

March 2021

Congratulations

*Catering Team*

Kahlia Baldock

Tennille Doecke

Ro Hunter

Rae Maurer

Fatima Nifras

Jen Taylor

Elvie Van Gatel

Bianca Wytkins

### Compliments Received for the Catering Team in March

"Vegetable patties were beautiful & crisp on the outside"

"Thank you for the lovely tiramisu today for sweets"

"All residents loved the zucchini bake"

"IRL Residents thanked the kitchen for the delicious meals"

"The sweets have been a real treat"

"One resident has been dining here for 7 years and has always enjoyed the meals"

"The fish & chips were perfect"

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

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.

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 after hours and weekends, please enter through the Protea doors, located near the Chapel.

family

**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**





# TLH FARM BARN

Have you seen the latest animals to join the chickens?

We have recently had a lamb and its 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.



World Elder Abuse Awareness Day (WEAAD) is commemorated each year on the 15 of June to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.

TLH says NO! to elder abuse and takes a Zero Tolerance stance.

Older people are essential in the fabric of our society. Its time for us to acknowledge their importance and recognise they are entitled to the respect of their communities and especially their families.



**Residents Meeting**  
**Thursday 17th**  
**June 1.30pm**  
**In the chapel**



Please note that during the month of June Moovers and Groovers will be held on Thursday Mornings only for Trinity, Protea and Waratah



### LIBRARY OPEN

Wednesday and Friday mornings  
 From 9am



IT'S SO DAMN COLD OUTSIDE.  
 I JUST FARTED SNOWFLAKES.



[LoveThisPic.com](http://LoveThisPic.com)

### 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*

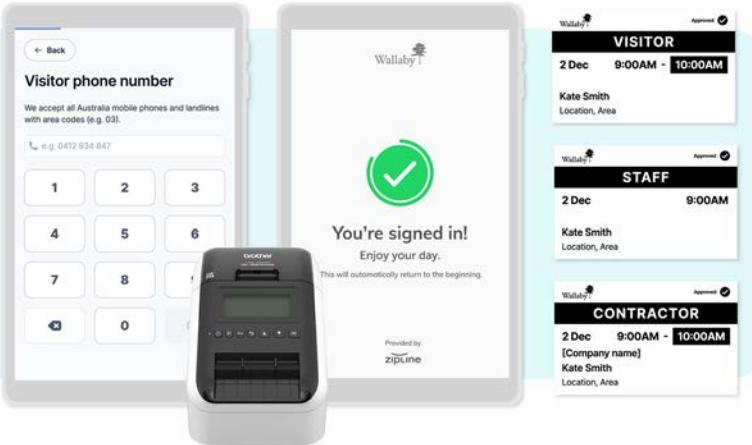
*Myrtle Hage*





- Pegasus Scooter \$1500
- Power assist wheelchair with battery which may need replacing \$900
- Aspire relax tilt & recline wheelchair with tray & new aircushion \$1300
- Contact Charlie on 8563 7777 to view

## .. Exciting News ..



## Something new is on its way to TLH - Residential Care Screening

The Zipline system will log each individual's entry and exit into the building, and allow quick identification of individuals via contact tracing if required. Visitor booking and check-in is mandatory for all visitors.

All visitors must comply with our active screening process, which includes temperature checking, filing contact details, responses to Healthcare Declaration Questions, and may require the provision of evidence of current flu vaccination/Covid-19 vaccination.

Watch this space its on its way ...

## REMINDERS FOR VISITORS

All visitors to the home must pre-book their visit by contacting the booking line on 8563 7730 from 10.30am to 3.30pm weekdays or with the RN on weekends by calling 8563 7712.

Residents and Customers are welcome to visit the café, however, COVID-19 Emergency Management Directives require TLH to avoid any visitor, visiting with our Residents in common areas, including the Café, Dining Rooms and lounges.

To avoid disappointment we encourage residents and visitors to contact Shu, Café Coordinator at the café directly on 8563 7756 for a booking or provide an alternative suggestion.



The Lifestyle Team are looking for Donations of Silk Scarves to use with the New Activity in ABG movement to Music.

If you have some that you would like donate please drop them off at reception or the Lifestyle office.



Thank you



SORRY SON... THERE'S NO APP FOR THAT

## HELP WANTED



The laundry are looking for some volunteers who would like to assist with some ironing. On a Tuesday and/or a Thursday morning Between 10-11.30am

Either on a regular basis or a once off. Don't need to be an expert, all skill levels will be welcomed.

If you are available to help please either see Tammy Wastell or Belinda Treloar.

(If you are not a current registered volunteer we will be happy to sign you up)



"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....*



"Enjoying life with fun & friends"



"Enjoying life with fun & friends"

Always something happening in the  
.. Barossa Club ..



Tania - Barbara  
and Kevin  
dancing to the  
amazing Ivor



Dorcas the winner of the duck shooting activity ...



← Kevin - Wilf and Dorcas listening to the  
amazing Ivor





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

Name: \_\_\_\_\_

## 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

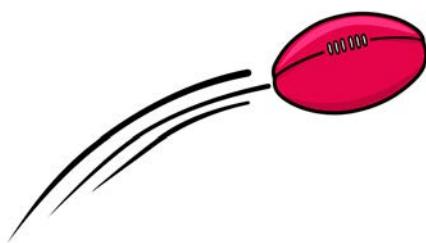
- ✗ Metal lids (wine lids) are not part of this initiative and can not be accepted
- ✗ Lids off of jars and other items are also not appropriate such as vegemite lids and chemical tops.
- ✗ Small lids from soft drink bottles are also not accepted
- 3lt milk bottle tops
- Large Juice bottle tops
- Large flavour milk tops



### NEIGHBOURHOOD LEADERS

### CONGRATULATIONS

TRINITY COURT	Pam Zeunert 66
PROTEA	Barb White 65
WARATAH	Erna Auricht 54
ABG	Trevor Frost 65



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



## Residential Lifestyle Activities



Every Tuesday morning in Protea we hold a knitting group from 10am. This group is called Knit and Natter. We would love to have some extra people join us. Don't be shy - Pop in and say Hi.



Thank you to the TLH singers who put on a beautiful concert for us. We enjoyed listening to them sing and it was great to get an opportunity to sing along.



Shirley Schults  
Betty Holness



Joyce Lehmann  
Wendy Shemmeld



Cheryl Frost  
Margaret Grossman

Happy  
Mothers  
Day to  
all the  
special  
women  
in our  
lives.



# VOLUNTEER NEWS



## Message from Belinda Lifestyle / Volunteer Coordinator



During National Volunteer week TLH were able to celebrate the amazing effort of some extra special volunteers; who between them have been serving the home for 170 years. That is an outstanding effort. We are so blessed to have so many volunteers that contribute to the happiness of our residents. We can't thank you enough.



## Volunteering

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

# Happy Birthday

To all of our wonderful Volunteers  
for the month of

# June



## Volunteers Information



Please remember to sign out when you are leaving

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

### Tuesday 1st—Valley Voices

From 10am Knit & Natter	TLH
10.30 Moovers & Groovers Protea / TC1	Chapel
1.30 <u>Concert—Valley Voices</u>	Chapel
1.30 Men's Group	Men's Shed
3.30 Quiz Game	Acacia

### Wednesday 2nd

9.00 - 12noon TLH Library Open	Trinity
10.00 Bottle top Sorting	Protea
10.30 Art Therapy	ABG
11.00 Waratah Service	Waratah
1.30 Wheel Of Fortune	Chapel
1.30 Arm Chair Exercises	Grevillea
<b>2.00 1st Blessing of the Month</b>	Acacia
3.30 A Current Affairs	ABG



### Thursday 3rd

10.15 <u>Card Making with Irene</u>	Protea
10.30 Wonders of Nature	Grevillea
10.30 Moovers & Groovers Waratah / TC2&3	Chapel
1.30 Bean Bag Toss	Grevillea

**Friday 4th**

- 9.00 - 12noon TLH Library Open  
 10.30 Walking Group  
 11.00 Church Service Protea / TC  
 1.30 Social Bingo  
 1.30 Memory Games  
 2.00 Happy Hour

Leaving from Acacia Chapel Chapel  
 Acacia Lounge Grevillea

**Saturday 5th**

- 1.30 Wrap Ball  
 3.30 Bottle Top Sorting

Grevillea Grevillea

**Sunday 6th**

- 10.00 Church Service  
 1.15 Balloon Tennis  
 2.30 Cards  
 4.00 1x1



Chapel Grevillea Grevillea ABG

**Monday 7th**

- 10.15 Singing in the Chapel  
 11.00 Worship Service  
 1.30 Social Bingo  
 1.30 Picture Bingo  
 3.30 Art and Craft

Chapel Acacia Lounge Chapel Grevillea Grevillea

**Tuesday 8th**

- From 10am Knit & Natter  
 1.30 Water Ping Pong  
 1.30 Men's Group  
 3.30 Quiz Game

TLH Chapel Men's Shed Acacia

**Wednesday 9th**

- 9.00 - 12noon TLH Library Open  
 10.00 Bottle top Sorting  
 10.30 Art Therapy  
 11.00 Waratah Service  
 1.30 Balloon Tennis  
 1.30 Arm Chair Exercises  
 3.30 A Current Affairs



Trinity Protea ABG Waratah Chapel Grevillea ABG

**Thursday 10th**

- From 10am CAFÉ SHOP TROLLEY  
 10.30 Wonders of Nature  
 10.30 Moovers & Groovers Waratah / TC2&3  
 1.30 Art and Craft  
 1.30 Wrap Ball

Grevillea Chapel Protea Grevillea

**Friday 11th**

- 9.00 - 12noon TLH Library Open  
 10.30 Walking Group  
 11.00 Church Service Protea / TC  
 1.30 Social Bingo  
 1.30 Memory Games  
 2.00 Happy Hour

Trinity Leaving from Acacia Chapel Waratah / Protea Acacia Lounge Grevillea

**Saturday 12th**

- 1.30 Keep Moving  
 3.30 Hoy

Grevillea Grevillea

**Sunday 13th**

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

Chapel Grevillea Grevillea ABG

**Monday 14th—Queens Birthday**

Public Holiday

**Tuesday 15th—  
World Elder Abuse Awareness Day**

- From 10am Knit & Natter  
 1.30 Carpet Bowls  
 1.30 Men's Group  
 3.30 Quiz Game

TLH Chapel Men's Shed Acacia

**Wednesday 16th**

- 9.00 - 12noon TLH Library Open  
 10.00 Bottle top Sorting  
 10.30 Art Therapy  
 11.00 Waratah Service  
 1.30 Arm Chair Exercises  
 3.30 A Current Affairs

Trinity Protea ABG Waratah Acacia ABG

**Thursday 17th**

- From 10am CAFÉ SHOP TROLLEY  
 10.30 Wonders of Nature  
 10.30 Moovers & Groovers Waratah / TC2&3  
 1.30 Balloon Tennis  
 1.30 **Residents Meeting**

Grevillea Chapel Grevillea Chapel

**Friday 18th**

- 9.00 - 12noon TLH Library Open  
 10.30 Walking Group  
 11.00 Church Service Protea / TC  
 1.30 Social Bingo  
 1.30 Memory Games  
 2.00 Happy Hour

Leaving from Acacia Chapel Chapel  
 Acacia Lounge Grevillea

Trinity Chapel Chapel  
 Grevillea

**Friday 25th**

- 9.00 - 12noon TLH Library Open  
 10.30 Walking Group  
 11.00 Church Service Protea / TC  
 1.30 Social Bingo  
 1.30 Memory Games  
 2.00 Happy Hour

Leaving from Acacia Chapel  
 Waratah / Protea Acacia Lounge  
 Grevillea

Trinity Chapel  
 Grevillea

**Saturday 19th**

- 1.30 Wrap Ball  
 3.30 Bottle Top Sorting

Grevillea  
 Grevillea

Grevillea

**Saturday 26th**

- 1.30 Keep Moving  
 3.30 Bingo Bottle Top Washing

Grevillea  
 Grevillea

**Sunday 20th**

- 10.00 Church Service  
 1.15 Balloon Tennis  
 2.30 Reminiscina  
 4.00 1x1

Chapel  
 Grevillea  
 Grevillea  
 ABG

Chapel  
 Grevillea  
 Grevillea  
 ABG

**Sunday 27th**

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

Chapel  
 Grevillea  
 Grevillea  
 ABG

**Monday 21st**

- 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

Chapel  
 Acacia Lounge  
 Chapel  
 Grevillea  
 Grevillea

- 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 22nd**

- From 10am Knit & Natter  
 1.30 Billiard Bowls  
 1.30 Men's Group  
 3.30 Share and Tell—The Queen visits TLH

TLH  
 Chapel  
 Men's Shed  
 Grevillea

TLH  
 Chapel  
 Men's Shed  
 Grevillea

**Tuesday 29th**

- From 10am Knit & Natter  
 1.30 Carpet Bowls  
 1.30 Men's Group  
 3.30 Quiz Game

TLH  
 Chapel  
 Men's Shed  
 Acacia

**Wednesday 23rd**

- 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  
 3.30 Biscuit Decorating

Trinity  
 Protea  
 ABG  
 Waratah  
 Acacia Lounge  
 Chapel  
 Grevillea

Trinity  
 Protea  
 ABG  
 Waratah  
 Acacia Lounge  
 Chapel  
 Grevillea

**Wednesday 30th**

- 9.00 - 12noon TLH Library Open  
 10.00 Bottle Top Sorting  
 10.30 Art Therapy  
 1.30 Arm Chair Exercises  
 1.30 TLH SINGERS  
 3.30 A Current Affairs

Trinity  
 Protea  
 ABG  
 Acacia Lounge  
 Chapel  
 ABG

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



# WINTER



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

BLIZZARD

FIREPLACE

PLOW

BOOTS

FROSTY

SCARF

COAT

HAT

SHOVEL

COCOA

ICE

SKIING

COLD

ICICLES

SLEDDING

DECEMBER

JANUARY

SNOW

EARMUFFS

MARCH

SWEATER

FEBRUARY

MITTENS

WINTER

