

Tanunda Lutheran Home Inc.

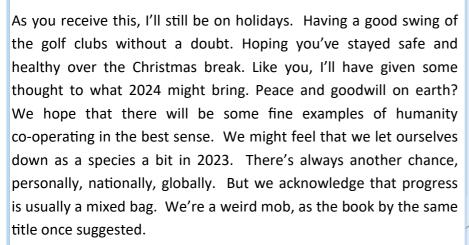
TIT TAT January 2024





Message from the Chaplain — Ian Lutze

Happy New Year! 2024



What is God likely to be up to in 2024? I guess it is important not to expect that God would suspend or alter the laws of nature to accommodate our needs. Not too often anyway. We'd love a miracle, but miracles, as Bruce so nicely discovered in that movie, *Bruce Almighty*, can come with unintended consequences! On the other hand, do expect God to keep loving us, sometimes in a most subtle way, sometimes in an annoyingly overbearing way. Inexplicable, connected, transformative, hopeful love which both repels us and brings the absolute best out of us too.

Love always potentially changes hearts. Yours. Mine. The people whose change of heart will lead to great changes affecting millions. May God's heart meet the world's heart this year. Let the best changes happen. May it sometimes start with us.

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

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27 Bridge Street, Tanunda SA 5352

★ Phone: (08) 8563 7777

★ Fax: (08) 8563 7799

★ Email: info@tlhome.com.au

★ Website: www.tlhome.com.au

★ Facebook : Tanunda Lutheran Home



Lutheran Church of Australia

Welcome

NEW RESIDENTS

Respite

Doris Watson

Coral Kennett

Permanent

Betty Kohlhagen

Joan Lindner

JANUARY BIRTHDAY CELEBRATIONS

1st Gladys Nixon

13th Rosalie Betts

19th Betty Braunack

21st Lorraine Price

23rd Edna Kuhn

24th Clem Jaensch

25th Zazilia May

29th Valerie Kraft

DEATHS

Our deepest sympathy to the families of

Judith Judy' Menzel 3rd December

Ute 'Margaret' Bayha 12th December

May they rest in peace ..



Everyday is full of new opportunities for growth!

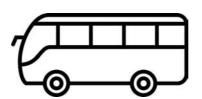
FEBRUARY TIT TAT

The deadline for all: News/Information/ Stories is Friday 26th January 2024.

Email: kasey.welch@tlhome.com.au

Wednesday 3rd January Wednesday 10th January Wednesday 17th January Wednesday 24th January Wednesday 31st January

SHOPPING BUS



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.







FROM THE CEO





Lee Martin

Welcome to the New Year - 2024

I do hope you all enjoyed the festive season and spent quality time with family and friends.

Please keep in your thoughts those people in Queensland who have suffered the effects of the very wet weather, those in Japan following the earthquake, and to all those suffering from the many war events occurring.

Did you and your family attend the Christmas functions? What a great day it was for those who attended the luncheon in the Chapel. Congratulations to all who assisted the many residents and families to have a great time. Thank you to all the lovely positive feedback received from people who attended.

There are some exciting things going to occur in and around the Home over the next 12 months. It's hoped that you'll all be involved in one way or another.

The major project for the year will be the filming of a documentary with Noni Hazelhurst assisting the discussion of the use of technology and robots in the aged care sector environment. I'll ensure you are all kept informed about the process of being involved. There's the necessary red tape to go through first.

For those visiting the Home we are developing undercover car parking. This project should be completed over the coming months. Grant money is assisting in meeting the cost of installing solar panels covering the car parks. The cost of electricity in the new future is going to increase, the use of solar will ensure our energy costs are reduced.

Over the coming weeks the draft Aged Care Act will be reviewed, and a revised version will go before parliament later in the year. If anyone would like to review the document or make comment, please feel free to go online to gain access to the site that allows you to read the whole document. If you wish to discuss the document, feel free to come and talk to me. This new Aged Care Acts is proposed to make entering the aged care sector easier and provides greater emphasis on the level of care expected for residents. There are even further controls and reporting placed on those who manage the aged care facilities and services.



Life is an adventure that's full of beautiful destinations.

Wishing you many wonderful memories made in 2024.



QUALITY INFORMATION



Sharon Berridge - Executive Care Manager Lisa Morrison - Clinical Nurse Consultant



Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator

HOME UPDATES:

We have two upcoming Australian Dental Foundation Clinic days (10th and 11th of January). You will find posters located around the facility with more information. Please see nursing staff to be added to the list, and to get a consent form.



Due to the increase of positive cases within our facility, all staff are required to complete daily rat tests before each shift.

Please ensure visitors are wearing a mask during their visit, and completing a rat test or have shown staff a negative test result from that day before entering the home. If visitors are going into a locked down residential area, please ensure they are wearing full PPE and staff are to assist with kitting up if needed.

We would like to wish everyone a Happy New Year for 2024!



COMPLIMENTS, COMPLAINTS AND SUGGESTIONS



During December, TLH received compliments about Care (8), Food & Beverages (10), Lifestyle (2), Maintenance (0), Management & Communication (1), Wellbeing (1) and Other (4).

During December, we received complaints about Care (1), Food & Beverages (3), Lifestyle (o), Maintenance (1), Management & Communication, Wellbeing (1) and Other (1) and a total of (2) Suggestions.



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









Share your Experience

TLH support's your right to share compliments, suggestions, concerns or to make a complaint.

We welcome feedback and complaints as part of our commitment to provide a high-quality service.

Share the things we are doing well; We appreciate hearing from you.

If you have a concern, we would like 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

For feedback, compliments, suggestions, concerns, or complaints; complete the Share your experience form, or alternatively direct your feedback to one of the key personnel listed below:

Executive Care Manager – Sharon Berridge (Including Clinical, <u>sharon.berridge@tlhome.com.au</u> or Ph: 8563 7757

Allied Health and Lifestyle)

Executive Operations Manager - Rachel Strudwick

(Including Catering, rachel.strudwick@tlhome.com.au or Ph: 8563 7771

Food Service, House Keeping, Maintenance, RTW and Administration)

Executive Financial Controller - Ameya Bhiskute (Including, Fees / Bonds ameya.bhiskute@tlhome.com.au_or Ph: 8563 7768

And Accommodation)

Executive Home Care Manager - Cindy Penn

(Including CHSP cindy.penn@tlhome.com.au or Ph: 8563 7709 And Home Care)



Rachel Strudwick, Operations Manager Phone: 08 8563 7771 or Email: g







- rou 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 qualify standards
- Call uson 1800 51822 or visit a gedkarequality, govau
for more information

You can be anonymous or confidential

SEPTEMBER 2023

Positivity

Maarit Linke & Julie David LIFESTYLE COORDINATORS



FAMILY CHRISTMAS FUNCTION

Thankyou to everyone who joined us for the Winter Wonderland Family Christmas event in December.

We couldn't have run this event without our amazing Catering staff who supplied the delicious 3 course meal, our wonderful Admin and Lifestyle staff who served the food, entertained the guests, presented a Christmas raffle and decorated the Chapel, Kasey and Courtney for making the personalized bon bons and decorations, and our excellent Maintenance staff who help set up and pack up the tables/chairs.

We were also grateful enough to have one of our volunteers, Glenis Kupke, play the piano and one of our residents daughters, Julie Bray, play the flute before lunch was served.

We had awesome feedback from residents and families. We hope to continue to provide beautiful events like















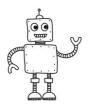
Australia Day Puzzle



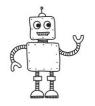


Can you spot the 10 difference between these two pictures?

The answers will be found on page 16.



Robot Update



As you may have seen, a couple of new robots were trialed over Christmas. We will adjust the scheduling of the cleaning robots to reduce the chances of any incidents with residents. Please remember – the robots have many sensors so they can not run into anything – that includes people. Feel free to stand still, the robot will go around you. There will be another robot introduced in the coming weeks that is more interactive with people – its name is "Abbi". This robot is very intelligent, speaks different languages, sings, answers any questions, and can demonstrate tai chi. I'm told residents will be able to establish a rapport with the robot – it can recognize residents and remember previous conversations.









WHAT'S HAPPENING IN JANUARY



Food Focus Meetings

Trinity Court — 16th January

Waratah — 23rd January

Protea — 30th January



ABGO - Date TBA

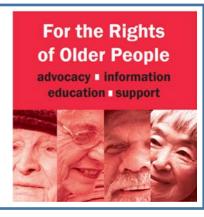




Wednesday 24th January

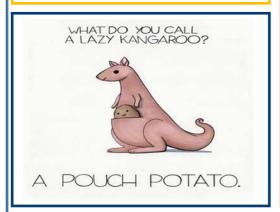
1.30pm in the Chapel All Welcome.

Tel (08) 8232 5377 Toll Free 1800 700 600 www.sa.agedrights.asn.au



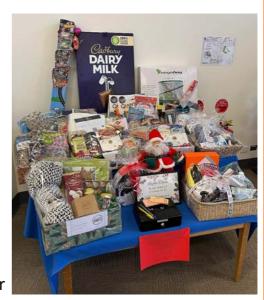


FRIDAY 26TH JAN
AUSTRALIA DAY



CONGRATULATIONS TO OUR CHRISTMAS RAFFLE WINNERS!

It was wonderful to see that the raffle winners were shared between staff, family and residents. A big congratulations to all our winners and an even bigger thank you to the community for their



very generous donations.

To book an appointment with Belinda Treloar 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.



Please return this form to the Customer Service
Coordinator at Tanunda Lutheran Home
via any of the drop boxes located through-out the
home or drop of at reception, alternatively you can post

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Tanunda Lutheran Home
Attn: Customer Service Coordinator
27 Bridge Street TANUNDA SA 5352

We welcome 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, Independent living residents, CHSP clients, friends or staff.

Please feel free to ask staff to assist you to complete the form if required. 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 if you have indicated so.

All the comments are forwarded to Belinda Treloar (Customer Service Coordinator) who coordinates the comment process and will ensure the correct person is notified of your comment. You can contact Belinda directly via email at belinda.treloar@TLhome.com.au

Share Your Experience

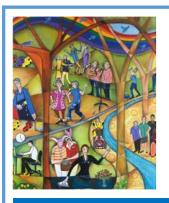




Tanunda

Lutheran Home Inc. Enriching the lives of our older people

TITTAT 10 JANUARY 2024



VOLUNTEER NEWS

Belinda Treloar; Customer Service, Volunteer & Leisure Coordinator



VOLUNTEERING AT TLH

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 our wonderful volunteers for the month of January Many happy returns.

CAN YOU HELP?

We are currently seeking volunteers for the following vacancies.

- * Café Helpers Basic Kitchen Tasks
 - * Barossa Club Connections
 - * Pampering in ABGO

If you feel that you have some spare time each week and want to make a difference, please contact me.

Welcome to 2024 – As the year begins, I can't help but reflect on the last 12 months, and in particular the amazing contributions the volunteers have made. The residents at TLH are very lucky to have an amazing army of people around them. If you are currently on the volunteer register and feel that you have some extra spare time, please come and see me. We always have things that can be done and there is always someone to visit. Currently we are looking for a special volunteer to assist once a week in ABGO with the Lifestyle team in "Pampering". This is a very rewarding opportunity to connect with the residents in a meaningful task. If this interests you, please let me know.

Have an amazing January – Belinda



Do you have Social Media?

Head over to Facebook and like

<u>Tanunda Lutheran Home</u>

You can also follow us on Instagram

tanundalutheranhome



RESIDENTIAL ACTIVITIES ABGO





















MERRY
CHRISTMAS
FROM
THE MEN'S
SHED



FRECKLE SMASH











RESIDENTIAL ACTIVITIES





HONEY BISCUIT

DECORATING











FAITH SCHOOL VISITS

















CHSP CLIENTS—COMMONWEALTH HOME SUPPORT PROGRAM

Allied Health & Therapy Services

Exciting services are happening now!

Group Physiotherapy Exercise Classes-Held in the LHB Gym

The Gym includes:

A range of weights, static bike, treadmill, step ladder and balance bars.

Hand Wax Bath Therapy - Experience the soothing comfort

If you suffer from hand pain or arthritis, Hand Wax Therapy can provide welcome relief.

The gentle heat from the wax soothes aching joints and muscles, reducing discomfort and increasing mobility.

Better Balance-Falls Prevention Program

Discover a healthier, more confident you with our Better Body Balance classes, led by experienced physiotherapists. These specialized sessions are designed to enhance your fitness, boost strength, and significantly improve your balance, reducing the risk of falls.

Individual Physiotherapy

Rehabilitation—Post Injury



Pain reduction Massage







Private

session

Available

...you can live your best life

Our Allied Health Care support services will assist you to maintain, improve and restore your independence to live an active life.

...book your appointment today

CHSP CLIENTS—COMMONWEALTH HOME SUPPORT PROGRAM



Lutheran Homes Barossa 27 Bridge Street Tanunda SA 5352 (located in the main building)

...join us at Barossa Club Connections

High quality services tailored to your individual needs, delivered by a team you can trust ...love your independent life

Exciting programs taking place.



where everyone is welcome!

Cheese & Chatters-catch up with the grapevine

Join us in the courtyard on a Friday afternoon for sampling local produce and having stimulating conversations.

Garden Gurus-Personal Growth and fulfillment

Our little gardening community is open to all, providing a welcoming space for socializing and connecting with others who share your passion. Spend time outdoors, breathe in the fresh air, and soak up the natural beauty around you.



Paint ℰ Sip—Unleash your inner artist

Indulge in creativity and fun at our paint n sip event.

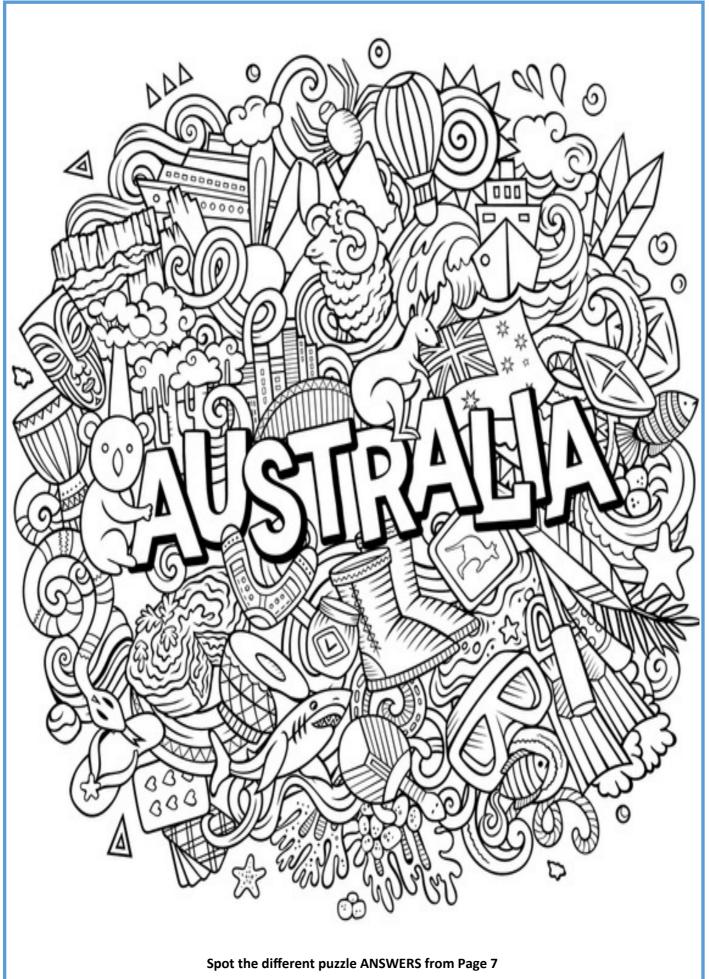
No Prior experience is needed

Food, Fun & Fellowship

Yoga Fusion −Relax / Breath & Unwind

Join us on a holistic journey to enhance your well-being and find inner harmony with our Yoga Fusion-Chair Yoga, and Meditation classes.

These transformative practices cater to all levels and offer a path to physical fitness, relaxation, and mental clarity.



1. Windmill blade, 2. R missing in Australia, 3. Aeroplane gains wheel, 4. Bird moves, 5. Star on shorts, 6. Nose

ACTIVITY PROGRAM

Friday	5th

From 9am TLH LIBRARY OPEN	TC
10:30 1x1's	ABGO
10:30 Virtual table / Hoy	Waratah
11:00 Chapel Service	Chapel
1:30 1x1's	ABGO
1:30 BINGO	Chapel
3:30 1x1's	ABĠO

Saturday 6th

1:30 1x1's	ABGO
3:00 1x1's	ABGO
4:00 1x1's	ABGO

Sunday 7th

10:00 Chapel Service	Chapel
1:30 1x1's	ABGO
3:00 1x1's	ABGO
4:00 1x1's	ABGO

Monday 8th

10:30 1x1's	TLH
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Bean Bag Toss	Chapel
1:30 Rap Ball	Waratah
3:30 Bingo	ABGO

Tuesday 9th

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Trivia / Quiz	ABGO
1:30 Quoits	ABGO
1:30 Carpet Bowls	TC / Protea
1:30 Word Games	Waratah
2:30 What's in the Bag?	ABGO
3:30 1x1	ABGO

Wednesday 10th

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Prot
10:30 Current Affairs / Tit Tat	ABGO
11:00 Waratah Service	Waratah
1:15 1st Blessing of the month	ABGO
1:30 Water Ping Pong	Chapel
1:30 Reminiscing	Waratah
2:30 Armchair Exercise	ABGO
3:30 Balloon Tennis	ABGO

Thursday 11th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Music Therapy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Men's Shed / Ladies Pampering	ABGO
1:30 Dart Ball	Chapel
1:30 Coffee and Chat	Waratah
3:30 Walking Group	ABGO



Friday 12th—Tour Down Under Starts

From 9am TLH LIBRARY OPEN	TC
10:30 Chair Yoga	ABGO
10:30 Virtual table / Hoy	Waratah
11:00 Church Service	Chapel
1:30 Coffee and Chat	ABGO
1:30 BINGO	Chapel
2:30 Gardening Group	ABGO
3:30 1x1's	ABGO

Saturday 13th

1:30 Rapp Ball	ABGO
3:00 Balloon Tennis	ABGO
4:00 Card Games	ABGO

Sunday 14th

10:00 Church Service	Chapel
1:30 Movement to Music	ABGO
2:30 Pet Therapy	ABGO
4.00 1x1	ΔRGO

otea Monday 15th

10:30 1x1's	TLH
11:00 Worship Service	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Rapp Ball	Chapel
1:30 Bean Bag Toss	Waratah
3:30 Bingo	ABGO

TITTAT 17 JANUARY 2024

Tanunda Lutheran Home	Residential	Lifestyle Program J	anuary 2023
Tuesday 16th		Monday 22nd	
10:15 Knit and Natter 10:30 Movers and Groovers 10:30 Memory Game 1:30 Tarp Target Toss 1:30 Food Focus Meeting 1:30 Word Games	Protea Chapel ABGO ABGO TC Protea	10:30 1x1's 11:00 Worship Service 1:30 Drumming 1:30 Tunnel Ball 1:30 Ten Pin Bowling 3:30 Bingo	TLH ABGO ABGO Chapel Waratah ABGO
1:30 Pet Therapy / Paro Visits 2:30 Creative Corner 3:30 1x1	Waratah ABGO ABGO	Tuesday 23rd 10:15 Knit and Natter 10.30 Movers and Groovers	Protea Chapel
Wednesday 17th From 9am TLH LIBRARY OPEN 10:00 Walking Group (weather permitting) 10:30 On this Day 1:30 Armchair exercises 1:30 Reminiscing 1:30 Water Ping Pong 2:30 Ping Pong	TC Leave from Protea ABGO ABGO Chapel Waratah ABGO	10:30 Trivia / Quiz 1:30 Bean Bag Toss	ABGO ABGO TC Protea Waratah ABGO ABGO
3:30 Pet Therapy / Paro Visits	ABGO	Wednesday 24th	
Thursday 18th From 10am CAFÉ' SHOP TROLLEY 10:30 Music Therapy 10:30 Movers and Groovers 1:30 Men's Shed / Ladies Pampering 1:30 Coffee and Chat 1:30 Dart Ball 3:30 Walking Group	ABGO Chapel ABGO Chapel Waratah ABGO	From 9am TLH LIBRARY OPEN 10:00 Walking Group (weather permitting 10:30 Current Affairs 10:30 Bottle Top Sorting 1:30 Armchair exercises 1:30 ARAS 2:30 Ping Pong 3:30 Sensory Room	TC) Leave from Protea ABGO Protea ABGO Chapel ABGO ABGO
Friday 19th From 9am TLH LIBRARY OPEN 10:30 Chair Yoga 10:30 Virtual table / Hoy 1:30 Parachute Game	TC ABGO Waratah ABGO	Thursday 25th From 10am CAFÉ' SHOP TROLLEY 10:30 Music Therapy 10:30 Movers and Groovers 1:30 Australia Day Activities	ABGO Chapel ABGO
1:30 BINGO 2:30 Gardening Group 3:30 1x1's	Chapel ABGO ABGO	1:30 BINGO 3:30 Walking Group Friday 26th—Australia Day Public H	Chapel ABGO
Saturday 20th 1:30 Dart Ball Game 3:00 Hoy 4:00 1x1	ABGO ABGO ABGO		
Sunday 21st—Tour Down Under Finis 10:00 Church Service 1:30 Tunnel Ball 2:30 Card Games 4:00 1x1	chapel ABGO ABGO ABGO ABGO	HAPPY HAPPY LUSTICE DAY	icu

Saturday 27th

1:30 Walking Group	ABGO
2:30 Memory Game	ABGO
4:00 1x1	ABGO

Sunday 28th

10:00 Church Service	Chape
1:30 Rapp Ball	ABGO
2:30 Board Games	ABGO
4:00 1x1	ABGO

Monday 29th

10:30 1x1's	TLH
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Ten Pin Bowling	Chapel
1:30 Tunnel Ball	Waratah
3:30 Bingo	ABGO

Tuesday 30th

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Quoits	ABGO
1:30 Word Games	TC
1:30 Carpet Bowls	Waratah
1:30 Food Focus Meeting	Protea
2:30 Creative Corner	ABGO
3:30 1x1	ABGO

Wednesday 31st

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 On this Day	ABGO
1:30 Armchair exercises	ABGO
1:30 Wheel Of Fortune / Ice Cream Carl	Chapel
2:30 Ping Pong	ABGO
3:30 Pet Therapy / Paro Visits	ABGO



PLEASE NOTE: ALL LIFESTYLE PROGRAMS MAY
BE SUBJECT TO CHANGE. PLEASE SPEAK TO A
LIFESTYLE TEAM MEMBER FOR DETAILS ON THE
DAY —Thank you

COURTYARD CAFE



Open Monday to Friday 9am – 3pm Café Trolley Available on a Thursday Morning from 9:30am Closed Public Holidays

TLH LIBRARY



TLH Library is located in TC Level 1,
Open Wednesday and Friday
from 9am -12noon.
Stocking a wide range of books (large print), magazines, DVD's & puzzles.

TLH HAIR SALON



Open Tuesday, Thursday and Friday (located next to the Courtyard Café)

For appointments please phone Nicky on 0411 492 682 or EXT 750 There are more kangaroos than humans in Australia.

Australian Animals

DIRECTIONS: Find and circle the animal names in the grid. Look for them in all directions including backwards and diagonally.

BILBY

CASSOWARY

COCKATOO

CROCODILE

DINGO

DUGONG

ECHIDNA

EMU

FRILLED NECK LIZARD

GIANT CLAM

KANGAROO

KOALA

LITTLE PENGUIN

NUMBAT

PLATYPUS

POSSUM

QUOKKA

QUOLL

TASMANIAN DEVIL

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

THORNY DEVIL

WALLABY

WALLAROO

WOMBAT

YABBY



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