



Tanunda
Lutheran Home Inc.

TIT TAT

MONTHLY NEWSLETTER
TANUNDA
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

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- ★ Fax: (08) 8563 3744
- ★ Email: info@tlhome.com.au
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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

MARCH 2019

*Lutheran
Church
of Australia*



Chaplain's Reflection

Chaplain Ian Lutze



"Spiritual Care and Spiritual Distress – Some Considerations for Families"

All staff at TLH are trained and inducted to provide a basic level of spiritual care to residents (alongside physical, social and mental well-being). Chaplains are specialists in the area of spiritual care, and often receive referrals from staff who observe or suspect that a resident seems to be experiencing spiritual distress.

What is spiritual struggle or distress? It is "a state of suffering related to the impaired ability to experience meaning in life through connections with self, others, the world, or a superior being" (NANDA International Nursing Diagnoses 2014). Such connections can be broken through major illness, loss, or dislocation, which is typically present in many ways as people enter a nursing home. Residents demonstrate possible spiritual distress by their off-the-cuff and repeated statements and questions like:

- "I never thought it would come to this!"
- "Where are all these so-called friends of mine?"
- "I try to pray but it doesn't seem to work anymore."
- "You know what I love to do at this time of year."

It takes a whole community to help residents with spiritual distress, including family members whom I would invite to consider the following as they share the care of their loved ones with others. Family members generally do a magnificent job, but by way of reminder I suggest the following points as possibly helpful:

- To hear the repeated questions, and recurring emotions and observations, and ponder what they might mean
- To take the question or observation seriously, and gently engaging, e.g. "You keep saying.. What do you mean by that? What are you trying to say to us?"
- Keep up, as you are able, the connections which were life-giving for the person. Eg:
- Through regular visiting
- Through keeping alive the connections with a church, or community organisation, or re-visiting a special place, going for a drive, etc.
- When selling houses or disposing of property, communicate clearly and regularly. You never know how important an object, or photo, or article of clothing may be. Consider storing a 'library' of objects at your house, for at least a year, so from time to time you can refresh the memories and connections in your loved one's room, and give him or her time to remember what was most important
- When you suspect spiritual distress, talk to us about it too. You might recognise something important we haven't picked up on.

Chaplain Ian Lutze



March



- 1 Helen Bartholomaeus
- 8 Kym Huxtable
- 9 Albert Wandel
- 11 Emma Siegler
- 13 Alexander Rodgers
- 16 John Schultz
- 18 Irene Joppich
- 20 Helen Munzberg
- 23 Daphne Gower
- 23 Nancy Rodgers
- 27 Don Ralston
- 30 Donald Beare
- 31 Oscar Joppich



Welcome

Permanent

Reta Nitschke
Jillian (Jill) Chapman
Joan Young

Respite

Iris Wandel
Helga Jaunzarins

IRL

Graham & Katherine Maas
Jeffrey & Ineke Garnaut



DEATHS

*Our deepest sympathy
to the family of*

Thelma Fulton	05th February
Irene Radlett	11th February
Trevor Starick	16th February

*May they rest in
peace ...*



FANTASTIC NEWS

Shopping Bus Pick Up For OFFSITE Residents . . .



If you live offsite and would like to go on the Wednesday shopping bus - You Can !
Simply contact reception 8563 77777 by 3pm on Tuesday and put your name on the list.

Note: Bus waiting areas are your gazebo, pick up time is from 9.20am Sharp !

The **DEADLINE** for all:
News / Information / Stories - April edition is
Monday 18th March 2019

Email: rachel.strudwick@tlhhome.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
Dorcas Kernich & Geoff Munzberg - IRL

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

TLH SHOPPING BUS

Departing approx
9.30am
Return 11.30am



Wednesday	6th March	Tanunda
Wednesday	13th March	Nuriootpa
Wednesday	20th March	Tanunda
Wednesday	27th March	Nuriootpa

**Please be at Reception by 9.15am
For a cost of \$5.00**

Thank you



From the CEO

Lee Martin
CEO



Well here we are at the end of February 2019 already. Where does the time go? It's been said that time goes faster when you are busy or having fun. I know I'm busy at work and at times at home – there is the occasional time for fun too. How do you see time getting by?

At the writing of this article it's a beautiful day – sun shining, nice temperature – no rain. It would be so good to have some real rain. The hot weather is hanging around for a while yet. So please take care with the changes in the weather. Keep up the fluids and stay cool.

The Aged Care Royal Commission is the catalyst for great discussions. There has been ongoing mention in regards the staff to resident ratio. There are many arguments as to whether the establishment of staff ratios will make a difference in aged care. Having more staff has advantages and disadvantages. The advantages may include things like having more staff around to assist residents, may lessen the load on staff whilst at work and may assist in the retention of staff. However, the disadvantages include: where are the extra staff going to come from – it is difficult to find enough staff now, how is the aged care system going to afford to pay the extra staff – increasingly the number of aged care services are operating in negative budgets, even with extra staff some residents will have to wait to have their various needs met.

The subject of the cultural support Australians show towards the elderly has been raised. There are residents who have very little or no support from their family. Some residents rely on staff for the basic social needs. It would be so nice to see that all residents are visited by family or even a volunteer to help the day go by or to just have a chat and get things off their chest – there are times when staff do this but time is limited because of the needs of other residents. If you are reading this and feel you could come and talk to a resident or two we would love to hear from you. Being a volunteer has its own rewards.

Restraint either physical or chemical is another major discussion point at the moment. Policy and procedures at Tanunda Lutheran Home clearly restrict any practice of restraint. We assess residents and allow levels of risk. We ensure residents are supervised or other types of measures are put in place to ensure the reduction of falls or aggression. The behaviour of residents can at times be extreme and require careful management by staff. Staff are given training on how to best reduce the behaviours and protect themselves and other residents. There are unfortunately times when all actions have been tried that minor physical contact is made involving staff or other residents.

The Aged Care Royal Commission will keep bringing up issues and ideas for the future. Please, if there are any topics brought up in the media you would like to have clarified – feel free to come and speak to me. Tanunda Lutheran Home prides itself on the transparency of what happens here on a day to day basis – we are all here to look after our residents in the best way we can. We as a team encourage residents, families and staff to use the Feedback Forms to ensure that issues and compliments are all dealt with.

The project at 20 Schaedel Street, Nuriootpa is well into the construction phase - seven house frames are completed and the roofing and brick work commences this week. The workmanship of the contractors is being overseen by an experienced builder contracted to Tanunda Lutheran Home. Expressions of interest in purchasing a new property continues – if you know anyone interested in joining the retirement village family please refer them to Carolyn Redden.

The project on Langmeil Road is at the stage where we are assessing interested builders since making an Expression of Interest to Tender for the construction of the planned 15 Units. Work is expected to commence later in the year.

Never doubt that a small group of thoughtful, committed, citizens can change the world. ...



Tanunda
Lutheran Home Inc

Message from : People Culture & Customer Service Manager and Quality Coordinator

INDUSTRY UPDATES:

Royal Commission into Aged Care Quality & Safety:

The first Directional Hearing was conducted in the Adelaide Law Courts on Friday 18th January which outlined how the Royal Commission will operate.

The first public hearing was held on 11th February 2019 in relation to key features of the aged care, quality, safety and complaints system, how that system works in practice and at a general level.

The Commission anticipates hearings will take place in the weeks commencing: 18th March, 29th April, 6th May; 13th May, 17th June, 24th June; 8th July, 15th July, 29th July, 5th August, 9 September, 8th October, 14th October, 4th November, 11th November and 9th December 2019. The location of each hearing will be announced progressively during the year as arrangements are finalised. Royal Commission will conduct hearings in all capital cities and a number of regional locations. Transcript of the hearing can be accessed through Royal Commission Website : www.agedcare.royalcommission.gov.au

What the new Aged Care Quality Standards mean for you

The new standards make it easier to check that people receive good care; good care is not about ticking boxes but caring for you and your individual needs.

Each standard says what you, the Resident (consumer), can expect and we have to meet an "outcome" for you and demonstrate how the outcome is being met.

There are eight standards, and each one is about an aspect of care that contributes to your safety, health and well being. The graphic shows you which part of your care these standards relate to, or you can see the list below:

1. Consumer dignity and choice
2. Ongoing assessment and planning with consumers
3. Personal care and clinical care
4. Services and supports for daily living
5. Organisation's service environment
6. Feedback and complaints
7. Human resources
8. Organisational governance



Continued.....

What good care feels like:

The staff are friendly and respectful, and they respond to your particular needs. You are well cared for by people who know their jobs. You've got people to talk to about things that matter to you. The organisation providing the care is well-run.

It doesn't matter whether you're getting care at home or you're living in a residential aged care home. It doesn't matter who you are, where you live, your life experience, identity, beliefs or culture. Every person who gets care has a right to be treated with dignity and respect, and to have their personal and clinical needs attended to.

HOME UPDATES:

- During the month of January, 17 new staff were appointed. In February we have appointed another 6 staff members that includes E.Ns, Carers, Lifestyle staff and Maintenance staff. Staff have received comprehensive induction accompanied with "Supernumery Buddy Shifts".
- To ensure each staff member is comfortable and familiar with the processes of the Home prior to working in their new Personal Centred Care roster.
- Agency Staff during the month of January 2019 has further decreased from December 2018.
- The Collaboration Committee Resident Representatives were invited to attend a 'Toaster' demonstration on 28th February. If the Committee votes for this equipment, Management will be looking into purchasing it. This is a very high quality Toaster and safe for staff and Residents to use.
- Staff were invited to the demonstration for a battery powered mobile lifting chair to assist our Residents to get up following a fall in a dignified way. This mobile chair transfers the Resident from the floor to a sitting or standing position making the Resident feel comfortable and safe in the process. We are very excited to announce that The Mobile chair will be trialed for a week in March.
- Just a reminder to everyone that Resident's clothes should be labelled with appropriate labels. Permanent laundry markers fade away during the wash leaving us unable to find the owner of the item. Please speak with Tammy Wastell (Laundry coordinator) if you like to get your clothes labelled.
- There is a lost and found clothing rack that gets circulated in each area of the home. Please keep an eye on the rack in case you have lost any clothes or feel free to speak with Tammy Wastell.

We wish you all a Marvellous March, stay cool and hydrated.

Please feel welcome to contact us if you feel we may be able to help you or you have any comments to make.

Kim & Rachana

INDUCTION SERVICE IN GRAMP CHAPEL

SUNDAY 3rd FEBRUARY 2019

It was a joyous occasion when the congregation in the crowded Gramp Chapel welcomed two new personalities to our TLH community

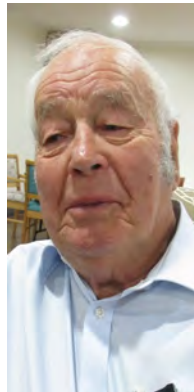
Assistant Chaplain Mrs Helen McNicol and Board Member Pastor David Preuss



Chaplain Ian Lutze



Mr Ray Giersch, Pastor David Preuss, Mr Lee Martin CEO, Mrs Helen McNicol



Mrs Helen McNicol, Husband Chris and Father Leslie



Chaplain Ian, Board Member Mrs Liz McGregor, Pastor David Preuss



CEO Lee and Mrs Sharyn Martin



Musicians Glenis Kupke & Neville Alderslade



Check out Helen's profile in this edition of Tit Tat



Newly appointed TLH Board member David Preuss, Retired Pastor with over 30 years' experience in Parish ministry, has served parishes in WA (as a Vicar), also in Queensland and South Australia (Lobethal and Langmeil,

Chaplain Ian's message centred on the main points of the day's reading Trust and Love.

It is a beautiful thing when people **trust** us—and we're even better people for it, for it is not good when trust is withheld. **Love** changes a person—Jesus shows His love by His forgiveness and healing. And He takes us to a much better place to be with Him in Heaven.



Dementia Australia

Please join us for one of these sessions to learn more about **Dementia** and how it can affect your life, your partners life, your loved one life or even just to gain an understanding of what dementia is and how you can support someone going through their journey.

There is **NO cost** to attend, we only ask that you please contact reception on 8563 7777 to secure your seat by the Tuesday 1st March...

Monday 25th March 1.30pm to 3.00pm OR Wednesday 27th March 10.30am to 12.00pm



Tanunda
Lutheran Home Inc.
Enriching the lives of our older people

Did you know.....

Podiatry Services are available at
Tanunda Lutheran Home with Government Funding.

Initial appointment \$20
Subsequent appointments \$15

Contact My Aged Care for a referral for this service on

1800 200 422

Or go to **www.myagedcare.gov.au**



myagedcare



Exciting News . . .

*A new phone system for
residents coming your way.*

*Watch this space for updates
on when & how*



New & Used Uniforms

For Sale for

Immediate Purchase

Please See Steph

@ Reception

We support your right to share compliments, suggestions, concerns or make a complaint.

- ◆ We welcome feedback and complaints as part of our commitment to provide a high-quality service.
- ◆ Tell us what we're doing well. We appreciate hearing from you.
- ◆ If you have a concern, we also want to hear from you.
- ◆ We understand the importance of resolving matters promptly within our service and aim to provide a welcoming environment for you to raise a concern or a complaint.
- ◆ We value open and timely communication. It benefits our ongoing relationship with you. We will work with you to address concerns and resolve issues.

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 – Exe. People, Culture & Customer Service Manager

(Including Catering, Kim.hahn@tlhome.com.au or Ph: 8563 7752
Food Service
WHS, Maintenance)

Clinical and Care -

Bev Galway - Exe Wellbeing Care & Health Manager

(including Allied Health bev.galway@tlhome.com.au or Ph: 8563 7757
& Lifestyle)

Financial -

Cherie Cheyne – Exe. Chief Finance Officer

(Accommodation & Cherie.cheyne@tlhome.co.au or Ph: 8563 7768
Fees/Bonds)



TANUNDA RETIREMENT LIVING FEBRUARY GET-TOGETHER Guest Speaker and Lunch



On 21st. February at 10a.m. our T.R.L. Social morning began with Morning Tea, in the Social Centre.

Our Guest Speaker was Andrea Ogier. When born in the early 1940's, she was unable to suck, drink, and later unable to talk. Because of this handicap she was "rejected by her mother", (her father being away at War) she suffered terribly by being teased and bullied in her schooling years.

It wasn't until aged fourteen and a half when she tumbled over a dog at school, broke her arm - that she sought medical care. Drs. couldn't work out why she wasn't able to talk, or eat properly. Dr. Robinson became involved and operated successfully, placing a roof in her mouth – from then on life became somewhat easier and with many appointments with speech therapists, she finally spoke fluently. Andrea is now a member of Craniofacial Foundation, spending many hours travelling with husband Norman, sharing her story and promoting this organisation which relies wholly on donations. Andrea is truly an amazing lady who has been through so much. 80% of children treated come from South Australia, 10% from other states in Australia and 10% come from overseas. Many have benefited from Professor David Davids expertise. I understand help is still available to overseas children as well. Dr. Robertson, her first Dr. has now passed on.



A sincere thank you to those who patronised the Donation Box.



At left: part of the group of residents listening to Andrea.

Below :

Margaret Spike, Helen Munzberg, Jenny Schubert, Elaine Leditschke, Mavis and Max Schubert enjoying the great lunch provided by TLH Staff. Thank you!

Ray Giersch advised TRL residents that the next get - together is in Gawler to view the film "Storm Boy", followed by lunch. There are still vacancies - please let the TLH Front Office know by **Monday 4th March if you want to attend.**





I am delighted at my recent appointment as Assistant Chaplain to Pastor Ian Lutze here at Tanunda Lutheran Home. Ian has been very patient with me, and I am very much enjoying working with him as we seek to address the spiritual needs of residents, independent living residents, and staff.

When my mother was admitted to the Home in April 2017 we found all the staff here at Tanunda Lutheran Home to be very helpful and kindly. This was our very first experience with an Aged Care Facility. On the first day of her admittance my three sisters and I met at least ten people, from the very caring carers, nurses, maintenance people and the CEO, Lee Martin. We found them to be very attentive to all mum's needs, and to our (sometimes unusual) requests. Our family was delighted by the assistance rendered at a very emotional time in the life of our whole family. This was our first introduction to the Home, and soon after this I began volunteering in ABG, running art classes for the residents there. I enjoyed doing this so much that I continued even after our mother passed away in March of last year. When I saw the advertisement for the role I now hold, I approached Ian Lutze to enquire further about the position (not wishing to put him on the spot as it were) and if he thought, with my skill set and life experience, I might be considered a viable candidate. After some consideration, Ian suggested I put in an application and see how things went from there.

I have been asked to write a little background history of myself for the Tit Tat, by our onsite roving reporter Dorcas Kernich, who, like all great journalists and editors, is very gracious but persistent.

I was born at a very young and tender age in Mount Gambier, to Kerry and Les Warry, the second of what would end up being four girls. We attended the Gambier East Methodist church at that time. When I was about six years old our family moved to Wallaroo where Dad worked as a maintenance electrician for Co-operative Bulk Handling. Dad loved the easy seaside life style, but my mother did not and so, after a lovely holiday in the Barossa Valley, Dad applied for a position at the Cement Works near Angaston. He secured the position, and our family moved into a Trust home in Angaston for a short time while we looked for land on which to build a home. A block of land at 23 Krieg Street was secured for \$750, and a house duly built. And off to Nuriootpa Primary school I went, then to Nuriootpa High School and later to Adelaide to study at Art School.

In September 1980 I married Christopher McNicol, my first husband, at the Coulthard Uniting church in Nuriootpa and after 38 years, still my first husband! In Adelaide we attended St Bartholemews Anglican church in Norwood, and then Kings Park Baptist. I studied briefly at Adelaide Uni before becoming pregnant with our first child. He was quickly followed by two brothers and two sisters: five children in all - enough to keep anyone busy for decades. However, I soon realised that raising five children is quite a financial commitment, especially as we wanted private (Christian) schooling for them all. So I started a small business, which grew over time into a medium business. Our primary school children graduated to high school, and were accepted into Concordia College in Highgate.



Husband
Christopher
Continues —>

(continued)

We were living in our own home at Belair at this stage, and had taken in my father in law (who was born in 1901) to live with us; quite a crowd! In 2016 I sold my business and retrained as an Art Therapist, commuting to NSW one weekend a month for 16 months. I graduated with a diploma of Art Therapy and began to practise in Whyalla and Roxby Downs.

My husband had secured a position as a Permanent Relief teacher, based in Whyalla, but with short term work in schools as diverse as Roxby, Pt Lincoln, Wudinna, Marree, Leigh Creek and other small settlements in the far north. Our children had grown and flown...

With my mother's deterioration, and my father needing a little more support, and after selling our Belair home we purchased land in Angaston. Our second son is an architect and he was engaged to help us design a home. We are building in LePage Lane in Angaston, a lane named after our own Mollie LePage's late husband.

I am loving my job and the delightful characters I engage with every day. My husband and I currently attend St Petri church in Nuriootpa. And I still volunteer on Thursday mornings in ABG doing art with the residents there. It is wonderful to see their enjoyment, and the amazing work they are producing each week. And a Big Thank you to all who have taken the time to welcome me to the Home in my new role. You have made me feel very welcome indeed!

Thank you Helen for this Profile

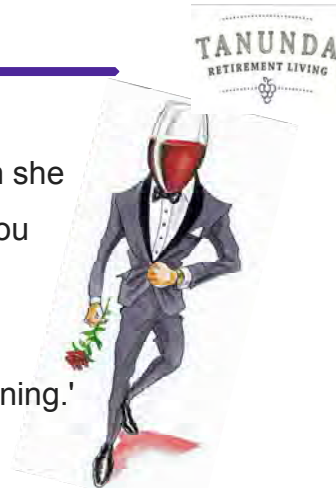
May God bless you richly as you serve Him in this special ministry



A little girl was watching her parents dress for a party. When she saw her dad donning his dinner suit, she warned, '**Daddy**, you shouldn't wear that suit.'

'And why not, darling ?'

'You know that it always gives you a headache the next morning.'



A Day Without Laughter is a Day Wasted



A woman was trying hard to get the tomato sauce out of the bottle. During her struggle the phone rang so she asked her 4-year-old daughter to answer it.

'Mummy can't come to the phone to talk to you right now.

"She's hitting the bottle", said the child.





Tania whizzed around at top speed



Volunteers' Morning Tea

Tuesday 5th February

A function organised by **Tania Miller and team** to thank volunteers was enjoyed by around thirty men and women who volunteer in various fields of service here at Tanunda Lutheran Home.

Whilst enjoying chatting, a cuppa and delicious morning tea, Tania introduced Shane Thompson from Respirico Healthcare.

Shane demonstrated equipment designed to achieve a better quality of life through the range of latest equipment that is simple to fold after use.



The equipment is light weight and simple to fold



Shane Thompson, Glenis Kupke, Elaine Leditschke, Ocsar Joppich, Lois Lablack, Helen McNicol, Margaret Seeliger

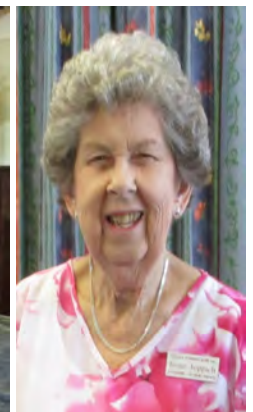
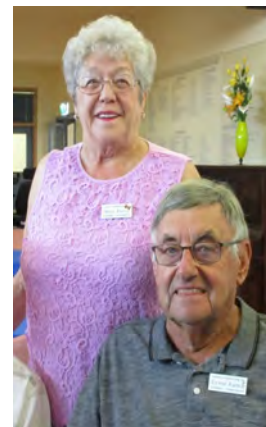


Jan Preuss, Margaret Jasper, Ruth Schmidt, Jan Fechner, Max Schubert, David Armstrong, Ray Giersch, Anne Tschärke



**Rhonda Klemm
Norma Robinson,
Ivy Parr, Daphne Gower**

**Melva and Trevor Ratsch
Irene Joppich**





TRAVEL TALK

Cruise Japan

CLARKE & TURNER
TRAVEL
ASSOCIATES

Ph 08 8563 0988
39 Murray Street, Tanunda
travel-associates.com.au/clarke

Japan is a study in contrasts: tranquil retreats of profound beauty lay just outside cities where skyscrapers soar over stunning temples and shrines. Neon-bright architecture and pink cherry blossoms vie for attention amid the colourful Harajuku district and traditional kimonos. As the No. 1 North American cruise line in Japan with the "Best Asia Itineraries,"[†] you can be assured that Princess® will be your guide to the colours, cultures and flavours that define this exciting country.

Be dazzled by the panoramic views of Japan's iconic Mount Fuji, an active volcano and the most popular tourist site in the country. Admire the spectacular views of Akita's Oga peninsula, home of Godzilla Rock and mythical creatures called "Namahage." Take in the sheer magnificence of Shiretoko Peninsula, an acclaimed *Condé Nast Traveler* 7 Cruise Wonders of the World – it may just leave you breathless.

Learn the ways of samurai warriors with a visit to Nagoya's medieval castle. Enjoy an authentic "yakimiku" lunch in Sakaiminato. Observe as skilled artisans use native Tochigi bark, iron-rich mud and their own unique vision to create delicate pieces of pongee silk in Amami Oshima. Japan is a land of festivals, and on select sailings you can experience the mesmerizing spectacle known as the Awa Odori Dance Festival in Tokushima or get an up-close look at the exquisite parade floats used in Aomori's annual Nebuta festival.

Princess Cruise 9 days 6 ports Circle Japan
3 for Free Sale
From \$1599 per person
Give me a call to find out details and many
other cruises around Japan.

Ph: 8563 0988



MISSING IN ACTION

My wife just laughed, when I first told her,
Things change a lot, as we grow older.
So her laughter didn't turn to tears,
When I revealed my latest fears.
I'd said, "I'm not just feeling rather tired,
It's worse; I'm really all expired.
Don't you remember all our youthful glory",
She said "I do; but that's another story".
She recovered from my loss real quick,
Smiled and said; "You still look sick.
Have you eaten food that disagreed?
Or worse; have you been smoking weed?"
I said "No; I but maybe soon I might,

If some kind of cure was still in sight".
I said "Perhaps I also ought to mention,
A loss of stamina needs attention".
She replied that since I'd misplaced mine,
I could always try the local wine.
So; regarding all my loss of action,
A glass might help, if I needed traction.
So I did try weed; ensuring that digested,
By drinking wine; like she'd suggested.
Cos' I knew her way would be essential,
To help me back to full potential,
So, I do feel now, I'll win this fight,
And my stamina too, should last all night,

Missing in action. - by Ken Fyfe.



BAROSSA CLUB

"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.



Please feel free to contact me on 8563 7701 if you would like to know more or would like to make a time to have a chat.

Lea Schmid
CHSP Club Coordinator

Lea Schmid

Phone: 8563 7701 — Fax: 8563 3744

Email: lea.schmid@tlhome.com.au

Website: www.tlhome.com.au

Tanunda Lutheran Home Inc.
27 Bridge Street, Tanunda SA 5352



**Above: Lea Schmid
Coordinator**



Lots of fun and laughter as
Water Ping Pong is played.



A visit from fur baby 'Roger' and
Clubbies having a chat and a cuppa.

As it's March we welcome Autumn...hmmm...one wonders if there are some hot days still to come?

Exciting times as Cultural themed months are introduced at TLH...and St Patrick's Day has brought the Irish flavour for this month. We will be enjoying some Irish activities here in Barossa Club culminating with an Irish cultural meal from the wonderful catering team here at TLH.

You may also see the Clubbies and staff wearing something green on this day



Near Barossa Club we have a Second Hand stall and the funds raised from this stall help to buy art and craft resources for the Clubbies.

The volunteers who manage the stall are looking for donations especially crockery, so if you are having an 'Autumn Clean'... please think of us and we would welcome your donations! (Just a reminder that we are unable to accept electrical items). There is also Tapestry Yarn for sale @ \$2.00 per packet.

And so...to be sure to be sure...enjoy what March has to offer

From the Barossa Club staff team...

Lea, Pam, Debbie and Jay Jay.



We always enjoy Doug Venning's
singing and guitar playing talent...even
some of the Clubbies like to sing along
also!



Some of the Clubbies enjoying the card
game 'Switch' which is very popular in
Barossa Club.

W&L

WELLNESS & LIFESTYLES
**AGED CARE
services**

Allied Health Department
Tanunda Lutheran Home
27 Bridge St
Tanunda SA 5352
Ph: 8563 7739
Fax: 0885633744

Wellness & Lifestyles

Tuesdays and Thursdays at 9.00 - 10.00am

IN THE TLH GYM

LED BY PHYSIOTHERAPISTS

\$6.00 per session



ENQUIRIES:

**Phone Physios at TLH
Wellness & Lifestyles**

8563 7739



Don't forget

**there are
puzzles in:**

- * Trinity Court**
- * Waratah**
- * Protea**

for your enjoyment!

***Congratulations &
Thank You***

***Evonne Pritchard
Chris Thompson***

***for an amazing 20 yrs of
volunteering their time to the home..***

***With Lena Rogers heading
towards her 40 yrs***

Appreciated beyond words Thank you

Volunteer News



It was so lovely to catch up with so many of you at the Volunteers Morning Tea last month and to hear about the new light weight equipment from Respirico Healthcare (scooter world)

We are delighted to be welcoming some new Staff onboard to assist with our full calendar of activities.

Could all our amazing volunteers, please let the lifestyle staff know how many years of service you have been dedicating to our wonderful home and residents along with you main activates you assist in while your volunteering.

As always a huge thank you from the **Tania** and the **Lifestyle Team** but most of all our gorgeous Residents who benefit most from your generosity and kindness.



Volunteer Morning Tea

March Morning Tea

Tuesday 5th March 2019

10.00am

Hope to see you there!



Happy Birthday

To all of our wonderful Volunteers
for the month of March

Friday 1st

10.00 Individual Visits	TLH
10.00 Exercise Group	ABG
10.30 Wisdom of The Elders	Chapel
1.00 Individual Computer Lessons	Chapel
Pls let lifestyle know if you're interested - Fridays Only.	
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 Sing along with Doug	Acacia Lounge

Saturday 2nd

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area. Various DVDs to choose from.

Sunday 3rd

10.30 Worship Service	Chapel
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Monday 4th

10.00 Individual Visits	TLH
10.00 Wax Bath	Physio Gym
10.15 Hymn Singing	Chapel
11.00 Worship Service	Acacia Lounge
1.15 Social Bingo	Chapel
2.15 Social Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

Tuesday 5th

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Shrove Tuesday Pancake Afternoon	Chapel
1.30 Men's Group	The Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 6th

10.00 Individual Visits	TLH
10.00 Craft	Protea Lounge
10.30 Lenten Service	Chapel
10.30 Garden reflections with Lifestyle	Grevillea Lounge
1.15 Garry Wharton Singalong	Chapel
1.30 Blessing for the month with Chaplain Ian Lutze	Acacia Lounge
2.15 Sing a long with Sean	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

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

Thursday 7th

10.00 Individual Visits	TLH
10.00 Art Therapy with Helen	Grevillea Lounge
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 George Davies Piano Accordion	Chapel
2.00 Sing along with Doug	Acacia Lounge
3.30 Walking group	Leaving from Acacia

Friday 8th

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.00 Individual Computer Lessons	Chapel
Pls let lifestyle know if you're interested - Fridays Only.	
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 Wax Bath	Physio Gym
2.00 Games afternoon Lifestyle & Karen	Acacia Lounge

Saturday 9th

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area. Various DVDs to choose from.

Sunday 10th

10.30 Worship Service	Chapel
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Monday 11th - Public Holiday - Adelaide Cup

Wear your favourite head piece, special tie or fascinator for the day.

Tuesday 12th

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Social Bingo with an Irish Twist	Chapel
1.30 Men's Group	The Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 13th

10.00 Individual Visits	TLH
10.30 Lenten Service	Chapel
10.30 Individual Visits	ABG
1.15 Armchair Travel - Ireland Exploration	Waratah
2.00 Sing along with Lifestyle	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 14th

10.00 Individual Visits	TLH
10.00 St Pats Art & Craft with Helen	Grevillea Lounge
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Irish Wheel of Fortune (Trivia)	Protea
2.00 Memory Game	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Friday 15th

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.00 Individual Computer Lessons	
Pls let lifestyle know if you're interested - Fridays Only.	
1.15 Carpet Bowls/Happy Hour	Chapel
With a Nip of the Irish Flavour	
1.30 Happy Hour	ABG
2.00 St Patricks Day Celebrations	Acacia Lounge
2.00 Wax Bath	Physio Gym

Saturday 16th

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area. Various DVDs to choose from.

Sunday 17th

10.30 Worship Service	Chapel
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Monday 18th

10.00 Individual Visits	TLH
10.00 Wax Bath	Physio Gym
10.15 Hymn Singing	Chapel
11.00 Worship Service	Acacia Lounge
1.15 Social Bingo	Chapel
2.15 Social Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

Tuesday 19th

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.30 Men's Group	The Shed
1.15 Carpet Bowls and Happy Hour	Chapel
3.30 Walking Group	Leaving from Acacia

Wednesday 20th

10.00 Individual Visits	TLH
10.00 Craft	Protea Lounge
10.30 Lenten Service	Chapel
10.30 Garden reflections with Lifestyle	Acacia Lounge
1.15 Balloon Tennis	Chapel
2.15 Sing along with Gary Wharton	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

REMEMBER Afternoon Lifestyle Programs commence at 1.15pm unless stated otherwise.
Kind Regards, The lifestyle Team.

Thursday 21st

10.00 Individual Visits	TLH
10.00 Art Therapy with Helen	Grevillea
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Residents Meeting	Protea
2.00 Memory Game	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**Friday 22nd**

10.00 Individual Visits	TLH
10.30 Wisdom of the Elders	Chapel
10.00 Exercise Group	ABG
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 St Patricks sing along with Doug	Acacia Lounge
2.00 Wax Bath	Physio Gym

Saturday 23rd

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area. Various DVDs to choose from.

Sunday 24th

10.30 Worship Service	Chapel
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Monday 25th

10.00 Individual Visits	TLH
10.00 Wax Bath	Physio Gym
10.30 Hymn Singing	Chapel
11.00 Worship Service	Acacia Lounge
1.15 Social Bingo	Chapel
2.15 Social Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia



There are puzzles in
Trinity Court, Waratah and Protea
for your
enjoyment!

**Tuesday 26th**

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Carpet Bowls and Happy Hours	Chapel
1.30 Men's Group	The Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 27th

10.00 Individual Visits	TLH
10.30 Lenten Service	Chapel
10.30 Individual Visits	ABG
1.15 Connect 4	Chapel
2.00 Sing along with Sean	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 28th

10.00 Individual Visits	TLH
10.00 Art Therapy with Helen	Grevillea Lounge
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Monthly Birthday Celebrations	Chapel
2.00 Memory Game	Acacia Lounge
3.30 Walking group	Leaving from Acacia

Friday 29th

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.00 Individual Computer Lessons	
Pls let lifestyle know if you're interested - Fridays Only.	
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 Games afternoon with Lifestyle & Karen	ABG
2.00 Wax Bath	Physio Gym

Saturday 30th

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area. Various DVDs to choose from

Sunday 31st

10.30 Worship Service	Chapel
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COUNTRY SHOW



AWARDS
BANDS
CHARITY
DRUMS
FESTIVAL
FIESTA
FLAGS
FLOATS

FIESTA
FLAGS
FLOATS
GUILDS
HOLIDAY
HORSES
JUDGES
LORRIES

MAJORETTES
MARCHING
MUSIC PENNANTS
POLICE
SPONSORS
STREET

