



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
- ★ Website: www.tlhome.com.au
- ★ Facebook: Tanunda Lutheran Home

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

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

JULY 2019

Lutheran
Church
of Australia



Chaplain's Reflection



Chaplain Ian Lutze

Helen McNicol and I attended the very warm-hearted Spiritual Care Australia Conference in cold and wintery Melbourne just recently.

Melbourne is a beautiful and friendly city, but it's hard to be homeless in a Melbourne winter, and you see many homeless people trying to stay warm, trying to keep their little preferred spot, on the streets of Melbourne. Melbourne is also the spiritual and traditional home of the Wurundjeri people of the Kulin Nation, and we paid our respects many times to them during the course of the conference, and were treated to a 'smoking ceremony' to start the conference. This reminded us to walk more carefully on lands which others have walked before us, where our sporting fields and office complexes are often built over ancient burial grounds and other sacred sites.

The Conference was a place to meet many different chaplains and spiritual carers from a lot of different traditions and contexts, but especially aged care and hospital.

Spiritual Care is an accepted and integrated aspect of care in the policy statements of all these care sectors. After all, people are not just a body or a mind, but spiritual beings who experience deep feelings of connection or disconnection, faith or lack of hope, clarity or confusion peppered with moments of deeper insight and joy which often then gets lost or forgotten for people.

There's great variety in how the policies on spiritual care are acted upon. Some carers really struggle to feel they are making much of a difference, and wonder if spiritual care is an aspiration in name only.

Helen and I both came away feeling that the valuing of spiritual care, and the structures to make it happen at Tanunda Lutheran Home are as good as anything we've seen. It's not perfect. But we have some new ideas to assist us. We met some incredibly inspiring people. Our care for all residents in collaboration with all our staff and volunteers will go on in a similar way albeit with a boost of positive energy and inspiration. We are all in this together, and if we can help make our work more meaningful and satisfying, spilling over into an ever-better experience for residents, then we are all happier for it.

Thank you to TLH and the Lutheran Church Department of Local Mission, for the opportunity to attend this remarkable conference.

Chaplain Ian Lutze



JULY



- 1 Louise Ric
- 1 Erica Gerschwitz
- 4 Glenys Selwood
- 6 Joan Minge
- 9 Cynthia Ellis
- 10 Glenis Kupke
- 11 Joan Ruwoldt
- 16 Bette Boughen
- 17 Ruth Schmidt
- 18 Mary Baylis
- 20 Glen Schultz
- 20 Patricia Maddock
- 23 Phyl Moss
- 26 Mandy Johns
- 30 Ros Whiteford



Welcome

Respite

Joyce Byles
Betty Holness

Permanent

Janet Bachmann
Hilde Koczberski



DEATHS

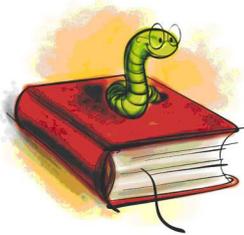
*Our deepest sympathy
to the family of*

Mavis Waples	10th June
Audrey Schilling	15th June
Frank Ellis	19th June

*May they rest in
peace ...*



FREE TLH LIBRARY



Situated on lower level
near Trinity Court entrance
Open 9.00-12 noon
Wednesdays and Fridays

Great assortment of books, magazines,

STAMPS FOR MISSIONS



Keep those stamps coming in!
Just cut around the used stamp
and help support mission work.

Thank you to all donors.

The **DEADLINE** for all:
News / Information / Stories - AUGUST edition is
Monday 15th JULY 2019

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
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	03rd July	Tanunda
Wednesday	10th July	Nuriootpa
Wednesday	17th July	Tanunda
Wednesday	24th July	Nuriootpa
Wednesday	31st July	Tanunda

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



From the CEO

Lee Martin
CEO



Go the Crows – a month has gone by and we’re still in the top four..

At the writing of this article looking out my office window I see grey skies and the afternoon temperature is 10 degrees. I do hope you are all keeping warm. A lot more rain would also help.

Tanunda Lutheran Home has been very lucky so far this year in not having a flu epidemic throughout the home. There has however been a number of cases of Rhinovirus – this is very contagious and is spread by not washing hands when leaving a resident’s room with the condition. Staff are very quick to put our infection control measures in place in the attempt to minimise the spread of the condition. It is requested for all who visit the home to respect the restrictions. By doing this we will ensure the health of other residents is maintained. If there is doubt about what to do please ask one of the staff on duty.

As I’m sure you are aware from the media and notices around the home that the new aged care standards are coming into effect as of the 1 July 2019. What does this mean? For residents and their family, it means being more involved in meeting your choices in food, activities and what your day brings. We collect lots of data from asking everyone questions via various means. With the data comes ideas on how we can improve things. If you have an idea please share it with us – it just may help others as well. It is nice to get the positive stories – if you think we are doing something really well please let us know. There are some residents involved in ensuring the TLH Board members are kept informed of how things are going. A number of the Board members do have direct contact with the home via relatives who are residents. This is a good thing – it makes sure we are informed of the happenings on a more personal level.

Over the past weeks a lot of work has been going on to bring all our policies in line with the new aged care standards – the board governance, operational and clinical policies have been or still being updated. We have ensured our residents are at the forefront of our policies to ensure choice and risk is afforded to all residents in our care. I encourage everyone to go online to review the new standards – our staff and board members have received training in governance and the standards.

Are you willing to spare some time – we are still calling for volunteers – we need willing and able bodied people who are willing to spend a little of their time to talk to our residents or take them for walks around the facility or out in the wonderful gardens. Please contact Tania Miller for more information.

The Aged Care Royal Commission has moved to the top end – they have been to Broome, Perth, Cairns and Townsville. It is pleasing to see that the media have reduced the negative coverage of the aged care industry. There are certainly far more positives occurring in aged care homes than is ever reported. Tanunda Lutheran Home proudly supports the reduction of benzo diazepam type medications – used to control behaviour. We also have a no restraint policy throughout the home – our residents are allowed to take risks if they wish to mobilise. Lastly, we are stewards in the reduction of anti-biotics – only residents that clearly demonstrate that antibiotics are necessary will be prescribed them.

The project at 20 Schaedel Street, Nuriootpa - seven houses are at lockup stage – painting inside and out is occurring. The construction of the community centre has commenced. Expressions of interest in purchasing a new property continues – if you know anyone interested in joining the retirement village family please refer them to the Carolyn Redden.

The Langmeil Road, Tanunda project is at the stage where Tenders have been reviewed and the selected builder will be known soon. If you are interested in living in these special units please make contact with Carolyn Redden.

**“There is no doubt that it is around the family and the home that all the greatest virtues...
are created, strengthened and maintained.” –Winston Churchill**



Tanunda
Lutheran Home Inc.



News from Kim & Britany

(People, Culture, & Customer Service Manager
and the Quality Coordinator)

ROYAL COMMISSION

The Royal Commission's hearings in Western Australia will continue with a public hearing in Perth from Monday 24 June 2019 to Friday 28 June 2019.

At this hearing the Commission will inquire into person-centred care. Evidence will be heard on whether aged care services are being delivered with such care in mind and how a person accessing care can exercise choice.

Specifically, the Royal Commission will inquire into:

- how aged care services can be provided in a way which is person-centred, including care which values the identity, experience and autonomy of the person accessing care and promotes choice and control
- the factors that influence whether aged care services are delivered in a person-centred manner, including:
 - The relationships between the person accessing care, people providing support (including family and other members of the community) and the service provider
 - Broader societal attitudes towards older people
 - The perspective and experience of people who access aged care, including the ways in which aged care services are, or are not, person-centred
 - Good practice care models for providing person-centred aged care
 - The role of advance care planning to support the provision of quality aged care services
 - The extent to which people accessing aged care services are able to access palliative care
 - The quality of palliative care services available to people accessing aged care services

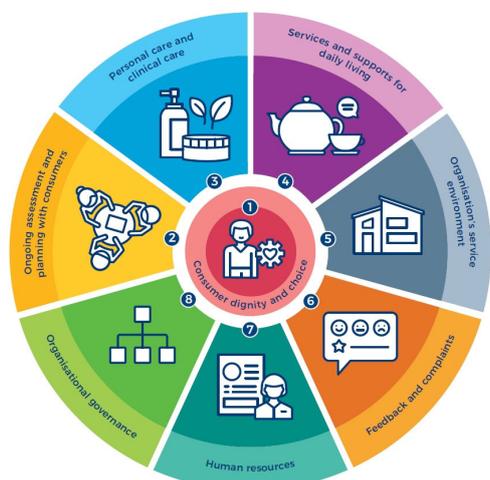
The Royal Commission will hear from a range of witnesses, including those with direct personal experience, service providers and several experts. The Royal Commission will also consider two case studies

FROM THE AGED CARE QUALITY & SAFETY COMMISSION

What the new Aged Care Quality Standards mean for our Residents.

The Australian Government has set some new Aged Care Quality Standards that clearly define what good care should look like. These new Standards have been published, and will be used from 1 July 2019.

The new Standards make it easier to check that people receive good care. Good care is not about the provider 'ticking boxes'. It's about them caring for the Resident and their individual needs.



FROM THE AGED & COMMUNITY SERVICES AUSTRALIA

New report highlights older Australians need sustainable aged care

Aged & Community Services Australia (ACSA) says that the *Aged Care Financial Performance Survey* released this week by industry analyst Stewart Brown reveals the deeply concerning fact that aged care services are continuing to experience significant financial decline.

Patricia Sparrow, CEO of ACSA says, "Over 1 million older Australians rely on these services either through receiving support in their own homes or because they live in a residential care facility. Aged care services are vital to the individuals receiving them, to their families and to the general community.

"The costs of delivering quality care to residents, who have more complex health and support needs, are increasing but funding is standing still.

"45% of residential aged care facilities are operating at a loss. The funding issue is even more evident in rural and remote communities with 67% of residential facilities in these locations operating at a loss.

"Those providing home support, including personal, domestic and meals services, are also under pressure with limited growth funding available and inadequate indexation.

"While home care package providers have seen their revenue rise, this has been outstripped by increasing expenses.

"Put simply their costs are rising at a greater rate than the income they receive to deliver services. The level of unspent funds is also affecting this outcome while 128,000 people continue to wait to get a much needed package.

"As we live longer as individuals and the population ages, our health and care needs are more complex and ultimately expensive. We need a funding approach that ensures providers can deliver the services that meet these needs.

"While the Aged Care Royal Commission has kick started the kind of big community discussion we need in order to respond to the challenges and opportunities being presented by our ageing nation, there are some practical ideas that can be put into action now to address the severe financial strain aged care service providers are facing.

ACSA has outlined a number of actions that can be taken now to ensure aged care is on a sustainable footing including extending the 9.5% funding injection into residential care, increasing the rural and remote supplement by \$10 per day and bringing forward the 30% increase to the homeless supplement.

"The Royal Commission should not be used as an excuse to delay urgent action to make services sustainable and available to those who need and rely on them," said Ms Sparrow.

HOME CONTINUOUS IMPROVEMENT UPDATE

- June has seen us welcome in two new staff across the Clinical & Hospitality Departments.
- The Catering team have had input, guidance and choice from our Residents while developing the new winter menu. Gizelle, our TLH dietician has congratulated TLH on the menu and has provided us with the following review.
"Tanunda Lutheran Home should be congratulated on the current four-week cyclic Winter menu. It includes a great variety of hot meals and alternatives, texture-modified appropriate meals as well as snacks, soups and dessert variety for residents. There are clear examples of fortification and available high-energy additions to fortify foods for at-risk and malnourished residents to optimize nutritional intake. Significant effort has been invested by kitchen staff to individualise meal plans to optimise intake. Adherence to previous guidelines and recommendations is also clear in this Winter menu."

HOME CONTINUOUS IMPROVEMENT UPDATE CONTINUED

- Our Residents have assisted us in providing their preferences, interpretations and approval for our 8 new overarching policies. The policies are now in the final stages of Board approval.
- In recognition of World Elder Abuse Awareness day (held on 15 June), ACSA and Older Persons Advocacy Network (OPAN) released a new pocket-sized resource for aged care workers and providers. All staff have been provided with a copy of the resource to use as a quick reference guide.
- Departments have been undergoing training in preparation for the release of the New Aged Care Quality Standards commencing July 1st, 2019.
- It is wonderful to see that multiple staff have signed up for our “Developing & Promoting TLH 2019 Competition” that was released at the end of May. This competition is encouraging staff to further increase their knowledge, skills and ability to provide high quality services to our Residents and promote Tanunda Lutheran Home Inc.
- On October 11th will be hosting a BE LOUD day at TLH where we will all be wearing as much blue as possible, sharing afternoon tea and releasing environmentally friendly blue balloons. We see each other as Our Work Family and recently our Residents and Staff have been touched by tragic deaths in the Barossa Community. At the Celebration of Life for one of these people their family member asked us to use our voices loudly, to talk about what happened, to advocate for mental health and suicide awareness. Funds raised will be donated to Beyond Blue and can be contributed to through purchasing blue items to wear on the day, donating directly online <https://workplace-fundraiser.everydayhero.com/au/be-loud>, purchasing an environmentally friendly balloon to release and purchasing items for sale on the day. We hope to raise \$2000 for the Beyond Blue Foundation in honour of those lost through suicide. More details of the event will be provided in next months Tit Tat.
- TLH Residents have been enjoying our monthly themed Culture celebrations shared through food and activities. June saw residents celebrating England. The catering and lifestyle team are getting organised for July where the theme will focus on Africa.
- * We are pleased to announce the appointment of Lynn Keogh, to the role of Quality & Training Coordinator. Britany Mickan who has temporarily been filling the role over the last few months will be returning to her role of Executive Assistant. Lynn’s training into the role will commence on the 1st of July.

Wishing you health and happiness as you head into July and the beginning of the new financial year. Please let either of us know if there is any way we can help you. Take care.

Kim and Brit



At Tanunda Lutheran Home;
WE DO NOT ACCEPT ELDER ABUSE
WE KNOW WHAT ELDER ABUSE IS
WE KNOW WHAT TO DO IF WE SEE OR SUSPECT ELDER ABUSE
WE KNOW ELDER ABUSE IS A HUMAN RIGHTS ISSUE
WE ARE UNITED IN FIGHTING ELDER ABUSE



Do you have a concern?

You can do something about it.
 If you have a concern or feedback
 about the aged care you or someone
 else is receiving, you can talk to us.

1800 951 822
agedcarequality.gov.au

We encourage you to raise concerns with your service provider first. Your local contact within this service is:

Kim Hahn - People, Culture & Customer Service Manager
 08 8563 7752 or kim.hahn@tlhome.com.au

Cherie Cheyne - Chief Finance Officer
 08 8563 7768 or cherie.cheyne@tlhome.com.au

Lee Martin - Chief Executive Officer
 08 8563 7733 or lee.martin@tlhome.com.au

If you can't resolve your concern with your service provider, you can contact the Aged Care Quality and Safety Commission

- Anyone can lodge a concern
- It is free
- You can be anonymous or confidential
- You can also give us feedback about the care you or someone else is receiving to help us when we check a service against quality standards
- Call us on 1800 951 822 or visit agedcarequality.gov.au for more information



Phone
 1800951822



Web
agedcarequality.gov.au



Write
 Aged Care Quality and Safety Commission
 GPO Box 9819, In Your Capital City

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

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



Share Your Experience

Share Your Experience



You can also contact The Aged Care Quality & Safety Commissioner on 1800 951 822 or National Aged care Advocacy line on 1800 700 600. If you are deaf or have a hearing or speech impairment: call 1800 555 677 (National Relay Service) and ask for 1800 951 822.

If you need an interpreter: call 131450 (Translation and interpreting service) and ask for 1800 951 822; if you don't want to raise your concern with management.

For any Feedback – Comment / Complaint or Compliment complete the Share your Experience form located all around the facility, or alternatively direct your feedback to one of the key personnel:

Customer Service - Kim Hahn

Executive People, Culture & Customer Service Manager

(Including Catering, kim.hahn@tlhome.com.au or Ph: 8563 7752

Food Service

WHS, Maintenance)

Clinical and Care - Lee Martin

Chief Executive Officer

(including Allied Health lee.martin@tlhome.com.au or Ph: 8563 7733

& Lifestyle)

Financial - Cherie Cheyne

Executive Chief Finance Officer

(Accommodation & cherie.cheyne@tlhome.com.au or Ph: 8563 7768

Fees/Bonds)



OFFICE USE ONLY

Date Received by Dept Manager / Delegate: _____ Verbal Feedback?

Initial action by Department Manager: _____ Date: _____

Staff Name: _____ Sign: _____

(Return to Quality & Training Coordinator for further action)

Action taken by Manager / Delegate:

Follow up action if any:

All parties involved informed of results? YES / NO *(Result must be informed in writing as well as phone call / in person)*

Phone call letter In Person

Manager / Delegate Sign: _____ Date: _____

Added to Trends Data?



Tanunda
Lutheran Home Inc.



Share Your Experience



FUN & GAMES



Pat Maddock and Margaret Jasper, welcoming everyone with a name badge.



Ineke Garnaut, Annette Ognjanovic, Ray Giersch, Jeff Garnaut, Ruth Rathjen, Elaine Leditschke all ready for the games morning.



Betty Kohlhagen, Elaine Leditschke, Lois Lablack, a group of winners for the game feathers, fur or fins!



One of the creative groups working together to make an outfit made out of toilet paper.



Everyone congratulated Jeff Garnaut, the outright winner of the group dice game!!

“Fun Games for your Body and Mind” was the brain child of the TRL Social Committee for the Fun, Fun, Fun Event led brilliantly by M.C. Annette Ognjanovic in the Social Centre on Thursday 20th June

Guests cheerfully complied with the innovative fun theme that was planned for the morning. The Social Committee came dressed in creative, attention-getting styles, colours and unusual head gear that could only be described as zany, resulting in much laughter. Local nobility (Lord Fauntleray, Ladies Poppy, Pansy, Petunia & Peace-Lily) were invited to present the winners with their Awards. Dowager Lady Ruthie welcomed every one and the first Game Fins, Feathers & Fur was played. Groups were then formed, depending on the colour of their name tags, to commence with table based games & brain food was supplied.

The MC also numbered guests into tables using the simple KISS method of 1, 2, 3, 4. To her amazement this resulted in uneven table numbers, soon fixed.



There were many games and competitions like Mexican Dice, challenging brain teasers, make a flower from coloured paper - but no scissors allowed! The winning table certainly deserved their prize! Also Tournament of Minds, with judges circulating to ensure no one cheated by checking with Google! Table names included The Coorong Mullets, The Tulips, The Don't Knows & The Petunias. 1.5 points separated the 1st Team from the 4th. A close game, well played by all.

A highlight event was the challenge of each group banding together to dress a team member, using only toilet paper in 15 mins! The winning entry worn by Erica, was an off the shoulder halter style dress, judged on creativity and style, the outfit looked stunning in the Fashion Parade. A certain gentleman entered into the spirit of things which also made quite an impression!

Initially, guests weren't at all sure what was in store - but it's was a certainty that each and every one had a thoroughly enjoyable time and returned home with happy and thankful hearts. Grateful thanks to Annette, the Social Committee, Carolyn and Rachel (Judges), the enthusiastic guests and amazing Kitchen staff for the hot, delicious lunch.



MEET

Ruth Schmidt

Lindner Court



Tanunda
Lutheran Home Inc

Ruth Schmidt has kindly written:

After a full, eventful and varied life, filled with rich blessings, I am thankful to have been led to join this lovely community of Tanunda Lutheran Home. My husband Clem, and I had planned to spend our final retirement years here, but God had other plans. Clem was physically not up to the shift, and he passed away eighteen months ago in Tanunda Lutheran Home. We both were so thankful for the loving care he received here, and now I feel very privileged to have found my retirement home in this lovely, friendly community – a constant reminder to me of Clem!



Ruth and her late husband, Pastor Clem Schmidt

I was born in Papua New Guinea of missionary parents – my father a German national and my mother Australian. During the Second World War we, and all missionary families, were evacuated to Australia. My father was placed in an internment camp, and my mother, as an Australian, had the option to join him there with the children. This period was very hard for the parents, but for us children, having only known PNG – we had a ball!

Great new experiences followed when we were eventually released into the Australian public arena! School days at Eudunda Area School, North Adelaide and Immanuel College helped assimilate me into the Australian way of life.

After two years of nursing, I was blessed with sixty-three very eventful years together with my husband Clem. These years were packed full with ever new experiences, as Clem was a pastor of our Lutheran Church in Australia.

Unfortunately, God withheld the special blessing of having children, and so we came to the conclusion that we were meant to serve in areas where it would be difficult to bring up children. Our first ten years were full-on in the Albert Park Parish in metropolitan Adelaide. This parish was predominantly made up of post-war migrants, and here our knowledge of the German language was necessary.



Our first challenge for overseas service came when the LCA was asked to send a pastor to help in India, and Clem applied for this position. What a tremendous opportunity and eye-opener this was for this young couple! Years later we were asked to serve in Zambia, Africa.

In Indonesia we were presented with this ceremonial shawl - it was given to bless our marriage with children

(continued)

But after three years our Church in Australia asked us to terminate our contract early, and to serve five years in Indonesia. What a wonderful experience this proved to be – with the added blessing of receiving many visitors from Australia. This was not easily possible in our previous postings.

Back in Australia we served in Portland, the Bonegilla Immigration Centre, Nunawading and Bendigo – all in Victoria. How wonderful then when we were able to retire here in Tanunda – Clem's place of birth.

Now that I am on my own, I am so thankful for the opportunity of living and serving here in our wonderful Tanunda Lutheran Home community. God bless you all!

Ruth



When we moved into our home in Indonesia, General Secretary of the Indonesian Lutheran Church, Pastor Girsang and his wife presented us with a traditional gift of rice and a chicken. At the end of May this year it was a special time for me to be able to spend a couple of days with the son of Pastor Girsang, his wife and two children, when they visited me.



While in India we studied the Hindi language in the Himalayas - here we are with a Tibetan hat and prayer horn that we purchased



Recent "*Lets Lunch*" group at the Tanunda Club.

2nd Wednesday of each month.



TRAVEL TALK

CRUISE THE MIGHTY MURRAY

The PS Murray Princess is a true inland paddle wheeler built for the Murray River, with a character and charm of yesteryear.

It is the largest inland paddle wheeler in the southern hemisphere. Catering for just 120 passengers, she brings the unique advantages of small ship cruising to the remarkable setting of **Australia's outback.**



Don't be fooled by most modern-day imitation paddle wheelers where the paddle is often on the side and just for show. The PS Murray Princess is an authentic paddle wheeler which is propelled by its massive stern wheel. The on board atmosphere is relaxed and informal by style. The lounge features a majestic view of the paddlewheel in action through the two story viewing window. Upper and lower lounge areas are accessed by the classic brass and mahogany style spiral staircase. The PS Murray Princess cruises between Mannum, Murray Bridge and Salter's Station along the Murray River. The wetlands in this area provide essential breeding and feeding habitats for many species of waterbirds, fish, invertebrates and plants, meaning that you'll see the wonderful wildlife in this outback setting. Winter is a perfect time to cruise the Murray, beautiful sunshine and the mist lying on the water in the mornings.

5 passenger decks which includes inside, outside and stateroom cabins. Choose from 3, 4 or 7 night cruises. Everything from a Bush Tucker Breakfast to Nocturnal tours. Including all meals, live entertainment, guided nature walks and much more. If you would like to know more or grab a brochure, please call into Travel Associates in Tanunda or give me a call

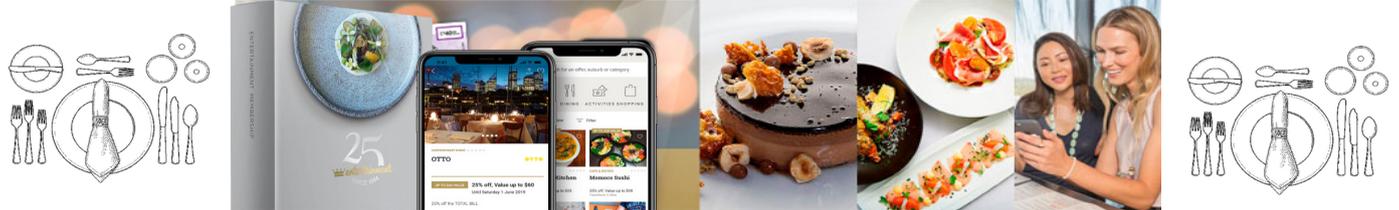


Call : 08 8563 0988



Fantastic opportunity to save some \$'s and help a charity..

See Reception to take advantage of this great opportunity or if you have any questions, please see



Common Questions that are asked:

Q: Can I share my Entertainment Book ?

A: You can share your Entertainment Card or Vouchers with immediate family, however the offers become void if they are transferred outside of your immediate household. Only one member of your family needs to register and sign the back of the Gold Card.

Q: Do I need to let the restaurant know I am an Entertainment Member when I make my booking or arrive at the restaurant?

A: No. You just need to present your Card, Voucher or Digital Membership on your smartphone, when you request your bill.

**SALES
SERVICE & HIRE**

- Scooters - Sales, Service & Batteries
- 4 Wheel Walkers
- Bathroom & Toilet Equipment
- Bedroom Equipment
- Powered & Manual Wheelchairs
- Daily Living Products
- Canes & Crutches
- Ramps, Lifters & Slings
- Lift Chairs, including made to measure...and much more!



**NEW PHONE NUMBER
0490 705 966**

37 Kalimna Rd Nuriootpa
Email: sales@mobilitysa.com.au
www.mobilitysa.com.au

OPEN 9-5 Monday-Friday



If anybody finds a Yellow Coin Purse with smiley faces ...

Please hand into the Protea Nurses station

Thank You



Eye Clinic

On site @ TLH
Wednesday 20th November

Please see Sharryn or Lisa for a consent form and to have your name on the list .

Covered by Medicare for TLH residents only.

TANUNDA RETIREMENT LIVING

LADIES' GET TOGETHER

First Saturday 6th July

1.30pm in the Café

Please bring small plate of food for afternoon tea



ENQ: Margaret Spike 0481 255 041



Wow!

So far \$120 has been raised for from the sale of these lovely characters.

All hand knitted and kindly donated by resident Pat Hunter. Available for sale from TLH front reception.





"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



HAPPINESS IS...



← Clubbie Ron showing us his style playing Quoits.



→ One of the Clubbies' favourite games 'Hookey Hoopla', (named by some of the Clubbies).



← Clubbie Wes proudly showing the sequined 'Royal' balls used in Table Skittles for England cultural month for June.



← **Jigsaw complete...** a popular activity in Barossa Club...and a challenge!



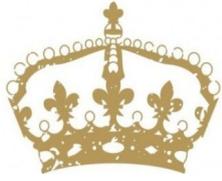
Barossa Club - Fun, Games, Food & Friends





Tania Miller

Queens Birthday



Tea



RECYCLING FOR A CAUSE..



The wonderful team at Grow Love Community Garden in Tanunda have been collecting plastic drink lids and milk bottle tops. The bottle tops are shredded into granules and turned into prosthetic limbs using 3D printer technology. These limbs are distributed to children in 3rd world countries.

There is also an additional program which collects plastic bread tags and the funds are used to buy wheelchairs.

We have sent up a collection point in Protea for both bottle tops and bread tags. Alternatively you can pass your lids to any of the Lifestyle Team Members.

PLEASE DO NOT PUT RUBBISH IN THESE BINS.



To further help, we have arranged to have many of the bottle tops collected by Grow Love Community Garden to be delivered to TLH and the residents and volunteers will be sorting them into categories.. If any staff, volunteers, residents or visitors have any lids or tags that they can contribute, please bring them in and put them in the Collection bins in Protea.

BREADTAGS
for wheelchairs



Kind thanks

Tania Miller

This place we call home.

Here you will find friendship, caring and have fun.

There is something to do for everyone.

All walks of life and ages you will find.

For most of us 'Residents' are of like mind.

Get togethers like lunches, singing, quizzes, help when you need it, games and so much more.

These are some of the reasons most of us made the 'Tree Change' for.

Growing older while having fun- that's how it should be done.

No need to feel lonely at TLH Independent living abodes.

You can even bring your 'Babies' with their fur coats.

Many new friendships are formed in this place.

So come along, join in and show your face .

Some of us may at times go off and roam.

But we love coming back to this place we call home.



Written by Ineke Garnaut (2019)

Wellness & Lifestyles



**Tuesdays and Thursdays
9.00 - 10.00am**

IN THE TLH GYM

**LED BY
PHYSIOTHERAPISTS**

**ENQUIRIES:
Phone Physios at TLH
Wellness & Lifestyles**

8563 7739



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

**WELLNESS & LIFESTYLES
AGED CARE
services**

Lyndoch Dancers



LEADING THE FOOTY TIPS - 2019

Round 14

Lee Martin on 76 Not for much longer

Trinity Court

Elsie & Selina

71 pts

Protea

Esther & Kathleen

69 pts

Waratah

Connie & Rita

69 pts

ABG

Venus & Verna

69 pts

Volunteer News



Tania Miller

We always like to start off with Thanking our amazing Volunteers, who always go the extra mile

Have you noticed the Courtyard in the Café?

Our newest Volunteers have been extremely busy at work, freshening the area for all to enjoy with new potted plants and a tidy up.

I know its early days but we all know how fast this year is going and before you know it will be November and that's **Strawberry Fete time....** If you are interested in helping with the Strawberry Fete please let Tania know and your name will go on the very important list. The Fete will be held on Friday the 15th November

We all look forward to the busy months ahead if you have any suggestions please see Tania. or any of the amazing Lifestyle team.

Take care from all the team in Lifestyle



Volunteer Morning Tea ..

2nd JULY 2019

10.00am

Hope to see you there!

Happy Birthday

To all of our wonderful Volunteers for the month of

July

Monday 1st

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Wax Bath	Protea Lounge
11.00 Worship Service	Acacia Lounge
1.30 JD Fashion	Chapel
2.15 Social Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

Tuesday 2nd

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/Happy Hour	Chapel
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 3rd

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
1100 Wax Bath	Protea Lounge
11.00 Worship Service	Acacia Lounge
1.15 Whiteboard Trivia—Africa	Waratah
2.15 First blessing of the month	Acacia Lounge
3.30 Walking group	Leaving from Acacia

Thursday 4th

10.00 Individual Visits	TLH
10.30 Moovers and Groovers	Chapel
1.15 Snr Constable Randle Marsch SAPOL	Chapel
2.00 Sing along with Gary	Acacia

Reminder: there are puzzles in Trinity Court, Waratah and Protea for your enjoyment!



Friday 5th

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 Karen talking about Europe	Acacia Lounge
2.00 Wax Bath	Protea Lounge

Saturday 6th

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 7th

10.30 Worship Service	Chapel
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Monday 8th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Wax Bath	Protea Lounge
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 9th

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/Happy Hour	Chapel
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 10th

10.00 Individual Visits	TLH
10.30 Footy Tips	Acacia Lounge
1.15 Sing Along with Garry Wharton	Chapel
2.00 Memory game with Lifestyle	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 11th

10.00 Individual Visits	TLH
10.00 Art and Craft with Helen	Grevillea
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
2.00 Sing along with Doug	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Friday 12th

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 Rita show casing India	Acacia Lounge
2.00 Wax Bath	Protea Lounge

Saturday 13th

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 14th

10.30 Worship Service	Chapel
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Monday 15th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Wax Bath	Protea Lounge
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 16th

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 & Happy Hour	Chapel
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 17th

10.00 Individual Visits	TLH
10.30 Footy Tips	ABG
10.30 Bible Insights	Chapel
10.45 Individual Visits	ABG
1.15 Armchair Travel - Africa	Waratah
2.00 Sing a long with Lifestyle	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 18th

10.00 Individual Visits	TLH
10.00 Art and Craft with Helen	Grevillea Lounge
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Bottle top washing, coffee and chat	Protea
2.00 Memory Games	Acacia Lounge
3.30 Walking group	Leaving from Acacia

PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE

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

Friday 19th

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 Arm chair travel - Africa	Acacia Lounge
2.00 Wax Bath	Protea Lounge

Saturday 20th

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 21st

10.30 Worship Service	Chapel
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Monday 22nd

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Wax Bath	Protea Lounge
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 23rd

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 & Happy Hour	Chapel
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 24th

10.00 Individual Visits	TLH
10.30 Garden reflections with Lifestyle	ABG
10.30 Bible Insights	Chapel
10.45 Individual Visits	ABG
1.15 Colin Henscke DVD	Waratah
2.30 Sing along with Garry	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Thursday 25th

10.00 Individual Visits	TLH
10.00 Art and Craft with Helen	Grevillea
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Monthly Birthday Celebrations (TLH)	Chapel
2.00 Sing along with Doug	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

Friday 26th

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Social Bingo	Chapel
1.30 Happy Hour	ABG
2.00 Memory Games	Acacia Lounge
2.00 Wax Bath	Protea Lounge

Saturday 27th

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 28th

10.30 Worship Service	Chapel
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Monday 29th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Wax Bath	Protea Lounge
11.00 Worship Service	Acacia Lounge
1.30 Antoinette Giftware	Chapel
2.15 Social Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

Tuesday 30th

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/Happy Hour	Chapel
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

Wednesday 31st

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Wax Bath	Protea Lounge
11.00 Worship Service	Acacia Lounge
1.15 Volleyball	Chapel
2.15 Memory game	Acacia Lounge
3.30 Walking group	Leaving from Acacia



Cultural Month
~ AFRICA ~

WINTER WORD SEARCH



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

WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTOCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		