



**Tanunda**  
Lutheran Home Inc.

# TIT TAT

MONTHLY NEWSLETTER  
TANUNDA  
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

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- ★ Website: [www.tlhome.com.au](http://www.tlhome.com.au)
- ★ Facebook: Tanunda Lutheran Home

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

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

*John 13:34*

## AUGUST 2019

Lutheran  
Church  
of Australia



## Chaplain's Reflection

Chaplain Ian Lutze



There's been a recent survey, conducted by Meaningful Ageing Australia, of 1000 Australians aged over 65. It has shown, among other things, that almost half of the respondents do not feel that their identity is truly heard or understood by their loved ones.

Now sometimes research like this is done to lay the case down for the launch of a new product. It overstates the case so people will buy the product. Perhaps a little bit of this is going on here too, and I won't bore you by talking about the product.

But the question for us is whether it rings true? Do you feel truly understood or heard by your loved ones? I'm not sure that I always do. It certainly comes and goes. It takes a fair bit of close presence and reassurance to make us feel that our loved ones really understand and appreciate us. Some families are not as good at that kind of listening and affirmation. We can sometimes feel lonely and misunderstood, undervalued, in our own family, and it hurts because we'd expect them to be more caring, especially when we're struggling. But we try to forgive and find our value in other relationships and connections, in other words, by drawing on our spirituality.

TLH staff and volunteers try hard to help residents feel valued and understood. It can feel like thankless work at times, because some staff do not always feel mutually valued or understood by their residents. But some staff will be very precious to residents for this very reason. Nevertheless, it is still possible to feel lonely and misunderstood.

Alongside so many potentially life-giving relationships that can support us in this community, and such support can come from surprising places, it's worth the reminder that the chaplains are there for all of you, certainly not just for people who like to go to church. I think you all know that. But perhaps every now and then it's worth testing this out – by inviting the chaplain round for a chat or a coffee. We try our best to 'keep up' and we also respond to 'nudges'.

In this grand enterprise of being understood by our fellows and by God, we press on!

Go well.

Chaplains Ian and Helen.



## August



- 1 Myra Kluczko
- 3 Graham Maas
- 5 Brigitte Dummin
- 9 Graham Whenan
- 13 Aubrey Kaesler
- 15 Lois Lablack
- 16 William (Bill) Bosward
- 20 Wendy Shemmeld
- 26 Helga Jaunzarins
- 25 Horace (Maurice) Noakes



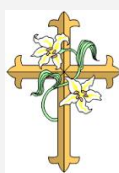
# Welcome

## Respite

John Hitchin  
Betty Holness

## Permanent

Lita Schirmer  
William (Bill) Bosward



## DEATHS

*Our deepest sympathy  
to the family of*

Glenis Dohnt 13th July

*May she 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, DVDs for your pleasure  
If necessary, books can be delivered to residents' rooms.

The **DEADLINE** for all:

News / Information / Stories - September edition is  
**Monday 19th August 2019**

Email: [rachel.strudwick@tlhome.com.au](mailto: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	07th August	Nuriootpa
Wednesday	14th August	Tanunda
Wednesday	21st August	Nurioopta
Wednesday	28th August	Tanunda

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



Waterfind at Australian Cotton Conference

## From the CEO

Lee Martin  
CEO



### **Does anyone have a crystal ball that is able to see the future more clearly than the one I have?**

Over the past months I have developed the urgent need to see the future more clearly. If only I had the knowledge that some people get from looking into a crystal ball. I could have greater outcomes with my football tipping. What is happening with the Crows and the Power teams? I'm not sure how I've managed to remain on the top of the tipping list because I don't seem to be able to pick teams that well at the moment.

Then there's the future of aged care. I would like to share what I think may happen in the future but when I look into the crystal ball it is not very clear. The Aged Care Royal Commission continues to roll on. Just about every major city and state has been visited by the Commissioners and a lot of stories have been told of the failings of the aged care industry. Then there's the major issues of an aged care facility with 70 residents being abandoned, a person impersonating a registered nurse who is then employed as a Director of Nursing – he was finally caught out and fined \$60,000.00 and finally the number of facilities that are now under sanctions because they don't meet standards – where is it going to end? The draft report of the findings and recommendations is due in October / November 2019. Trying to foresee what will be published is proving very difficult.

Just to bring you up to date: the extra funding aged care facilities were receiving to assist with ensuring a level of financial viability ceased on the 31 June 2019. The new aged care standards commenced from the 1 July 2019. The new residents Charter of Aged Care Rights is now in place. There is an expectation that residents will sign the document to demonstrate that they are aware of their rights – we have well over 90 percent of residents who have signed the Charter, thank you to the efforts of Sharryn Hueppauff.

Tanunda Lutheran Home staff have over the past months worked very hard to ensure that we will meet the new standards when we next have an audit. Remember – there is no warning of when the auditors arrive – it could be anytime – day or night, during the week or even on weekends. I am confident that we have improved our systems to ensure that when they arrive we are ready and able to prove how we are ensuring the standards are being met. The new standards are all about the resident being most important and that their rights are respected and that they are allowed to take risks in most of what they do so long as our duty of care is not compromised. I encourage all residents and the families to provide both positive and negative feedback to us via our feedback forms that are readily available around the home. If you have suggestions please let us know using the same feedback forms. Please don't be shy – speak up – it may be that others are thinking the same.

The project at 20 Schaedel Street, Nuriootpa - seven houses are at lockup stage – painting inside and out is nearing completion. The construction of the community centre has commenced – the slab is finished. If it were to stop raining long enough the development of the road system would commence. Remember - if you know anyone interested in joining the retirement village family please refer them to Carolyn Redden.

**Faith and hope work hand in hand, however while hope focuses on the future, faith focuses on the now.** David Odunaiya



**Tanunda**  
Lutheran Home Inc.



## ROYAL COMMISSION

The Royal Commission held a public hearing in Cairns from Monday 15 July 2019 to Wednesday 17 July 2019, continuing on from the hearing that commenced in Darwin in early July.

The Royal Commission heard from a range of witnesses, including those with direct personal experience, service providers, and experts.

The focus of this stage of the Commission was set around aspects of care in residential and home care programs, including:

- The quality of food and nutrition in aged care with evidence from expert witnesses about the impact this aspect of care has on clinical outcomes and quality of life.
- Expert witnesses from nursing reflecting on the quality of life in aged care including what it looks like in practice and their views of the tension between clinical care, on the one hand, and quality of life on the other and how best to achieve a balance.
- Practices around meal service in residential care and the scope for meals to be more 'flexibly produced' according to individual preferences for different food and service times.
- Recruiting staff and the practices around recruiting to fit with organisational 'values' rather than skills.
- Residential aged care and the interface with external, expert practitioners.
- Staffing models for home-like models of care.
- Alternative models of care and how they are staffed and funded.
- Availability of external expertise and the risks associated with excluding experts from clinical governance structures.
- Caring for residents with end-stage dementia and whether they are housed separately to the remainder of the resident cohort.
- Quality of care and quality of life for people receiving aged care.
- Access to aged care for rural and regional Australians including Aboriginal and Torres Strait Islander people.
- Wound care, medication and pain management.
- mobility and falls risk.
- nutrition and hydration.
- continence care.
- Social supports and quality of life.

**FROM THE AGED CARE QUALITY & SAFETY COMMISSION  
FROM THE AGED & COMMUNITY SERVICES AUSTRALIA**

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

**The New Aged Care Standards Have Now Commenced!**

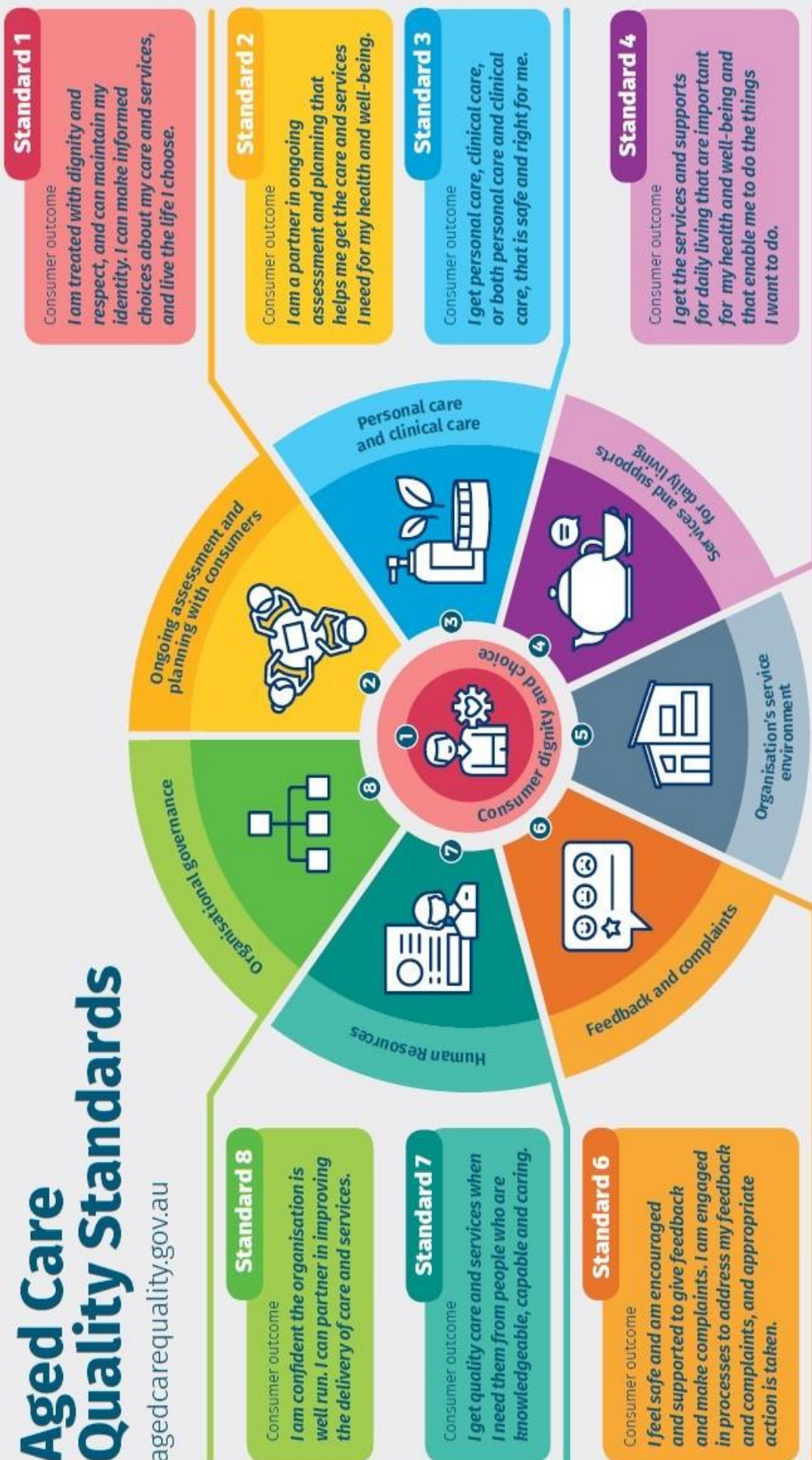
Read the Complete Consumer Outcomes on the next page

The infographic consists of two circular diagrams. The left diagram, titled 'Aged Care Quality Standards', shows a central circle with 'Resident' in the middle, surrounded by eight segments representing different standards: 1. Person-centred care, 2. High standards of care, 3. Safe care, 4. Well-managed care, 5. Quality of life, 6. Dignity and respect, 7. Choice and control, 8. Support and assistance. The right diagram, titled 'Aged Care Quality Standards', shows a central circle with 'Resident' in the middle, surrounded by eight segments representing different standards: 1. Person-centred care, 2. High standards of care, 3. Safe care, 4. Well-managed care, 5. Quality of life, 6. Dignity and respect, 7. Choice and control, 8. Support and assistance. Both diagrams have a central circle with 'Resident' in the middle, surrounded by eight segments representing different standards.



# Aged Care Quality Standards

[agedcarequality.gov.au](http://agedcarequality.gov.au)



Australian Government  
Aged Care Quality and Safety Commission

Engage  
Empower  
**Safeguard**

## ACFA REPORT SHOWS IMPROVEMENTS CAN'T CONTINUE WITHOUT FUNDING RESPONSE:



Aged care peak Aged & Community Services Australia (ACSA) says the Aged Care Financing Authority's (ACFA) 2019 Report on Funding and Financing of the Aged Care Industry demonstrates the fragile position of many aged care providers that will hamper improvements in service. "The big improvements we are working towards in aged care at the moment won't be fully realised unless we see a commensurate response on funding for the sector," ACSA Acting CEO Darren Mathewson said. "The sector can be proud of progress we've made in recent times but the ACFA report makes it clear that increased costs can't be absorbed forever. "Residential care costs have increased three times more than income. In home care the situation is even more concerning with costs per consumer up 7% but with income going down. "There is good reason to feel optimistic about what can be achieved through the Royal Commission, but until we see adequate planning for the structural and funding issues, Australia won't be able to fully address the needs of older Australians – let alone the future challenges of our ageing population. "The trend here is undeniable: the position of providers is deteriorating across the sector. Of particular concern are those in rural, regional and remote areas. "The ACFA report should be a warning to government and the community that our sector needs more support to continue to improve and respond to future challenges."

### HOME CONTINUOUS IMPROVEMENT UPDATE

- The financial year 2018/2019 saw 64 new employees commence here at TLH
- Our Residents assisted in the development and approval of our new 8 overarching policies for each of the new standards with all of our operating procedures reporting directly to one of these policies. The policies will be available on our website shortly.
- The winter menu that was developed in consultation with the Residents has been provided to the Residents for one month, with us receiving very positive feedback from the Residents.
- Training competition is well under way, this came about by way of a suggestion from one of our Residents.
- Share Your Experience form has been updated with TLH address on it to enable visitors to take it away with them and post it to us later, this also was by way of a suggestion from a Resident's relative.
- Cultural Days - Africa was the most recent cultural day held. A DVD was shown to the residents of the rainforest and the different terrain that occurs throughout this magnificent country. Feedback from the Residents who attended was very positive and they look forward to the next one.
- On Monday 15th July TLH was privileged to be able to work with Think studios and John Kruger Photography to optimise our promotion by way of an upmarket newsletter that will be distributed to the local Lutheran Churches. Many Residents and Staff participated in the photoshoot and as a result they enjoyed the excitement of the day and look forward to seeing the end result.

Wishing you all a beautiful month. Don't forget we are both here to help!  
Kim and Lynn





# Do you have a concern?

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

1800 951 822  
[agedcarequality.gov.au](http://agedcarequality.gov.au)

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

Kim Hahn - People, Culture & Customer Service Manager  
08 8563 7752 or [kim.hahn@tlhome.com.au](mailto:kim.hahn@tlhome.com.au)

Cherie Cheyne - Chief Finance Officer  
08 8563 7768 or [cherie.cheyne@tlhome.com.au](mailto:cherie.cheyne@tlhome.com.au)

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



Phone  
1800 951 822



Web  
[agedcarequality.gov.au](http://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



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](mailto: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](mailto:lee.martin@tlhome.com.au) or Ph: 8563 7733

& Lifestyle)

#### **Financial** - Cherie Cheyne

Executive Chief Finance Officer

(Accommodation & [cherie.cheyne@tlhome.com.au](mailto: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

☐ Phone call ☐ letter ☐ In Person

Manager / Delegate Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Added to Trends Data? ☐



**Tanunda**  
Lutheran Home Inc.  
27 Bridge Street  
TANUNDA SA 5352

Share Your Experience



Resident	Relative	Staff	Other	(Please circle one)	
Compliment				Complaint	Suggestion

### Comments / Details:

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.

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.

**do you have any suggestions of how we can improve the services provided?**

Do

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## CAFÉ COURTYARD PROJECT



If you have walked past the TLH Courtyard Garden in the last few weeks, you will have noticed that there has been something happening! A group of willing volunteers have been busy – and it's easy to notice the difference that they are making.

The Courtyard Garden – because it is a garden – is an evolving and everchanging place. Just when it was created is not known. Just like a lot of things at TLH a succession of board members, staff, volunteers and residents have had visions for TLH and have contributed to the implementation of those visions. The Courtyard Garden is just one of them.

But what makes this garden unique at TLH is that residents and volunteers, over a long period of time, have made very personal contributions to this area. If the plants in that area could speak, it is fairly certain that they would have interesting stories to tell about where they have come from, who brought them, when they came and how they got to where they are now.

The Courtyard Garden has had previous make-overs – the one happening at the present is just the latest. Elaine Leditschke says that when she and her late husband Rex came to TLH the area was a mess and it was not used. So, they got to work and did what they could to make it a presentable and used area. Some fund-raising enabled improvements to the area. Elaine says that they “looked after it as if it were their own” for about six years, until Rex passed away in August 2013.

Then Len Gerschwitz, Doug Ramsey and Brian Holthouse came to the rescue to water the area and keep it clean and tidy – their efforts for over five years have been greatly appreciated! But what they were looking after is a garden – and we all know that a garden needs a periodic overhaul.

So, that is where the current group of willing volunteers have stepped in. David Armstrong, Neil Slater, Brian Hothouse, Jeff Garnaut and Len Gerschwitz have worked for several weeks to reorganise, restore, re-pot, renovate, and refresh the area. They consulted Erica Bartsch, from the Barossa Nursery, to help with plant choices and advice. This project has caught the imagination of residents, and a splendid amount of over \$600 has been donated – a great effort! The project is nearing completion – stop by and check it out!



**Neil Slater, Geoff Garnaut, Len Gerschwitz, Brian Holthouse and David Armstrong are all smiles as they near the end of this project. Thanks guys!**

GN



## MEET Alison Redden Arrawarra Place

**Spending an hour or two with Alison is an interesting experience! She enthusiastically talks about her life – including the many interesting experiences that she had as the wife of a police officer who served in many places in rural South Australia.**

Alison was born in Gumeracha during the Second World War as Alison Randell – she was the youngest of seven children – she had four sisters and two brothers. Alison is proud to count William Richard Randell as one of her forebears. W. R. Randell built and sailed early steamboats on the Murray and Darling Rivers in the mid-1800s and used his steamboats as a pioneer river trader.

Alison was educated at Gumeracha Primary School and had two years at Birdwood High School. She says that she was a bit of a tomboy – she liked helping her father milk cows, pick apples and liked climbing trees

After leaving school she worked for a short time as a telephonist in the Gumeracha telephone exchange. Then “at an early age” – to use Alison’s words - she married the love of her life, Grant Redden in 1958 in the Gumeracha Baptist Church. Grant and Alison started their married life on the Redden dairy farm at Forreston. However, Grant was not keen on a life of milking cows. Through talking to a relative, Grant decided in 1959 to apply to become a police officer. He spent four months in Metropolitan Adelaide, and then applied to be posted to locations in country South Australia.



**Grant and Alison in 1986**

Alison had thirty-one years as the wife of a country police officer. Grant served in Port August, Marree, Berri, Quorn, Nuriootpa, Yorketown, Mount Gambier and finally in Clare before retiring as a police officer in 1991. During this time Grant and Alison had five children – four sons and one daughter. In between raising their children, Alison’s life as the wife of a country police officer was often varied, interesting and challenging – particularly in the smaller localities – when Grant served alone or with just one other officer.

One of the jobs she had was to provide meals to people locked up in the police station cells. She recalls that one morning, when she took breakfast to a man who was repeatedly locked up, she said to him, “Why do you do things which cause you to be locked up so often?” He replied, “Missus, you make very good tucker!”

(continued)

Alison sometimes had to operate the police radio while Grant was away. She remembers that on one occasion she told the emergency services people that they needed to bring the “jaws of death” (she should have said “life”) to the scene of an accident. Then on another occasion she told the crew of the Rescue One helicopter that Grant was on the beach 8km north of Corny Point looking for someone who was missing. There was a stunned silence, before the crew replied, “That would make him out in the Gulf ?!!”

Alison has a small cupboard in her home that was made by a prisoner who spent some time locked up in the police cells. This man was a well-behaved prisoner, so he was allowed to leave his cell during the day – so during that time he made a cupboard for Grant and Alison. There were times when Alison was left alone for as long as twelve days while Grant went out on patrol. When Grant was away, or when she knew that he was involved in risky situations, Alison says that she often prayed for his safety.

Alison recalls a once-in-a-lifetime experience while they were in Marree. They took the opportunity to drive to Lake Eyre to witness one of the late Donald Campbell’s world land speed record attempts. One day, Grant and Alison, with three young children, set off at 4am for the long drive to the lake. On arrival they then drove 25km out onto the lake. There was not a tree or hill in sight – so the only way they could get any sense of direction was from the position of the sun. She remembers the “Bluebird” car firing up and roaring off into the distance, sounding just like a jet plane. Unfortunately, they did not witness the breaking of the record that day, but it was an unforgettable experience.

After Grant retired in 1991, Grant and Alison lived in Clare from where they operated the business Mid North Couriers for nine years. In 2000 they moved to Kapunda to be closer to three of their children – thinking that this would be their last move. However, in 2005 things took a downhill turn with Grant showing early signs of dementia, resulting in him being admitted to permanent care in 2009. Having been keen caravanners, Alison joined the Barossa Caravan Club. She had many enjoyable trips with the club but found towing her own van a little daunting at first – but she received lots of help and encouragement from the friends she made in the club.

Once Grant was no longer at home, she missed the interaction with people she had experienced in the past. In the smaller country towns life was never dull. There were always phone calls to be answered, the police radio, and people knocking on the door if no one was in the office. Many days were taken up in making cups of tea and coffee for people who just “popped” in – this happened particularly in Marree where folk from the stations up the Birdsville Track would come into town to pick up supplies.

Alison moved to Arrawarra Place in 2013 – into a home she just loves! During this time Alison saw Grant’s condition gradually deteriorate during the seven and a half years that he was in care. He sadly passed away on 31<sup>st</sup> December 2016. Alison now greatly appreciates living in Tanunda Retirement Living, where she has wonderful neighbours, a peaceful location, wonderful support from the Maintenance Team – which means a lot to her as she lives alone. And she enjoys the fact that she is close to most of her children, her fifteen grandchildren and five great-grandchildren.



**Alison and “the cupboard”**

*Contributed by Alison Redden and Geoff Munzberg*



## To Residents, Families and Friends

To help us return items of clothing to their correct owner, can you please make sure all items are tagged with the resident's name before they are worn. This includes stockings, hankies, underwear and all outerwear.

We have a fabulous labelling machine in the laundry and can tag any item of clothing you want, for a little as \$30.00. Please feel free to ask as many questions as you need regarding labelling and costing.

Each month the clothing rack goes to each neighbourhood for one week (including the weekend) to give residents, resident's family and staff a chance to have a good look through the lost clothing display.

**WEEK 1 - PROTEA - WEEK 2 - WARATAH - WEEK 3 - TRINITY COURT - WEEK 4 - ABG**

Any items claimed will need to be returned to laundry for naming before returning to resident.

Any unclaimed clothing is stored for a total of six months. If clothing hasn't been collected within the six month period, we will discard appropriately in a manner which highly respects our resident's dignity and privacy through donating to a charity. We would like to thank you in advance for your cooperation and understanding.

*Thank you from Tammy & Laundry Team*



## **T.V For Sale**

Panasonic—Viera—80cm

Flat Screen

USB 1 / USB 2 and HDMI 1 / HDMI 2

Serial Number and Model Number

available upon request

Fantastic working order, hardly been  
used !

Please Call 0459 522 783

for further information





## TANUNDA RETIREMENT LIVING

### LADIES' GET TOGETHER

*First Saturday 3rd August*

**1.30pm in the Café**

Please bring small plate of food  
for afternoon tea



**ENQ: Margaret Spike 0481 255 041**

**mobilitysa**  
supporting independence

#### 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](mailto:sales@mobilitysa.com.au)  
[www.mobilitysa.com.au](http://www.mobilitysa.com.au)

**OPEN 9-5 Monday-Friday**



## 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.



**Wow!**

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

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



# 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 7729 — Fax: 8563 3744**

**Email: [lea.schmid@tlhome.com.au](mailto:lea.schmid@tlhome.com.au)**

**Website: [www.tlhome.com.au](http://www.tlhome.com.au)**

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





# Christmas in JULY



Tables were decorated with Xmas cheer, the TLH Singers entertained all with wonderful carol singing, joining in with the traditional Christmas Carols.

We all enjoyed Happy Hour together which included a delicious afternoon tea...much fun was had by all - Please enjoy our photos...







# High Tea at Wohlers



Laura, Antonia, Hayley  
our charming hostesses



Ruth Rathjen



Lois Lablack & Teddy

Thursday 18th July saw 15 happy TRL residents revelling in the High Tea event at Wohlers. Laura, Antonia and Hayley first demonstrated an extensive range of high quality, very comfortable recliners and lift chairs, with many features including superior lumbar, neck and head support. A convenient TRADE IN delivery service is now available. The spinning wheel provided fun, with prizes for several contestants who knew the correct quiz answers. Many locals recall the amazing expansion of Wohlers from a small family business — Tanunda Pottery, established in 1988 — to this outstanding two storey emporium that provides quality homewares and furniture, jewellery and many more temptations — and a truly memorable shopping experience for the community and tourists.

*Our sincere thanks to Management and Staff for this lovely morning.*



Margaret Jasper



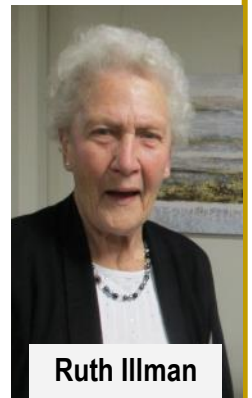
This is the Life!



Alison Redden



Testing the luxurious armchairs



Ruth Illman

# 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 third world countries.

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

We have set 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*

*Lifestyle and Volunteer Co-ordinator*



Hello to all volunteers, we are looking for volunteers to learn how to punch work !

If you need more information please see

**Chris Thomas**

on Tuesdays and Thursday afternoon. The ladies sit just outside the Barossa Club



**CRAFT**



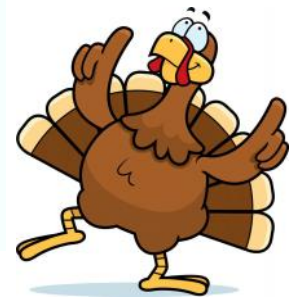
# INTERESTING CONFUSIONS

1. Can you cry under water?
2. Do fishes ever get thirsty?
3. Why don't birds fall off trees when they sleep?
4. Why is it called building when it is already built?
5. When they say dogs food is new and improved, who tastes it?
6. If money doesn't grow on trees, why do banks have branches?
7. Why does round pizza come in square box?
8. Why doesn't glue stick to its bottle?

Crazy world isn't it?



*Laughter*



Q: Why did the turkey join the band ?

A: Because he had the DRUMSTICKS !



*Wellness & Lifestyles*

**Tuesdays and Thursdays**

**9.00 - 10.00am**

TLH GYM - LED BY  
PHYSIOTHERAPISTS

**\$6.00 per session**



**W&L**

WELLNESS & LIFESTYLES  
**AGED CARE  
services**

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



**LEADING THE FOOTY TIPS - 2019**

## Round 18

ABG

Verna

93pts

Trinity Court

Pat & Selina

92pts

Protea

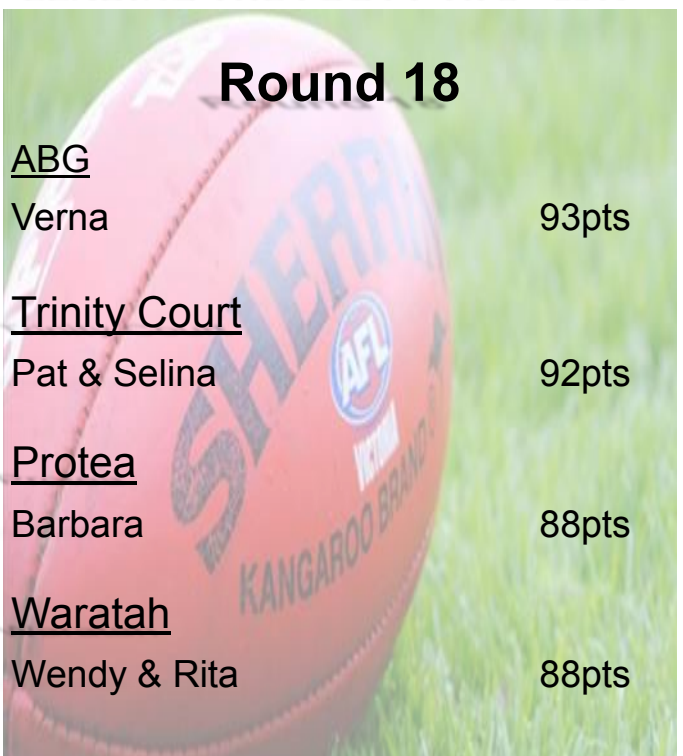
Barbara

88pts

Waratah

Wendy & Rita

88pts





# Volunteer News



Tania Miller

Would like to say a **BIG** thank you to everyone who has been donating their bottle top lids and bread tags - Fantastic effort, please keep them coming !

So many exciting events throughout August, it sure is a busy one.

Please pop into your diary that the Marananga Band & Greenock Lutheran Parnish will be here 1.45pm Sunday 25th - Open to ALL



..Tania and Lifestyle Team ..



## Volunteer Morning Tea ..

6th August 2019

10.00am

Hope to see you there!

## Happy Birthday

To all of our wonderful Volunteers

for the month of

## August

### Thursday 1st

- 10.00 Individual Visits
- 10.30 Moovers and Groovers
- 10.30 Art therapy with Helen
- 1.30 Resident Meeting
- 2.00 Sing along with Lifestyle

TLH  
Chapel  
Grevillea  
Chapel  
Acacia



### Friday 2nd

- 10.00 Individual Visits
- 10.00 Exercise Group
- 10.30 Wisdom of The Elders
- 1.15 Social Bingo
- 1.30 Happy Hour
- 2.00 Memory game with Lifestyle
- 2.00 Wax Bath

TLH  
Acacia Lounge  
Chapel  
Chapel  
ABG  
Acacia Lounge  
Protea Lounge

### Saturday 3rd

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 4th

- 10.30 Worship Service

Chapel



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



**Monday 5th**

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 6th**

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea/Grevillea
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 7th**

10.00 Individual Visits	TLH
10.30 Footy Tips	Acacia Lounge
1.15 Sing Along with Garry Wharton	Chapel
2.00 First blessing of the month	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**Thursday 8th**

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 Hoy Card Game	Protea Dining
2.00 Sing along with Doug	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**Friday 9th**

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 game with Lifestyle	Acacia Lounge
2.00 Wax Bath	Protea Lounge

**Saturday 10th**

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 11th**

10.30 Worship Service	Chapel
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**PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE.**

**Monday 12th**

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 13th**

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea/Grevillea
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 14th**

10.00 Individual Visits	TLH
10.30 Footy Tips	ABG
10.30 Bible Insights	Chapel
10.45 Individual Visits	ABG
1.15 Wheel of Fortune - Malaysia Trivia	Chapel
2.00 Magic memories	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**Thursday 15th**

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 drying and sorting	Protea Lounge
2.00 Memory Games	Acacia Lounge
3.30 Walking group	Leaving from Acacia

**Friday 16th**

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—Malaysia	Acacia Lounge
2.00 Wax Bath	Protea Lounge

**Saturday 17th**

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 18th**

10.30 Worship Service	Chapel
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**Monday 19th**

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 20th**

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea/Grevillea
10.30 Moovers and Groovers	Chapel
10.45 Individual Visits	ABG
1.15 Dressed for Success	Chapel
1.30 Men's Group	Men's Shed
3.30 Walking Group	Leaving from Acacia

**Wednesday 21st**

10.00 Individual Visits	TLH
10.30 Garden reflections with Lifestyle	ABG
10.30 Bible Insights	Chapel
10.45 Individual Visits	ABG
1.15 Tanunda Lutheran School Visit	Chapel
2.30 Sing along with Garry	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**Thursday 22nd**

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 Piano Accordion with George Davies	Chapel
2.00 Sing along with Doug	Acacia Lounge
3.30 Walking Group	Leaving from Acacia

**Friday 23rd**

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 24th**

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 25th**

10.30 Worship Service	Chapel
1.45 An afternoon of music with the Marananga Band & Greenock Lutheran Parish	Chapel

**Monday 26th**

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 27th**

10.00 Individual Visits	TLH
10.00 Knitting Group	Protea/Grevillea
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 28th**

10.00 Individual Visits	TLH
11.00 Wax Bath	Protea Lounge
1.15 Barossa Aero Club visit and display	Chapel
2.00 Memory game	Acacia Lounge
3.30 Walking group	Leaving from Acacia

**Thursday 29th**

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 Monthly Birthday Celebrations with Musician Steve Vickers	Chapel
2.00 Sing along with Lifestyle	Acacia Lounge
3.30 Walking group	Leaving from Acacia

**Friday 30th**

10.00 Individual Visits	TLH
10.00 Exercise Group	Acacia Lounge
10.30 Wisdom of The Elders	Chapel
1.15 Kath's memorabilia (Father's day focus)	Chapel
1.30 Happy Hour	ABG
2.00 Let's get physical	Acacia Lounge
2.00 Wax Bath	Protea Lounge

**Saturday 31st**

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

**REMEMBER** Afternoon Lifestyle Programs commence at 1.15pm unless stated otherwise.

Kind Regards, The lifestyle Team.





# At the Ice Cream Shop



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

CHERRIES

COOKIES

FLOAT

MARSHMALLOW

NUTS

ROCKY

SORBET

SUNDAE

VANILLA

CHOCOLATE

CREAM

FREEZE

MINT

RAINBOW

SCOOP

SPRINKLES

SWIRL

WAFFLE

CONE

CUP

ICE

NEOPOLITAN

ROAD

SHERBERT

STRAWBERRY

SYRUP

WHIPPED

